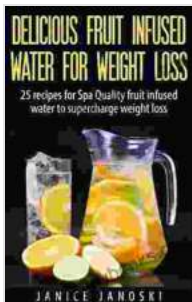


# 25 Recipes for Spa Quality Fruit Infused Water to Supercharge Weight Loss

Are you tired of drinking plain, boring water? Are you looking for a way to lose weight, boost your energy, and improve your overall health? If so, then you need to try fruit infused water.

Fruit infused water is a delicious and refreshing way to hydrate your body and get the benefits of fruits and vegetables. It's a great alternative to sugary drinks like soda and juice, and it can help you lose weight, improve your digestion, and boost your immune system.

This book contains 25 recipes for spa quality fruit infused water that will help you supercharge your weight loss journey. These recipes are easy to make and only require a few simple ingredients. They're also packed with flavor and nutrients, so you can enjoy them guilt-free.



## Delicious Fruit Infused Water for Weight Loss: 25 recipes for Spa Quality Fruit Infused water to Supercharge Weight Loss by Janice Janoski

★★★★☆ 4.9 out of 5

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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 28 pages  
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Fruit infused water is a great way to:

- Lose weight
- Boost your energy
- Improve your digestion
- Boost your immune system
- Detoxify your body
- Improve your skin health
- Reduce your risk of chronic diseases

Making fruit infused water is easy. Simply combine your favorite fruits and vegetables with water in a pitcher or jar. You can use fresh or frozen fruit, and you can add herbs and spices to taste.

Let the fruit infused water sit in the refrigerator for at least 4 hours, or overnight. This will give the fruit time to infuse the water with its flavor and nutrients.

Once the fruit infused water is ready, enjoy it throughout the day. You can drink it plain, or you can add a little bit of honey or stevia to sweeten it.

Here are 25 recipes for spa quality fruit infused water that will help you supercharge your weight loss journey:

## 1. **Strawberry Lemon Detox Water**

This refreshing water is made with strawberries, lemons, and mint. It's a great way to start your day or to enjoy after a workout.

## 2. **Blueberry Pomegranate Water**

This antioxidant-rich water is made with blueberries, pomegranates, and lime. It's a great way to boost your energy and improve your overall health.

## 3. **Pineapple Ginger Water**

This tropical water is made with pineapple, ginger, and cucumber. It's a great way to cool down on a hot day and to boost your digestion.

## 4. **Watermelon Mint Water**

This refreshing water is made with watermelon, mint, and lime. It's a great way to hydrate your body and to cool down on a hot day.

## 5. **Grapefruit Rosemary Water**

This detoxifying water is made with grapefruit, rosemary, and lemon. It's a great way to cleanse your body and to boost your immune system.

## 6. **Orange Cinnamon Water**

This warming water is made with oranges, cinnamon, and nutmeg. It's a great way to stay warm on a cold day and to boost your metabolism.

## 7. **Apple Ginger Water**

This detoxifying water is made with apples, ginger, and lemon. It's a great way to cleanse your body and to boost your digestion.

## 8. **Pear Cardamom Water**

This refreshing water is made with pears, cardamom, and mint. It's a great way to hydrate your body and to boost your energy.

## 9. **Kiwi Strawberry Water**

This antioxidant-rich water is made with kiwis, strawberries, and mint. It's a great way to boost your energy and to improve your overall health.

## 10. **Mango Coconut Water**

This tropical water is made with mangoes, coconut, and lime. It's a great way to cool down on a hot day and to boost your digestion.

## 11. **Pineapple Cucumber Water**

This refreshing water is made with pineapple, cucumber, and mint. It's a great way to hydrate your body and to cool down on a hot day.

## 12. **Watermelon Kiwi Water**

This refreshing water is made with watermelon, kiwi, and lime. It's a great way to hydrate your body and to cool down on a hot day.

### 13. **Strawberry Basil Water**

This refreshing water is made with strawberries, basil, and lemon. It's a great way to start your day or to enjoy after a workout.

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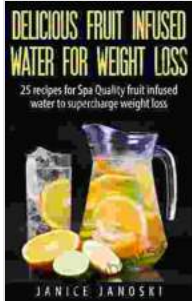
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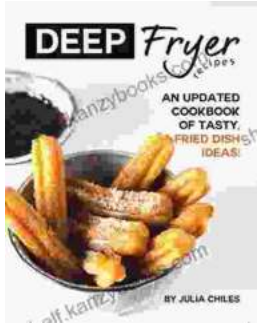
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