

BEDTIME FAT-BURNING ACV DETOX DRINKS

**Flatten Your Belly
While You Sleep**



Bedtime Fat-Burning ACV Detox Drinks

Cherry Limeade Fat Buster



- 3 cups water
- ½ cup frozen cherries
- 2 tbsp. apple cider vinegar
- 1 tbsp. lime juice
- 5 drops stevia
- Add all ingredients to a blender and blend until smooth

Anti-Aging ACV

- 2 cups water
- 1 tbsp. apple cider vinegar
- 1 tbsp. collagen powder
- Stevia to taste (optional)

Blueberry Ginger Belly Blast



- 3 cups water
- ½ cup frozen blueberries
- 2 tbsp. apple cider vinegar
- ¼ tsp. ground ginger
- 7 drops stevia
- Add all ingredients to a blender and blend until smooth

Keto Bedtime Belly Blast

- 8 oz warm water
- 1 tbsp. apple cider vinegar
- 1 tbsp. lemon juice
- 1 tsp. cinnamon
- 1 tsp. coconut oil or MCT oil

Belly Fat Flusher



- 1 cup water
- 1 tbsp. apple cider vinegar
- ½ tsp. turmeric
- ½ tsp. black pepper
- Pinch of sea salt

Bedtime Flat Belly Detox Tea

- 8 oz. hot green tea
- 2 tsp. apple cider vinegar
- 1 thin slice fresh ginger root
- Dash of cinnamon

Slim Belly Tea

- 1 cup ginger tea
- Juice from ½ lemon
- 1 tbsp. apple cider vinegar
- ½ tsp. cayenne pepper