Riavviare Modella

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| --- |
| 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

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| --- |
| 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: