

# REFRESH AND BOOST YOUR METABOLISM



12 SIMPLE AND TASTY  
INFUSED WATER RECIPES  
THAT WILL KICK START  
YOUR METABOLISM,  
REDUCE BAD CRAVINGS,  
AND HELP YOU BURN FAT  
SO YOU CAN GET BACK TO  
YOUR SLIMMING SELF!

Hi there! Antonia Infante here.

I'm a dog loving and adventure seeking millennial. I absolutely love to travel and experience new cultures! I help young professionals look and feel their best so they have the energy and confidence to accomplish their goals and live a life full of adventure! I am excited to share these simple and tasty infused water recipes to help you kick start your metabolism while reducing bad cravings and burning fat to help you reach your weight-loss goals! I'm also including four simple lifestyle changes to help you even more on your weight-loss journey !



It may not seem like much, but drinking enough water is so important when trying to lose weight. Water is a natural appetite suppressant so it helps you reach a level of satiety and prevents you from overeating. 60% of your body is composed of water, so the better you are at staying hydrated, the better your body functions to perform tasks including fat burning!

If you're not drinking enough water because you find the taste boring, adding flavor by infusing your water with various fruits, herbs, and spices can help make sure you're reaching your daily recommended water intake without the addition of artificial sweeteners or wasted calories! You should aim to drink at least half your weight in ounces. So if you weigh 150 pounds, you should be drinking at least 75 ounces of water daily. Staying hydrated and drinking enough water each and every day can also heal your gut, boost your metabolism, and eliminate toxins. All of which help to maximize your weight-loss and fat burning goals!



"This was my 90 day commitment and I am going on my fourth month using the system. I increased my water intake and started going to the gym 2-3 times a week. I'm not extremely strict with my diet because I love a nice greasy burger and fries but I was definitely more aware and cautious with what I was eating!" - Courtney Paige Kallfelz




"Here is my Body transformation after 2 months on the body transformation system. I just love the program, it is easy and simple to do, my skin, hair and nails also love it. I will look forward to wear this bikini this summer with more self confidence" - Gitte Maul

If you're looking for a weight-management program to help you reach your goals more quickly when combined with a healthy diet and exercise routine, I recommend checking out the Lean Body System which is an innovative combination of technologies that accelerate fat reduction, improve muscle tone, and promote lean body composition.

<https://www.moderne.com/share/?referralCode=6003483>  
I hope you had a chance to look at the Lean Body System that I was talking about right when you requested this Freebie. I know that if you're interested in weight-loss and burning fat, I just had to share with you my favorite weight-management program.

To Learn More and receive \$10 off your first purchase Visit  
<https://www.moderne.com/share/?referralCode=6003483>



Here is a list of fruits, herbs, and spices used in the infused water recipes and just some of their health benefits. I of course recommend eating the fruit once you've finished drinking the infused water! If you'd eat the leftover fruit from sangria, you should do the same with infused water! Don't let that delicious fruit go to waste!

**Apples:** high in soluble fiber which can aid in digestion, help support a healthy immune system, full of antioxidants, and promote good gut bacteria

**Blackberries:** high in fiber, good source of vitamin C, good for brain and oral health

**Blueberries:** good source of nutrients and high in antioxidants, can protect against heart disease, and aid in digestion as they are high in fiber

**Cinnamon:** full of antioxidants and anti-inflammatory compounds, may improve gut health and reduce blood pressure

**Cranberries:** good source of vitamins and antioxidants as well as a good source of vitamins B and C

**Cherries:** packed with nutrients, rich in antioxidants, contain anti-inflammatory compounds, and may benefit heart health, and improve your quality of sleep

**Ginger:** good source of antioxidants, can help lower cholesterol, and can also help with indigestion and weight loss

**Grapefruits:** good source of fiber, vitamins, and minerals, may boost your immune system and help with appetite control to aid in weight loss

**Kiwis:** rich in antioxidants and vitamin C, good source of dietary fiber, good for immunity and digestive health

**Lemons:** good source of Vitamin C and soluble fiber, can support heart health and help with weight control

**Limes:** good source of antioxidants and Vitamin C, may help boost immunity and promote healthy skin



**Mint:** good source of nutrients, can improve brain function and relieve indigestion

**Oranges:** good source of Vitamin C, calcium, fiber, boosts your immune system and contains anti-inflammatory properties

**Pears:** rich in antioxidants, support a healthy immune system promote good gut bacteria, high in soluble fiber which can aid in digestion

**Pomegranates:** rich in antioxidants, Vitamins C and E anti-inflammatory, good for digestion and brain health

**Raspberries:** packed with nutrients, good source of fiber, antioxidants, and high in Vitamin C

**Rosemary:** good source of antioxidants and anti-inflammatory compounds, can help with digestion and memory

**Strawberries:** good source of Vitamin C, fiber, manganese, and antioxidants



# 3 cups water + ice for all recipes

## 1. Grapefruit Mint

- 1 sliced grapefruit
- 1 large sprig of mint

## 2. Blackberry Mint

- 1 cup blackberries
- 1 large sprig of mint

## 3. Peach Pineapple Mint

- 1/2 cup peaches
- 1/2 cup pineapple
- 1 large sprig of mint

## 4. Strawberry Pineapple Mint

- 1/2 cup strawberries
- 1/2 cup pineapple
- 1 large sprig of mint

## 5. Blueberry Lemon Rosemary

- 3/4 cup blueberries
- 1 sliced lemon
- 1 sprig of rosemary

## 6. Cranberry Apple Cinnamon

- 1/4 cranberries
- 1/2 cup apple slices
- 2 cinnamon sticks

## 7. Strawberry Lemon Ginger

- 3/4 cup strawberries
- 1 sliced lemon
- 1 inch sliced ginger

## 8. Raspberry Pear

- 1/2 cup raspberries
- 1/2 cup pears

## 9. Strawberry Peach

- 1/2 cup strawberries
- 1/2 cup peaches

## 10. Pomegranate Orange Cinnamon

- 1/2 cup pomegranate seeds
- 1 sliced orange
- 2 sticks cinnamon

## 11. Cherry Berry Lime

- 1/2 cup cherries
- 1/2 cup mixed berries
- 2 sliced limes

## 12. Strawberry Kiwi

- 1/2 cup strawberries
- 1/2 cup kiwi

For something different try using sparkling water.

Pro Tip: Brew some green tea and chill then infuse with fruit for added weight-loss benefits. Works well with strawberries, peaches, and blueberries.

## 4 Simple Lifestyle Changes to help with your Weight-Loss Goals

### **Limit Processed Foods**

Processed foods usually contain high amounts of trans fats, sugar, and salt making it more difficult to lose weight. Try eating whole foods that are full of nutrients and help to keep you fuller longer, helping you again to reach your weight-loss goals.

### **Reduce Your Stress Levels**

Stress can lead to higher levels of cortisol which can make it difficult to lose fat, particularly belly fat. Yoga, meditation, or even listening to soothing music can help you to relax. Find an activity that makes you happy or spend some quality time with friends, or even your fur-babies.

### **Get Enough Sleep**

If you're not getting enough sleep, it may be one of the reasons you struggle to shed those excess pounds and burn fat. Make an effort to get 7-9 hours of sleep each and every night. Set a reminder on your phone if you have to make sure you're in bed by a certain time to get plenty of rest.

### **Limit your Alcohol Consumption**

I'm not saying you have to give up alcohol completely, but drinking in excess can hinder your weight-loss goals as alcohol provides essentially no nutritional value so you are basically consuming empty calories. It also doesn't help that when we drink we tend to crave higher calorie foods.

Again, I really hope you had a chance to look at the Lean Body System that I was talking about right when you requested this Freebie. I know that if you're interested in weight-loss and burning fat I just had to share with you my favorite weight-management program. I highly suggest going here and checking it out.

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# Did You Get Some Value?

I'm so excited for us to be connected more.

Stay connected with me via Social Media for more content and drop me a message. Let me know how you enjoyed these 12 Infused Water Recipes and 4 Simple Lifestlye Changes to Help You on your weight-loss journey!

See you over there!



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