

# Kripa Jalan



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Burgers To Beasts started by Kripa as a creative outlet to share her expertise from her advanced education in nutrition and behaviour change, personal experiences with a troubled food relationship and passion to help individuals create habits with ease, by designing ways of healthy living, that are unique to them. She was aware that she was meant to support other people's health journeys by gently nudging them to explore what's already within them.

Through their nutrition services - her objective is to put you back in control of your health and happiness; and help you consistently practice the habits you choose to adopt today, in the long run.