



# DETOX IN A BOX

Refresh - Restart - Recharge  
In 24 hours

# 1-Day Detox In A Box

## SCHEDULE



### Coconut Water

Hydrates the body and keeps your body energized.

6-8 am



8-9 am



### Detox Mint Tea



Helps to keep your digestion good and refreshes your breath.



### Cleansing Beetroot Lemonade

Helps boost your immunity, clears your skin and protects your heart.

9-10 am



10-11 am



### Protein-Rich Upma



Rich in fibre and easy to digest.



### Anar-Detox Drink

A rejuvenating drink that helps improve your digestion, reduces acidity and bloat.

11-11.30 am



12-2 pm



### Digestive Adrak-Shorba



High-fibre soup loaded with anti-oxidants.



### Glow-up Amla Turmeric Shot

Loaded with vegetables & minerals for deep level detoxification.

4-5 pm



5-6 pm



### Healthy Green Soup



A drink enriched with Vitamin C, great for hydration and detoxification.



### Soothing Ginger Lemon Grass Tea

Both lemongrass and ginger anti-inflammatory herbs. Ginger helps reduce bloat & the tea is full of anti-oxidants.

6-7 pm



9.00 pm



### Soothing Lemon Coriander Soup



Great for digestion and kidney.



### Digestive Herbal Tea

Good for digestion.

10.00 pm



*\*Drink at least 10-12 glasses of water through the day*

# Weight Loss Food Plan

To be followed after the 1-day detox (Optional)



## Early Morning

7.00 am – 8.00 am

2 glasses of sabja water (1 tsp sabja soaked in 1 liter water overnight)



1 cup black tea/1 cup coffee (no sugar, 2 tsp milk (optional))

## Mid Morning

8.00 am – 9.00 am

(Optional)



## Breakfast

9.30 am – 10.00 am

1 slice whole wheat bread + green chutney + grated cheese + tomato & cucumber slices (salt & pepper)  
OR

1 slice whole wheat bread + 1 full egg or 2 egg whites + tomato slices (salt & pepper)



## Lunch

2.00 pm – 2.30 pm

1 chapati (made from whole wheat/jowar/bajra)  
1 cup green vegetables (no peas, no potatoes)  
1 cup raw salad (salt & pepper)



## Before Lunch

12.30 pm – 1.00 pm

5 almonds (optional – only in case you are hungry)



## Evening

5.30 pm – 6.30 pm

1 apple/orange/mosambi  
(Optional)  
1 cup black tea/coffee (no sugar, 2 tsp milk (optional))



## Post Lunch

4.30 pm – 5.00 pm

1 glass nimbu pani (with a pinch of salt – no sugar)



## Dinner

8.30 pm

### For first 3 days

Raw salad + 1 bowl dal (moong or chana)/150 gms  
grilled chicken or fish



## Before Dinner

7.30 pm – 8.30 pm

Homemade palak soup/  
any light clear soup



### For next 3 days

Raw salad + 1 roti (whole wheat/jowar/bajra) +  
1 cup vegetable (no potatoes, no peas)



## Post Dinner

10.00 pm

5 almonds (optional – only in case you are hungry)



# Do's and Dont's of Weight Loss Plan



## TO EAT



Green Tea



Lime Juice (no sugar)



Coconut Water



Raw Salad (salt & pepper)



Thin Buttermilk (salt & pepper)



Clear soups  
(homemade or soups available)



## TO AVOID



All junk food like pizzas, burgers & chaat



Sweets, desserts, cold drinks, fruit juices,  
sugar & chocolate



White rice, idlis, dosas, dhoklas



Sweet fruits like mango, chikoo,  
banana, papaya, watermelon, grapes



Whole milk, high fat yogurt, paneer,  
cheese, butter & ghee



All products made from refined  
flour (maida)



Red meat, thick creamy curries,  
biryani/pulao



Vegetables like cooked carrots, green  
peas, potatoes, suran, arbi as they are  
rich in starch



All fried foods/biscuits/chivdas/khakhra



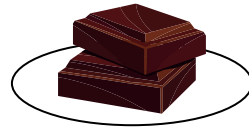
Avoid sweetening your tea with refined  
sugar, jaggery, honey. Use stevia  
instead

# Things To Remember

Dal can be substituted by 150 gm of fish or chicken



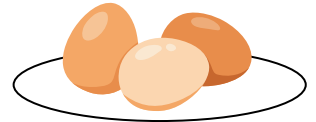
If you have sugar cravings, try Dark Chocolate. It is full of anti-oxidants and is under 15 calories per piece



Drink at least 10-12 glasses of water through the day



You can eat one full egg for 4 days in a week  
OR 2-3 egg whites for 3 days in a week



Avoid alcohol while on the plan



Use not more than 1 tsp of oil per person, per meal



Sleep for 7-8 hours every day as all the repair work in your body takes place only when you sleep sound at night for that duration

Manage stress as it will hamper your weight loss progress



Exercise for 45 mins to an hour every day like a brisk walk, a racket sport or swimming

# FAQ's

**Q1. Will the detox plan interfere with my ongoing medication/Can I continue taking my medicines?**

**Ans.** It is a regular cleaning of your internal organs and does not interfere with medicines in general. However, if you have serious medical issues, it is advised that you consult your doctor before taking the plan.

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**Q2. Can pregnant or lactating women take this plan?**

**Ans.** It is not advisable to take this plan in pregnancy. However, a lactating mother after 6 to 8 months of delivery can avail this kit after consulting our health experts.

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**Q3. Does the plan have any side effects?**

**Ans.** No, there are no side effects. In fact, you might experience added health benefits like glowing skin, improved hair quality, higher energy levels, lighter body, relief in acidity, bloating & constipation.

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**Q4. Do I have to take any medical consent before starting the program?**

**Ans.** No, you do not require any medical consent to start the detox box, unless you have a major medical issue.

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**Q5. Can I workout while on the 1-day detox?**

**Ans.** Avoid a strenuous workout. Light exercise for 30 minutes is fine.

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**Q6. Can I consume my gym supplements like my protein shake while on the 1-day detox?**

**Ans.** It would not be advisable as the effects of our 1-day detox will get minimized.

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**Q7. How soon will I start seeing the effect / benefits?**

**Ans.** By following the 1-Day Detox, you will experience the benefits within 24 hours. If you choose to follow the Post Detox weight loss food plan provided along with your kit, you will get better results.

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**Q8. How do I use it?**

**Ans.** All the instructions about how to detox are available inside the kit.

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**Q9. How is this different from other detox products available online?**

**Ans.** The Detox In A Box has been carefully designed by our experienced doctors and nutritionists. It is effective, easy to use and simple to follow. We have provided guidelines on how to use, along with a weight loss food plan with tasty and healthy food options.

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**Q10. What after the 1-day detox?**

**Ans.** Call us on +91 766 9600 301 / 91521 98275 for a more comprehensive weight loss program.

# 1-month detox

*Lose up to 5 kgs in 4 weeks*



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at  
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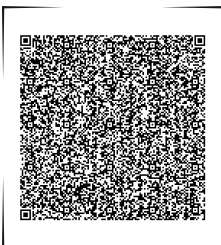
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## **Disclaimer:**

Weight loss and overall health results may vary from person to person, based on the individual's metabolic rate, general health, daily activity and levels of exercise. We do not guarantee any kind of results. In case you have a serious health concern, please consult your doctor before consuming any products.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.