

Explore the vibrant world of healthy eating

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DHANBAD - RANCHI

A STEP TOWARD HEALTHY EATING

SINCE 2018

ABOUT SHYVIK

At SHYVIK, we believe that healthy eating should be simple, delicious, and sustainable.

Since 2018, we've been serving balanced, high-nutrient meals designed for fitness lovers and anyone who values mindful eating.

Every dish is crafted with fresh ingredients, balanced macros, and a touch of home-style care — because we don't just serve food, we serve health.

OUR GOAL

Our goal is to redefine healthy eating by combining taste, nutrition, and convenience.

We strive to make fitness-friendly meals that support your goals and fit easily into your daily routine



ABOUT MENU

Our menu is thoughtfully designed to suit different fitness goals while keeping every meal delicious and balanced. We have classified our menu into four main categories:

1. SIGNATURE MENU – OUR SIGNATURE MENU LETS YOU EAT WHAT YOU LOVE – WITHOUT COMPROMISE. PERFECTLY BALANCED, NUTRITIOUS, AND CRAFTED FROM 9 YEARS OF EXPERIENCE.

2. BREAKFAST – A WHOLESOME START TO YOUR DAY WITH BALANCED, ENERGIZING MEALS THAT COMBINE NUTRITION AND TASTE.

3. HIGH PROTEIN HIGH CARB MEALS – DESIGNED FOR MUSCLE GAIN AND ENERGY SUPPORT, THESE MEALS OFFER A PERFECT MIX OF PROTEIN – RICH AND COMPLEX – CARB INGREDIENTS.

4. HIGH PROTEIN LOW CARB MEALS – TAILORED FOR LEAN GOALS, THESE MEALS ARE RICH IN PROTEIN AND FIBRE WHILE KEEPING CARBS MINI

SALAD SECTION

SALAD	PRICE	DETAILS
GREEN VEG SALAD	Rs 125	CARROT, CUCUMBER, BEETROOT, TOMATO, LETTUCE, SESAME SEEDS AND CHIA SEEDS
SPROUT SALAD	Rs 155	CARROT, CUCUMBER, BEETROOT, TOMATO, LETTUCE, MOONG SPROUT, CHANA SPROUT, BEANS SPROUT, SESAME SEEDS AND CHIA SEEDS
VEG PROTEIN SALAD	Rs 265	CARROT, CUCUMBER, BEETROOT, CHERRY TOMATO, LETTUCE, MOONG SPROUT, CHANA SPROUT, BEANS SPROUT, PANEER 150GM, SESAME SEEDS AND CHIA SEEDS
CHICKEN SALAD	Rs 225	CARROT, CUCUMBER, BEETROOT, CHERRY TOMATO, LETTUCE, CHICKEN COOKED 150GM, SESAME SEEDS AND CHIA SEEDS
NON-VEG PROTEIN SALAD	Rs 265	CARROT, CUCUMBER, BEETROOT, CHERRY TOMATO, LETTUCE, MOONG SPROUT, CHANA SPROUT, BEANS SPROUT, CHICKEN COOKED 150GM, 2EGGS, SESAME SEEDS AND CHIA SEEDS
FRUIT SALAD	Rs 225	APPLE, GUAVA, GRAPES, PAPAYA, WATERMELON, ORANGE, SESAME SEEDS AND CHIA SEEDS

VEGGIE SECTION

SALAD	PRICE	DETAILS
GREEN STEAMED VEGGIE	Rs 125	CARROT, FRENCH BEANS, GREEN CAPSICUM, BROCCOLI/CAULIFLOWER, GREEN CABBAGE, GREEN PEA AND PURPLE CABBAGE
GREEN SAUTEED VEGGIE	Rs 155	CARROT, FRENCH BEANS, GREEN CAPSICUM, BROCCOLI/CAULIFLOWER, GREEN CABBAGE, GREEN PEA AND PURPLE CABBAGE
MUSHROOM VEGGIE	Rs 185	CARROT, FRENCH BEANS, GREEN CAPSICUM, BROCCOLI/CAULIFLOWER, GREEN CABBAGE, GREEN PEA, PURPLE CABBAGE, MUSHROOM RAW 200GM AND SWEETCORN
PANEER VEGGIE	Rs 265	CARROT, FRENCH BEANS, GREEN CAPSICUM, BROCCOLI/CAULIFLOWER, GREEN CABBAGE, GREEN PEA, PURPLE CABBAGE, FRESH PANEER 200GM AND SWEETCORN
EXOTIC VEGGIE	Rs 325	CARROT, FRENCH BEANS, GREEN CAPSICUM, BROCCOLI/CAULIFLOWER, GREEN CABBAGE, GREEN PEA, PURPLE CABBAGE, MUSHROOM RAW 100GM, PANEER 100GM, BABYCORN 50GM, ZUCHINI AND SWEETCORN
CHICKEN VEGGIE	Rs 265	CARROT, FRENCH BEANS, GREEN CAPSICUM, BROCCOLI/CAULIFLOWER, GREEN CABBAGE, GREEN PEA, PURPLE CABBAGE, CHICKEN 150GM, ZUCHINI AND SWEETCORN

BROWN RICE SECTION

BROWN RICE	PRICE	DETAILS
STEAMED BROWN RICE	Rs 145	COOKED PLAIN BROWN RICE 350 TO 450GM
VEGGIE MIXED BROWN RICE	RS 175	SAUTEED GREEN VEGGIE MIXED WITH COOKED BROWN RICE 350GM TO 450GM
SOYA VEGGIE BROWN RICE	Rs 185	SAUTEED COOKED SOYA 50GM + SAUTEED VEGGIE MIXED WITH COOKED BROWN RICE 350GM TO 450GM
PANEER VEGGIE BROWN RICE	Rs 265	SAUTEED 150GM PANEER + SAUTEED VEGGIE MIXED WITH 350GM OF COOKED BROWN RICE
EGG VEGGIE BROWN RICE	Rs 225	SCRAMBLED 2 EGGS + SAUTEED VEGGIE MIXED WITH COOKED BROWN RICE 350GM
CHICKEN VEGGIE BROWN RICE	Rs 265	SAUTEED COOKED CHICKEN BREAST PIECES 150GM + SAUTEED VEGGIE MIXED WITH COOKED BROWN RICE 350GM
CHICKEN EGG VEGGIE BROWN RICE	RS 295	SAUTEED COOKED CHICKEN BREAST PIECES 150GM + 2 EGGS SCRAMBLED + SAUTEED VEGGIE MIXED WITH COOKED BROWN RICE 350GM

PANEER SECTION

PANEER	PRICE	DETAILS
MIXED HERB SAUTEED PANEER + GREEN SALAD	Rs 195	200GM PANEER SAUTEED WITH OREGANO, CHILLI FLAKES, BLACK PEPPER AND MIXED HERBS
SECHZUAN PANEER + GREEN SALAD	RS 225	200GM PANEER SAUTEED WITH SHYVIK MADE SCHEZWAN
PANEER BHURJEE + GREEN SALAD	Rs 225	200GM SHREDDED PANEER COOKED AND BLENDED WITH TOMATO PUREE AND SPICED MIXED HUNG CURD
SPICED PANEER + GREEN SALAD	Rs 245	200GM PANEER COOKED IN TRADITIONAL SPICES WITH SWEET AND SPICY FLAVOUR
PANEER GRAVY + GREEN SALAD	RS 265	200GM PANEER GRAVY MADE IN TRADITIONAL STYLE GRAVY.
PANEER CAPSICUM + GREEN SALAD	Rs 275	200GM PANEER COOKED IN CHILLI STYLE BUT NO DEEP FRYING AND NO UNHEALTHY SAUCES.
CHEESY CREAMY PANEER + GREEN SALAD	Rs 295	200GM PANEER COOKED WITH SHREDDED CHEESE AND CREAM, SAUTEED IN GARLIC

CHICKEN SECTION

CHICKEN	PRICE	DETAILS
PURE BOILED CHICKEN + GREEN SALAD	Rs 169	RAW WEIGHT 300GM CHICKEN BREAST BOILED IN NORMAL FRESH WATER. COOKED WEIGHT 200GM
FLAVOURED BOILED CHICKEN + GREEN SALAD	RS 205	RAW WEIGHT 300GM CHICKEN BREAST BOILED IN TURMERIC, LEMON, CORIANDER LEAF, GINGER AND GARLIC WATER. COOKED WIGHT 200GM
MIXED HERB SAUTEED CHICKEN + GREEN SALAD	Rs 215	RAW WEIGHT 300GM CHICKEN BREAST PIECES STEAMED AND SAUTEED WITH OREGANO, CHILLI FLAKES, BLACK PEPPER, LEMON AND MIXED HERBS. COOKED 200G
SECHZUAN CHICKEN + GREEN SALAD	Rs 245	RAW WEIGHT 300GM CHICKEN BREAST STEAMED SAUTEED IN SHYVIK MADE SECHZUAN SAUCE AND CHUTNEY. COOKED WEIGHT 200GM
MARINADE CHICKEN + GREEN SALAD	Rs 265	300GM RAW CHICKEN MARINATED IN CURD, BLACKPEPPER. GINGER GARLIC ETC AND COOKED ON PAN.
SPICED CHICKEN + GREEN SALAD	Rs 265	300GM RAW CHICKEN BREAST COOKED IN TRADITIONAL SPICES. DRY AND LITTLE SPICY TASTE. COOKED WEIGHT 200GM
CHICKEN TIKKA SHYVIK STYLE	RS 275	300GM RAW CHICKEN BREAST
CAPSICUM CHICKEN + GREEN SALAD	RS 285	300GM RAW CHICKEN BREAST SLICED PIECES COOKED IN CHILLY STYLE BUT NO DEEP FRY NO UNHEALTHY SAUCES. COOKED WEIGHT 200GM
LEMON GARLIC CHICKEN + GREEN SALAD	RS 285	300GM RAW CHICKEN BREAST CLICED PIECES ROASTED ON PAN THEN DIPPED IN CHICKEN LEMON BROTH AND SAUTEED GARLIC. DRY COOKED WEIGHT 200GM

BALANCED BREAKFAST MENU

DAY	MENU	NUTRITIONAL VALUE
MONDAY	2 PANEER BESAN CHILLA + CURD 100GM + SAUTEED VEGGIE 100GM + GREEN SALAD 100GM + 2EGGS (OPTIONAL)	PROT – 35GM CARBS – 45GM FAT – 30GM FIBRE 12GMM
TUESDAY	2 MOONG CHILLA + 100GM CURD + SAUTEED QUINOA VEGGIE 100GM + SPROUT SALAD 150GM + 2EGGS (OPTIONAL)	PROT – 28GM CARBS – 60GM FAT – 10GM FIBRE – 14GM
WEDNESDAY	2 VEG SANDWICH + PANEER 100GM CAPSICUM + SWEETCORN SALAD SMALL + 2EGGS (OPTIONAL)	PROT – 30GM CARBS – 65GM FAT – 30GM FIBRE – 15GM
THURSDAY	FRUIT SALAD WITH NUTS AND SEEDS + 2EGGS (OPTIONAL)	-
FRIDAY	2 MIXED DAAL PARATHA + CURD 100GM + SAUTEED VEGGIE 100GM + SALAD 150GM + 2EGGS (OPTIONAL)	PROT – 25GM CARBS – 70GM FAT – 18GM FIBRE – 14GM
SATURDAY	2 VEG SANDWICH + PANEER 100GM CAPSICUM + SWEETCORN SALAD SMALL + 2EGGS (OPTIONAL)	PROT – 30GM CARBS – 65GM FAT – 30GM FIBRE – 15GM
SUNDAY	QUINOA VEGETABLE KHICHDI + VEG PROTEIN SALAD 300GM + 2EGGS (OPTIONAL)	PROT – 40GM CARBS – 70GM FAT – 25GM FIBRE – 18GM

DIET TIFFIN SECTION

VEG HIGH PROTEIN HIGH CARB

DAY	LUNCH	DINNER	
MON	Paneer 100gm capsicum + sauteed veggie + sauteed sweet potato + sprout salad + tikki + rice + moong daal gravy	Paneer 100gm tikka masala + sauteed veggie + soya capsicum + veg salad + cutlet + 2 roti + rice small + dal	Prot – 40gm + 50gm Carb – 160gm + 115gm Fat – 30gm + 35gm
TUE	Spiced paneer + sauteed veggie + mashed rajma + sprout salad + tikki + rice + dal	Schezwan paneer 100gm + spiced veg + tomato garlic soya + veg salad + tikki + 2 roti + rice small + mixed dal	Prot – 45gm + 50gm Carb – 155gm + 119gm Fat – 28gm + 35gm
WED	Mixed veg rice bowl + raita + salad/ 2 paneer besan chilla + raita + salad	Paneer 100gm gravy + 2 roti + rice small + sweetcorn salad	Prot – 28gm + 30gm Carb – 100gm + 87gm Fat – 22gm + 26gm
THUR	Paneer 100gm tikka masala + sauteed veggie + tomato garlic soya + sweet corn salad + tikki + rice + dal	Paneer bhurjee 100gm + spiced veg + sauteed quinoa potato + chickpea salad + tikki + 2 roti + rice small + dal	Prot – 52gm + 41gm Carb – 150gm + 130gm Fat – 37gm + 34gm
FRI	Paneer capsicum 100gm + spiced veg + soya capsicum + veg salad + tikki + rice + chickpea gravy	Spiced paneer 100gm + sauteed veggie + sauteed sweet potato + veg salad + tikki + 2 roti + rice small + dal	Prot – 51gm + 38gm Carb – 153gm + 130gm Fat – 35gm + 30gm
SAT	Paneer marinade 100gm + sauteed veggie + mashed rajma/chickpea + sprout salad + tikki + rice + dal	Paneer schezwan 100gm + sauteed veggie + mashed potato + green pea sweetcorn salad + tikki + 2 roti + rice small + dal	Prot – 46gm + 41gm Carb – 150gm + 143gm Fat – 29gm + 30gm
SUN	Paneer biryani + raita	Paneer 100gm gravy + 2 roti + rice small + sweetcorn salad	Prot – 28gm + 30gm Carb – 87gm + 90gm Fat – 34gm + 27gm

VEG HIGH PROTEIN LOW CARB

DAY	LUNCH	DINNER	MACROS
MON	Paneer 150gm capsicum + sauteed veggie + sauteed babycon zucchini + sprout salad + tikki	Paneer tikka masala 150gm + sautéed veggie + soya capsicum + veg salad + tikki	PROT – 35GM + 45GM CARBS – 28GM + 30GM FAT – 35GM + 44GM
TUE	Spiced paneer 150gm + sauteed veggie + sauteed mushroom zucchini + sprout salad + tikki	Schezwan paneer 150gm + spiced veg + tomato garlic soya + veg salad + tikki	PROT – 35GM + 46GM CARB – 26GM + 35GM FAT – 35GM + 40GM
WED	Paneer mushroom babycorn capsicum + salad	Paneer 150gm gravy + cauliflower rice + sweetcorn salad / paneer 150gm gravy + 2 roti + sweetcorn salad	PROT – 25GM + 35GM CARBS – 22GM + 30GM FAT + 22GM + 38GM
THUR	Paneer 150gm tikka masala + sauteed veggie + tomato garlic soya + sweetcorn salad + tikki	Paneer bhurjee 150gm + spiced veg + sauteed quinoa zucchini + chickpea salad + tikki	PROT – 47GM + 28GM CARBS – 34GM + 47GM FAT – 44GM + 40GM
FRI	Paneer 150gm capsicum + spiced veg + soya capsicum + veg salad + tikki	Spiced paneer 150gm + sauteed veggie + cauliflower rice/sautéed cauliflower + veg salad + tikki	PROT – 44GM + 33GM CARBS – 33GM + 30GM FAT – 40GM + 35GM
SAT	Paneer marinade 150gm + sauteed veggie + mashed rajma/chickpea + sprout salad + tikki	Paneer capsicum 150gm + sauteed veggie + sauteed soya zucchini + sweetcorn salad + tikki	PROT – 43GM + 46GM CARBS – 43GM + 38GM FAT – 36GM + 40GM
SUN	Veg protein salad	Paneer 150gm gravy + cauliflower rice + sweetcorn salad / paneer 150gm gravy + 2 roti + sweetcorn salad	PRO – 24GM + 35GM CARBS – 19GM + 30GM FAT – 19M + 38GM

NON-VEG - HIGH PROTEIN HIGH CARB

DAY	LUNCH	DINNER	MACROS
MON	Sauteed chicken 100gm + sauteed veggie + sauteed sweet potato + egg bhurjee + tikki + rice + moong daal gravy	Chicken tikka masala 100gm + sauteed veggie + soya capsicum + omelette + tikki + 2 roti + rice small + dal	PROT – 60GM + 70GM CARB –150GM + 110GM FAT -25GM + 30GM
TUE	Spiced chicken 100gm + sauteed veggie + mashed rajma + boiled eggs + tikki + rice + dal	Schezwan chicken 100gm + spiced veg + tomato garlic soya + egg bhurjee + tikki + 2 roti + rice small + mixed daal	PROTN- 65GM + 70GM CARB –148GM + 115GM FAT –20GM + 30GM
WED	Mixed non veg rice bowl + raita	Chicken 100gm gravy + 2 roti + rice small + sweetcorn salad	PROT – 42GM + 40GM CARB – 85GM + 85GM FAT – 22GM + 10GM
THUR	Chicken 100gm tikka masala + sauteed veggie + tomato garlic soya + omelette + tikki + rice + dal	Lemon garlic chicken 100gm + spiced veg + sauteed quinoa potato + sauteed boiled eggs + tikki + 2 roti + rice small + dal	PROT – 70GM + 75GM CARB – 140GM + 126GM FAT – 30GM + 30GM
FRI	Capsicum chicken 100gm + spiced veg + soya capsicum + egg bhurjee + tikki + rice + chickpea gravy	Spiced chicken 100gm + sauteed veggie + sauteed sweet potato + sauteed sliced boiled eggs + tikki + 2 roti + rice small + dal	PROT – 73GM + 62GM CARB –148GM + 125GM FAT -30GM + 25GM
SAT	Marinade chicken 100gm + sauteed veggie + mashed rajma / chickpea + boiled eggs + tikki + rice + dal	Schezwan chicken 100gm + sauteed veggie + mashed potato + sauteed boiled eggs + tikki + 2 roti + rice small + dal	PROT – 67GM + 60GM CARB –150GM + 125GM FAT – 24GM + 26GM
SUN	Chicken biryani + raita	Chicken 100gm gravy + 2 roti + rice small + sweetcorn salad	PROT – 40GM + 40GM CARB – 99GM + 90GM FAT -30 GM + 10GM

NON-VEG - HIGH PROTEIN LOW CARB

DAY	LUNCH	DINNER	MACROS
MON	Capsicum chicken 150gm + sauteed veggie + sauteed baby corn zucchini + egg bhurjee + tikki	Chicken tikka masala 150gm + sauteed veggie + soya capsicum + omelette + veg salad + tikki	PROT – 62GM + 65GM CARBS – 27GM + 27GM FAT – 25GM + 25GM
TUE	Spiced chicken 150gm + sauteed veggie + sauteed mushroom zucchini + boiled eggs + sprout salad + tikki	Schezwan chicken 150gm + spiced veg + tomato garlic soya + egg bhurjee + salad + tikki	PROT – 64GM + 74GM CARBS – 24GM + 35GM FAT – 23GM + 30GM
WED	Chicken 150gm salad / chicken 150gm veggie + raita	Chicken 150gm gravy + cauliflower rice / 2 roti + sweetcorn salad	PROT – 46GM + 50GM CARBS – 6 GM + 29GM FAT – 6 GM + 14GM
THUR	Chicken 150gm tikka masala + sauteed veggie + tomato garlic soya + omelette + tikki	Pulled chicken 150gm + spiced veg + sauteed quinoa zucchini + sauteed boiled eggs + chickpea salad + tikki	PROT – 70GM + 65GM CARBS – 23GM + 34GM FAT – 29GM + 22GM
FRI	Capsicum chicken 150gm + spiced veg + soya capsicum + egg bhurjee + veg salad + tikki	Spiced chicken 150gm + sauteed veggie + cauliflower rice / sauteed cauliflower + boiled eggs + veg salad + tikki	PROT – 70GM + 62GM CARBS – 32GM + 28GM FAT – 29GM + 22GM
SAT	Marinade chicken 150gm + sauteed veggie + mashed rajma/chickpea + white boiled eggs + sprout salad + tikki	Capsicum chicken 150gm + sauteed veggie + sauteed soya zucchini + sauteed boiled eggs + sweetcorn salad + tikki	PROT – 65GM + 70GM CARBS – 30GM + 34GM FAT – 19GM + 28GM
SUN	Non veg protein salad + raita	Chicken 150gm gravy + cauliflower rice / 2 roti + sweetcorn salad	PROT – 65GM + 50GM CARBS – 25GM + 29GM FAT – 20GM + 14GM



DELIVERY DETAILS -

SLOTS	ORDER TIMING	DELIVERY TIMING
1 ST (BREAKFAST)	TILL 9 PM PREVIOUS NIGHT	8 AM – 9 AM
2 ND (LUNCH)	TILL 9:30 AM IN THE MORNING	1PM – 2PM
3 RD (DINNER)	TILL 5 PM IN THE EVENING	8PM – 9:30 PM



TERMS AND CONDITIONS

- The information of all meal is selected from numerous nutritional websites. all values are approximate to the reference nutritional values.
- The information of meals given to you are purely based on the values of raw materials used although other factors like heating and cooking processes also affect these values but it is not feasible to know about them.
- The orders which are ordered outside the company's slots may get accepted or not by the company. it is merely in the hands of the company.
- The orders ordered outside the company's slots may reach the customers late. in such a case, the company decides to refund or not the money depending on the reasons cited for the late delivery.
- In case you are following a routine diet, then kindly consult your dietician before ordering food from us
- We will not be liable to any sorts of diet or health issues if you are taking meals according to your dietician or your own.
- Once you order from us, you will be abiding by the policies mentioned by our company.

The diet chart and other items prepared by Shyvik company are the copyright of the company only. using these things without the permission of the Shyvik company is strictly prohibited. any trespassing will not be tolerated.

1. DELIVERY CHARGE RS 35 ON UNSUBSCRIBED ORDERS

2. BASE PRICE FOR DIET TIFFIN –

- a) SINGLE MEAL A DAY Rs 170.**
- b) DOUBLE MEAL A DAY Rs 150 EACH**
- c) 3 MEALS A DAY Rs 145 EACH**

3. PAYMENT ROTATION ON MONTH END MANADATORY IF 50% OR MORE THEN 50% BALANCE USED.

4. RELAX YOUR BALANCE IS SAFE BECAUSE WE GIVE PLENTY OF TIME SO YOU CAN FULLY ENJOY YOUR MEAL.

ADVANCE PAID 5000 OR BELOW - 60 DAYS VALIDITY

ADVANCE PAID ABOVE 5000 – 90 DAYS VALIDITY

- YOUR PLAN VALIDITY BEGINS FROM THE DAY YOUR LAST PAYMENT IS MADE.**

5. ADVANCE PAYMENT OPTIONS

- a) Rs 4000 (minimum advance payment for 1 time meal)**
- b) Rs 6000 (minimum advance payment for 2-time meals)**
- c) Rs 8000 (minimum advance payment for 3 times meal)**

- Share the Love: You can easily transfer your remaining balance to a friend, family member, or colleague—it's like giving a gift card!**



SHYVIK

A step towards health