

Infused Water Rotation



BEST PRACTICES

- Wash produce & rinse herbs to remove chemicals, pesticides and other residue.
- Use cold or room temperature water. (Hot water makes produce fall apart faster and can compromise the nutrients you're trying to get out of the ingredients.)
- Softer fruits like citrus and strawberries can be sliced thick, thin, halved, or quartered. Harder fruits like apples should be sliced very thinly because they take longer to release flavors.
- Crush fibrous ginger root, rosemary, and lemongrass with a muddler or wooden spoon; tear or crush leafy herbs like mint, basil and cilantro to release their oils.
- Loose herbs and flowers - lavender, rose petals, dried hibiscus - can be corralled in a tea infuser or cheesecloth.
- To keep sipping all day long, refill your infused water container when it's half full. It will be weaker than your first drink, but still flavorful.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Strawberry, Pineapple & Mint	Lemon & Thyme	Orange, Blueberry & Basil	Cucumber, Lime, Strawberry & Mint	Apple Slices & Cinnamon Stick	Mandarin Orange, Pineapple & Mint	Blueberry, Lemon, & Rosemary
WEEK 2	Orange, Lime, & Lemon	Cucumber, Lemon, & Cilantro	Blackberry, Lime, & Mint	Red Grape, Strawberry, & Mint	Honeydew & Sage	Lemon, Lime, & Mint	Strawberry, Blackberries, & Basil
WEEK 3	Mint, Apple Slices, & Blueberry	Strawberry, Lemon, & Dill	Raspberry & Lime	Cucumber, Mint, & Dill	Lemon, Rosemary, & Cucumber	Pineapple & Thyme	Lemon & Mint
WEEK 4	Basil, Strawberry, & Cucumber	Watermelon & Cilantro	Orange, Lemon, & Basil	Apple Slices, Cinnamon Sticks, & Cloves	Blueberry, Lemon, & Rosemary	Strawberry, Cucumber, & Basil	Blackberry, Pineapple, Apple Slices, & Mint