



Derek Wahler Fitness LLC

Morning Reset Tonic Recipes

derek@dwahlerfitness.com

Welcome to the Morning Reset Tonic recipes!

If you're following the 20-Day Kickstart plan, you can simply add one of these drinks every morning.

It's best to have it before you eat anything or to sip along with your breakfast.

Also, if you're intermittent fasting, you can use any of these recipes as well.

And you can have them throughout the day if you'd like.

Enjoy!



Detox Chia Lemon Water

1 serving

5 minutes

Ingredients

2 cups Water
1 tbsp Chia Seeds
1/4 Lemon (juiced)

Directions

1

Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!



Super Detox Drink

1 serving

2 minutes

Ingredients

8 ozs Hot Water
1 tbsp Apple Cider Vinegar
2 tbsps Lemon Juice
1 tsp Ground Ginger
1/4 tsp Cinnamon
1 pinch Cayenne Pepper

Directions

1 Mix all ingredients together. Best served warm



Calming Chamomile Lavender Mint Tea

1 serving
10 minutes

Ingredients

1/16 oz Dried Chamomile Flowers
1/16 oz Dried Lavender Flowers
1/2 tsp Dried Peppermint Leaves
1 cup Water (hot)

Directions

1

Combine the dried chamomile, lavender and mint in a tea infuser. Steep in hot water for at least 5 minutes, or until your desired strength. Enjoy!



Tummy Soother Tea

1 serving
10 minutes

Ingredients

1 tsp Dried Peppermint Leaves
1/2 tsp Coriander Seed
1/2 tsp Fennel Seed
1 cup Water (hot)

Directions

1

Combine the dried peppermint leaves, coriander and fennel in a tea infuser. Steep in hot water for at least 5 minutes, or until your desired strength. Enjoy!



Lemon Ginger Tea

2 servings

10 minutes

Ingredients

2 1/2 cups Water
3 tbsps Ginger (peeled, sliced)
1/2 Lemon

Directions

1

Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.

2

Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!



Morning Lime Refresh

1 serving

2 minutes

Ingredients

8 ozs Lukewarm Water
2 tsps Apple Cider Vinegar
1 pinch Sea Salt
1/4 Lime

Directions

- 1 Start with a glass of lukewarm water
:
- 2 Squeeze in the juice from 1/4 lime
:
- 3 Add in 2 tsp. apple cider vinegar
:
- 4 Add a pinch of salt



Lemon ACV

1 serving

2 minutes

Ingredients

1/2 Lemon
2 tsp Apple Cider Vinegar

Directions

- 1) Start with 8 ounces of lukewarm water
- 2) Squeeze in the juice from half a lemon
- 3) Add 2 tsp. of apple cider vinegar
- 4) Drink through a straw