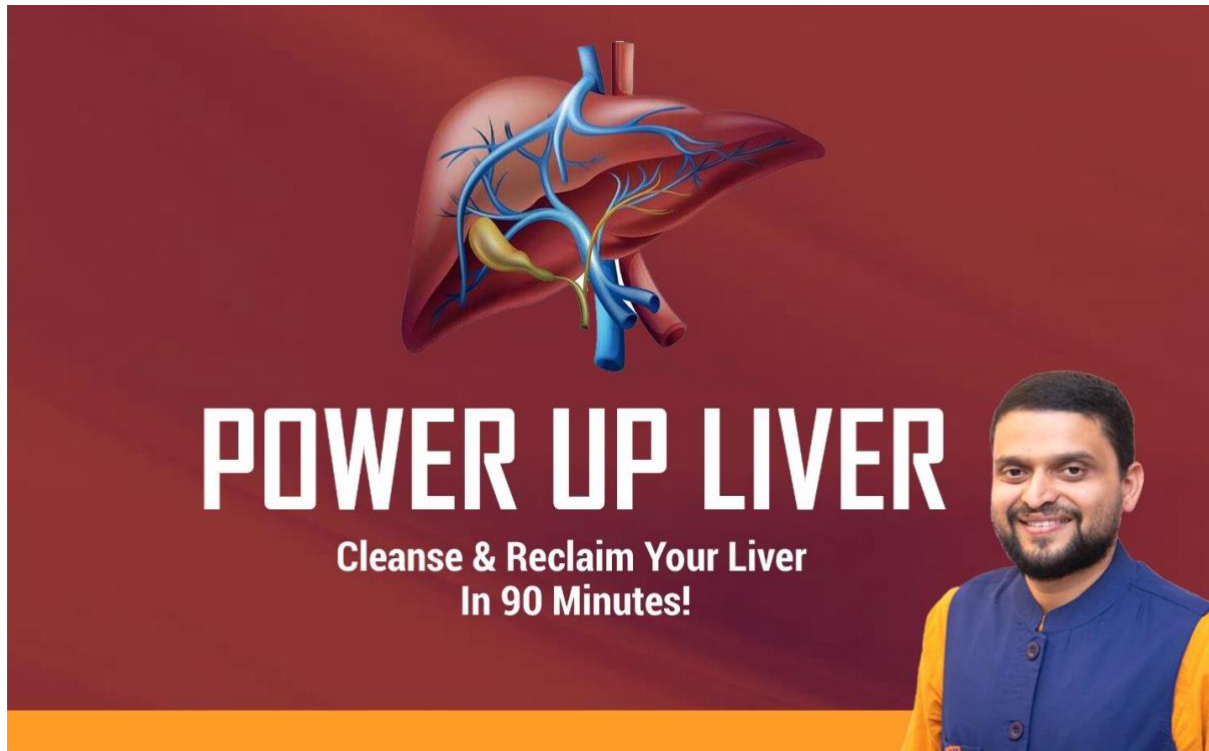


Shopping Guide for Power up Liver



FOR SUPER HEALTHY LIFE YOU CAN CONNECT WITH US –

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Buying List for Power up Liver Program

Sr. No.	Product Name	Quantity
1.	Triphala Powder (Churna)	1 ½ Teaspoon
2.	Organic Turmeric Powder	½ Teaspoon
3.	Organic Ginger Powder (Sonth)	¼ Teaspoon
4.	Organic Black Pepper	1 Pinch
5.	Organic Carrot	1 KG
6.	Organic Amla (Gooseberry)	1 KG
7.	Beet root	1 KG

Other Additional Products that can be used to enhance taste (As Per Recipe)

Sr. No.	Product Name	Quantity
1.	Ginger	4-5 inch
2.	Cumin Seeds	4 teaspoons
3.	Pea Nut Butter	1 teaspoon
4.	Garlic paste	1/2 teaspoon
5.	Bay Leaf	1
6.	lemon	1
7.	Salt	To taste
8.	Vegetable stock (Optional)	To Taste

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