

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.

Best time to get in cardio exercise

12 noon:

Lunch: Lots of Veggies (cooked or raw) + Protein – Egg/ chicken/ meat/ fish/ beans/ lentils/ sprouts

If you would like to have some rice or bread, this is the best time to eat it.

Your portion of rice/ bread and the protein food should be a small portion.

The remainder of your plate needs to be full of vegetables.

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: Smoothies (see recipes below)

6-7pm: Dinner:

Vegetable & Lentil Soup would be a good option as it is mechanically broken down so easy & light to digest.

Alternately, you can have roasted vegetables, stir fry veg & beans, or any other cooked vegetables.

Avoid having bread 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

Ensure you are doing some form of muscle building exercise through the week.