

Get Infused



Week 1 Benefit

Maintain a Healthy Body Weight

Fruit infused water is more filling and nutritious than plain water. It also contains fewer calories and sugar than soft drinks. Some fruits suppress your appetite and reduce cravings. By drinking fruit infused water, you'll have more control over your weight and feel full longer between meals.

Infusion Best Practices

How Long Does Fruit-Infused Water Last?

Fruit-infused water is **best enjoyed after two-four hours or after it has had a chance to infuse overnight**. The length of time it lasts depends entirely on the type of fruit and herbs you use. Basil, for example, only lasts about three days while heartier varieties like rosemary or thyme can last up to seven days.

You can reuse the same fruit and add another batch of fresh water over it once you have gone through your first batch. The fruit can be used (typically) up to three times, but it will also depend on the freshness of the fruits you are using. You can sweeten your concoction with a little liquid Stevia, and if you'd really like to shake things up, try using Seltzer Water or Club Soda! But I wouldn't shake it for real, as this might make a mess!

***** If you are having trouble getting started, start simple with lemon only... then work on adding other fruits or herbs**

Try This (we'll have new ideas each week)

