

## **TERMS AND CONDITIONS**

1. Diet Delight program is designed to help you achieve and maintain Ideal Body Weight; yet, any food or beverage consumed outside the program may affect the efficiency of the program. You may have tea/coffee 1-2 cups/day apart from the provided food.
2. This program yields best results with a 45-minute physical activity. Any physical activity like gym exercises, jogging, yoga or brisk walking for 45 minutes, 6 days a week is encouraged to achieve overall good health status together with Diet Delight food.
3. Though our program promises you to achieve Ideal Body Weight, results will still depend on individual metabolism & the ability to endure the program with adequate physical activity. Hence, we cannot totally guarantee the expected weight loss or target weight.
4. To maintain the freshness of food, the following are strictly advised:
  - Refrigerate the food immediately upon delivery,
  - Before consuming, some foods may need to be reheated at 100°C; some foods can be eaten at room temperature, and
  - Do not eat any unconsumed meal after 48 hours.
5. Any medical conditions which may occur during or after the program, Diet Delight will not be held totally responsible as it can be due to many other possible reasons & underlying conditions.
6. A prompt meal timing, of nearly 2-3 hours gap, between each meal is advised to help boost metabolism and to avoid digestive imbalances & problems.
7. Consume about 1 ½ - 2 liters of water every day.
8. In case that for any reason (i.e. Traveling), you would like to cancel your delivery for any day or henceforth, to restart your delivery after a frozen period, a minimum prior notice of 24 to 48 hours is required. Hence, any cancelled delivery day notified later than the required period will be counted in the paid membership, regardless of the reason for cancellation.
9. **Our delivery timing is between 8:30 AM to 12:30 PM. The daily Breakfast item provided in DD box will have to be saved for next day's Breakfast. If you can please have your own Breakfast only for the first day of the program.**
10. Our office timing is from Sunday-Thursday, 10:00 AM-6:00 PM. You can contact us thru our landline (17534499) or thru e-mail (info@diet-delight.com).
11. Kindly note that we follow a **NO REFUND** policy. Any concern that may arise with our food or service, your membership could be either frozen or transferred. Hence, we are always open for any suggestions that you may have. Your cooperation will be highly appreciated.
12. **Bill should be settle within 3 to 5 days to avoid stoppage of food delivery.**

I have read and agreed to the DD Terms and Conditions stated,

Signature,

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**Best Regards,  
DIET DELIGHT TEAM**