



Body Reboot: Week 2 “Clean-Tox” Drinks



These drinks not only fill your stomach with few calories, they also flush/ neutralize damaging particles that do everything from cause bloat and puffiness to create long term damage like cell damage. This is especially important because body fat clenches on to toxins so as you shed fat and as your fat cells shrink (so exciting!) we ensure that you consume key nutrients to help to neutralize and flush the toxins that your fat stores release so you'll get even healthier—all while looking and feeling your best.

Drink at least two “Clean-Tox” beverages (Ideally 16 ounces each) daily with your meals. If you prefer you can choose “Clean-Tox” beverages from last week.



[Apple Cider Vinegar & Lime "Detox" Drink](#) (click the link to read more about it)



This refreshing drink is ideal to drink after when you feel you want to get back on the healthy track, since it's basic yet powerful. Substitute it for your morning coffee or tea and drink it throughout the day with meals and at snack time. It will hydrate you and help to restore normal fluid balance, flushing bloat-- thanks to the water and potassium in the citrus. Plus, it's also got Apple Cider Vinegar (ACV) which may help lower your blood sugar. It seems that acetic acid, the main component in vinegar, may interfere with the body's ability to digest starch; less starch being broken down into calories in the bloodstream could mean a little less fat on your body over time. Refreshing and simple, this drink is a great beverage to reboot and get back on track.



[Apple Cider Vinegar & Lime "Detox" Drink](#)

This drink has the perfect combination of “de-puffing” ingredients to keep off the bloat and make you feel light, refreshed and incredible! 😊

Makes 3, eight ounce glasses

Ingredients:



24 oz. water
1 tbsp apple cider vinegar
1/2 lime, preferably organic as the peel is included
½ large pink grapefruit
4-5 Mint leaves (or more if you like)

Directions:

1. Slice the lime and cut the grapefruit into quarters.
2. Fill a large pitcher or jar with 24 ounces (3 cups) of water.
4. Add the apple cider vinegar to the water and stir.
5. Then add the lime, grapefruit, and mint leaves to the water. Lightly stir the entire mixture.
6. Put the detox water in the refrigerator for at least two hours, or even let it sit overnight. Enjoy!

Nutrition Information per serving (8 ounces):

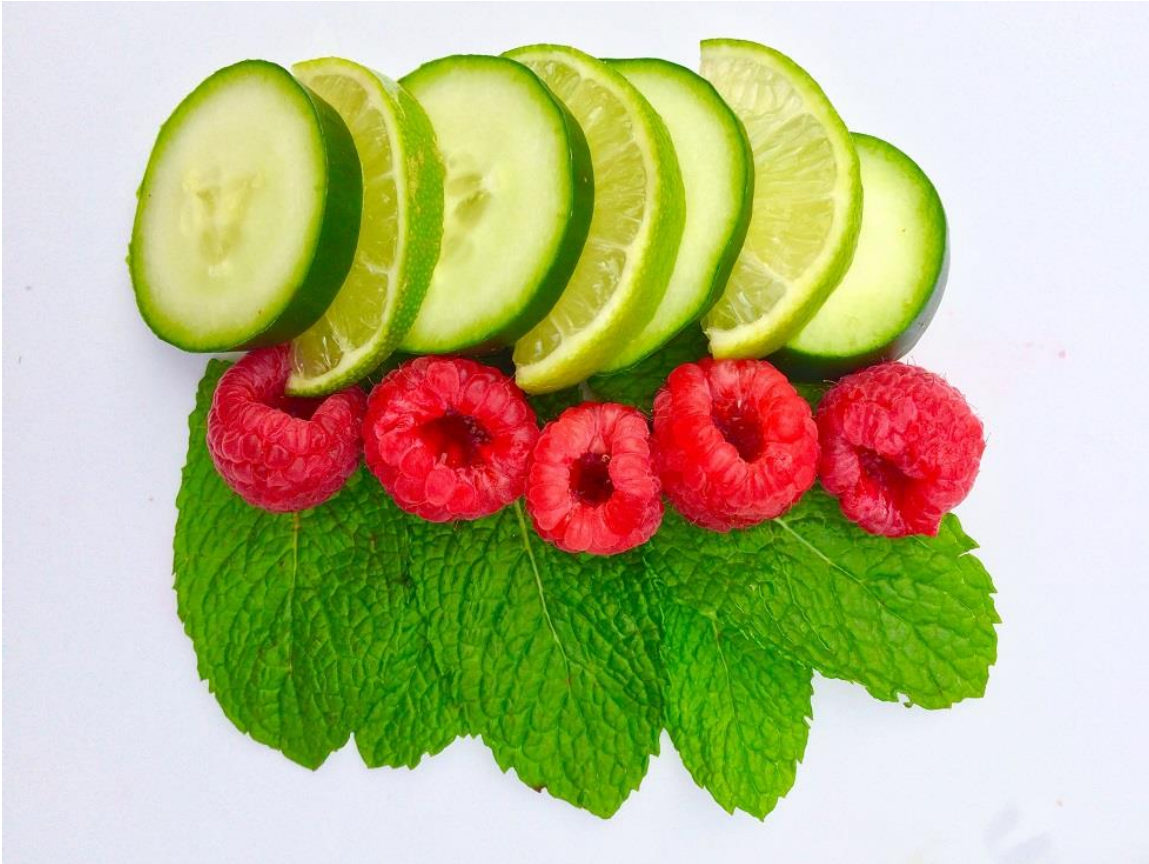
Without fruit: 2 Calories, 0 g fat, 0 g carbohydrate, 0 g protein, 0 g fiber, 0 mg sodium
With fruit: 25 Calories, 0 g fat, 6 g carbohydrate, 0 g protein, 2 g fiber, 0 mg sodium



Vitamin C Infused Detox Water



Welcome to the spa! This light, fruity and invigorating infusion is packed with vitamin C and phytonutrients to mop up damage, inflammation and destruction caused by free radicals and their toxins. It will enhance your skins' glow, elasticity and youthfulness as the vitamin C aids in collagen formation. Kick back and relax while you enjoy this spa inspired drink.



Vitamin C Infused Detox Water

Makes 3, eight ounce glasses

Ingredients:

1/4 cup mint, stems removed
1/2 cup cucumber, sliced
1 lime; 1/2 (1.5 Tbsp) squeezed, 1/2 sliced, (to add to drink)
1/2 cup raspberries,
24 ounces water (or seltzer)

Directions:

Add water or seltzer to a large pitcher. Add mint, sliced cucumbers, lime juice, lime slices, and raspberries to pitcher. Chill beverage by mixing in ice and let sit overnight to allow flavors to meld together and strengthen.



Nutrition Facts Per 8 ounce Serving: Total Calories: 19 Calories

