






# DAY 1 – DAILY ROUTINE



Time of Day 	Instructions 	Nutria Land
<b>Morning</b>	➤ 1 x Garcinia Ultra capsule	 + 240ml of water  <b>Wait 30 minutes before next step</b>
	➤ 2 x Fiber Plus capsules	 + 240ml of water
	➤ 1 x Lipotherm + capsule	 + 240ml of water
	➤ 1/2 scoop (15g) Whey Protein	 Mix with 150ml of water/ plant-based milk
<b>Mid-Morning</b>	➤ 1 x Mineral Recharge tablet	 + 240ml of water
	➤ 1 x Green Tea Extract tablet	 + 240ml of water
<b>Noon</b>	➤ 1 x Garcinia Ultra capsule	 + 240ml of water  <b>Wait 30 minutes before next step</b>
	➤ 2 x Fiber Plus capsules	 + 240ml of water
	➤ 1/2 scoop (15g) Whey Protein	 Mix with 150ml of water/ plant-based milk
<b>Early Evening</b>	➤ 1 x Garcinia Ultra capsule	 + 240ml of water  <b>Wait 30 minutes before next step</b>
	➤ 2 x Fiber Plus capsules	 + 240ml of water
	➤ 1/2 scoop (15g) Whey Protein	 Mix with 150ml of water/ plant-based milk
<b>Night</b>	➤ 1 x Mineral Recharge tablet	 + 240ml of water

\*Free foods can be enjoyed in moderation to help curb hunger.

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# DAYS 2-10 – DAILY ROUTINE



**Nutria Land**

Time of Day

Instructions

Time of Day	Instructions	Additional Instructions
Morning	➤ 1 x Garcinia Ultra capsule	+ 240ml of water  Wait 30 minutes before next step
	➤ 2 x Fiber Plus capsules	+ 240ml of water
	➤ 1 x Lipotherm + capsule	+ 240ml of water
	➤ 1/2 scoop (15g) Whey Protein	Mix with 150ml of water/ plant-based milk
Mid-Morning	➤ 1 x Mineral Recharge tablet	+ 240ml of water
	➤ 1 x Green Tea Extract tablet	+ 240ml of water
Noon	➤ 1 x Garcinia Ultra capsule	+ 240ml of water  Wait 30 minutes before next step
	➤ 2 x Fiber Plus capsules	+ 240ml of water
	➤ 1 scoop (30g) Whey Protein	Mix with 300ml of water/ plant-based milk
Early Evening	➤ 1 x Garcinia Ultra capsule	+ 240ml of water  Wait 30 minutes before next step
	➤ 2 x Fiber Plus capsules	+ 240ml of water
	➤ Dinner: up to 700 calories	Men may add 200 calories (e.g., 85g protein) to reach 900/day. The 700-calorie meal can be lunch or dinner
Night	➤ 1 x Mineral Recharge tablet	+ 240ml of water

\*Tips for better results in your diet journey

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