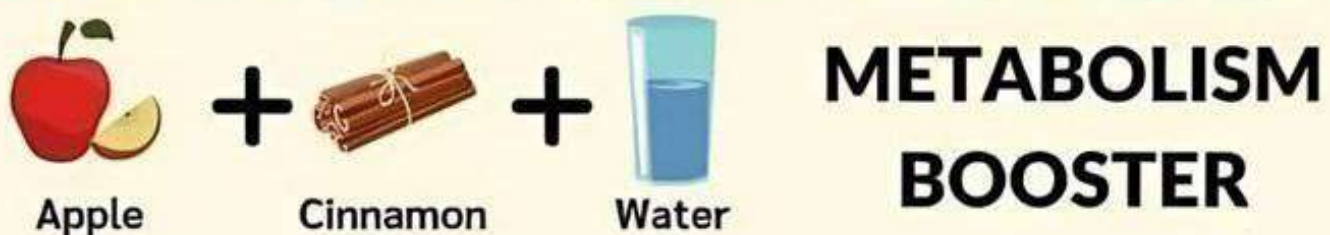
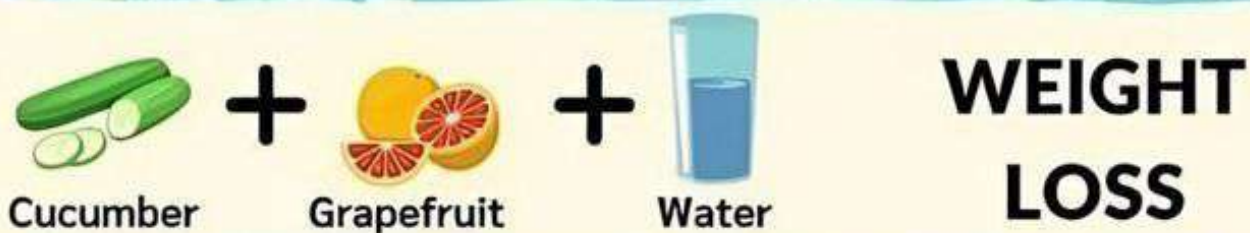
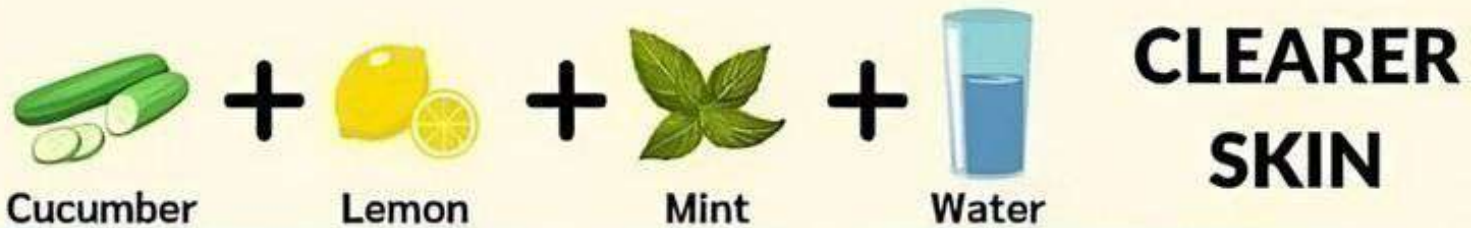


Water Detox Tips

Drinking water can help cleanse your body, flush out harmful toxins, increase energy, and help aid weight loss.



SAVE THIS FOR LATER

WEIGHT LOSS DRINK

DETOX WATER

Healthy weight loss drink in 14 days



1 sliced cucumber



1/2 of sliced lemon



1/2 of lime juice



Mint leaves



6 cups of water

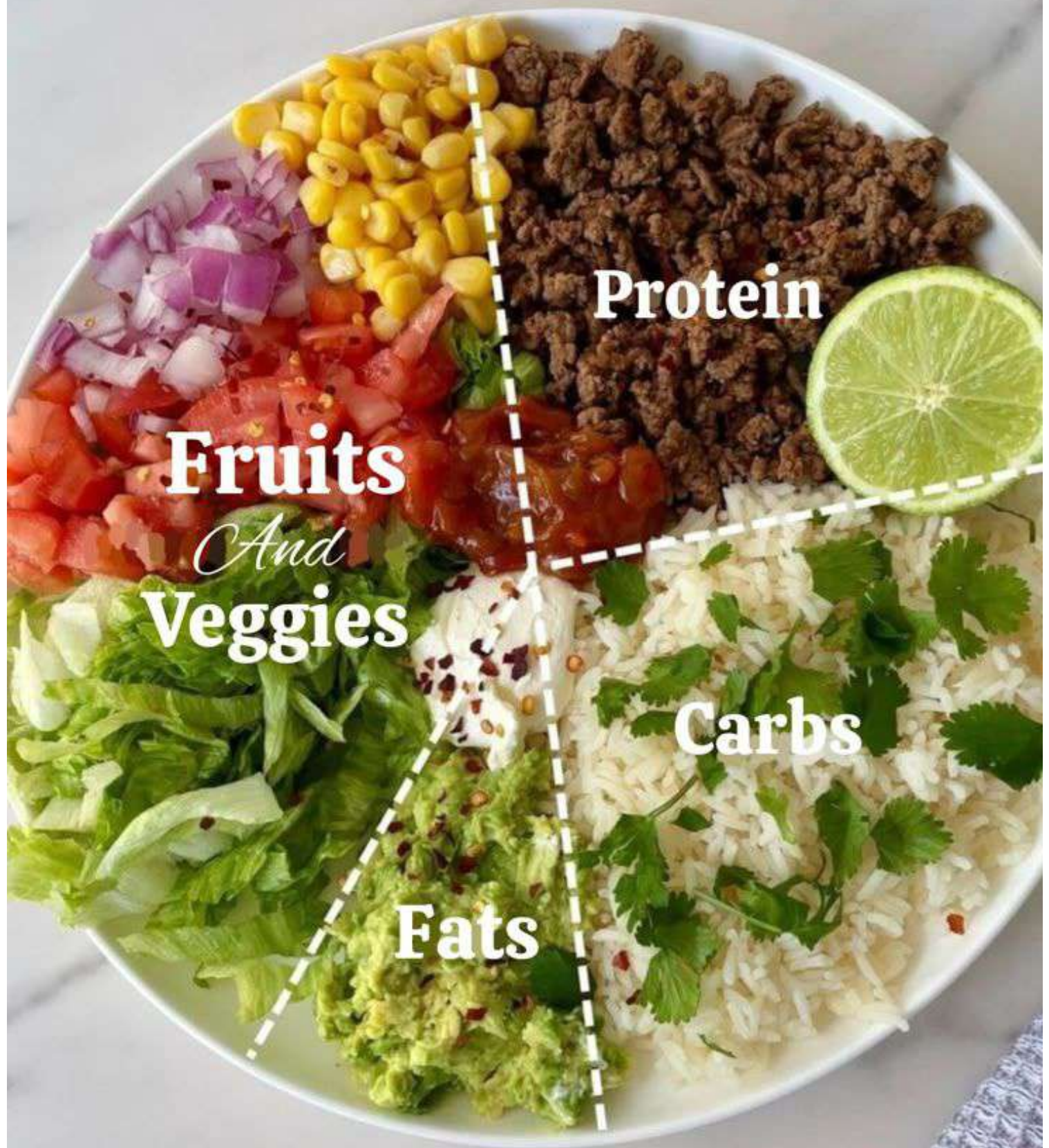


1 tbsp og ginger



@ramanshelly1972

*The
Healthy
Plate*





35G PROTEIN

100G
Jasmine Rice

140G
**Grilled Chilli
Tofu**

40G
**Smokey
Hummous**

50G Edamame

100G Chickpeas



THE 30 BEST FOODS TO GAIN WEIGHT



AVOCADO



WHOLE MILK



CHICKEN



BROWN RICE



BEANS



OATMEAL



GREEK YOGURT



OLIVE OIL



NUTS



COTTAGE CHEESE



DRIED FRUIT



SALMON



SMOOTHIES



DATES



GRANOLA



DARK CHOCOLATE



LEAN BEEF



SWEET POTATOES



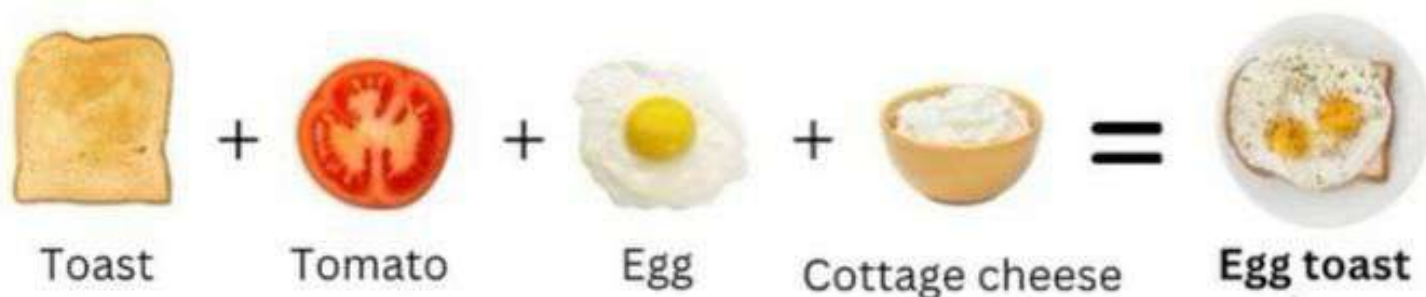
EGGS



BANANA

MEALS THAT HELP GAIN MUSCLE

@confessionofadietitian



Meal Plan for Muscle Gain



BREAKFAST

- Scrambled eggs with mushrooms
- Cheese
- 1 apple



SNACK

- Mixed nuts
- 1 banana



LUNCH

- Chicken breast
- Basmati rice
- Yogurt dip & Carrots



SNACK

- Yogurt with granola and berries



DINNER

- Meatballs
- Parmesan over pasta
- Sautéed spinach



SNACK

- Raw nuts
- 1 glass of milk