



5
Days

Hydrate Challenge



Day 1 Recipe

Mint Lime Infused Water

- 1 lime, cut into slices
 - Handful of mint, roughly chopped
-

Mix in a large water bottle filled with water and lots of ice.

Enjoy!



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Day 2 Recipe

Apple, Cucumber, Lemon, Mint Water

- 3 slices of green apple
 - 3 slices of cucumber
 - 2 slices of lemon
 - A little of chopped fresh mint
-

Mix in a large bottle filled with water & lots of ice.

Enjoy!



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Day 3 Recipe



Orange Kiwi Infused Water

-1/2 orange sliced

-1/2 kiwi, peeled and sliced

Mix in a large water bottle filled with
water & lots of ice.



Enjoy!



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Day 4 Recipe

Strawberry Mint Infused Water

- 2-3 strawberries, sliced
 - handful of fresh mint
-

Mix in a large water bottle filled with water & lots of ice.



Enjoy!



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Day 5 Recipe

Mango Basil Infused Water

- $\frac{1}{2}$ mango, peeled and sliced
- Handful of fresh basil

Mix in a large water bottle filled with water & lots of ice.



Enjoy!



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