

30-days diet Plan



Contents

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

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

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.