



READ CAREFULLY:

- THE PACKAGE IS FOR 6 DAYS A WEEK, 4 WEEKS.
- THE PACKAGES DOESN'T INCLUDE FRUITS; MAKE SURE YOU CONSUME FRUITS DURING THE DAY.
- CONSUME WATER DAILY FOR THE FOLLOWING:
 1. MALE: 3 - 4 LITERS A DAY
 2. FEMALE: 2 - 3 LITERS A DAY
- ALL THE FOOD WAS COOKED WITH NO ADDED OIL.
- YOU CAN EDIT YOUR MEAL PLAN SCHEDULE ONCE A WEEK BEFORE THURSDAY.
- NUTRITION LABELS ARE BASED ON COOKED WEIGHT EXCEPT FOR THE SPECIAL MEALS.
- YOU CAN FREEZE YOUR MONTHLY PACKAGE FOR 1 MONTH ONLY!
- ALL THE MEALS THAT ARE DELIVERED TO THE CUSTOMER IS VALID FOR ONE DAY ONLY!
- THE FOOD SHOULD BE STORE IN A COLD PLACE.
- OBSERVE AND COMPLY WITH THE SPECIFIC RECOMMENDED CONSUMPTION TIME FRAME/SCHEDULE INDICATED ON THE DATE CODE.
- PLEASE NOTE IF THE MONTHLY SUBSCRIPTION CONTRACT IS SIGNED, THE PAID AMOUNT IS NOT REFUNDABLE.