

SWASTHA360

3-Day Detox Reset Plan – Clinical Metabolic

Program Objective: Reduce bloating, stabilize blood sugar, reset cravings, improve digestion, and initiate fat loss.

Time	Stage	Details	Purpose
6:30 AM	Hydration	1–2L Detox Water (Lemon/Chia/Ginger/Mint)	Liver activation
8:30 AM	Breakfast	Skip – Hydration Only	Insulin control
11:30 AM	Fruit	Single fruit (150–200g)	Fiber & antioxidants
1:30 PM	Lunch	Skip – Water Allowed	Fat mobilization
4:30 PM	Evening	Skip – Water Allowed	Metabolic flexibility
7:30 PM	Dinner	Light protein meal (Dal/Paneer/Egg/Dalia)	Sugar balance
Bedtime	Night Support	1 Glass Warm Water	Digestive repair

Allowed: 2.5–3L water, low oil cooking, light walking, 7+ hrs sleep.

Avoid: Tea/Coffee, sugar, fried foods, white rice, refined flour.

Medical Disclaimer:

This detox program is for short-term metabolic support only and does not replace physician-supervised care. Consult your doctor before starting if you have chronic medical conditions.

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