

INFUSED WATER RECIPES



Full Bloom 2021 Bonus eBook



Radish, Lime & Celery

INFUSED WATER

- 1/2 sliced lime
- 1/2 radish, sliced
- 1 celery stalk, chopped
- crushed ice
- water

Fill your bottle insert with radish, lime and celery.

Add ice and water.

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

Drink and enjoy!

Cucumber & Rosemary

INFUSED WATER

- 1/4 sliced cucumber
- 2 sprigs of rosemary, bruised
- crushed ice
- water

Fill your bottle insert with cucumber and rosemary.

Add ice and water.

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

Drink and enjoy!

Rosemary, Lime & Cucumber

INFUSED WATER

- 1/4 sliced cucumber
- 1/2 sliced lime
- 2 sprigs of rosemary, bruised
- crushed ice
- water

Fill your bottle insert with rosemary, lime and cucumber.

Add ice and water.

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

Drink and enjoy!

Strawberry, Basil and Lemon

INFUSED WATER

- 1/2 lemon, thinly sliced
- 2 large fresh basil leaves, torn
- 2 strawberries, stemmed or sliced, fresh or frozen
- crushed ice
- water

Fill your bottle insert with lemon, basil and strawberries.

Add ice and water.

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

Drink and enjoy!



Honeydew, Cucumber and Mint

INFUSED WATER

- 1/2 cucumber, thinly sliced
- 2 tbsp honeydew cubes
- 5 fresh mint leaves, torn
- crushed ice
- water

Fill your bottle insert with cucumber, honeydew and mint.

Add ice and water.

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

Drink and enjoy!

Blackberries, Orange and Ginger

INFUSED WATER

- 1/2 orange, thinly sliced
- 5-10 blackberries
- 1 (1 inch) piece fresh ginger, peeled and thinly sliced
- crushed ice
- water

Fill your bottle insert with orange, blackberries and ginger.

Add ice and water.

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

Drink and enjoy!

Blueberry, Lemon and Rosemary

INFUSED WATER

- 1/2 lemon, thinly sliced
- 5-10 blueberries
- 2 sprigs fresh rosemary
- crushed ice
- water

Fill your bottle insert with lemon, blueberries and rosemary.

Add ice and water.

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

Drink and enjoy!

Pineapple, Coconut and Lime

INFUSED WATER

- 1/4 cup pineapple chunks, fresh or frozen
- 1/4 cup coconut chunks, fresh or frozen
- 1/2 lime, thinly sliced
- crushed ice
- water

Put the lime in the coconut... you know the rest... :-)

Add ice and water.

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

Drink and enjoy!



Watermelon, Kiwi and Lime

INFUSED WATER

- 1/4 cup watermelon cubes
- 1/2 kiwi diced or sliced
- 1/2 lime, thinly sliced
- crushed ice
- water

Fill your bottle insert with watermelon, kiwi and lime.

Add ice and water.

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

Drink and enjoy!



Grapefruit, Pomegranate and Mint

INFUSED WATER

- 1/2 grapefruit, sliced
- 1/4 cup pomegranate seeds
- 5 fresh mint leaves, torn
- crushed ice
- water

Fill your bottle insert with grapefruit, pomegranate seeds and mint leaves.

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

Drink and enjoy!

Mango, Raspberry and Ginger

INFUSED WATER

- 1/2 mango, peeled and cubed
- 5-10 raspberries
- 1 (1 inch) piece of fresh ginger, peeled and thinly sliced
- crushed ice
- water

Fill your bottle insert with mango, raspberry and ginger.
Allow to rest for at least 30 min to allow the flavors to mingle.
Drink and enjoy!

Blackberry and Sage

INFUSED WATER

- 5-10 blackberries
- 5 sage leaves, torn
- crushed ice
- water

Fill your bottle insert with blackberries and sage.
Allow to rest for at least 30 min to allow the flavors to mingle.
Drink and enjoy!

Health Benefits

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

Rosemary- May improve your mood, antioxidant and anti-inflammatory properties, good source of iron, calcium, 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 aid digestion

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

Cucumber- Rich in electrolytes, may prevent dehydration, full of fiber, Vitamins K, D 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 increase iron absorption, high in Vitamin C and fiber

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

Radishes- Supports healthy liver and stomach functions. High in vitamins A, E, C, B-6, K, Zinc, Potassium, Phosphorous, Magnesium, Copper, Calcium, Iron and Manganese!

Hydration Daily Checklist

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

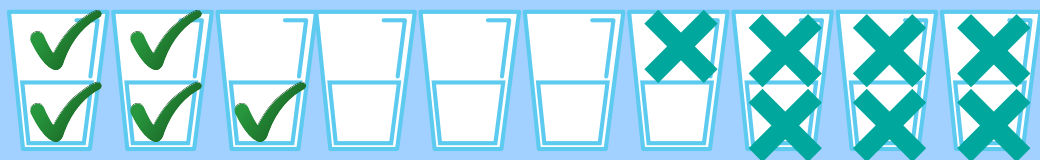


Sunday



Example: 210lbs = 105 oz


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



Hydration Goal!

Weight

Gallons



360lbs	1.4 gal
330lbs	1.3 gal
300lbs	1.2 gal
270lbs	1 gal
240lbs	0.9 gal
210lbs	0.8 gal
180lbs	0.7 gal
150lbs	0.6 gal
120lbs	0.5 gal

Hydration Goal!

Weight

Ounces

360lbs

180 oz

330lbs

165 oz

300lbs

150 oz

270lbs

135 oz

240lbs

120 oz

210lbs

105 oz

180lbs

90 oz

150lbs

75 oz

120lbs

60 oz

