

Day-1 Diet -

Chart Of Ingredient

Breakfast	Lunch	Dinner
1 Tbsp Almond Butter	1 Apple	1 Cucumber
1 Cup Of Kale	1 Orange	2 Kale Leaves
Half Cup Of Normal Water	½ Cup Pineapple Slices	2 Medium-Sized Celery
¼ Cup Of Frozen Berries	3 Kale Leaves	1 Peeled Lemon
¼ Cup Pineapple Slices	Handful Of Mint	1 Apple
¼ Cup Non-Fat Yogurt	1 Tbsp Cinnamon	

Day-2 Diet -

Chart Of Ingredient

Breakfast	Lunch	Dinner
½ Cup Of Almond Milk	Half Cup Of Coconut Water	1 Cucumber
2 Celery Stalks	½ Cup Berries	Handful Of Parsley
1 Cucumber	¼ Avocado	Half Cup Water
3 Leaves Of Kale	4 Tbsp Of Lemon Juice	2 Tbsp Aloe Vera Juice
Half Apple	1 Tbsp Flax Seeds	5 Tbsp Of Lemon Juice
Half Cup Of Sliced Pineapple		

Day-3 Diet -

Chart Of Ingredient

Breakfast	Lunch	Dinner
3 Green Tea Bags	3 Carrots	1 Cucumber
1 Cup Of Blueberries	2 Tomatoes	Handful Of Spinach
Half Cup Fat-Free Yogurt	2 Cucumbers	1 Banana
3 Tbsp Of Flax Seeds	1 Piece Of Ginger	1 Avocado
Half ¼ cup of water	1 Tbsp Of Cinnamon	
A Handful Of Almonds		

Day-4 Diet -

Chart Of Ingredient

Breakfast	Lunch	Dinner
Half Piece Medium-Sized Mango	1 Cup Blue Berries	1 Apple
1 Cup Of Oats	5 Stalks Of Spinach	1 Cup Pineapples
Half Cup Non-Fat Yogurt	2 Apples	Handful Of Mint
Half Cup Of Water	1 Piece Of Ginger	2 Stalks Celery
	½ Cup Unsweetened Yogurt	Half Cup Of Water

Day-5 Diet -

Chart Of Ingredient

Breakfast	Lunch	Dinner
2 Oranges	1 Sweet Potato	1 Banana
1 Cup Of Pineapples	1 Cucumber	5 Leaves Spinach
3 Tbsp Of Lemon Juice	1 Apple	1 Cup Almond Milk
Handful Of Mint	Half Cup Of Natural Yogurt	Half Medium-Sized Avocado
Half Cup Of Water	¼ cup of water	
	1 Tbsp Cinnamon	

Day-6 Diet -

Chart Of Ingredient

Breakfast	Lunch	Dinner
2 Tbsp Of Lemon Juice	1 Cucumber	1 Cup Blueberries
2 Celery Stalk	2 Celery Stalk	¼ Cup Mango
2 Cups Of Coconut Water	Half Green Apple	1 Avocado
¼ Cup Of Pineapple	¼ Cup Almond Milk	2 Tbsp Of Lemon Juice
1 Piece Of Small-Sized Ginger Root	1 Cup Pineapple	Half Cup Of Coconut Water
	¼ Cup Of Water	

Day-7 Diet -

Chart Of Ingredient

Breakfast	Lunch	Dinner
2 Tbsp Of Lemon	2 Carrots	Half Cup Of Almond Milk
1 Cup Of Blue Berries	1 Cucumber	3 Celery Stalks
4 Leaves Spinach	1 Orange	Half Cup Pineapple
1 Tbsp Of Flax Seeds	2 Apples	1 Apple
1 Tbsp Of Cinnamon	5 Kale Leaves	1 Cucumber
1 Cup Coconut Water	Half Water Cup	5 Kale Leaves
		1 Tbsp Of Cinnamon