



FAT BURN

The Only Drinks You'll Ever Need In Your Journey...



OVER 25 RECIPES

Power-Packed Fat Burning Drinks:

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Detox WATER INFUSIONS

FitZone Health Solutions

Sip your way to a lighter,
cleaner you—one
refreshing glass at a time.

Banish the bloat, boost
your glow—detox water
that works with your body.

Stay hydrated, feel
refreshed, and cleanse
from the inside out—
naturally.

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CUCUMBER

Lemon Mint

MIX

Ingredients:

- 1/2 cucumber, thinly sliced
- 1/2 lemon, thinly sliced
- 5-6 fresh mint leaves
- 1 liter (about 4 cups) cold water

Procedure:

1. Add the cucumber, lemon slices, and mint leaves to a pitcher or large jar.
2. Pour in the cold water.
3. Let it infuse in the fridge for at least 2 hours (or overnight for stronger flavor).
4. Stir gently and enjoy throughout the day.

STRAWBERRY, LEMON & BASIL DETOX

Ingredients:

- 4-5 strawberries, sliced
- 1/2 lemon, sliced
- 4-5 fresh basil leaves
- 1 liter cold water

Procedure:

1. Combine sliced strawberries, lemon slices, and basil in a large mason jar or pitcher.
2. Fill with cold water and mix lightly.
3. Chill for 1-2 hours before drinking.



PINEAPPLE, GINGER & MINT DETOX WATER



Procedure:

- 1. Add pineapple, ginger, and mint to a large jar.**
- 2. Fill with cold water and stir gently.**
- 3. Let it infuse in the refrigerator for 2-4 hours.**

Ingredients:

- 1/2 cup fresh pineapple chunks**
- 1-inch piece of fresh ginger, sliced or grated**
- 5-6 mint leaves**
- 1 liter cold water**



Green Apple & CINNAMON WATER

Ingredients:

- 1 green apple, thinly sliced
- 1 cinnamon stick (or 1/2 tsp ground cinnamon)
- 1/2 lemon, sliced
- 1 liter cold water

Procedure:

1. Place apple slices, lemon, and cinnamon stick into your water container.
2. Add the cold water and gently stir.
3. Infuse for at least 2 hours, ideally overnight.

GREEN FAT-BURNING SMOOTHIE



IGNITE YOUR FIRE, MELT THE FAT: TRANSFORM WITH EVERY SIP!



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GREEN METABOLISM BOOSTER

Ingredients:

- 1 cup spinach
- 1 green apple, chopped
- 1/2 cucumber
- 1 tbsp chia seeds
- Juice of 1/2 lemon
- 1/2 inch fresh ginger
- 1 cup cold water or unsweetened green tea

Procedure:

- Add all ingredients to a blender.
- Blend on high until smooth.
- Serve immediately with a few ice cubes if desired.



Drink, Burn, Transform



AVOCADO & KALE FAT-BURNING SMOOTHIE

YOUR JOURNEY TO A LEANER, STRONGER YOU STARTS NOW!



Ingredients:

- 1/2 avocado
- 1 cup kale (stems removed)
- 1/2 banana
- 1 tbsp flaxseed
- 1 cup unsweetened almond milk
- 1/4 tsp cinnamon

Procedure:

1. Add all ingredients to a blender.
2. Blend until creamy and smooth.
3. Adjust thickness with a splash of almond milk, if needed.





PINEAPPLE GINGER GREEN DETOX SMOOTHIE



Ingredients:

- 1 cup fresh pineapple chunks
- 1 handful spinach
- 1/2 inch fresh ginger
- 1 tbsp lemon juice
- 1 tbsp hemp seeds
- 1 cup coconut water

Procedure:

1. Blend all ingredients until smooth.
2. Pour into a glass and enjoy chilled.



KIWI MINT FAT-BURN SMOOTHIE

Ingredients:

- 2 kiwis, peeled
- 1/2 cucumber
- 1 handful fresh mint leaves
- 1 cup spinach
- 1 tbsp chia seeds
- 1/2 cup cold water or ice

Procedure:

1. Combine all ingredients in a blender.
2. Blend until fully smooth.
3. Add more water or ice for your desired texture.





MATCHA GREEN ENERGY

INGREDIENTS

- 1 tsp matcha green tea powder
- 1 frozen banana
- 1 cup spinach
- 1 tbsp almond butter
- 1 cup unsweetened oat or almond milk
- 1/2 tsp cinnamon

PROCEDURE

- Blend all ingredients until creamy and frothy.
- Serve immediately for a gentle energy boost.

Sip, Smile, Succeed



*M*ETABOLISM *B*OOSTING

HERBAL TEA

**FLOW, BURN, TRANSFORM: IGNITE YOUR
STRENGTH AND SHED THE EXCESS WITH
EVERY INGREDIENT.**

FITZONE HEALTH SOLUTIONS



WHAT'S INSIDE



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SPICY GREEN TEA ELIXIR

Ingredients

- 1 green tea bag
- 1/2 tsp ground cinnamon
- 1/8 tsp cayenne pepper
- Juice of 1/2 lemon
- 1 tsp raw honey (optional)
- 1 cup hot water

Procedure

- Steep green tea in hot water for 3–5 minutes.
- Stir in cinnamon, cayenne, lemon juice, and honey.
- Sip warm for an energizing, fat-burning boost.

GINGER TURMERIC METABOLISM BOOSTER

Ingredients

- 1-inch piece fresh ginger, sliced
- 1/2 tsp ground turmeric (or fresh root)
- 1/2 lemon, sliced or juiced
- 1 tsp honey (optional)
- 1.5 cups water

Procedure

- Boil water and add ginger and turmeric. Simmer for 5–10 minutes.
- Remove from heat, add lemon and honey.
- Strain and sip warm.

Ingredients

- 1 green tea bag
- 1 peppermint tea bag (or a few fresh mint leaves)
- 1 tsp apple cider vinegar
- 1 tsp honey (optional)
- 1 cup hot water

Procedure

- Steep both tea bags in hot water for 5 minutes.
- Add apple cider vinegar and honey.
- Stir well and enjoy warm.

PEPPERMINT GREEN TEA CLEANSER



CINNAMON LEMON SLIMMING TEA

Procedure

- Steep the cinnamon stick in hot water for 10 minutes (or stir in ground cinnamon).
- Add lemon juice and honey.
- Stir well and sip slowly.

Ingredients

- 1 cinnamon stick (or 1/2 tsp ground cinnamon)
- Juice of 1/2 lemon
- 1 tsp honey
- 1 cup hot water



DANDELION GINGER DETOX

Ingredients

- 1 dandelion root tea bag (or 1 tsp dried dandelion root)
- 1/2 inch fresh ginger, peeled and thinly sliced
- 1 tsp fresh lemon juice (about 1/8 of a lemon)
- 1–2 cups filtered water
- (Optional) 1/2 tsp raw honey or maple syrup for mild sweetness

Routine

- Boil the water (1–2 cups) in a saucepan or kettle.
- Simmer the ginger in the water for 5–7 minutes.
- Remove from heat and add the dandelion tea bag (or infuser with loose root).
- Let steep covered for 7–10 minutes.
- Strain (if needed), then stir in lemon juice.
- Add honey or maple syrup if desired.
- Serve warm and sip slowly. Best enjoyed in the morning or after meals.



Protein-Packed Meal Replacement Shake

FITZONE HEALTH SOLUTION

Effective
recipes to
reach your
goals!

Empower Her
Strength, Sculpt Her
Confidence: Unleash
the Power Within!

Strong, Confident,
Unstoppable: Elevate
Your Fitness, Ignite
Your Fire!



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- **FLAXSEED ADDS FIBER AND HEALTHY FATS TO KEEP YOU FULL LONGER.**
- **ADD A DASH OF CINNAMON OR A FEW CACAO NIBS FOR EXTRA FLAVOR.**

Chocolate Peanut Butter Power Shake

Ingredients:

- 1 scoop chocolate protein powder (whey, casein, or plant-based)
- 1 tbsp natural peanut butter (no sugar added)
- 1/2 frozen banana (for natural sweetness and texture)
- 1 tbsp ground flaxseed (for omega-3s and fiber)
- 1 cup unsweetened almond milk (or milk of choice)
- Handful of ice cubes

Instructions:

1. Add almond milk to the blender first (helps blend smoother).
2. Add frozen banana, protein powder, peanut butter, flaxseed, and ice.
3. Blend on high for 30–45 seconds or until creamy and smooth.
4. Taste and adjust—add more banana for sweetness or more milk if it's too thick.



TROPICAL GREEN

Protein Smoothie

Ingredients:

- 1 scoop vanilla protein powder
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1 handful fresh spinach (light flavor, high nutrients)
- 1 tbsp chia seeds (fiber + omega-3s)
- 1 cup coconut water or unsweetened almond milk

Instructions:

1. Start with the liquid base (coconut water or almond milk) in the blender.
2. Add spinach, frozen fruit, protein powder, and chia seeds.
3. Blend until fully smooth and bright green.
4. Pour and let sit 2–3 minutes to allow chia seeds to thicken the shake slightly.





Ingredients:

- 1 scoop vanilla or unflavored protein powder
- 1/2 cup frozen mixed berries (blueberries, strawberries, raspberries)
- 2 tbsp rolled oats (for sustained energy)
- 1 tbsp almond butter (healthy fats & creaminess)
- 1 cup unsweetened almond milk
- Dash of cinnamon (optional, adds warmth & blood sugar balance)

Instructions:

1. Add milk and oats to the blender and let soak for 5 minutes (softens the oats).
2. Add berries, protein powder, almond butter, and cinnamon.
3. Blend until thick and creamy. Add a splash more milk if needed.
4. Serve cold and enjoy with a spoon if it's thick enough!

BERRY OAT BREAKFAST SHAKE

High-fiber, energizing breakfast
replacement



Creamy Avocado **VANILLA SHAKE**

Ingredients:

- 1 scoop vanilla protein powder
- 1/4 ripe avocado (makes it silky smooth)
- 1/2 frozen banana (adds sweetness and creaminess)
- 1 tbsp hemp seeds (protein + healthy fats)
- 1 cup unsweetened almond or oat milk
- Splash of vanilla extract (optional, boosts flavor)
- Ice cubes (optional for a colder shake)

Instructions:

1. Add milk, then avocado, banana, protein powder, and hemp seeds to the blender.
2. Blend on high until the texture is rich and smooth.
3. Add ice if you want a colder or thicker consistency.
4. Pour into a tall glass and enjoy slowly—it's filling!

**AVOCADO IS PACKED WITH POTASSIUM
AND FIBER.**

**ADD GREENS LIKE SPINACH FOR EXTRA
NUTRIENTS WITHOUT CHANGING TASTE.**



MOCHA BREAKFAST

Energy Shake

Ingredients:

- 1 scoop chocolate or mocha-flavored protein powder
- 1/2 cup cold brewed coffee (or chilled espresso)
- 1/2 frozen banana
- 1 tbsp Greek yogurt (adds creaminess + protein) OR 1 tbsp nut butter
- 1/2 cup unsweetened almond milk
- Dash of cinnamon or cocoa powder (optional)
- Ice cubes for extra chill

Instructions:

1. Add coffee and almond milk to blender first.
2. Add frozen banana, protein powder, Greek yogurt or nut butter, and cinnamon.
3. Blend until frothy and smooth.
4. Serve in a travel mug for an on-the-go protein coffee combo!



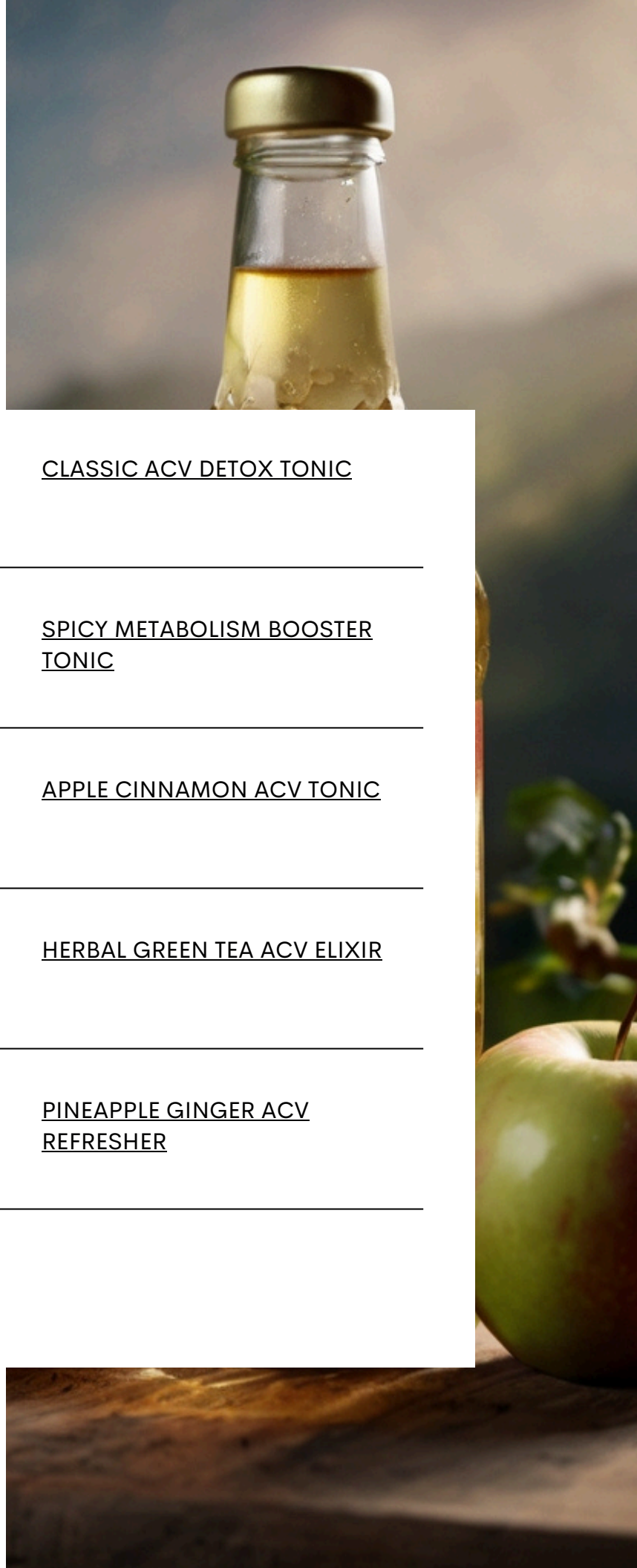
Apple Cider Vinegar Tonic

Recipes



TORCH CALORIES, IGNITE CONFIDENCE, TRANSFORM YOURSELF!

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UNLEASH THE BURN, EMBRACE THE GLOW

CLASSIC ACV DETOX TONIC



Ingredients:

- **1 tbsp raw, unfiltered apple cider vinegar (with "the mother")**
- **Juice of 1/2 fresh lemon**
- **1 tsp raw honey (optional, for taste)**
- **1 cup warm filtered water (not hot)**

Instructions:

1. **Warm the water until just above room temperature (avoid boiling).**
2. **In a glass, add the ACV, lemon juice, and honey.**
3. **Pour in the warm water and stir until honey is fully dissolved.**
4. **Drink slowly first thing in the morning on an empty stomach.**



ACV helps rebalance gut bacteria and support detox.
Lemon provides vitamin C and supports liver function.
Drinking this warm helps soothe the digestive system.





Spicy Metabolism Booster Tonic

FAT BURNING, APPETITE CONTROL, AND ENERGY BOOST





Ingredients:

- 1 tbsp apple cider vinegar
- 1/8 tsp cayenne pepper (or to taste)
- Juice of 1/2 lemon
- 1 tsp raw honey
- 1 cup warm filtered water

Instructions:

1. Heat water until warm but not hot.
2. In a mug, combine ACV, cayenne, lemon juice, and honey.
3. Stir thoroughly to mix and dissolve everything.
4. Sip slowly before breakfast or 30 minutes before a workout.

**TORCH CALORIES, IGNITE CONFIDENCE,
TRANSFORM YOURSELF!**

Apple Cinnamon ACV Tonic



Ingredients:

- 1 tbsp apple cider vinegar
- 1/4 tsp ground cinnamon (or a cinnamon stick)
- 1/2 tsp raw honey or pure maple syrup
- 1/2 cup unsweetened apple juice
- 1/2 cup filtered water (cold or warm)



SCULPT YOUR STORY, BURN THE LIMITS



Instructions:

1. In a glass or jar, add ACV, cinnamon, and honey or syrup.
2. Pour in apple juice and water, and stir well.
3. Let sit 2-3 minutes to allow flavors to infuse.
4. Serve over ice or enjoy at room temperature.

- Apple juice adds natural flavor and digestive enzymes.
- Cinnamon supports blood sugar balance and curbs cravings.
- Perfect as an afternoon or pre-dinner digestive tonic.

Herbal Green Tea ACV Elixir



SHAPING BODIES, DEFINING SOULS, ONE RECIPE AT A TIME!

Ingredients:

- 1 cup brewed green tea (cooled slightly)
- 1 tbsp apple cider vinegar
- 1 tsp raw honey
- Juice of 1/2 lemon
- Optional: a few fresh mint leaves



- Instructions:
- Brew a cup of green tea and let it cool for 5–10 minutes.
- In a large mug or mason jar, add ACV, lemon juice, and honey.
- Pour in the warm green tea and stir well.
- Add fresh mint leaves and let steep for 2–3 minutes.
- Drink warm or let chill in the fridge for a refreshing iced tonic.

Pineapple Ginger ACV Refresher



Your Journey to Health Starts with Every Sip!

Ingredients:

- 1 tbsp apple cider vinegar
- 1/2 cup fresh pineapple juice (no sugar added)
- 1/4 tsp fresh grated ginger (or a pinch of ground ginger)
- 1/2 cup cold filtered water
- A few ice cubes (optional)

Instructions:

1. In a shaker or large glass, add pineapple juice, ACV, and ginger.
2. Pour in water and stir or shake well to combine.
3. Add ice cubes if serving cold.
4. Let sit for a few minutes to allow the ginger to infuse, then sip slowly.



Pineapple contains bromelain, a natural digestive enzyme.

Ginger soothes the stomach and reduces bloating.

Refreshing and tropical—perfect for post-meal or midday detox.