

11 SEPT 2017 – 10 OCT 2017

30 DAYS NO SUGAR CHALLENGE

- NAME –
- CONTACT NO. –
- EMAIL ID –



<https://www.facebook.com/udit.gupta.395669>



uditgupta1988

30 DAYS NO SUGAR CHALLENGE

WEEK ONE

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –



NO SUGAR THIS WEEK



18 SEPT 2017 – 24 SEPT 2017

30 DAYS NO SUGAR CHALLENGE

WEEK TWO

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

NO SUGAR THIS WEEK



<https://www.facebook.com/udit.gupta.395669>



uditgupta1988

30 DAYS NO SUGAR CHALLENGE

WEEK THREE

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

NO SUGAR THIS WEEK



30 DAYS NO SUGAR CHALLENGE

LAST NINE DAYS

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

- BREAKFAST –
- LUNCH –
- DINNER –

NO SUGAR IN LAST NINE DAYS

