

Dear Rafiq SH ,

We are happy and congratulate you on starting a unique program & worlds No1 Nutrition Program which will help you to control your weight effectively and help you feel wonderful.

HOW TO USE THE PROGRAM

6:15 AM : 1 Spoon Afresh
7:00 AM: 1 Spoon Afresh
8:15 AM Shake
9:30 AM 1 Spoon Afresh
11:00 AM healthy snack if you feel hungry – fruit / veg salad / nuts / corns etc., then 1 spoon afresh
1:30 PM Healthy Lunch – More vegetables, dal, curd and little rice & Non veg – More fish, Less red meat
4 – 5PM Healthy snack if you feel hungry – fruit / veg salad / nuts / corns etc., then 2 spoon afresh
8– 8:30 PM Shake
10PM Healthy snack if you feel hungry – fruit / veg salad / nuts / corns etc – If you are wake up till late night

Conditions to be kept in mind during the program

- **Make the shake tasty!**

3 spoons of Formula **1** and ...2.... spoon of PPP to be mixed with 250 ml of cold liquid in mixer.
Liquid may be 250 ml of low fat milk or
100 ml of fruit juice or Soya milk and 150 ml of water

- **Afresh Preparation** : Add1 to 2... spoons of Afresh in 250 ml of hot or warm or normal water.

- During the day, drink **at least ...4 to 4 1/2..liters** of water. (Minimum 1 lt of water per 20 kg of body weight)

- Exercise minimum **at least**.....30..... minutes per day.

- **Do not allow the feeling of hunger** - drink enough water + does not take breaks between meals more than 3 hours, as a snack use vegetables and fruits or one more Shake.

- **Exclude products such as** - chips, biscuits, donuts, cakes, chocolates and so on. - (Discuss the issue with the consultant!)

- Avoid constipation (drink enough water)

- Follow our guidelines to achieve maximum results

With the very best of wishes, Your Consultant:

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