



# **Fruit and Vegetable : Infused Water Recipes For Weight Loss (Healthy Food,Weight Loss,Diet,Fitness)**

*Mike Dallas*

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## Fruit and Vegetable Infuse Water Recipes For Weight Loss

Research have prove that drinking water naturally boosts your metabolism and drinking infused water mixing fruit and vegetable for weight loss.It's an easy way to increase your water intake.These water recipes are inexpensive, have almost zero calories, and taste great too!

They are also refer as detox water, fruit flavored water, or even fruit infused water.They can generally be any combination of fruits, vegetables, and herbs immersed in cold water. Infused water has the benefit of being full of flavor, no calories,another solution to lose your weight and to gain better health.

### **What Are The Benefits of Infused Water?**

Besides tasting great and having zero calories, an infused water has many additional health benefits, including:

- Flushing out toxins from your system.
- Fills you up and you will feel less hungry..
- Naturally helps your body release fat cells for water weight loss.
- Keeps food moving through your system.
- Keeps your organs healthy while you're sweating.
- Reduces muscle fatigue while working out.
- Helps you recuperate faster from a workout.

Original Price for this kindle book is just **ONLY \$2.99!!**

Worth Buying with 35 recipes using different kinds of fruits and vegetables infuse water to choose from!

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