



NEW LIFE WIZARD FIRST WEEK

IMPORTANT INFORMATION

Mandatorily be sure to drink 1.5-2 liter of mineral water daily.

Take laxatives at bedtime on Thursday and Tuesday.

Do moderate-intensity exercises(sports) in the morning for 5-10 minutes, and walk for an hour in the evening.

MONDAY

Eat 1 kg of apples dividing the quantity into 3 parts - for breakfast, lunch and dinner/supper.

TUESDAY

300 grams of boiled beef, 100 grams each for breakfast, lunch and dinner/supper.

WEDNESDAY

600 grams of salad, seasoned with 1 tablespoon of vegetable oil, 200 grams each for breakfast, lunch and dinner/supper.



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THURSDAY

300 grams of boiled fish, 100 grams each for breakfast, lunch and dinner/supper.

FRIDAY

1 liter of milk, 330 ml each for breakfast, lunch and dinner/supper.

SATURDAY

600 grams of salad, seasoned with 1 tablespoon of vegetable oil, 200 grams each for breakfast, lunch and dinner/supper.

SUNDAY

1 liter of fresh fruit juice, 330 ml each for breakfast, lunch and dinner/supper.