

5 DAY MOCKTAIL CHALLENGE





Hello!

So happy you said a big "HECK YES!" to the Marvelous "5 Day Mocktail Challenge", a collaboration between me, Meg Daly, and Beth Moser-Chang of Better Health.

Get ready for 5 days of soul nourishing, palate pleasing, feel good alternatives to the nightly cocktail and wine. Each anti inflammatory recipe is chock-full of fresh ingredients bursting with vitamins and antioxidants. Anything artificial? No way. High fructose corn syrup? Not an ounce!

This Challenge isn't about denying yourself but instead experimenting with wellness, joy, and fun through downright deliciousness each night. Trust us...your skin, sleep, and mood will thank you!

Cheers,

Meg Daly



PHOTO: BETH MOSER PHOTOGRAPHY

GAGA GRAPEFRUIT

- 1/3 cup fresh-squeezed grapefruit juice
- 1 tsp of Lemon juice
- 1tsp of Honey
- Fill 8 oz cup with ice
- Top with sparkling water
- Garnish with a lemon

HEALTH BENEFITS

Lemon Antioxidant, a good source of vitamin C, aids digestion, improves skin, and aids in weight release.

Honey, though still a sugar, should be consumed in moderation. It is a better alternative from other sugars, has antioxidants, can help lower blood pressure and cholesterol

Grapefruit Antioxidant, Vitamin C, helps in appetite control, weight release.



PHOTO: BETH MOSER PHOTOGRAPHY

COCONUT WATER LEMONADE

- 4 cups coconut water
- 5 tablespoons freshly squeezed lemon juice
- 3 fresh squeezed lime
- 3 tablespoons honey
- 2 lemons, sliced
- 2 cups ice
- garnish with mint leaves

HEALTH BENEFITS

Lemon & Lime Antioxidant, a good source of vitamin C, aides digestions, improves skin and aides in weight release.

Honey, though still a sugar It should be consumed In moderation. It Is a better alternative from other sugars, has antioxidants, can help lower blood pressure and cholesterol.

Mint keeps your breathe fresh and helps with digestion.

Coconut Water is a natural electrolyte



PHOTO: BETH MOSER PHOTOGRAPHY

HOLY BASIL

- 3-5 Basil leaves with a mortar and pestle
- 2 tsp of lemon juice over crushed basil leaves then strain into an 8-ounce glass.
- 1 tsp of honey
- Fill glass with Ice
- Top with Sparkling Water
- Garnish with Fresh Basil

HEALTH BENEFITS

Lemon Antioxidant, a good source of vitamin C, aids digestion, improves skin, and aids in weight release.

Honey, though still a sugar, should be consumed in moderation. It is a better alternative from other sugars, has antioxidants, can help lower blood pressure and cholesterol

Basil Antioxidant, helps combat stress, a natural anti-inflammatory, cancer-fighting properties,



PHOTO: BETH MOSER PHOTOGRAPHY

ANTI INFLAMMATION SPARKLE

- 1 tbsp honey
- 1 tbsp apple cider vinegar
- 1/2 tsp Freshly squeezed lime juice
- 1 tsp grated fresh ginger
- 1/3 tsp of dried turmeric or 1 tsp of grated
- Tiny pinch of black pepper
- 1 cup of filtered water

Add All Ingredients In a glass jar Including water and cover with a lid. Refrigerate for 2 hours or up to a full day. The longer Is steeped the stronger the flavor. Pour 4 oz over ice and top the glass with sparkling water and garnish with a lime!

HEALTH BENEFITS

Ginger is high in Gingerol, a substance with powerful anti-inflammatory and antioxidant properties. It helps nausea, helps digestion, weight release, helps fight infections.

Turmeric Is a potent Anti Inflammatory and Antioxidant and may help aid may chronic diseases.

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PHOTO: BETH MOSER PHOTOGRAPHY

THE ROSEBUD

- 8 oz Sparkling Water
- 2 tsp Fresh Lemon Squeezed
- 1 small splash of Rose Water
- Garnish with Basil

HEALTH BENEFITS

Lemon Antioxidant, a good source of vitamin C, aides digestions, improves skin and aides in weight release.

Rosewater Vitamins A, C, E and B, which all can help relief stress and anxiety

Basil Antioxidant, helps combat stress, a natural anti Inflammatory, cancer fighting properties



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