

Wake up & drink – Hot Water with fresh lime, 1-2 fresh ginger slices, few sprigs of mint. Allow to infuse for 5-10 minutes then drink.

Morning Breakfast:

Smoothie/ Yoghurt with Berries

Lunch: Lots of Veggies (cooked or raw) + Protein – Beans/ Lentils/ Sprouts

Make sure there is a source of protein in all meals.

1 Tablet of Metabolism Booster

10 min walk post lunch + 1 cup warm water with lime or cumin seeds

Snack options: Smoothie/ Yoghurt with Berries/ Handful nuts

6-7pm: Dinner:

Vegetable & Lentil Soup would be the best option since you go to bed early, it is mechanically broken down so easy & lighter to digest.

Avoid having roti or rice in the evenings.

1 scoop of the supplement powder in 300ml water

Herbal Tea can be had post dinner – camomile, peppermint, herbal infusion or any other

Over the weekends when you do go out to eat, be mindful of the choices.

Avoid dense carbs like breads/ rice/ pasta in the evening. Have for lunch if you choose to have these options.

Best is to start off with a soup, then have a salad and end with a main. By this time you would only want a smaller portion of the meal.

**Tea/ coffee:** Important to remember not to have tea/ coffee first thing in the morning and when hungry as this is highly stressful for the body, very acidic and causes blood sugar imbalances. Secondly have tea/ coffee away from your meals as the tannins in them can interfere with the absorption of nutrients from your meal. So, if having tea have it an hour after breakfast.

Lastly do increase your water intake. Make sure you are drinking water gradually throughout the day and stop about 20 minutes before meals. Dehydration is highly acidic for the body and also causes a build-up of toxins so remember to constantly hydrate. It is not advisable to have too much water with meals though.

