



Jillian Michaels Detox Water Recipe:

INGREDIENTS:

- 16oz (16-ounces) water bottle of distilled or pure water
- 1-Tablespoon SUGAR-FREE Cranberry Juice
- 1-Dandelion Root Tea Bag (Get at: Whole Foods/Trader Joe's/Health Food Store)
- 2-Tablespoons of fresh squeezed or pure Lemon Juice



DIRECTIONS:

Take a sip of water from water bottle (to prevent ingredients from overflowing).

Combine all ingredients into water bottle and shake.

You must drink each water bottle every day for seven (7) days.

Additional Info: Do not use this if you are pregnant or breastfeeding, and always consult a doctor. This detox water recipe helps flush out excess water weight and you *could* lose up to 5lbs in seven (7) days. This is only temporary, as we gain excess water weight back daily.