



NEW &
IMPROVED

MCT, PINEAPPLE
& PROTEIN RAPID
WEIGHT LOSS DIET

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MCT, PINEAPPLE & PROTEIN RAPID WEIGHT LOSS DIET

Kick-start your fat-loss journey with our powerful MCT, Pineapple & Protein diet — a simple 7-day nutrition strategy designed to reduce bloating, release excess water, and help your body begin burning stored fat.

Fresh pineapple contains the natural enzyme bromelain, which supports digestion and helps the body break down protein more efficiently. It assists in reducing bloating, supporting gut health, and leaves you feeling lighter and more energized.

The diet combines pineapple with lean protein and MCT oil (rich in Medium-chain triglycerides) to help keep you fuller for longer, support energy levels, and encourage the body to shift toward Ketosis, where fat becomes a primary fuel source.

For best results, we recommend using our Lemon Balm & Detox Spray Combo and CLA capsules. The Detox Spray supports the body's natural detox processes by helping eliminate toxins, heavy metals, and parasites while supporting gut balance. The Lemon Balm Spray helps reduce cravings, support fat metabolism, and lower stress levels. CLA capsules help signal the body to burn stored fat for energy rather than storing it, supporting healthy weight management.

Key Benefits:

- 🔥 Boosted metabolism and increased fat burning
- 🧬 Detoxing the body
- 🌱 Restoring and balancing gut health
- ⌚ Supports cellular renewal through fasting

For a more healing-focused, long-term protocol – download our 90 Day Healing & Age Reversal Protocol. When not following either protocols or diet, we highly recommend sticking to a Keto or Carnivore diet.



MCT & PINEAPPLE DIET

**TWO MEALS PER DAY
12PM AND 6PM**



**1 small
serving of
lean protein**

**3-4 rings of
pineapple**



**MCT OIL
3-4 Tbspn
per meal**



PER MEAL



**Lemon Balm
(Nature's
Ozempic)
10 sprays
twice a day**

**CLA
Capsules
3-4 per
day**



**Detox
Spray
10 sprays
twice a day**



**ADD OUR LEMON BALM & DETOX COMBO TO
BOOST FAT BURNING & CLEANSING OF THE GUT**

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SHOPPING LIST SUGGESTIONS

- ☐ Tuna
- ☐ Chicken
- ☐ Lamb
- ☐ Lean Mince
- ☐ Lean Fish (Hake, Kingklip, Sole)
- ☐ Greek Yogurt
- ☐ Cottage Cheese
- ☐ Eggs
- ☐ Tofu
- ☐ Tempeh
- ☐ Edamame
- ☐ Nuts (Almonds, Chia Seeds, Hemp)
- ☐ Legumes
- ☐ Pineapple whole
- ☐ MCT Oil
- ☐ Lemon Balm Spray (optional)
- ☐ Detox Spray (optional)
- ☐ Natuvera CLA Capsules (optional)



WE LOOK FORWARD TO
GOING ON THIS WELLNESS
JOURNEY WITH YOU



Visit www.natuvera.co.za to purchase our Lemon
& Detox Combo - and don't forget to check out
our 90 Day Healing & Age Reversal Protocol,
which gives you a breakdown of Michelle's
recommended daily routine, which focuses on long-
term healing and vitality.