

The image features three glass bottles of detox water on a white wooden surface. The bottle in the foreground is filled with water, grapefruit slices, orange slices, and a sprig of rosemary. The bottle in the middle ground contains water, orange slices, and mint leaves. The bottle in the background is filled with water, cucumber slices, and lime slices. There are also several slices of grapefruit, orange, and cucumber scattered around the bottles. The text 'SUMMER' is written in a large, red, cursive font across the top of the bottles. Below it, a horizontal line separates the word 'SUMMER' from the words 'DETOX WATER' and 'RECIPES', which are written in a smaller, black, sans-serif font. At the bottom center, the word 'SVELTE' is written in a bold, black, sans-serif font.

# SUMMER

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DETOX WATER  
RECIPES

**SVELTE**

# *Table of Contents*

<b>Preparation Tips</b>	<b>3</b>
<b>Strawberry Lemon Basil</b>	<b>4</b>
<b>Minty Citrus Cucumber</b>	<b>5</b>
<b>Berry Refreshing</b>	<b>6</b>
<b>Tropical Detox Flush</b>	<b>7</b>
<b>Citrus Rejuvenator</b>	<b>8</b>
<b>Blue Herbalicious</b>	<b>9</b>
<b>Straw-Mango Infuser</b>	<b>10</b>

## *Preparation Tips*

1. Always wash any fruit you place in your water before drinking to remove bacteria, dirt, or pesticides.
2. Remove any large seeds from the fruit as not to consume.
3. Try to use filtered water when possible. This will not affect flavor but filtered water is cleaner for consumption.
4. Room temperature or cold water is best to keep fruit in tact.
5. Cut fruits in thinner slices to be extracted more easily in eater
6. Allow several hours for fruit to infuse into water and stronger flavor.
7. Don't infuse fruit for longer than 12 hours in water or fruit will begin to decompose.
8. Recipes below are suggested amounts of fruit and herbs for 64 ounces of water. Quantities of fruit can be reduced for smaller portions.

# Strawberry Lemon Basil

STIMULATES DIGESTIVE SYSTEM



- 10-15 strawberries  
lightly muddled
- 1 lemon, sliced  
thin
- 3-5 basil leaves

# *Minty Citrus Cucumber*

CURBS SUGAR CRAVINGS

- 3-5 mint leaves
- 1 lemon, sliced thin
- 1 lime, sliced thin
- 1 cucumber, sliced thin



# Citrus Rejuvenator

BOOSTS METABOLISM

- 1 lemon, sliced thin
- 1 lime, sliced
- 1 whole grapefruit, 1/3 inch slices
- **Optional:** 1/2 cucumber sliced



# *Tropical Detox Flush*

REDUCES INFLAMMATION

- 1 cup pineapple, cut into cubes
- 1 lime, sliced thin
- 1 cup coconut chunks, frozen or fresh

# Berry Refreshing

ANTIOXIDANT-RICH

- 1/2 cup blueberries, frozen or fresh
- 1/2 cup raspberries, frozen or fresh
- 1 lemon, sliced thin
- 1 cucumber, sliced thin





# *Blue Herbalicious*

HELPS FIGHT INFECTION



- 1 cup blueberries, fresh or frozen
- 1 lemon, sliced thin
- 4 sprigs fresh rosemary (can substitute basil instead)

# Straw-Mango Infuser

STRENGTHENS IMMUNE SYSTEM

- 1 lime, sliced thin
- 1 medium size mango, cut into cubes
- 7-10 strawberries, sliced
- **Optional:** 3-5 basil leaves

