

HN Nourish Family

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Monday

Meal 1 | 09:00 AM

1. Premium Herbalife Shake with Water : 1 Glass
2. Herbalife Afresh - Lemon : 1 Spoon

Lunch | 01:00 PM

Add lots of salad to the lunch.. 1 tomato, 1 cucumber, 1 carrot etc

Meal Notes : Add lots of salad to the lunch.. 1 tomato, 1 cucumber, 1 carrot etc//

1. Chapati, tortilla : 1 unit
2. Vegetable Curry : 100 grams
3. Dal Fry : 1 katori

Hydration | 04:00 PM

1 tsp Afresh with 300 ml water

Meal Notes : 1 tsp Afresh with 300 ml water //

Evening snack | 06:00 PM

Options : 1) 1 fruit (apple/pear/banana/orange) 2) 100 gm sprouts with veggies 3) 2 Boiled egg whites + 1 yellow + salad

Meal Notes : Options : 1) 1 fruit (apple/pear/banana/orange) 2) 100 gm sprouts with veggies 3) 2 Boiled egg whites + 1 yellow + salad //

1. Banana/Kela : 1 medium sized **OR** Orange/Santra : 1 fruit **OR** Sprouted Lentils (boiled) : 1 serve

Dinner | 09:00 PM

Same as lunch or Any option from below 1) 1 bowl soup with 100 gm paneer / 100 gm chicken 2) 1 bowl moong dal khichadi with salad 3) 2 moong dosa with chutney

Meal Notes : Same as lunch or Any option from below 1) 1 bowl soup with 100 gm paneer / 100 gm chicken 2) 1 bowl moong dal khichadi with salad 3) 2 moong dosa with chutney //

1. vegetable khichdi : 2 katori

Tuesday

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Wednesday**Meal 1 | 09:00 AM**

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