

7-Day Glow-Up Challenge (25 May - 1 June)

| Day | Morning | Afternoon | Evening | Night |
|--------|------------------------------------|--------------------|---------------|--------------------|
| 25 May | Lemon + chia water, 1 egg white | Dahi + cucumber | Coconut water | Aloe vera gel |
| 26 May | Mint lemonade | Sattu drink | Chia lemonade | Multani mitti mask |
| 27 May | Chia lemonade | Moong daal sprouts | Coconut water | Aloe vera gel |
| 28 May | Lemon + chia water, 1 egg white | Dahi + cucumber | Mint lemonade | Multani mitti mask |
| 29 May | Mint lemonade | Sattu drink | Chia lemonade | Aloe vera gel |
| 30 May | Chia lemonade | Moong daal sprouts | Coconut water | Multani mitti mask |
| 31 May | Lemon + chia water, 1 egg white | Dahi + cucumber | Mint lemonade | Aloe vera gel |

Additional Notes:

- Rozana 15-20 min brisk walk ya light cardio.
- Mewing aur gum chewing daily for jawline.
- Kam az kam 7 ghante ki neend.
- Din bhar mein 2.5-3 liters paani piyen.