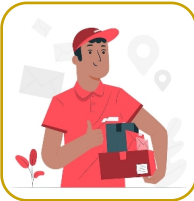




Program Stages



Consultation



Shipping




Programs



Post Program




Program




DAY 1

✓




DAY 2

✓




DAY 3

✓




DAY 4


✓




DAY 5




DAY 6




DAY 7




DAY 8




DAY 9




DAY 10




DAY 11




DAY 12



DAY 13














DAY 14



DAY 15



## Day 1 Meal Plan

Time	Meal / Yoga	Status
<b>B/W 6-8am</b>	 Suryanamaskara	<span>Unfol..</span> 
<b>07:00Am</b>	Ginger Tea	<span>Foll...</span> 
<b>Breakfast 08-09Am</b>	Idli/ dhokla with chutney	<span>Alte...</span> 
<b>10:30Am (Optical)</b>	Cucumber juice	<span>Alte...</span> 
<b>Lunch 12-1pm</b>	Wheat chapati/ rice with veg curry	<span>Unfol..</span> 
<b>Snack 4:30pm</b>	Buttermilk with hing	<span>Foll...</span> 
<b>B/W 6-8pm</b>	 Suryanamaskara	<span>Unfol..</span> 
<b>Dinner 7-8:30pm</b>	Idli/ dhokla with chutney	<span>Foll...</span> 
<b>9:30pm</b>	Ginger Tea	<span>Alte...</span> 

Comments

Proceed to Day 2

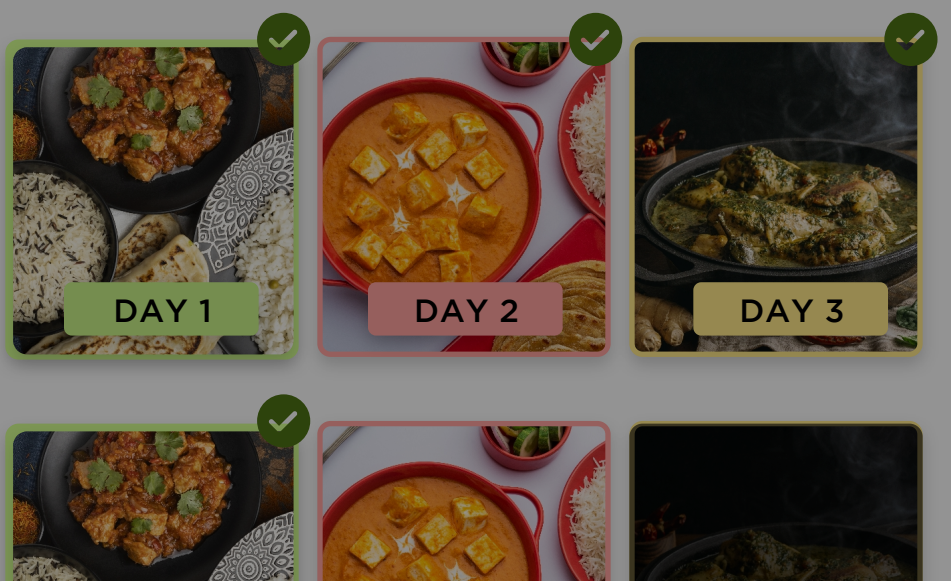


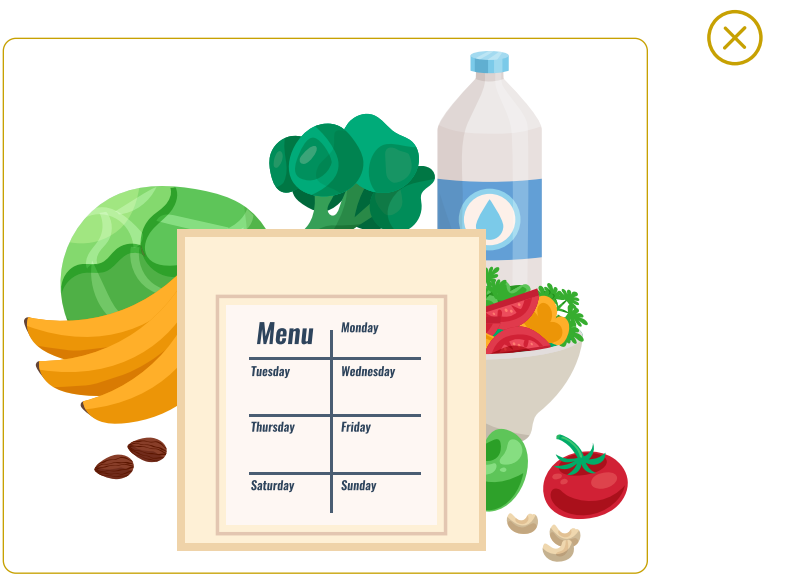
Day 1 Meal Plan

Time	Meal / Yoga	Status
B/W 6-8am	Suryanamaskara	Unfol.. ▾
07:00Am	Ginger Tea	<div><div>Followed</div><div>UnFollowed</div><div>Alternative without Doctor</div><div>Alternative with Doctor</div></div>
Breakfast 08-09Am	Idli/ dosa with chutney	
10:30Am (Optical)	Cucumber juice	
Lunch 12-1pm	Wheat chapati/ rice with veg curry	Unfol.. ▾
Snack 4:30pm	Buttermilk with hing	Foll... ▾
B/W 6-8pm	Suryanamaskara	Unfol.. ▾
Dinner 7-8:30pm	Idli/ dhokla with chutney	Foll... ▾
9:30pm	Ginger Tea	Alte... ▾

Comments

Program





An illustration of a menu card with a table of days of the week, surrounded by various fruits and vegetables like bananas, apples, and tomatoes. A water bottle is also present.

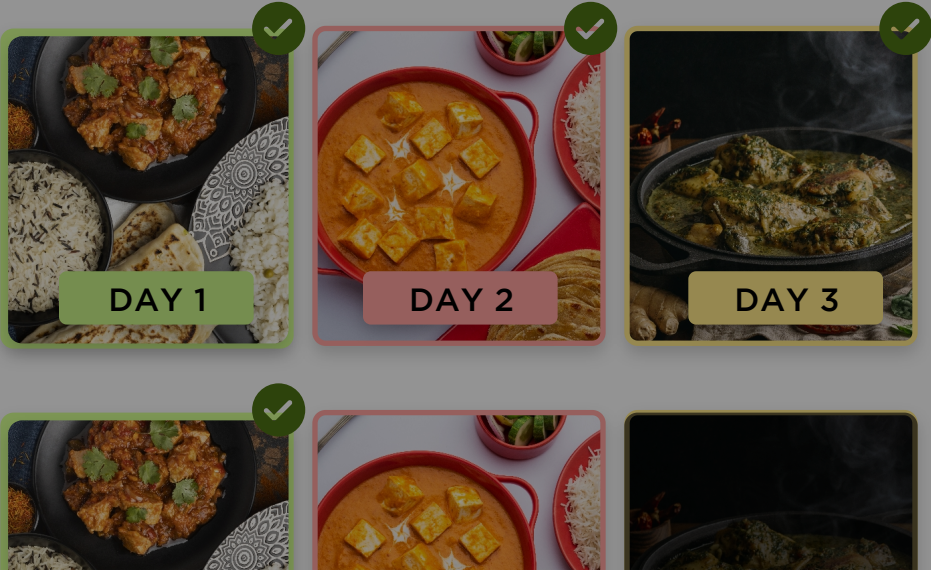
Menu	
Monday	
Tuesday	Wednesday
Thursday	Friday
Saturday	Sunday


**Your Day 1 Meal Plan Not yet completed  
you want to continue the  
day 2 Meal Plan ?**

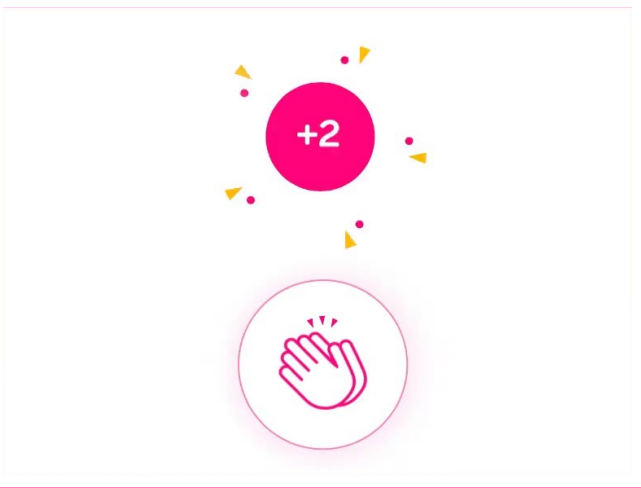
Next



Program







**You Have completed the 15 days  
Meal plan , Now you can proceed  
to Post Protocol.**

Next



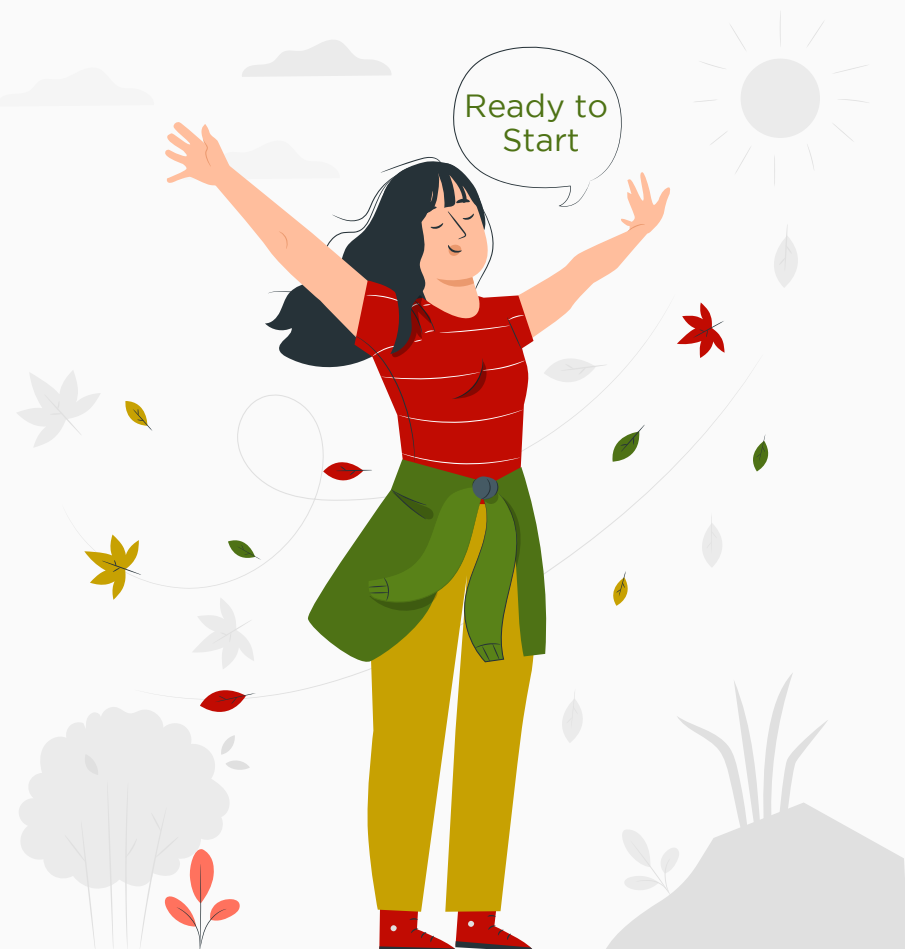
## Post Program



Protocol Guide



Consultation



Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book.



Slide To Start