

	On Rising	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Large glass warm water, lemon & mint			30m prior: water		30m prior: water
Day 2	Large glass warm water, lemon & mint			30m prior: water		30m prior: water
Day 3	Large glass warm water, lemon & mint			30m prior: water		30m prior: water
Day 4	Large glass warm water, lemon & mint			30m prior: water		30m prior: water
Day 5	Large glass warm water, lemon & mint			30m prior: water		30m prior: water
Day 6	Large glass warm water, lemon & mint			30m prior: water		30m prior: water
Day 7	Large glass warm water, lemon & mint			30m prior: water		30m prior: water

