

UBUNTU EDUCATION

Item/Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sleep duration	8 hours						
Meditation duration	10 min						
Meal 1	Green tea - Eggs - Avocado - Rucola						
Meal 2	Grilled Chicken - Brown rice - Vegetables - Salad						
Meal 3	Veggies sticks - Beetroot hummus - Salad						
Exercise duration	30 min						