

Weight loss

Date 04th July 2023

Morning 6:30 AM- After wakeup from bed- Fennel seeds water + 500ml of warm water with 1scoop of afresh before brushing.

7:00 AM- 500 ml water + 1 scoop afresh.

8:30 AM- 400-500ml water + 4 Scoops Formula 1 +2 Scoop Protein+ 1 scoop Shakemate

9:30 AM- 500 ml water + 1 scoop afresh.

10:30 AM- any fruit.

11:30 AM- 500 ml water + 1 scoop afresh.

1:30- Lunch- Prefixed salad with Any vegetable/ dal + 2 multigrain Chapati.

2:30PM- 500 ml water + 1 scoop afresh.

3:30 PM- 500 ml water + 1 scoop afresh.

4:30 PM- 1 cucumber/ 1 radish+1 onion+1 tomato+ 4-5 spoons sprouts (without salt add black pepper + Lemon) green chilli if you want OR sauté vegetables OR boiled moong daal with onion tomato coriander green chilli ginger

5:30 PM- 500 ml water + 1 scoop afresh.

6:30 PM- 500 ml water + 1 scoop afresh.

7: 00 PM - 1 cucumber/ 1 radish+1 onion+1 tomato+ 4-5 spoons sprouts (without salt add black pepper + Lemon) green chilli if you want OR sauté vegetables OR boiled moong daal with onion tomato coriander green chilli ginger.

8:30 PM- 350-400 ml water + 4 Scoops Formula 1 +1 Scoop Protein + 1 scoop soaked chia seeds.

Note- Use soft bristle brush (Brush at least twice a day, Morning after breakfast and Night before sleep)
Use mouth wash after lunch and simple water wash after mid meals.