

TheLifeCo[®]

Fit & Slim

**3 DAY
DETOX
PACK**

DETOX PACK
PRODUCT DESCRIPTIONS





With **TheLifeCo Fit & Slim 3-Day Detox Package** which includes **detox products** that include delicious and useful meals that you can bring with you, you can lighten up!

Fit& Slim 3 Day Detox Pack's material has been thoughtfully created in keeping with TheLifeCo experience as well as visitor experiences.

Enjoy the brightness and lightness while using a variety of useful items that are created without additives and have a high nutritional value during this **3-day program!**

FEEL

MORE FIT

MORE ENERGETIC

with 3 DAY DETOX PACK!





TheLifeCo Lemon Cayenne Powder (5g /sachet)

This useful beverage contains garsinia extract, green tea extract, cinnamon extract, and prebiotic component that assist to rejuvenate metabolism and keep shape. We use freeze-dried lemon powder to reduce the hot pepper's strong flavor.

Together with the catechin and caffeine in the green tea extract, the hydroxycitric acid (HCA) naturally present in the Garsinia extract aids in reviving the metabolism. uses cinnamon extract to help in hunger management.

Ingredients called prebiotics help probiotic microorganisms grow and survive in the intestines, where they assist the immune system and regulate digestion.





TheLifeCo Psyllium Husk Drink Powder (4g / sachet)

Psyllium is a hairy, herbaceous plant with 30-cm-long, black blooms. High fiber content can be found in TheLifeCo Organic Psyllium powder.

4 grams of fiber (one sachet) contains 5g. 20% of the daily fiber requirement for adults is met by 1 serving of psyllium per day.

When made, it makes a tasty green smoothie when combined with water and Green Vegetables Drink Powder. You should consume it right away after combining it with water. Otherwise, psyllium soon expands and develops a gel-like consistency due to its ability to gel. Note: It's better to use the shaker that comes with the package to mix the psyllium because using a Rondo style mixer would cause it to quickly swell.



TheLifeCo Green Blend Powder (4g / sachet)

Green vegetable juices that are hard to create and drink are no longer necessary!

Spirulina, spinach, aloe vera, broccoli, cabbage, medicinal mint, dill, turmeric, and ginger extracts, freeze-dried lemon, vitamin C, vitamin K, and vitamin A are all included in TheLifeCo Green Vegetables Drink Powder, which is devoid of additives, preservatives and added sugar.

When combined with psyllium, Green Blend, which contains plant extracts and vitamins and has a high nutritional value, produces a green smoothie. It is an excellent substitute for a lunch or snack. By combining the Green Vegetables Drink powder and the one sachet of black cumin powder (psyllium) that are part of your 3-day detox package in a shaker, you can make an excellent meal that will extend the feeling of fullness.





TheLifeCo Organic Psyllium Husk Powder with Lemon & Strawberry (6g/ sachet)

Psyllium can now be drunk straight with water in a simple and appealing way thanks to freeze-dried strawberry and lemon powder! 8.5 grams of fiber are included in 6 grams (1 sachet).

One serving of psyllium per day provides 34% of the adult daily fiber requirement. Black seaweed Organic Lemon & Strawberry It produces a tasty green smoothie when combined with liquid and water. You should consume it right away after combining it with water. Otherwise, psyllium soon expands and develops a gel-like consistency due to its ability to gel.

Note: Shakers that come with the packaging work best for mixing psyllium; Rondo-type mixers should be avoided because they will make the psyllium quickly swell.



TheLifeCo Chia Pudding (60g/ sachet)

Would you like to start the day with strawberry chia pudding? This tasty and useful meal only requires a glass of water and a spoon.

Chia pudding made with organic coconut milk powder, freeze-dried strawberries, bananas, blackberries, and hibiscus powder; no animal products are used in its production. Its consistency and strawberry flavor allow it to be eaten as a breakfast item or snack in addition to an innocent dessert. It can also be eaten after being prepared a few hours beforehand and being kept in the fridge. You can garnish it with your preferred fruits as you eat it. One sachet contains 60 grams and 16 grams of fiber. One serving per day provides 64% of the adult daily fiber requirement.





TheLifeCo Green Veggies Detox Soup (21g / sachet)

In Green Vegetable Detox Soup, a possible favorite of spice gourmets, cardamom, cumin, curry, hot & sweet ground pepper, garlic powder, allspice, and black pepper were combined with veggies like leek, celery, broccoli, onion, basil, carrot, and garlic.

One sachet contains 21 grams and 5.2 grams of fiber. One serving per day provides 21% of the adult daily fiber requirement. Furthermore, one dish has just 58 calories.

Detox soups are scrumptious and useful meals made with our own recipe at our TheLifeCo Bodrum Wellness center kitchen.



TheLifeCo Beetroot Detox Soup (23g / sachet)

This fantastic root vegetable soup from TheLifeCo cuisine is much more than the typical detox soups, since it is spiced with delectable spices and free of additives and preservatives.

Along with freeze-dried carrots and lemon powder, Beetroot Detox Soup also included garlic powder, onion powder, curry, cumin, allspice, black pepper, coriander powder, hot & sweet powdered pepper and curry powder.

One sachet contains 23 grams and 5.2 grams of fiber. 1 serving per day provides people with 14% of their daily fiber requirements. A serving only contains 67 calories.





CHICKPEA SALAD

Ingredients:

- 3 tablespoons of boiled chickpeas
- 4-5 cherry tomatoes
- 1 baby carrot
- 1 portion of spinach
- 1 medium onion
- 1 red pepper
- 10 gr. cranberry
- Half a bunch of dill
- 1 tablespoon of olive oil
- 12 lemon juice
- Coriander, black pepper, and salt

Method:

Soak the chickpeas in water the night before and boil them.
Wash the boiled chickpeas and combine them with the chopped vegetables in a deep bowl and add olive oil and any spices you want. If you wish, you can also prepare half of the specified dimensions.

Enjoy your meal!

Energy value:

430 Kcal



QUIONA SALAD

Ingredients:

- 2 tablespoons of quinoa
- 1 red pepper
- 3-4 stalks of green onions
- 1 medium purple onion
- 1/4 sliced avocado
- 1/2 bunch arugulalettuce
- 1/2 bunch dill
- 1 teaspoon olive oil
- 1/2 lemon juice
- Pepper, salt

Method:

Boil the quinoa in a cooking pot with half a glass of water.
Chop the vegetables required for the salad and combine all the ingredients in a bowl and add the spices you want on it.

Enjoy your meal!


Energy value:

230 Kcal



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Are you ready to try fit & slim 3 day
detox program?



Fit & Slim

