

Gel-Water Rapid Fat Loss Drinks

Gel-water is extremely powerful in helping you slim down, lose more weight and curb your hunger...

And it's more hydrating than drinking regular water...

Because you're including a diverse group of minerals that are more easily absorbed in your cells...

For these gel-water drinks, simply have at least one per day, however...

You can have as many as you'd like...

I like to mix them up and sip them throughout the day...

The choice is yours, just make sure to have at least one first thing in the morning.

Enjoy the recipes!

Mike Whitfield

Morning Metabolism Booster

- 16 ounces filtered water
- ¼ tsp. Sea salt
- Lemon juice (½ lemon squeezed)

Mix up and enjoy!

Cranberry Gel-Water

- 8 ounces filtered water
- 8 ounces unsweetened cranberry juice
- 1 tbsp. Chia seeds

Let the chia seeds soak in the cranberry gel-water for at least 15 minutes before drinking.

Apple Cider Vinegar Belly Blaster

- 16 ounces filtered water
- 1 tbsp. Apple cider vinegar
- ¼ tsp. Sea salt
- Juice from ¼ lemon

Mix up and enjoy!

Super Slimmer

- 16 ounces filtered water
- Juice from half a lime
- Pinch of sea salt

Mix up and enjoy!

Cherry Gel-Water

- 12 ounces filtered water
- 4 ounces unsweetened cherry juice
- 1 tbsp. Chia seeds

Let the chia seeds soak in the gel-water for at least 15 minutes before drinking.

Fat-Burning Coffee

- 1 cup coffee
- 1 tsp. Butter or coconut oil

Super Slimming Grape Juice

- 12 ounces filtered water
- 4 ounces unsweetened grape juice
- 1 tsp. Ground chia seeds

Mix up and enjoy!

Bedtime Fat-Burner

- 16 ounces filtered water
- 1 tbsp. Apple cider vinegar
- Juice from ½ lime
- ¼ tsp. Sea salt

Mix up and enjoy!

Fat-Burning Tea

- 1 cup green, chamomile or black tea
- 1 tsp. Butter or coconut oil