

Fit N' Shine Diet Plan

First Month Weight Loss Program

Posted on [Jun 14, 2022](#) by Rajiv Kumar

★ Healthy Meal Plan: **First Month Weight Loss Program** with HERBALIFE Products

★Morning★

1. Drink Fresh Water

- 2 – 3 glass of plain water early morning would clean your whole digestive system.

2. Drink Afresh Energy Drink (300 mL)

- 2 Spoon of Afresh Energy Drink powder in 300 mL of Hot/ Lukewarm water as per coach instructions.
- You may drink it warm or cold, but it is always recommendable to take it with warm water

3. 15 Mins after Your Drinking Afresh: Take Cell-U-Loss Tablet (100 mL)

- 1 Cell-U-Loss Tablet 15 mins after taking Afresh Energy Drink with 100 ml normal water.

4. 30 Mins after Your Drinking Afresh: Drink Formula 1 Shake and Personalized Protein Powder (300 mL)

- 3 Flat spoons of F1 (Nutritional Shake Mix), 1 or 2 Flat spoons of F3 (Personalized Protein Powder) and 1 to 2 spoons of Shakemate in 300 mL normal water or (300 ml toned milk) or (300 ml any fruit juice).
- If you decided to use a blender (mixer) to mix them, blend for 30 secs to 1 min depending on required consistency.

5. (Optional): ONE Hour after Your Shake: Drink Afresh Energy Drink to achieve more faster weight loss result (300 mL)

- 2 Spoon of Afresh Energy Drink powder in 300 mL of water.
- You may drink it warm or cold, but it is always recommendable to take it with warm water

★Afternoon★

1. 15 min before Lunch: Take Cell-U-Loss Tablet (200 mL)

- 1 Cell-U-Loss Tablet 15 min before taking lunch with 200ml normal water.

2. Take Colorfull Lunch

- Less calories
- Less oily
- More coloring vegetables
- Fruits

** can switch with a Shake if your dinner is a Normal meal.

3. (Optional): ONE Hour after Lunch: Drink Afresh Energy Drink to achieve more faster weight loss result (300 mL)

- 2 Spoon of Afresh Energy Drink powder in 300 mL of water.
- You may drink it warm or cold, but it is always recommendable to take it with warm water.

★Night★

1. Drink Afresh Energy Drink (300 mL)

- 2 Spoon of Afresh Energy Drink powder in 300 mL of water.
- You may drink it warm or cold, but it is always recommendable to take it with warm water

2. 15 Minutes after Your Drinking Afresh: Take Cell-U-Loss Tablet (100 mL)

- 1 Cell-U-Loss Tablet 15min after taking Afresh Energy Drink with 100ml normal water.

3. Drink Formula 1 Shake (300 mL)

- 3 Flat spoons of F1 (Nutritional Shake Mix), 1 or 2 Flat spoons of F3 (Personalized Protein Powder) and 1 to 2 spoons of Shakemate in 300 mL normal water or (300 ml toned milk) or (300 ml any fruit juice).
- If you decided to use a blender (mixer) to mix them, blend for 30 secs to 1 min depending on required consistency.

** can switch with a Normal meal if your lunch is a Shake

General Instructions:

1- Water routine

- **UNABLE to Finish the Required Amount of Water per Day by 8 PM?**
- Take at least 300 ml of water every hour till 8 PM. Avoid drinking water 45 minutes before and after Lunch
- You should not try to reach your water intake goal after 8 PM, just forget it and try again tomorrow.
- Drinking **NO water** or **just a little bit of water** after 8 PM is to avoid water retention in your body, which will result in gaining water weight.

2- Exercise Routine

- Complete at least 5000 Steps each day till 7th day in the program. Try to increase walking up to 10000 steps by end of the month.
- Join online exercise session at 6 AM every day for light exercises.
- Follow medical advice while doing exercise as per recommendations provided for the condition you are presently in.
- Don't overdo any exercise and remain connected with your coach for required advice.

3- This diet plan is available on “Fit N’ Shine with Monikkaa” app available on Play store

(A) To download this Amazing app, Fit N’ Shine with Monika. Press Ctrl+Link below to download <https://play.google.com/store/apps/details?id=com.ydl.fitnshinewithmonika>

(B) Scan this QR Code for payments or send money to **9050193307**. Please confirm before making the payment and share screenshot of payment for confirmation. Any delay in payments will be responsibility of the individual and must be dealt with Payment channels.

