Riavviare Modella

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Phase One – Gut Health | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| Morning | Morning | Morning | Morning | Morning | Morning | Morning |
| Midday | Midday | Midday | Midday | Midday | Midday | Midday |
| Evening | Evening | Evening | Evening | Evening | Evening | Evening |
| Activity | Activity | Activity | Activity | Activity | Activity | Activity |

Notes:

Riavviare Modella

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| --- | --- | --- | --- | --- | --- | --- |
| Phase Two – Healthy ketosis | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| Morning | Morning | Morning | Morning | Morning | Morning | Morning |
| Midday | Midday | Midday | Midday | Midday | Midday | Midday |
| Evening | Evening | Evening | Evening | Evening | Evening | Evening |
| Activity | Activity | Activity | Activity | Activity | Activity | Activity |

Notes:

Riavviare Modella

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Phase Three – Portion fit | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| Morning | Morning | Morning | Morning | Morning | Morning | Morning |
| Midday | Midday | Midday | Midday | Midday | Midday | Midday |
| Evening | Evening | Evening | Evening | Evening | Evening | Evening |
| Activity | Activity | Activity | Activity | Activity | Activity | Activity |

Notes: