

CITRUS INFUSED WATER



Ingredients:

- 1 lemon (sliced)
- 1 lime (sliced)
- 1 orange (sliced)
- 1 liter water

Instructions:

- Combine lemon, lime, and orange slices in a jug.
- Fill the jug with water.
- Let it infuse in the refrigerator for at least 2 hours before consuming.

Benefits:

- Citrus fruits are rich in vitamin C, antioxidants, and may boost metabolism.

Nutritional Value:

- Approximately 25 calories per serving.

Recommended Daily Consumption:

- Drink 2-3 servings throughout the day.

GREEN TEA AND LEMON ELIXIR



Ingredients:

- 1 green tea bag
- 1 lemon (sliced)
- 1 teaspoon honey (optional)
- 1 liter water

Instructions:

- Brew green tea in hot water and let it cool.
- Combine tea, lemon slices, and honey in a jug.
- Refrigerate for at least 1 hour before serving.

Benefits:

- Green tea is rich in antioxidants, boosts metabolism, and may aid in fat burning.
- Lemon provides vitamin C and supports detoxification.

Nutritional Value:

- Approximately 10 calories per serving.

Recommended Daily Consumption:

- Drink 2-4 servings throughout the day.

CUCUMBER MINT COOLER



Ingredients:

- 1 cucumber (sliced)
- Handful of mint leaves
- 1 liter water

Instructions:

- Combine cucumber slices and mint leaves in a jug.
- Fill the jug with water.
- Allow it to infuse in the refrigerator for at least 2 hours before serving.

Benefits:

- Cucumber is hydrating, and mint aids digestion.

Nutritional Value:

- Approximately 5 calories per serving.

Recommended Daily Consumption:

- Drink 3-4 servings throughout the day.

APPLE CIDER VINEGAR DETOX DRINK



Ingredients:

- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey (optional)
- 1 liter water

Instructions:

- Mix apple cider vinegar, lemon juice, and honey in a jug.
- Add water and stir well.
- Refrigerate for at least 30 minutes before consumption.

Benefits:

- Apple cider vinegar may aid in weight loss and digestion.
- Lemon provides vitamin C and supports detoxification.

Nutritional Value:

- Approximately 15 calories per serving.

Recommended Daily Consumption:

- Drink 1-2 servings per day.

GINGER LEMON DETOX WATER



Ingredients:

- 1-inch ginger (sliced)
- 1 lemon (sliced)
- 1 liter water

Instructions:

- Combine ginger slices and lemon slices in a jug.
- Fill the jug with water.
- Let it infuse in the refrigerator for at least 1 hour before serving.

Benefits:

- Ginger aids digestion and may boost metabolism.
- Lemon provides vitamin C and supports detoxification.

Nutritional Value:

- Approximately 5 calories per serving.

Recommended Daily Consumption:

- Drink 3-4 servings throughout the day.

CURRY LEAF AND LEMON DETOX WATER



Ingredients:

- Handful of fresh curry leaves
- 1 lemon (sliced)
- 1 liter water

Instructions:

- Combine curry leaves and lemon slices in a jug.
- Fill the jug with water.
- Allow it to infuse in the refrigerator for at least 1 hour before serving.

Benefits:

- Curry leaves are rich in antioxidants and may have anti-inflammatory properties.
- Lemon provides vitamin C and supports detoxification.

Nutritional Value:

- Approximately 5 calories per serving.

Recommended Daily Consumption:

- Drink 3-4 servings throughout the day.

ORANGE CARROT REVITALIZER



Ingredients:

- Juice of 4 oranges
- 1 cup carrot juice
- 1 liter water

Instructions:

- Mix orange juice and carrot juice in a jug.
- Add water and stir well.
- Refrigerate for at least 30 minutes before serving.

Benefits:

- Oranges provide vitamin C and antioxidants.
- Carrot juice is rich in beta-carotene and supports eye health.

Nutritional Value:

- Approximately 60 calories per serving.

Recommended Daily Consumption:

- Drink 2 servings per day.

JEERA (CUMIN) AND MINT DETOX WATER



Ingredients:

- 1 teaspoon cumin seeds
- Handful of fresh mint leaves
- 1 liter water

Instructions:

- Roast cumin seeds and let them cool.
- Crush the roasted cumin seeds and add to a jug with mint leaves.
- Fill the jug with water and let it infuse for at least 1 hour before serving.

Benefits:

- Jeera aids digestion and may boost metabolism.
- Mint adds a refreshing flavor and supports digestion.

Nutritional Value:

- Approximately 10 calories per serving.

Recommended Daily Consumption:

- Drink 2-3 servings throughout the day.

In the symphony of life, let your plate play the melody of health

AMLA (INDIAN GOOSEBERRY) AND GINGER ELIXIR



Ingredients:

- 1 amla (sliced)
- 1-inch ginger (sliced)
- 1 liter water

Instructions:

- Combine amla slices and ginger slices in a jug.
- Fill the jug with water.
- Let it infuse in the refrigerator for at least 2 hours before serving.

Benefits:

- Amla is rich in vitamin C and antioxidants.
- Ginger aids digestion and may boost metabolism.

Nutritional Value:

- Approximately 10 calories per serving.

Recommended Daily Consumption:

- Drink 3-4 servings throughout the day.

MASALA CHAAS (SPICED BUTTERMILK)



Ingredients:

- 1 cup buttermilk
- 1/2 teaspoon roasted cumin powder
- Pinch of black salt
- Fresh coriander leaves for garnish

Instructions:

- Mix buttermilk, roasted cumin powder, and black salt in a glass.
- Stir well and garnish with fresh coriander leaves.

Benefits:

- Buttermilk aids digestion and provides probiotics.
- Cumin and black salt add a hint of spice and flavor.

Nutritional Value:

- Approximately 40 calories per serving.

Recommended Daily Consumption:

- Drink 2 servings per day.