

DETOX PLAN

Day1

Early morning: 1cup mulethi tea

Breakfast: 1glass dry fruit shake / mango shake [without sugar]

Mid-morning snack: any seasonal fruit

Lunch: rajma wrap / stir fried mushroom panner salad

Evening snack: chia seed water/ 1apple with peanut butter

Dinner: boiled moong dal salad

Post dinner: 1glass saunf water