




TheLifeCo[®]

3 DAY DETOX



NUTRITION PLAN

TIME	MEALS	CALORIES
08:00	 Lemon Cayenne Powder 1 sachet (5g)	17kcal
09:30	 Chia Pudding 1 sachet (60g)	262kcal
11:00	 TheLifeCo Organic Psyllium Husk Powder with Lemon & Strawberry 1 sachet (6g)	13kcal
13:00	 &  TheLifeCo Green Veggies Detox Soup 1 sachet (21g) & Green Salad (1 bowl)	58kcal + Green Salad (Approx 60-80kcal)
15:00	 +  Green Blend Powder 1 sachet (4g) + Organic Psyllium Husk Powder 1 sachet (4g)	12 kcal + 14kcal
18:00	 &  TheLifeCo Beetroot Detox Soup 1 sachet (23g) & Green Salad (1 bowl)	67kcal + Green Salad (Approx 60-80kcal)
20:00	 Lemon Cayenne Powder 1 sachet (5g)	17kcal

Max: 620kcal

