



Saving Dinner

Hydration Guide

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Hydration: The Foundation of Vibrancy

We hear it all the time: drink more water.

But why is hydration so important, and what really happens to our bodies when we're not hydrated enough? It goes beyond just quenching thirst—proper hydration impacts every cell, tissue, and organ in your body, driving everything from energy levels to mental clarity and even the health of your skin.

Yet, many of us aren't hydrating as effectively as we think.

What Happens When You're Not Hydrated?

When your body doesn't get enough water, it doesn't function optimally.

Dehydration—even mild dehydration—can lead to symptoms like headaches, fatigue, poor concentration, dry skin, and digestive issues. Over time, chronic dehydration can impact more serious areas, including kidney function, heart health, and cognitive performance.

Even more importantly, dehydration slows down your body's ability to repair and regenerate itself at the cellular level, which is essential for de-accelerating aging and maintaining overall vibrancy.

The Importance of Hydration at the Cellular Level

Water alone is not enough.

You can drink gallons of water, but if your cells can't properly absorb and retain it, you're missing out on the true benefits of hydration. Hydrating your cells means going beyond water intake—it's about providing the body with the right balance of electrolytes and nutrients that enable water to be absorbed by your tissues and organs effectively.

A 2015 study published in the *European Journal of Clinical Nutrition* highlighted the importance of electrolytes like sodium, potassium, and magnesium in enhancing cellular hydration and maintaining the balance of fluids in the body.

Without these key elements, water can pass through your system without fully benefiting your body, essentially “washing your kidneys” rather than deeply nourishing your cells.

This is why electrolytes are essential to proper hydration.

They help maintain fluid balance across cell membranes, regulate nerve and muscle function, and keep your organs functioning optimally. In fact, ***when combined with fiber***, the process of cellular hydration is enhanced even further.

Dietary fiber, especially soluble fiber, has been shown to slow the absorption of water in the digestive tract, allowing for more sustained hydration throughout the day.

Hydration and the Role of Fiber

Fiber plays a crucial role in promoting cellular hydration by ensuring that water is absorbed gradually and efficiently.

A study published in the American Journal of Clinical Nutrition found that diets rich in fiber increase water retention in the gut, which helps keep your body hydrated longer. That means not only are you getting better hydration, but you're also supporting your digestive system, helping you stay regular and reducing bloating.

And this can be done easily with gelled chia seeds. To gel chia, simply add $\frac{1}{4}$ cup dried chia seeds to 1 cup of water, stir, and let stand for 5 minutes, stirring occasionally. Store covered in the fridge.

I add 1 tablespoon of gelled chia seeds to my smoothies and water bottle every day—that's about 10 grams of additional fiber in my diet with this simple practice.

Electrolytes: The Hydration Enhancers

Beyond fiber, electrolytes are another key piece of the hydration puzzle.

Think of them as the "traffic controllers" of water movement in and out of cells. **NativePath Hydrate** (savingdinner.com/hydrate) delivers a perfect blend of sodium, potassium, and magnesium that ensures every ounce of water you drink gets fully absorbed and used where it's needed most.

Instead of just drinking water and watching it “pass through,” **Hydrate** helps lock in fluid balance, supports muscle contraction, aids in energy production, and keeps your nervous system firing smoothly.

Why Counting Just Water Isn't Enough

A new study in *The American Journal of Clinical Nutrition* backs up what hydration experts have been saying: you can count all your beverages toward your hydration goal. Yes, water is essential, but drinks like tea and even coffee can contribute to your overall hydration.

However, be mindful that sugary drinks, diet sodas, and even juices do more harm than good. The high sugar content and additives can dehydrate you, increasing your need for clean, healthy hydration sources like water, herbal teas, and electrolyte-rich drinks.



How Much Do You Really Need?

The Hydration Equation is simple: your weight divided by two equals the number of ounces you should be drinking daily. So if you weigh 150 pounds, you should be consuming 75 ounces of liquid each day. This formula helps customize your water intake to your body's needs.

One way to figure out how much water you'll need is to subtract all the beverages you drink in a day (remember, soup counts as well as your smoothie!) and figure out what's left—that's how you create a Hydration Station.

The Hydration Station Information

The Hydration Station is just a habit with a cute name. It's filling up those water bottles (we all have) with the water we'll need for the day once we've figured out our Hydration Equation.

You can leave those bottles on your countertop, take them in a tote to work, refrigerate them—whatever turns your key, but preplanning your water consumption properly gets the job done.

Key Takeaways for Optimal Hydration

- Electrolytes like sodium, potassium, and magnesium are essential for maintaining hydration at the cellular level.
- Fiber helps you retain water, supporting sustained hydration throughout the day.

- Drinking more water isn't the only answer—you need the right nutrients to hydrate your cells, not just your bloodstream.

- All beverages count toward your daily hydration goals, but be selective—skip sugary drinks (that includes juices, diet drinks, and “energy” drinks) and opt for healthy, hydrating alternatives like green tea and mineral water (I drink Pellegrino daily).

Hydration Supplements to Make Your Hydration Better

To truly optimize your hydration, consider adding NativePath Hydrate (savingdinner.com/hydrate).

Beyond hydration, Hydrate helps facilitate muscle contractions and nerve signal transmission, maintain proper pH balance in the blood, regulate blood pressure, support blood clotting, move nutrients into and waste out of cells, and help repair damaged tissues.

Hydrating like this is the advantage you need!

Basil - Has antioxidant and anti-inflammatory properties, high in vitamins A, K, manganese, and magnesium.

Rosemary - May improve your mood, has antioxidant and anti-inflammatory properties, a good source of iron, calcium, and vitamins A, C, and B-6.

Mint - Supports healthy digestion and may reduce fatigue/increase alertness. Full of manganese, copper, and vitamin C.

Ginger - antioxidant and anti-inflammatory properties, may calm the stomach, helps regulate blood sugar, and aids digestion.

Parsley - High in vitamins A, C, K, folate, and potassium, and supports healthy bones.

Cucumber - Rich in electrolytes, may prevent dehydration, full of fiber, vitamins D, K, and calcium.

Lime - Supports healthy digestion, may reduce inflammation and lower blood sugar, high in vitamin C and antioxidants.

Lemon - Promotes hydration, may aid digestion, and increases iron absorption. It is high in vitamin C and fiber.

Celery - Supports digestion, may reduce inflammation, and contains antioxidants and vitamin C.

Radishes - Supports healthy liver and stomach functions. High in vitamins A, B-6, C, E, K, zinc, potassium, phosphorous, magnesium, copper, calcium, iron, and manganese!





Lemon & Lime Infused Water

INGREDIENTS:

1 sliced lime
1 sliced lemon
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced lime and lemon in the dispenser.

Fill with water.

Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!

*“A Woman in harmony with her spirit is like a river flowing.
She goes where she will without pretense and arrives at her
destination prepared to be herself and only herself.”*

~ Maya Angelou

Lemon & Basil Infused Water

INGREDIENTS:

3-4 basil leaves, bruised
1 sliced lemon
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced lemon and basil in the dispenser.

Fill with water.

Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!



Cucumber & Mint Infused Water

INGREDIENTS:

3-4 mint leaves, bruised
1/2 sliced cucumber
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced cucumber and mint in the dispenser.

Fill with water.

Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!

"Pure water is the world's first and foremost medicine."

~ Slovakian Proverb

Cucumber, Mint, Basil, Lime & Celery Infused Water

INGREDIENTS:

3-4 mint leaves, bruised
3-4 basil leaves, bruised
1/2 sliced cucumber
2 stalks celery, cut in half
1/2 sliced lime
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced cucumber and mint in the dispenser.

Fill with water.

Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!



Rosemary, Lime & Cucumber Infused Water

INGREDIENTS:

1/2 sliced cucumber
1/2 sliced lime
2 sprigs rosemary, bruised
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced cucumber and mint in the dispenser.

Fill with water.

Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!

“Thousand have lived without love, not one without water.”

~ W. H. Auden

Ginger, Lemon & Cucumber Infused Water

INGREDIENTS:

1/2 sliced cucumber
1/2 sliced lemon
1 small knob of ginger, sliced
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced cucumber and mint in the dispenser.

Fill with water.

Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!



Rosemary & Cucumber Infused Water

INGREDIENTS:

1/2 sliced cucumber
2 sprigs rosemary, bruised
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced cucumber and mint in the dispenser.

Fill with water.

Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!

*“With true friends...even water drunk together is sweet enough.”
~ Chinese Proverb*

Radish, Lime & Celery Infused Water

INGREDIENTS:

1/2 sliced lime
2 radishes, sliced
2 stalks celery, cut in half
crushed ice
2 gallons water

DIRECTIONS:

Fill a large drink dispenser 3/4 full of ice.

Place the sliced cucumber and mint in the dispenser.

Fill with water.

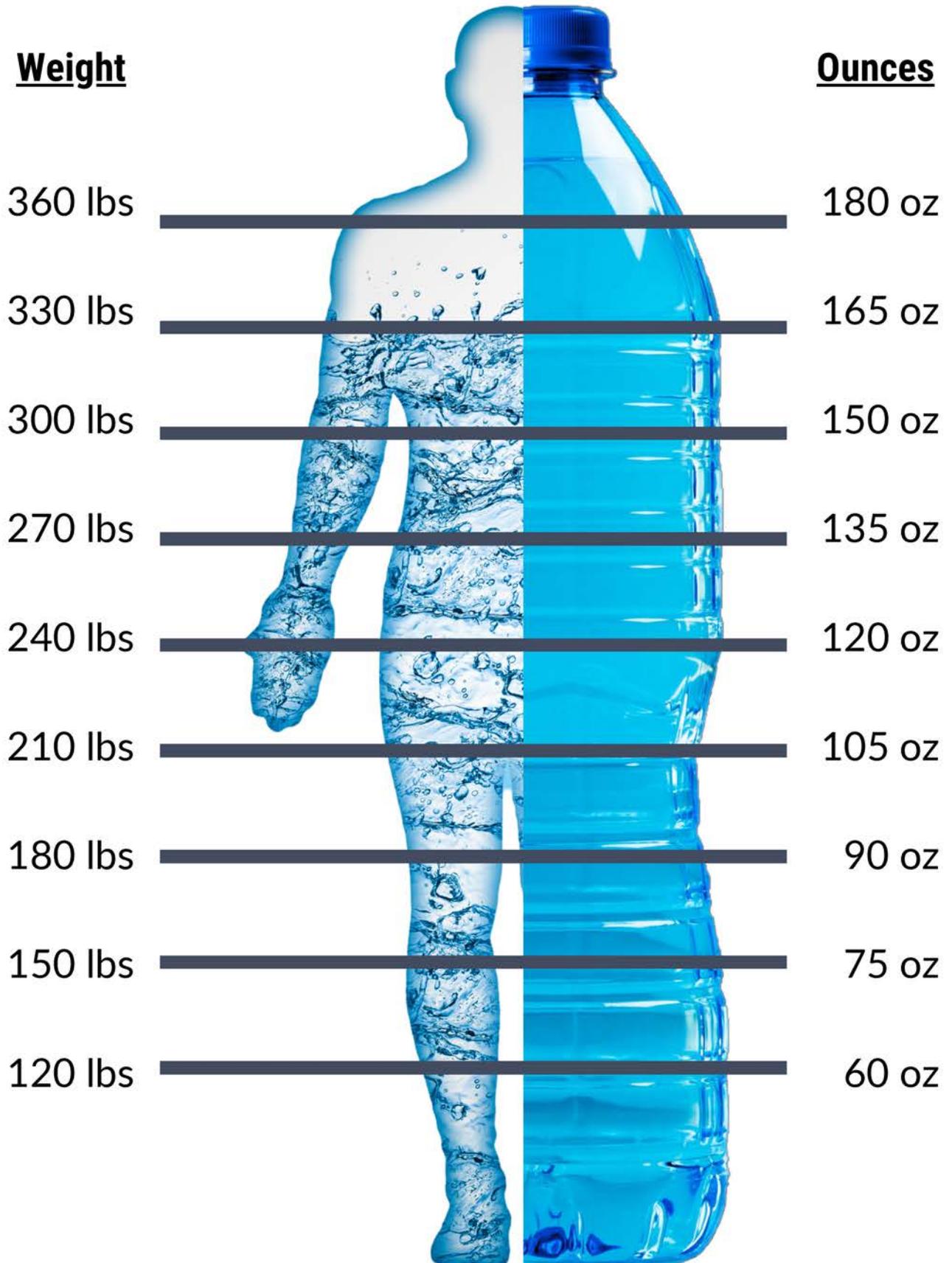
Allow to rest for at least 30 minutes to allow the flavors to mingle.

Drink and enjoy!



The Calculations

Hydration Goal



The Checklist

Feel free to copy this page as many times as needed for your personal use to help you keep track of your daily hydration.

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

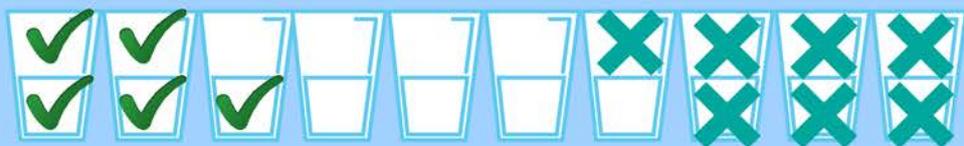


Sunday



Example: 210lbs = 105 oz

40oz completed, still need to drink 56 oz today!



I DON'T LIKE WATER - CAN I USE TEA INSTEAD?

You can brew green tea (cold brew it - let 3 tea bags sit in 24 ounces of water) and drink that instead, as well as any other type of tea you enjoy.

CAN I ADD FRUIT INSTEAD OF VEGETABLES AND HERBS?

Fruits are not allowed if you are following the Hot Melt Sprint lifestyle of eating, with the exception of limes and lemons.

CAN I DO ANYTHING TO REAP EVEN MORE BENEFITS?

YES! Add 1-2 tablespoons of organic apple cider vinegar to 12 ounces of water and drink it once or twice per day, preferably a 1/2 hour before your meals. Don't want to "drink" the ACV? No problem! We've got you covered with our Organic ACV capsules – just go to savingdinner.com/acv to order yours today.

HOW LONG DO I NEED TO LET THE WATER SIT FOR FLAVOR?

You'll want to let it sit for a minimum of 30 minutes to let the flavors develop, but you can also leave it overnight for really flavorful water.

HOW LONG DOES INFUSED WATER LAST?

If it's kept refrigerated, infused water can last up to a week. However, after about 24 hours, you'll need to remove the veggies, herbs, and fruits and only store the flavored water.

"We never know the worth of water till the well is dry."

~ French Proverb