

# DAILY MEAL PLANNER FOR WEIGHT LOSS

30 MINUTES BEFORE BREAKFAST



Jade GreenZymes™  
powder or capsules

BREAKFAST



Kenzen™ Creamy  
Protein Shake +



1 oz of Kenzen™ Ciaga™

30 MINUTES BEFORE LUNCH



A glass of PiMag™ water

LUNCH



+



Kenzen™ Mega Daily 4™

Kenzen™ Creamy Protein Shake  
with 1 serving of fruit

30 MINUTES BEFORE DINNER



A glass of PiMag™ water

DINNER



Healthy dinner

BEDTIME



Kenzen™  
Detoxifying Cleanse  
capsules