



Microgreens Market Catalog



7 Individual Ingredient Varieties | 6 Goal-Oriented Plans | 5 Performance Mixes

Welcome to Fern Forest

Nature's freshest nutrition, harvested for your well-being.



7



Individual Ingredient Varieties

- 🌿 Sunflower
- 🌿 Amaranthus (Green / Red Garnet)
- 🌿 Beetroot
- 🌿 Radish (White / China Rose / Purple)
- 🌿 Broccoli
- 🌿 Bok Choy
- 🌿 Basil

6



Goal-Oriented Plans

- ✓ Starter Plan (Beginner Friendly)
- ✓ Transformation Plan (Most Trusted)
- ✓ Performance Pro Plan (Premium)
- ✓ Pre-Workout Booster Plan
- ✓ Fat Loss Plan (8-week Challenge)
- ✓ All-in-One Elite Plan

5



Performance Mixes

- 🚩 Fat Loss Mix
- 🚩 Muscle recovery Mix
- 🚩 Pump & Performance Mix
- 🚩 Stress + Hormone Balance Mix
- 🚩 Elite Performance Mix

Step into a garden of pure nutrition with **Fern Forest's premium fresh microgreens**, where nutrition meets luxury in every vibrant leaf. **Hand-harvested at peak freshness**, our microgreens are little powerhouses of flavour and health, **designed for those who demand the best** from their food and their bodies.



Individual Ingredient Varieties

Pure, targeted superfood microgreens. Each is crafted to fuel a specific performance need, from recovery to endurance to hormone balance.



Size & Price

40g (W) - ₹75, (CR) - ₹90, (P) - ₹115
80g (W) - ₹140, (CR) - ₹180, (P) - ₹230

Radish (White / China Rose / Purple)

From *Raphanus sativus*.

- ✔ Fat Loss & Detox Greens
- ✔ Boosts metabolism
- ✔ Supports digestion
- ✔ High in Vitamin C



Size & Price
40g - ₹110, 80g - ₹220

Sunflower

From *Helianthus annuus*

- ✔ Muscle Recovery Booster
- ✔ Natural plant protein
- ✔ Zinc for testosterone support
- ✔ Vitamin E for muscle recovery



Size & Price
40g (G) - ₹85, (R) - ₹160
80g (G) - ₹150, (R) - ₹240

AMARANTHUS

(Green, Red Garnet)

From *Amaranthus*

- ✔ High iron
- ✔ Better oxygen delivery
- ✔ Antioxidant rich



Size & Price
40g - ₹190, 80g - ₹360

Beetroot

From *Beta vulgaris*

- ✔ Supports nitric oxide
- ✔ Improves blood flow
- ✔ Enhances endurance



Size & Price
40g - ₹220, 80g - ₹390

Broccoli

From *Brassica oleracea*

- ✔ Anti-Inflammatory Support
- ✔ Rich in antioxidants
- ✔ Supports recovery
- ✔ Aids detox



Size & Price
40g - ₹140, 80g - ₹270

Bok Choy

From *Brassica rapa*

- ✔ Joint & Mineral Support
- ✔ Calcium & Magnesium
- ✔ Bone strength
- ✔ Recovery support



Size & Price
40g - ₹190, 80g - ₹300

Basil

From *Ocimum basilicum*

- ✔ Stress & Cortisol Support
- ✔ Supports stress regulation
- ✔ Anti-inflammatory
- ✔ Digestive support

Goal-Oriented Plans

Chart a course and stick to it. Find the ideal nutrition for your body whether you're a beginner, starting your transformation, or seeking peak performance.

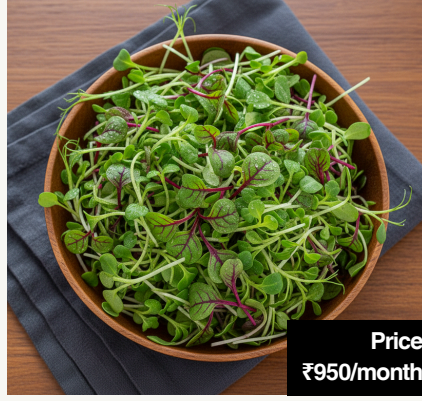


Price
₹480/month

Starter Plan

For - New Gym Members

- ✓ 1 x 40 g mix/week
- ✓ Fat Loss Mix
- ✓ Muscle Recovery Mix



Price
₹950/month

Transformation Plan

For - Regular Gym Members

- ✓ 1 x 80 g mix/week
- ✓ Pump & Performance Mix

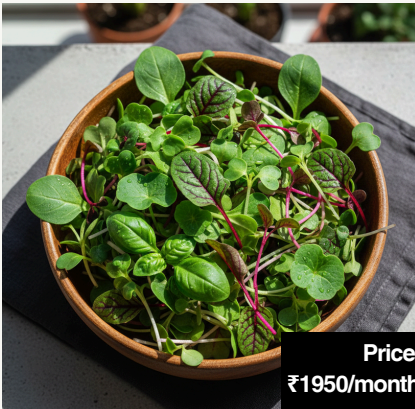


Price
₹550/month

Pre - Workout Booster

For - Better Pump & Endurance

- ✓ 1 x 40 g mix/week
- ✓ Pump & performance Mix



Price
₹1950/month

Performance Pro Plan

For - High Performance Athletes

- ✓ 2 x 80 g mix/week
- ✓ 1 Recovery + 1 Pump Blend



Price
₹900/month

Fat Loss Reset Plan

For - 8-week Transformation

- ✓ 1 x 80 g mix/week
- ✓ Fat Loss Mix



Price
₹1150/month

All-in-One Elite Plan

For - Working, Corporate Professionals

- ✓ 1 x 80 g mix/week
- ✓ All-in-one Performance Mix



Performance Mixes

Combined superfood blends that work like natural supplements. Delivering powerful results in strength, stamina, recovery, and metabolic health.



Size & Price
40g - ₹130, 80g - ₹240

Fat Loss Mix

Radish + Broccoli + Bok Choy

- ✓ Metabolism
- ✓ Detox
- ✓ Gut Reset



Size & Price
40g - ₹125, 80g - ₹240

Muscle Recovery Mix

Sunflower + Amaranthus

- ✓ Rich in Protein
- ✓ Iron Recovery Blend



Size & Price
40g - ₹150, 80g - ₹280

Pump & Performance Mix

Beetroot + Radish + Amaranthus

- ✓ Pre-Workout Boost
- ✓ Blood-flow increment



Size & Price
40g - ₹140, 80g - ₹260

Stress & Hormone Balance

Basil + Sunflower + Bok Choy

- ✓ Recovery
- ✓ Hormone Support



Size & Price
40g - ₹170, 80g - ₹320

All-in-One Performance Mix

Sunflower + Radish + Amaranthus + Broccoli +

Beetroot


- ✓ Daily Performance
- ✓ Complete Nutrition





Elevate your plate. **Embrace** the forest. **Choose** Fern Forest.

Contact Us

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