## Monday:

Trikatu ayurvedic blend

**Facebook & twitter**

A traditional blend of pippali, ginger and black pepper, Trikatu evokes ‘agni’ – boosting metabolism and encouraging digestion. #Protip: Have 15 minutes before dinner to keep stomach troubles at bay

#DiscoverTheMagicOfGreenThisSpring #organic #healthyliving

**Instagram**

Pippali, ginger and black pepper come together in Trikatu – a pure, herbal blend for better metabolism

#DiscoverTheMagicOfGreenThisSpring #organic #natural #healthyliving

**Creative**

Explore an ancient cure for stress, poor digestion, and the modern, active lifestyle

## Tuesday:

Meet the farmers

**Facebook & twitter**

#didyouknow that agriculture is India’s biggest employer, involving 50% of our entire populace?

At XYZ, we foster communities of farmers and service providers that are inclusive, and built on a foundation of respect.

#DiscoverTheMagicOfGreenThisSpring #organic #sustainablefarming

**Instagram**

The farmers behind our products, are the incredible people who make XYZ possible

#meetthefarmers #organic #sustainable #DiscoverTheMagicOfGreenThisSpring

**Creative**

Fair prices, healthcare, better infrastructure, and a drive for gender equality – ‘Organic’ is all about India's farmers

## Wednesday:

Organic honey for mid-week cravings

**Facebook & twitter**

Simply perfect for #desserts, our Wild Forest Honey is sourced from the Himalayan woods, where nature blooms in abundance with zero chemicals.

Are you creating great desserts with honey to satisfy those mid-week cravings? Tell us in the comments below.

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Instagram**

Sugar-sweet, delicious, and completely guilt-free – here’s our answer to mid-week #dessert cravings

#indulgence #organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Creative**

A dash of organic honey makes afternoon tea, just a little sweeter

## Thursday:

Tulsi herb

**Facebook & twitter**

#didyouknow that Tulsi is a powerful stress reliever? Our ‘Tulsi Sleep’ is a unique herbal blend, a tea that’s meant to heal the mind and cure the body.

This month, we celebrate the 11th year of World Sleep Day. Tell us about your secret for a night of good sleep in comments.

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Instagram**

Brahmi, Ashwagandha and Shankhpushpi meet Tulsi – a match made for a night of fabulous sleep

#WorldSleepDay #organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Creative**

After a long day, unwind and give your body the rest it deserves

## Friday

Which is your favorite kind of tea? Poll post

**Facebook & Twitter**

As a busy week closes, detox with a delightful cup of tea.

Which is your favorite blend of green tea for a perfect start to the weekend?

* Lemon Ginger Tulsi Green Tea
* Earl Grey Tulsi Green Tea
* Jasmine Tulsi Green Tea
* Pomegranate Tulsi Green Tea

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

*For Facebook, add the line* ‘Tell us in the comments below.’ *For Twitter, share as a poll.*

**Instagram**

Choose the perfect tea to start the weekend – Lemon Giger, Earl Grey, Jasmine or Pomegranate. Share your favorite blend in comments below.

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Creative**

Beautiful aromas and subtle flavors – this Friday, indulge the ‘Organic’ way

## Saturday

Neem herb

**Facebook & Twitter**

#DidYouKnow that the Neem is also called Muarubaini or the tree of 40, said to heal 40 kinds of ailments? We combine the leaf, bark and flower of fresh, organic neem to bring you a healing blend – known for its unique blood purifying properties.

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Creative**

Neem is rich in Vitamin C, essential for flawless skin and a youthful glow

**Instagram**

Known as a natural cure for 40 diseases, the neem has featured in traditional Indian medicine for centuries.

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

## Sunday

Meet the farmers

**Facebook & Twitter**

‘Organic’ is a way of being, and each product at XYZ is a part of this – a chain between Mother Nature, our farmers and you.

We help cultivate thousands of acres across the country, empowering small-scale, family farmers and building truly sustainable communities. Explore our journey here: <http://bit.ly/2ItwgHj>

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Instagram**

At the heart of healthy, organic living are our farmers – small-scale providers who enrich the community and directly benefit every time you purchase an XYZ product

#organic #natural #healthyliving #DiscoverTheMagicOfGreenThisSpring

**Creative**

Nourished by the land and grown with care, organic is a reflection of our commitment to India’s farmers