

LIVE WELL

PRESENTS

7-Day Fat Loss Diet Plan

Lose Belly Fat Naturally – Start Your Slim-Down Journey Now!

Feel Lighter, Healthier, and More Confident in Just One Week!

"This eBook gives you the roadmap—but to truly reach your fat loss goals, you need more than just a plan. You need the a proven system, a right mindset, expert coaching and a supportive community that keeps you inspired, motivated and on track. You are not alone—join our strong, uplifting community and turn your desired goals into real results!



Want a personal 1 to 1 consultation? Scan the QR Code and reach us.



💡 What You Will Get Inside This eBook:

- Daily Fat-Burning Meal Plans
- Morning Detox Tips
- Grocery & Meal Prep List
- Belly Fat Loss Secrets
- Detox & Bloating Relief Tips

👉 Let's Begin Your 7-Day Transformation!

Daily Structure (Same for All 7 Days)

- **Morning Detox (7:00 AM):**
 - Start your day with **1 glass of warm water + ½ lemon + pinch of cinnamon**.
 - Follow with a **nutrient-rich shake** (Ask us to recommend the best one based on your goal).
- **Breakfast (9:00 AM):**
 - Option 1: 2 boiled eggs + 1 apple
 - Option 2: Oats with chia seeds + ½ banana
- **Mid-Morning (11:30 AM):**
 - Metabolism Booster tea or infused water (lemon + cucumber)
- **Lunch (1:00 PM):**
 - 1 cup steamed rice or 2 roti + mixed veg sabzi + paneer/tofu
 - Green salad (cucumber + tomato + mint + lemon)
- **Snack (4:00 PM):**
 - Fruit smoothie (banana or papaya)
 - Optional: Light nutrition bar
- **Dinner (7:30 PM):**
 - Veg soup or grilled chicken/fish + sautéed veggies
 - Optional: Light protein shake before bed (only if hungry)

Recommended Wellness Kit (Powerful)

For best results, we recommend using:

- **Morning Energy Drink** – Boost metabolism & curb cravings
- **Healthy Shake Mix** – Nutritious, low-calorie, high-protein meal
- **Special Tea Formula** – Speeds up fat burn naturally
- **Aloe Concentrate** – Helps with digestion & bloating

👉 Ask me how to get this personalized kit at a discount: [Click to WhatsApp](#)

Detox & Bloating Relief Tips

- **✗ Avoid bloat-causing foods:**
Eliminate white sugar, refined oil, and maida (refined flour) for 7 days to reduce belly bloating and improve digestion.

- 🍋 Add detox herbs to your diet:

Use lemon, mint, ginger, and turmeric in your meals or drinks. They help cleanse the liver, reduce inflammation, and support fat burn.

- 💧 Morning cleanse ritual:

Start each day with 1 glass of warm water + fresh lemon juice. It helps flush out toxins and boosts your metabolism.



Day-by-Day Fat Loss Meal Plan

✓ Day 1: Jumpstart Detox

- **Morning Drink:** Warm water + lemon + pink salt
- **Breakfast Shake:** Meal replacement shake + 1 scoop protein + 250ml water
- **Mid-Morning Snack:** 5 almonds + green tea
- **Lunch:** Roti + boiled dal + cucumber salad
- **Evening Snack:** Herbal tea + 1 fruit (apple/pear)
- **Dinner:** Veg soup + grilled tofu or paneer
- **Water Goal:** 3L

✓ Day 2: Boost Metabolism

- **Morning Drink:** Aloe concentrate in warm water
- **Breakfast Shake:** Healthy shake + protein booster
- **Snack:** Boiled egg / handful of roasted chana
- **Lunch:** Brown rice + dal + sautéed veggies
- **Evening Snack:** Protein tea + digestive seeds
- **Dinner:** Moong soup + stir-fried veggies
- **Tip:** Avoid sugar & processed food

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✓ Day 3: Kill Cravings

- **Add-on Tip:** Use metabolism booster tea before lunch
- **Breakfast Shake:** Add berries for taste
- **Lunch:** Quinoa + sprouts salad + lemon juice
- **Dinner:** Protein-rich soup + sautéed broccoli
- **Night Routine:** Metabolism Booster Tea

✓ Day 4: Midweek Cleanse

- **Breakfast:** Meal shake + cinnamon water
- **Lunch:** Cabbage sabzi + dal + roti **Dinner:**
- Carrot-beet soup + boiled egg **Snack**
- **Idea:** Greek yogurt + chia seeds **Bonus**
- **Tip:** Light yoga or stretching

✓ Day 5: Slim Belly Focus

- **Morning Booster:** Digestive drink
- **Lunch:** Multigrain roti + mixed veg curry
- **Snack:** Herbal tea + roasted fox nuts
- **Dinner:** Spinach soup + protein cutlets
- **Water:** Infuse water with mint + cucumber

✓ Day 6: Burn & Tone

- **Start with:** Apple cider vinegar + warm water
- **Breakfast:** Shake + banana
- **Lunch:** Paneer tikka + cucumber salad
- **Dinner:** Clear soup + sautéed veggies
- **Tip:** 15 squats + 15 jumping jacks

✓ Day 7: Light & Lean

- **Detox Water:** Lemon + ginger + tulsi
- **Breakfast:** Shake with seasonal fruit
- **Lunch:** Khichdi + curd
- **Dinner:** Soup + steamed vegetables
- **Night Tip:** Herbal sleep tea



Grocery & Meal Prep List



Vegetables:

- Spinach, cucumber, beetroot, carrots, broccoli, cabbage



Fruits:

- Apple, pear, banana, papaya, seasonal berries



Proteins:

- Tofu, paneer, eggs, lentils, chickpeas



Supplements:

- Shake mix, protein booster, tea concentrate, aloe drink (*ask for recommendations*)



Belly Fat Loss Tips

- Eat your meals within a 10-hour window
- Drink herbal tea between meals to reduce snacking
- Sleep 7–8 hours — it controls belly-fat hormone (cortisol)
- Hydrate before meals (1 glass water)

Daily Tracker

DAY	Water Intake (Target: 3L)	Work Out 30Min Or Steps (Target: 8,000)	Sleep (Target: 7+ hrs)	Mood
1				
2				
3				
4				
5				
6				
7				

*Mark TICK ☒ after completion of each activity.

Ready to Take Action?

🌟 Want personal coaching & custom supplement plan?

📞 Message now and Book your spot for **FREE**: [Click to WhatsApp](#)

“The best project you’ll ever work on... is YOU.”