



The Stay Fit Channel

BODY DETOX MEAL PLAN

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HEALTHY LIVING

DETOX DIET MENU PLAN

Stick to the Timing

DAY - 1

6:30 AM	Detox Water
7:30 AM	1 Apple
10 AM	Water Melon 2-3 Slices / 1 Bowl
12:30 AM	4 Slices of Pineapple
3 PM	Green Tea with 5 Almonds and 4 Walnuts (soaked in water overnight)
5 PM	4 slices of Pineapple
7:30 PM	400 Gm Mausambi (Sweet Lime)
9:30 PM	Coconut Water
10:30 PM	1 Glass Detox Water

Note** Best for weight > 90Kg & Height 150-160cm





HEALTHY LIVING

DETOX DIET MENU PLAN

Stick to the Timing

DAY - 2

5:30 AM	Detox Water
7:30 AM	1 Apple
10 AM	400 Gm Mausambi (Sweet Lime)
12:30 AM	Bowl of Salad (any 5-6 types of vegetables)
3 PM	Green Tea with 5 Almonds & 5 Walnuts
5 PM	4 Slice of Pineapples
7:30 PM	2 Medium Size Mausambi
9:30 PM	Coconut Water
10:30 PM	1 Glass Detox Water

Note** Best for weight >90kg & Height 150-160cm





HEALTHY LIVING

HOW DO YOU PREPARE YOUR DETOX WATER?

- 1 Litre of Water
- 4 Slices of Cucumber
- 5 Slices of Lemon
- 15 Mint Leaves
- 2 Slices of Ginger

Put all of them in water and keep it overnight. Have it in the morning and during the day if you like to drink more after keeping some gap in your meals.



Note** Best for weight>90Kg & Height 150-160cm