

HICJUICE 

# LEAN

A sustainable nutritionist-designed 8-16 week detox diet program for healthy weight loss.





# GETTING STARTED

A week before starting, consult with our health concierge to understand your needs and align expectations for the program.

## HERE'S WHAT TO EXPECT:

1. Understand your lifestyle and dietary habits
2. Set realistic goals
3. Ways to track progression
4. Lifestyle adjustments
5. Embark on LEAN

OUR CONCIERGE WILL GUIDE YOU AND TRACK YOUR PROGRESS THROUGHOUT YOUR LEAN JOURNEY.

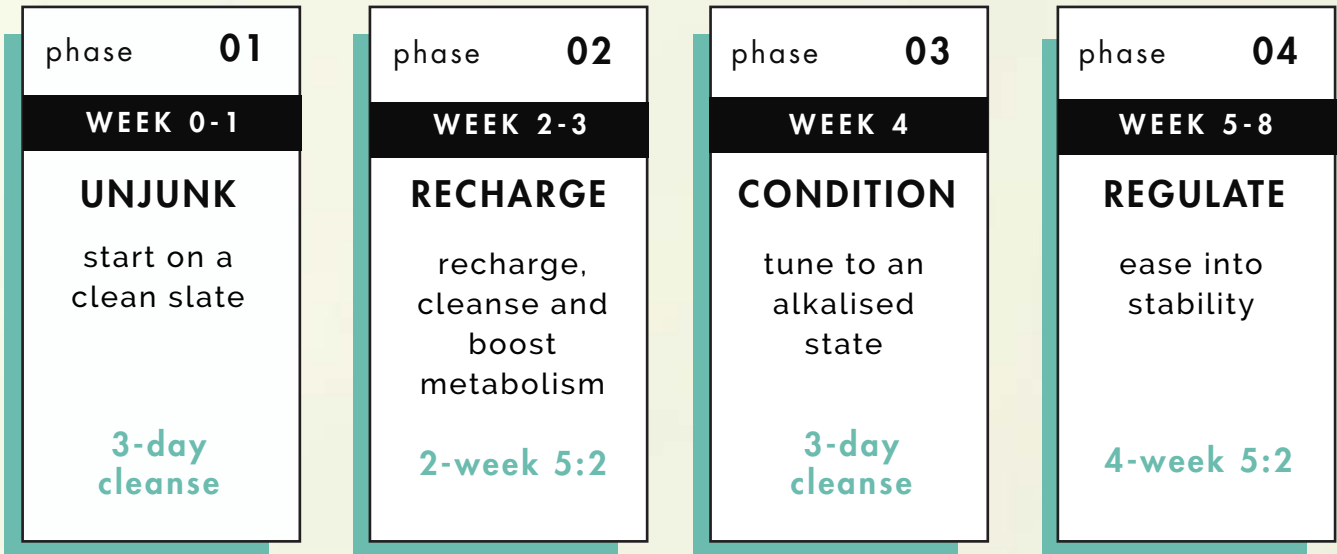
WE ARE HAPPY TO ANSWER ANY QUESTION YOU HAVE ABOUT LEAN AT [CONCIERGE@HICJUICE.COM.SG](mailto:CONCIERGE@HICJUICE.COM.SG) AND VIA WHATSAPP ON 85221103!

# PROGRAM



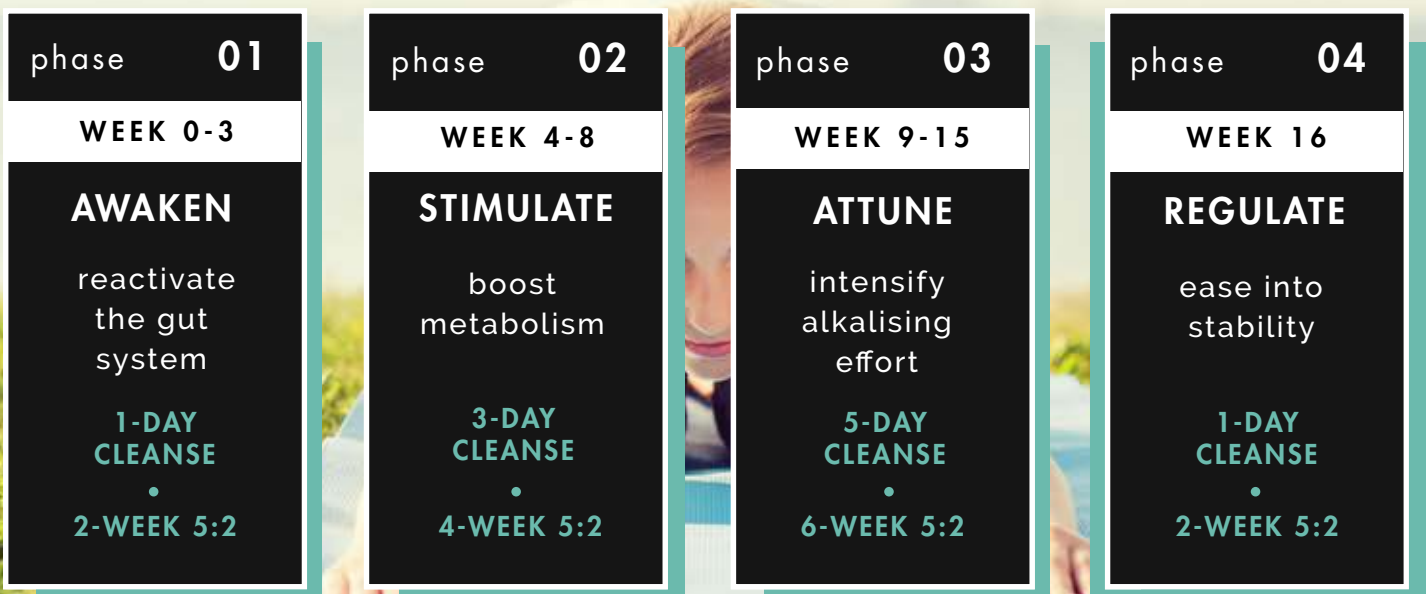
A 4-phase program designed with combination of juice cleanses and 5:2 juice plan at different stages to maximise weight loss efficacy.

## LEAN LITE



OUR CONCIERGE WILL BE IN TOUCH WITH YOU AT THE END OF WEEK 4 & 8!

## LEAN



OUR CONCIERGE WILL BE IN TOUCH WITH YOU AT THE END OF WEEK 4, 9 & 16!