

BIO TECH

Daily Low Calorie MEAL PLAN

- 1 cup Hi-Coll Coffee + 5g Bonetron
- Wholemeal bread (2 Slices)
- Peanut butter (2 Teaspoons)
- Half boiled eggs (2 Pieces)

- Take 2 sachets PSC
(Before lunch 1/2 hours)
- 1 small bowl brown rice
- Fish (1 Palm size)
- Chicken (1 Palm size)
- Vegetable (1 small plate)
- Plain water (1 Glass)

- Take 1 sachets V-XLIM
(Before dinner 1/2 hours)
- 1 cup HI-GC Milk + 5g Bonetron
- 1 bowl oatmeal or cereal

- Plain biscuits (1 Pieces)
- Fruits (1 Small / Slice)
Apple,Banana,Orange or Avocado



THE *Daily* LOW CALORIE MEAL PLAN
IS DESIGNED TO HELP YOU LOSE BETWEEN
500G - 1 KG OF YOUR TOTAL BODY WEIGHT IN
2 WEEKS



BIO  TECH



VX LIM

Daily

**LOW CALORIE
REPURCHASE
PACKAGE**



\$188

PV 160/ RCP 94/ CCW 94

FREE!

**BIOTECH
SHAKER**

