

# 30-days diet Plan



# Contents

<b>How This 30-Day Plan Works</b>	<b>1</b>
<b>Day 1 – Reset Hydration</b>	<b>2</b>
<b>Day 2 – Clean Fuel</b>	<b>3</b>
<b>Day 3 – Balanced Energy</b>	<b>4</b>
<b>Day 4 – Light Active</b>	<b>5</b>
<b>Day 5 – Building Consistency</b>	<b>6</b>
<b>Day 6 – Gentle Burn</b>	<b>7</b>
<b>Day 7 – Reset Review</b>	<b>8</b>
<b>Day 8 – Clean Energy Boost</b>	<b>9</b>
<b>Day 9 – Fat-Burn Support</b>	<b>10</b>
<b>Day 10 – Consistency Day</b>	<b>11</b>
<b>Day 11 – Light Active</b>	<b>12</b>
<b>Day 12 – Momentum Builder</b>	<b>13</b>
<b>Day 13 – Midpoint Reset</b>	<b>14</b>
<b>Day 14 – Fat Utilization Focus</b>	<b>15</b>
<b>Day 15 – Strong Steady</b>	<b>16</b>
<b>Day 16 – Active Recovery</b>	<b>17</b>
<b>Day 17 – Metabolic Support</b>	<b>18</b>
<b>Day 18 – Momentum Check</b>	<b>19</b>
<b>Day 19 – Consistency Wins</b>	<b>20</b>
<b>Day 20 – Light Clean</b>	<b>21</b>

<b>Day 23 – Strong Habits</b>	<b>24</b>
<b>Day 24 – Light Balanced</b>	<b>25</b>
<b>Day 25 – Stay the Course</b>	<b>26</b>
<b>Day 26 – Mindful Eating</b>	<b>27</b>
<b>Day 27 – Energy Focus</b>	<b>28</b>
<b>Day 28 – Final Push</b>	<b>29</b>
<b>Day 29 – Light Day</b>	<b>30</b>
<b>Day 30 – Reflection Next Steps</b>	<b>31</b>
<b>Final Notes from Trusted Nutra Products</b>	<b>32</b>

# How This 30-Day Plan Works

This 30-day plan is designed to support healthy weight management through structured eating, hydration, daily movement, and consistent supplementation.

## QuickBurn BHB Daily Usage

- Take **1 capsule in the morning** with breakfast
- Take **1 capsule in the evening** with dinner
- Drink a full glass of water with each dose

## Daily Non-Negotiables

- Water intake: 2.5–3 liters daily
- Movement: Minimum 20 minutes
- Sleep: 7–8 hours

# **Day 1 – Reset Hydration**

## **What to Eat**

- Breakfast: 2 boiled eggs + avocado slices
- Lunch: Grilled chicken salad with olive oil
- Snack: Handful of almonds
- Dinner: Steamed vegetables with grilled fish

## **What to Drink**

- 3 liters of water
- 1 cup green tea

## **What to Do**

- 20-minute brisk walk
- Light stretching before bed

## **QuickBurn BHB**

- 1 capsule with breakfast
- 1 capsule with dinner

# **Day 2 – Clean Fuel**

## **What to Eat**

- Breakfast: Greek yogurt with chia seeds
- Lunch: Lentil soup with side salad
- Snack: One apple
- Dinner: Stir-fried mixed vegetables

## **What to Drink**

- 2.5–3 liters water
- Herbal tea (optional)

## **What to Do**

- 25-minute walk
- 5 minutes deep breathing

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 3 – Balanced Energy**

## **What to Eat**

- Breakfast: Smoothie (spinach, banana, protein)
- Lunch: Brown rice with grilled vegetables
- Snack: Mixed nuts
- Dinner: Homemade chicken soup

## **What to Drink**

Water throughout the day (minimum 2.5 liters).

## **What to Do**

30 minutes steady walking.

## **QuickBurn BHB**

Continue daily dosage.

# **Day 4 – Light Active**

## **What to Eat**

- Breakfast: Small bowl oatmeal
- Lunch: Baked fish with salad
- Dinner: Vegetable soup

## **What to Drink**

Warm lemon water in the morning + water all day.

## **What to Do**

Gentle yoga or stretching (20 minutes).

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 5 – Building Consistency**

## **What to Eat**

- Breakfast: Scrambled eggs with tomatoes
- Lunch: Grilled chicken wrap (whole wheat)
- Dinner: Steamed vegetables

## **What to Drink**

2.5–3 liters water.

## **What to Do**

30-minute walk.

## **QuickBurn BHB**

Continue daily dosage.

# **Day 6 – Gentle Burn**

## **What to Eat**

- Breakfast: Smoothie bowl
- Lunch: Beans with vegetables
- Dinner: Grilled fish

## **What to Drink**

Water + optional green tea.

## **What to Do**

Stretching + 20-minute walk.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 7 – Reset Review**

## **What to Eat**

- Breakfast: Omelet with vegetables
- Lunch: Grilled fish with salad
- Snack: Handful of nuts
- Dinner: Light vegetable soup

## **What to Drink**

2.5–3 liters water, herbal tea optional.

## **What to Do**

20-minute relaxed walk, reflect on first week progress.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# Day 8 – Clean Energy Boost

## What to Eat

- Breakfast: Greek yogurt with seeds
- Lunch: Chicken and vegetable bowl
- Snack: One fruit
- Dinner: Steamed vegetables with tofu or fish

## What to Drink

Water throughout the day + 1 cup green tea.

## What to Do

30-minute brisk walk, light stretching.

## QuickBurn BHB

Continue daily dosage.

# **Day 9 – Fat-Burn Support**

## **What to Eat**

- Breakfast: Eggs with avocado
- Lunch: Lentil soup with salad
- Snack: Nuts (small portion)
- Dinner: Grilled chicken with vegetables

## **What to Drink**

Minimum 3 liters water.

## **What to Do**

35-minute walk or light cardio.

## **QuickBurn BHB**

1 capsule with breakfast, 1 capsule with dinner.

# **Day 10 – Consistency Day**

## **What to Eat**

- Breakfast: Smoothie (greens + protein)
- Lunch: Brown rice (small portion) with vegetables
- Snack: Yogurt or fruit
- Dinner: Vegetable soup

## **What to Drink**

2.5–3 liters water, avoid sugary drinks.

## **What to Do**

30 minutes walking + 5 minutes breathing exercises.

## **QuickBurn BHB**

Take as directed.

# **Day 11 – Light Active**

## **What to Eat**

- Breakfast: Oatmeal (small portion)
- Lunch: Grilled fish with greens
- Snack: Almonds
- Dinner: Steamed vegetables

## **What to Drink**

Warm lemon water morning + water all day.

## **What to Do**

Gentle yoga or stretching (25 minutes).

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 12 – Momentum Builder**

## **What to Eat**

- Breakfast: Scrambled eggs with vegetables
- Lunch: Chicken salad with olive oil
- Snack: Fruit
- Dinner: Light stir-fry vegetables

## **What to Drink**

3 liters water, herbal tea optional.

## **What to Do**

40-minute brisk walk.

## **QuickBurn BHB**

Continue daily dosage.

# **Day 13 – Midpoint Reset**

## **What to Eat**

- Breakfast: 2 boiled eggs with sautéed vegetables
- Lunch: Grilled chicken with mixed salad
- Snack: Handful of nuts
- Dinner: Vegetable soup

## **What to Drink**

2.5–3 liters water, green tea optional.

## **What to Do**

30-minute brisk walk, light stretching.

## **QuickBurn BHB**

1 capsule with breakfast, 1 capsule with dinner.

# **Day 14 – Fat Utilization Focus**

## **What to Eat**

- Breakfast: Greek yogurt with seeds
- Lunch: Fish with steamed vegetables
- Snack: One fruit
- Dinner: Light stir-fried vegetables

## **What to Drink**

Water throughout the day (minimum 3 liters).

## **What to Do**

35-minute walk or light cardio.

## **QuickBurn BHB**

Continue daily dosage.

# **Day 15 – Strong Steady**

## **What to Eat**

- Breakfast: Smoothie (spinach, protein, fruit)
- Lunch: Lentils with vegetables
- Snack: Yogurt or nuts
- Dinner: Grilled chicken with greens

## **What to Drink**

2.5–3 liters water, avoid sugary drinks.

## **What to Do**

40-minute brisk walk.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 16 – Active Recovery**

## **What to Eat**

- Breakfast: Oatmeal (small portion)
- Lunch: Grilled fish with salad
- Snack: Fruit
- Dinner: Steamed vegetables

## **What to Drink**

Warm lemon water in the morning + water all day.

## **What to Do**

Gentle yoga or stretching (30 minutes).

## **QuickBurn BHB**

Take as directed.

# **Day 17 – Metabolic Support**

## **What to Eat**

- Breakfast: Eggs with avocado
- Lunch: Chicken salad with olive oil
- Snack: Nuts (small portion)
- Dinner: Vegetable soup with protein

## **What to Drink**

3 liters water, herbal tea optional.

## **What to Do**

45-minute walk or light cardio.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# Day 18 – Momentum Check

## What to Eat

- Breakfast: Scrambled eggs with vegetables
- Lunch: Brown rice (small portion) with fish
- Snack: Fruit
- Dinner: Light vegetable stir-fry

## What to Drink

2.5–3 liters water.

## What to Do

30-minute walk + 10 minutes stretching.

## QuickBurn BHB

Continue daily dosage.

# **Day 19 – Consistency Wins**

## **What to Eat**

Eggs with vegetables (breakfast), grilled chicken salad (lunch), nuts (snack), vegetable soup (dinner).

## **What to Drink**

2.5–3 liters water.

## **What to Do**

30-minute brisk walk.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 20 – Light Clean**

## **What to Eat**

Greek yogurt with seeds, lentils with vegetables, fruit, grilled fish with greens.

## **What to Do**

Stretching + 25-minute walk.

## **QuickBurn BHB**

Continue daily dosage.

# **Day 21 – Weekly Reset**

## **What to Eat**

Omelet, chicken and vegetables, nuts, light vegetable stir-fry.

## **What to Do**

Gentle yoga or active recovery.

## **QuickBurn BHB**

As directed.

# **Day 22 – Fat-Burn Support**

## **What to Eat**

Smoothie breakfast, fish with salad, fruit, vegetable soup.

## **What to Do**

40-minute brisk walk.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 23 – Strong Habits**

## **What to Eat**

Eggs and avocado, lentils with greens, nuts, grilled chicken with vegetables.

## **What to Do**

30–40 minutes walking.

## **QuickBurn BHB**

Continue daily use.

# **Day 24 – Light Balanced**

## **What to Eat**

Oatmeal (small portion), fish with vegetables, fruit, steamed greens.

## **What to Do**

Stretching + breathing exercises.

## **QuickBurn BHB**

As directed.

# **Day 25 – Stay the Course**

## **What to Eat**

Scrambled eggs, chicken salad, nuts, vegetable soup.

## **What to Do**

45-minute walk.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 26 – Mindful Eating**

## **What to Eat**

Greek yogurt, grilled fish with salad, fruit, light stir-fry.

## **What to Do**

Eat slowly, 30-minute walk.

## **QuickBurn BHB**

Continue daily dosage.

# **Day 27 – Energy Focus**

## **What to Eat**

Smoothie, lentils with vegetables, nuts, grilled protein with greens.

## **What to Do**

40 minutes brisk walking.

## **QuickBurn BHB**

As directed.

# **Day 28 – Final Push**

## **What to Eat**

Eggs with vegetables, chicken salad, fruit, vegetable soup.

## **What to Do**

45 minutes walking + stretching.

## **QuickBurn BHB**

1 capsule morning, 1 capsule evening.

# **Day 29 – Light Day**

## **What to Eat**

Light meals only: soups, vegetables, lean protein.

## **What to Drink**

Extra hydration (3 liters).

## **What to Do**

Gentle walking, deep breathing.

## **QuickBurn BHB**

Continue daily dosage.

# Day 30 – Reflection Next Steps

## Today's Focus

Eat clean, hydrate well, and reflect on your progress over the past 30 days.

## What to Do

- Measure progress (energy, habits, clothes fit)
- Plan your next 30 days
- Continue healthy routines

## QuickBurn BHB

You may continue QuickBurn BHB as part of your daily wellness routine.

# Final Notes from Trusted Nutra Products

Consistency is the key to lasting results. This plan is designed to support healthier choices, improved discipline, and long-term weight management when followed regularly.