

# 50+ FAT-FLUSHING WATER RECIPES

**Flush Out Every Last  
Ounce of Fat**



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## **50+ Fat Flushing Water Recipes**

I know, I know, drinking plain water every single day can get a little boring...

So after experimenting with hundreds of ways to bring some extra flavor to regular ol' water without adding a bunch of sugars, syrups, or artificial sweeteners...

I came up with these refreshing and rejuvenating fat flushing water recipes that not only help you slim down and lose weight...

They also scrub the toxins off your liver and internal organs while detoxifying your body and fighting off the free radicals that are not only extremely dangerous to your health...

But can also make it nearly impossible for you to lose weight.

So drink up, enjoy some NEW twists on H2O and watch the weight fall off week after week...

While your energy levels soar!

Enjoy!

Derek Wahler, CTT

Certified Turbulence Trainer

## **Ultimate Fat Flusher**

### **Ingredients:**

2 liters cold water

1 cucumber, sliced

½ grapefruit, sliced

4 peppermint leaves

Ice

⇒ Mix in a pitcher and enjoy!

## **Belly Slimming Detox Drink**

### **Ingredients:**

½ gallon cold water

½ lemon, sliced

½ lime, sliced

2 mint leaves

⇒ Mix in a pitcher and enjoy!

## **Grapefruit Detoxifier**

### **Ingredients:**

½ gallon cold water

½ lemon, sliced

½ grapefruit, sliced

3 mint leaves

⇒ Mix in a pitcher and enjoy!

## **Toxin Terminator**

### **Ingredients:**

½ gallon cold water

10 watermelon chunks

½ grapefruit, sliced

5 sliced strawberries

⇒ Mix in a pitcher and enjoy!

## ***Apple Cinnamon Detox Water***

### **Ingredients:**

2 liters cold spring water

1 green apple, sliced

1 tsp. cinnamon

1 tbsp. ground flax seed

Ice

⇒ Mix in a pitcher and enjoy!

## ***Slim Down Detox Drink***

### **Ingredients:**

½ pear, sliced

½ cup raspberries

1 pitcher cold spring water

⇒ Mix in a pitcher and enjoy!

## ***Belly Fat Flusher***

### **Ingredients:**

1-gallon cold spring water

Juice from one lemon

1 tsp. ground ginger

⇒ Mix in a pitcher and enjoy!

## **Love Handle Shrinker**

### **Ingredients:**

1 pitcher cold water

Juice from 1 lime

Juice from 1 lemon

1 tbsp. flax seed

⇒ Mix in a pitcher and enjoy!

## **Flat Belly Detox**

### **Ingredients:**

1 pitcher filtered water

Ice

1 sliced cucumber

1 sliced organic apple

⇒ Mix in a pitcher and enjoy!

## **Flat Belly Burner**

### **Ingredients:**

1 pitcher cold spring water

½ cup blackberries

½ cup cherries

⇒ Mix in a pitcher and enjoy!

## **Instant Energy Boost**

### **Ingredients:**

1 pitcher cold filtered water

Juice from ½ lemon

1 grapefruit, peeled and sliced

⇒ Mix in a pitcher and enjoy!



## **Supreme Fat Flusher**

### **Ingredients:**

1 pitcher ice cold water

½ cup cranberries, halved

⇒ Mix in a pitcher and enjoy!

## **Vitamin Infused Water**

### **Ingredients:**

1 pitcher cold spring water

1 cup chopped organic strawberries

2 sprigs fresh rosemary

⇒ Mix in a pitcher and enjoy!

## **Lean Water**

### **Ingredients:**

1 pitcher cold filtered water

½ cup blueberries, halved

1 tsp. ground ginger

⇒ Mix in a pitcher and enjoy!

## **Toxin Flusher**

### **Ingredients:**

1 pitcher ice cold water

1 tbsp. apple cider vinegar

Juice from ½ lemon

1 tsp. cinnamon

⇒ Mix in a pitcher and enjoy!

## **Tummy Toxin Flusher**

### **Ingredients:**

1 pitcher ice cold water

1 tbsp. apple cider vinegar

Juice from ½ lime

1 tsp. ground ginger

⇒ Mix in a pitcher and enjoy!

## **Antioxidant Water**

### **Ingredients:**

½ cup raspberries, halved

½ cup blackberries, halved

1 tsp. turmeric

1 pitcher ice cold spring water

⇒ Mix in a pitcher and enjoy!

## **Summer Rejuvenation**

### **Ingredients:**

1 pitcher cold filtered water

1 lime, sliced

½ lemon, sliced

3 mango slices

⇒ Mix in a pitcher and enjoy!

## **Fat-Burning Vitamin Water**

### **Ingredients:**

1 pitcher ice cold water

1 tbsp. apple cider vinegar

½ lemon, sliced

1 tbsp. flax seed

⇒ Mix in a pitcher and enjoy!

## ***Slimming Shake Down***

### **Ingredients:**

1 pitcher ice cold spring water

1 cucumber, chopped

1 green apple, chopped

1 tbsp. apple cider vinegar

⇒ Mix in a pitcher and enjoy!

## ***Cucumber Lemon Cleanser***

### **Ingredients:**

1 large pitcher cold filtered water

1 sliced cucumber

1 lemon, sliced

10 mint leaves

⇒ Mix in a pitcher and enjoy!

## **Spa Detox Water**

### **Ingredients:**

1 pitcher ice cold water

3 slices pineapple

3 slices watermelon

⇒ Mix in a pitcher and enjoy!

## **Fresh Ginger Lemon Detox**

### **Ingredients:**

1 large pitcher ice cold water

1 lemon, sliced

½ inch knob of ginger root, grated into the water

⇒ Mix in a pitcher and enjoy!

## **Morning Cleanse**

### **Ingredients:**

1 pitcher cold spring water

Ice

3 limes, sliced

⇒ Mix in a pitcher and enjoy!

## **Raspberry Antioxidant Water**

### **Ingredients:**

1 pitcher cold filtered water

½ cup raspberries, halved

1 kiwi, sliced

⇒ Mix in a pitcher and enjoy!

## **Immunity Detox Drink**

### **Ingredients:**

1 large pitcher cold spring water

1 cucumber, sliced

1 kiwi, sliced

Ice

⇒ Mix in a pitcher and enjoy!

## **Super Immunity Detox Drink**

### **Ingredients:**

1 large pitcher cold filtered water

1 cucumber, sliced

1 kiwi, sliced

½ green apple, sliced

Ice

⇒ Mix in a pitcher and enjoy!



## **Vitamin Belly Flush**

### **Ingredients:**

1 pitcher cold spring water

5 mint leaves

1 kiwi, sliced

⇒ Mix in a pitcher and enjoy!

## **Belly Detoxifier**

### **Ingredients:**

1 large pitcher cold filtered water

5 slices of melon

1 tbsp. apple cider vinegar

3 slices mango

⇒ Mix in a pitcher and enjoy!

## **Tropical Refresher**

### **Ingredients:**

1 large pitcher cold spring water

3 pineapple slices

3 mango slices

1 kiwi, sliced

Ice

⇒ Mix in a pitcher and enjoy!

## **Quick Belly Flush**

### **Ingredients:**

1 large pitcher cold spring water

½ cup raspberries, halved

3 slices pineapple

3 slices watermelon

Ice

⇒ Mix in a pitcher and enjoy!

## **Master Detox Drink**

### **Ingredients:**

1 large pitcher cold filtered water

1 lemon, sliced

½ tsp. cayenne pepper

⇒ Mix in a pitcher and enjoy!

## **Slim Fat Flusher**

### **Ingredients:**

1 pitcher cold spring water

1 lemon, sliced

1 tbsp. apple cider vinegar

½ tsp. cayenne pepper

Ice

⇒ Mix in a pitcher and enjoy!

## **Peppermint Grapefruit Cleanser**

### **Ingredients:**

1 large pitcher cold filtered water

½ grapefruit, peeled and sliced

½ lemon, sliced

½ lime sliced

½ cup chopped peppermint leaves

Ice

⇒ Mix in a pitcher and enjoy!

## **Belly Bloat Buster**

### **Ingredients:**

1 pitcher cold spring water

½ lemon, sliced

½ lime, sliced

3 slices pineapple

⇒ Mix in a pitcher and enjoy!

## ***Super Detox Drink***

### **Ingredients:**

1 large pitcher cold spring water

2 oz. 100% pure cranberry juice

½ lemon, sliced

⇒ Mix in a pitcher and enjoy!

## ***FAST Fat Flusher***

### **Ingredients:**

1 large pitcher cold filtered water

¼ cup 100% pure cranberry juice

3 limes, sliced

⇒ Mix in a pitcher and enjoy!

## **Alkaline Water**

### **Ingredients:**

1 large pitcher cold filtered water

1 pear, sliced

1 apple, sliced

⇒ Mix in a pitcher and enjoy!

## **Stress Reliever**

### **Ingredients:**

1 pitcher cold spring water

½ cup sliced organic strawberries

½ cup cherries, halved

1 tsp. apple cider vinegar

5 basil leaves

⇒ Mix in a pitcher and enjoy!

## **Anti-Inflammation Detox Drink**

### **Ingredients:**

1 pitcher cold spring water

1 lemon, sliced

1 tsp. ground ginger

1 cinnamon stick

⇒ Mix in a pitcher and enjoy!

## **Total Body Rejuvenation**

### **Ingredients:**

1 large pitcher filtered water

1 cup watermelon chunks

2 limes, sliced

10 basil leaves

⇒ Mix in a pitcher and enjoy!

## ***Relax and Refresh***

### **Ingredients:**

1 large pitcher cold spring water

½ cup pomegranate seeds

½ cup chopped blueberries

⇒ Mix in a pitcher and enjoy!

## ***Super Immunity Detox Boost***

### **Ingredients:**

1 large pitcher cold spring water

½ cup cherries, halved

½ cup pomegranate seeds

2 tsp. apple cider vinegar

⇒ Mix in a pitcher and enjoy!



## **Protein Water**

### **Ingredients:**

16 oz. cold water

1 scoop whey protein powder

⇒ Mix together and enjoy!

## **Citrus Cleanse**

### **Ingredients:**

1 large pitcher cold filtered water

1 orange, sliced

3 pineapple slices,

⇒ Mix in a pitcher and enjoy!

## **Sweet Stress Reliever**

### **Ingredients:**

1 large pitcher cold spring water

1 peach, sliced

1 kiwi, sliced

1 tsp. ground ginger

⇒ Mix in a pitcher and enjoy!

## **Raspberry Mint Detox**

### **Ingredients:**

1 large pitcher cold filtered water

½ cup raspberries, halved

10 mint leaves

2 limes, sliced

⇒ Mix in a pitcher and enjoy!

## **Simple Toxin Flusher**

### **Ingredients:**

1 large pitcher cold filtered water

1 lemon, sliced

2 tsp. apple cider vinegar

10 basil leaves

⇒ Mix in a pitcher and enjoy!

## **Slimming Watermelon Detox**

### **Ingredients:**

1 large pitcher cold filtered water

2 cups watermelon, sliced

⇒ Mix in a pitcher and enjoy!

## **Mango Ginger Detox**

### **Ingredients:**

1 pitcher cold spring water

1 cup frozen mango chunks

1 inch ginger root, grated into the pitcher

⇒ Mix in a pitcher and enjoy!

## **Fit Water**

### **Ingredients:**

1 large pitcher cold filtered water

1 kiwi, sliced

1 orange, sliced

⇒ Mix in a pitcher and enjoy!