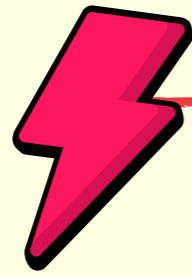


# Insta



*Go Insta, Go Healthylicious*





# ABOUT US

"Insta Ahaar Foodtech Pvt Ltd, building on the 50-year-old legacy of its parent company Ahaar, leads the charge in redefining the ready-to-eat food industry for Generation Z and Generation Alpha. Within our diverse range of instant meals, Insta Ahaar offers a selection that resonates deeply with the dynamic preferences of both Gen Z and Gen Alpha. From nourishing instant oats for a wholesome breakfast to Poha and Upma providing quick yet nutritionally balanced meals, and the indulgent delight of instant Sweet Oats for those sweet cravings—our range embodies our understanding of the contemporary palate. Each product under the Insta Ahaar umbrella is meticulously designed to strike the perfect balance between convenience and nutritional excellence. We acknowledge the necessity for meals that are not only swift but also contribute positively to one's well-being. Among our diverse array, the introduction of strawberry oats stands out as a particularly thrilling flavor. The vibrant taste of strawberry oats encapsulates the essence of the Insta Ahaar brand, continually evolving to meet the unique tastes and preferences of Generation Z and Generation Alpha. Insta Ahaar transcends being merely a brand; it's a culinary companion meticulously crafted by and for Gen Z and Gen Alpha. Our vision extends beyond providing ready-to-eat meals; we aspire to revolutionize mealtime for the next generation. Come join us on this flavorful journey where variety meets convenience, and the tantalizing flavor of strawberry oats is just one example of how Insta Ahaar is reshaping the way Gen Z and Gen Alpha approach food."



Insta



# CUPPA PACKS



*Strawberry Oats*  
Available in : Cuppa **55g**



*Masala Poha*  
Available in : Cuppa **80g**



*Khata Meetha Poha*  
Available in : Cuppa **80g**



*Masala Oats*  
Available in : Cuppa **55g**



*Veggie Upma*  
Available in : Cuppa **80g**

# SACHET PACKS



*Khata Meetha Poha*  
Available in : Pouch **80g**



*Masala Oats*  
Available in : Pouch **38g**



*Veggie Upma*  
Available in : Pouch **60g**



*Strawberry Oats*  
Available in : Pouch **38g**



*Masala Poha*  
Available in : Pouch **60g**



# Insta



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G-37, Lawrence Road, New Delhi - 110035, INDIA  
Website : [www.instaahaar.com](http://www.instaahaar.com) E-mail : [Info@instaahaar.com](mailto:Info@instaahaar.com)  
Call: +91-011-45118292

*fssai* 13323001000640



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AND SPECIAL OFFERS!

