

DETOX PLAN

Day1

Early morning: 1glass warm ghee water

Breakfast: 1glass cold coffee smoothie

Mid-morning snack: cucumber mint juice/ watermelon mint juice

Lunch: 1sattu atta roti+any sabji+salad

Evening snack: saunf tea+any seasonal fruit

Dinner: grilled tofu+sautéed veggies

Post dinner: 1glass warm water