

# RESURGETRUTH

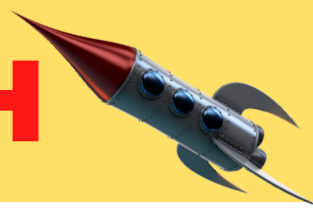


Resurge is developed to treat people with sleep problems and boost their body's ability to regenerate itself. Consumers may expect it to help slow down the aging process by boosting their metabolism and increasing their body's fat-burning capacity.

Resurge is entirely natural, safe, and effective, and there have been no known negative impacts.

Resurge is the only product globally that contains 8 specific nutrients in the precise proportions scientifically proved to aid deep sleep and boost natural metabolic regeneration in both male and female users. The only anti-aging diet addresses the root cause of weight gain, persistent belly fat, and metabolic slowness.

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# 30 DAYS MEAL PLAN FOR WEIGHT LOOSE



	MEAL 1	MEAL 2	MEAL 3
<b>DAY 1</b>	Salmon Sandwich	Pea cream with boiled egg	Low Calorie Spaghetti with Prawns and Clams
<b>DAY 2</b>	Oat flakes with milk	Tomato and cheese salad	Scrambled eggs with pepper
<b>DAY 3</b>	Yogurt with rolled oats	Cod papillote with vegetables	Salmon with vegetables
<b>DAY 4</b>	Whole wheat sandwich with turkey, apple and cheese.	Chicken skewers with stir fry vegetables	Low calorie green bean lasagna
<b>DAY 5</b>	Whole wheat toast with avocado and fresh cheese	Chickpeas with spinach and cod	Hake with vinaigrette
<b>DAY 6</b>	Yogurt with cereals and fruit	Beef carpaccio	Light zucchini cream
<b>DAY 7</b>	Whole wheat toast with avocado and egg.	Shrimp skewers with zucchini	Scrambled eggs with asparagus and prawns

<b>DAY 8</b>	Oatmeal pancakes	Zucchini noodles with red pesto	Potato, sardine and curry salad
<b>DAY 9</b>	Omelette with oats and spinach	Broad beans with quail eggs	Hake with green beans
<b>DAY 10</b>	Oatmeal with Soy Yogurt, Raspberry and Papaya	Ultralight cucumber and celery gazpacho	Zucchini skewers with prawns
<b>DAY 11</b>	Green smoothie with mango, banana and sprouts	Prawn salad with potatoes	Poultry rolls stuffed with ham
<b>DAY 12</b>	Banana Oatmeal Cookies	Grilled vegetables	Cod papillote with vegetables
<b>DAY 13</b>	Avocado Sandwich	Chickpea salad	Poached egg with vegetables
<b>DAY 14</b>	Oat pancakes with tomato and cottage cheese	Chickpea cream	Eggs with broccoli and tomatoes
<b>DAY 15</b>	Porridge (or porridge)	Grilled fish with ratatouille	Mussels sauteed with mint and basil
<b>DAY 16</b>	Oatmeal and sweet potato porridge	Chicken strips with watermelon and melon	Broccoli with sundried tomato vinaigrette
<b>DAY 17</b>	Fig and zucchini sandwich	Poached egg with avocado and prawns	Light vegetable pizza

<b>DAY 18</b>	Chia with pear and pistachios	Pea salad	Sauteed vegetables with prawns
<b>DAY 19</b>	Pita with guacamole, tomato and sprouts	Avocado and orange salad	Spinach with cod
<b>DAY 20</b>	Vegetable sandwich	Oriental-style chicken skewers	Chicken and vegetable skewers
<b>DAY 21</b>	Toast with avocado and sprouts	Steamed asparagus with salmon and strawberries	Steamed hake with vegetables
<b>DAY 22</b>	Green chard and lettuce smoothie with grape	Chickpea and vegetable soup	Zucchini noodles with fresh cheese
<b>DAY 23</b>	Vegetable sandwich	Poached egg with green beans	Broccoli with grilled salmon
<b>DAY 24</b>	Oatmeal with mango	Lemon chicken breast	Peas with squid
<b>DAY 25</b>	Toast with chocolate	Grilled Vegetables With Cheeselemon Chicken Breast	Super light potato Omelette
<b>DAY 26</b>	Cottage cheese with honey and walnuts	Vegetable rice	Green beans with nuts
<b>DAY 27</b>	Granola with yogurt	Squid with artichokes	Marinated Salmon Salad

<b>DAY 28</b>	Vegetable yogurt with fruits	Avocado stuffed with salad and salmon	Tortilla sandwich
<b>DAY 29</b>	Banana yogurt with mango and pomegranate	Mushroom carpaccio	Steamed salmon with potatoes
<b>DAY 30</b>	Chia pudding with fruits	Chickpeas with tomatoes and tuna	Cuttlefish with artichokes and mushrooms