

11 SEPT 2017 – 10 OCT 2017

30 DAYS NO SUGAR CHALLENGE

ARE YOU TIRED OF FAILING TO MEET YOUR NEW YEAR HEALTH RESOLUTIONS EVERY YEAR?



DO YOU OVER INDULGE IN YOUR FAVOURITE FOODS DURING THE HOLIDAY SEASON?



DO YOU FAIL TO GET THE EXCESS WEIGHT OFF THAT YOU GAIN DURING THE FESTIVALS?



DO YOU WANT TO LOOK IN GREAT SHAPE THIS FESTIVAL SEASON?



DO YOU WANT TO ENJOY YOUR FAVOURITE FOODS, DESSERTS, SNACKS AND DRINKS WITHOUT ANY GUILT DURING THE HOLIDAYS THIS YEAR?



TAKE UP THE CHALLENGE OF GOING FOR 30 DAYS WITHOUT: SUGAR, HONEY, JAGGERY, SYRUPS, FRUITS, FRUIT JUICES, FRUIT SMOOTHIES, ALL PURPOSE FLOUR, BREADS, PASTA, CEREAL, PANCAKES, BISCUITS, COOKIES, CONFECTIONERIES, DESSERTS, SAUCES, DIPS, DRESSINGS, KETCHUP, MONO SODIUM GLUTAMATE (MSG), MALTODEXTRIN, ASPARTAME & SACCHARINE.



JOIN THIS CHALLENGE WITH ME. AT THE END OF 30 DAYS, I WILL REVIEW ALL YOUR MEALS AND COMMENT UPON WHAT YOU DID RIGHT AND WHAT COULD BE IMPROVED. REACH ME ON:



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