



# HealthTotal

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## 10-DAY **DIET** CHART

HELPS IN DETOXIFYING  
YOUR BODY & MANAGING  
WEIGHT LOSS



**Programs designed  
by celebrity nutritionist  
Anjali Mukerjee**

[www.health-total.com](http://www.health-total.com)



Cleanse, de-bloat, boost your metabolism and set your health back on track with this 10-day Detox Diet Plan designed by Anjali Mukerjee.

This is an intense diet plan because it must be followed on hourly basis. So, keep the juices and other ingredients ready a day prior. Also, follow this detox diet plan for straight 10 days. You can resume eating normal home-cooked meals 11<sup>th</sup> day onwards.



7:00 am

1 Glass Jeera-Dhaniya Water

7:30 am

1 Glass Coconut Water OR  
1 Bowl Papaya



8:00 am

Amla Juice (30 ml/2 amla) +  
Aloe Vera Juice (30ml)

9:00 am

1 Cup Tea with 2 tbsp  
Skimmed / Toned Milk with  
1 Bowl Vegetable Upma OR  
1 Bowl Poha OR 2 Dosas with  
Chutney +  
Carrot-Beetroot-Tomato-Juice







1:00 pm



2 Thin Jowar / Wheat /  
Ragi Roti + 1 Bowl Cooked  
Vegetable + 1 Bowl Dal +  
1 Bowl Salad



5:00 pm



1 Cup Tea with 2 tbsp  
Skimmed / Tonned Milk  
with 1 Handful Mixed Dry  
Fruits OR 1-2 Pieces of  
Dark Chocolate OR  
1 Glass Apple OR  
Orange Juice  
(You can take any  
seasonal fruit of your choice)



8:00 pm



5 days:  
2 Thin Jowar / Wheat /  
Ragi Roti + 1 Bowl Cooked  
Vegetable + 1 Bowl Dal + 1 Bowl  
Salad

5 days:  
Red/Brown Rice (4-5 tbsp)  
+ 1 Bowl Cooked Vegetable +  
1 Bowl tomato creamy soup +  
1 Bowl Salad



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For a personalized detox & diet plan

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