



# **SIMPLE ELECTROLYTE HOMEBREW RECIPES**

# 9 SIMPLE ELECTROLYTE HOMEBREW RECIPES

New research shows that the current FDA-recommended daily amounts of sodium are far lower than what our bodies crave. In fact, the current level of recommended sodium intake may in fact be injurious to most people. Not to mention that when you embark on a low carb diet and moving more, your body will naturally be losing a lot of salt—especially initially.

If you're brand new to the electrolyte scene be sure to start gradually and ramp up your intake over the course of a few days. If you notice any loose stools, dial it back for a day and then slowly ramp back up.

We recommend sipping on these drinks all day rather than guzzling a bunch at once—it keeps you more even keel and is easier on your taste buds!

Without further ado, here are our top electrolyte homebrew recipes...





**I didn't follow your very simple and explicit instructions for electrolytes and I paid the price! I felt horrible. I started supplementing and within 1-2 days felt fantastic. It's amazing how electrolytes play such an important role in our health and it's not really discussed...**

**Brooke M.**

**CLASSICS**

# ROBB WOLF'S HOMEBREW ELECTROLYTE ELIXIR

## INGREDIENTS SERVES 1

- 1 packet LMNT Recharge:  
Raw Unflavored
- 1 quart water
- 2 TBSP lemon juice
- Dash of stevia (to taste)

## DIRECTIONS

Stir or shake to mix well.

**\*\*Make it frothy!**

Add all of the above to a blender and  
blend with 1/2 to 1 cup of ice.



# KETOGAINS ELECTROLYTE DRINK: KETORADE

## INGREDIENTS SERVES 6

- 6 cups sparkling water
- 2 Tablespoons lime juice
- 1/4 cup sliced cucumber
- 1 Tablespoon fresh mint, chopped
- 1 packet LMNT Recharge: Raw Unflavored
- 1 packet LMNT recharge: Citrus Salt
- Stevia, to taste

## DIRECTIONS

Mix everything together and let sit in the refrigerator overnight. Enjoy the next day!



# THE SALTY WATERMELON

## INGREDIENTS SERVES 1

- 1/2 cup cubed watermelon (5.5g carbs)
- 1 packet LMNT Recharge: Raw Unflavored
- 1 packet Truvia (or preferred low carb sweetener)
- 1 Tablespoon lime juice
- 1 cup water

## A NOTE ON THE SALTY WATERMELON

Hard charging athletes have used a tweak on the ketogenic diet by using targeted carbs before a hard training session. The Targeted Keto approach is what many use for CrossFit, jiu jitsu, MMA, hard intervals and a frisky gym session. The Salty Watermelon is a great, delicious way to apply your targeted keto approach.

## DIRECTIONS

Blend until smooth.  
Serve over ice.





**Electrolytes. I missed mine one day last week after surgery, and I could definitely feel it the next day. If I don't hit my sodium I feel like crap.**

**Jennifer H.**

**COFFEE LOVERS**

# KETOGAINS PRE-WORKOUT BLENDED COFFEE

## INGREDIENTS SERVES 1

- Strong black coffee
- 25-30g protein from a low carb whey protein powder
- 5-15g MCT powder (if you're new to MCT, start at 5g to avoid stomach upset)
- 3-5g creatine (3g females, 5g males)
- 1 packet LMNT Recharge: Raw Unflavored

## A NOTE ON KETOGAINS PRE-WORKOUT BLENDED COFFEE

Powerlifting or even strenuous training can certainly take it out of us. And sometimes, we assume that if we train fasted, we lose more body fat. However, nothing could be further from the truth - we train more poorly, we recover more poorly, and the studies show that we don't get any benefit of greater fat loss! But we get it...sometimes heavy food on the stomach just doesn't jive with training. It was because of this that we spent time developing this little beauty of a pre-workout drink. Lots of things you need, and none of what you don't... for powering through the workout you want for the results you are after!

## DIRECTIONS

### Take 20-30 minutes before training

Blend all of the above in a blender until smooth.

# BLENDED COLD BREW

## INGREDIENTS SERVES 1

- 1 packet LMNT Recharge:  
Raw Unflavored
- 1 cup unsweetened almond milk
- 2 oz cold brew coffee (or more if you  
want more caffeine)
- 1-2 packets of truvia (as desired)
- Handful of ice

## DIRECTIONS

Blend and enjoy!

Or mix all ingredients (except for ice) and  
serve over ice.



# JOE IN AIRPLANE MODE

## INGREDIENTS SERVES 1

- Black coffee or Americano
- 1 packet LMNT Recharge:  
Raw Unflavored
- 1-2 packets low carb sweetener of  
your choice

## DIRECTIONS

Get through airport security

Buy coffee

Add LMNT and sweetener of choice

Stir

Enjoy!



I've been doing CrossFit for 6.5 years. I started keto a year ago. At first I had a difficult time with wods b/c I had nooooo energy. Sometimes I couldn't even finish. When I got my electrolytes sorted things got much better...

Kristen B.

# SAVORY SIPPERS

# CHICKEN BROTH SIMMER SIPS

## INGREDIENTS SERVES 1

- 16 oz chicken bone broth
- 1 packet LMNT Recharge: Raw Unflavored

## DIRECTIONS

Add 1 packet LMNT Recharge: Raw Unflavored to 16oz of your favorite chicken bone broth and heat until hot.

Put in your thermos or insulated mug and sip throughout the day!

# BEEF BROTH SIMMER SIPS

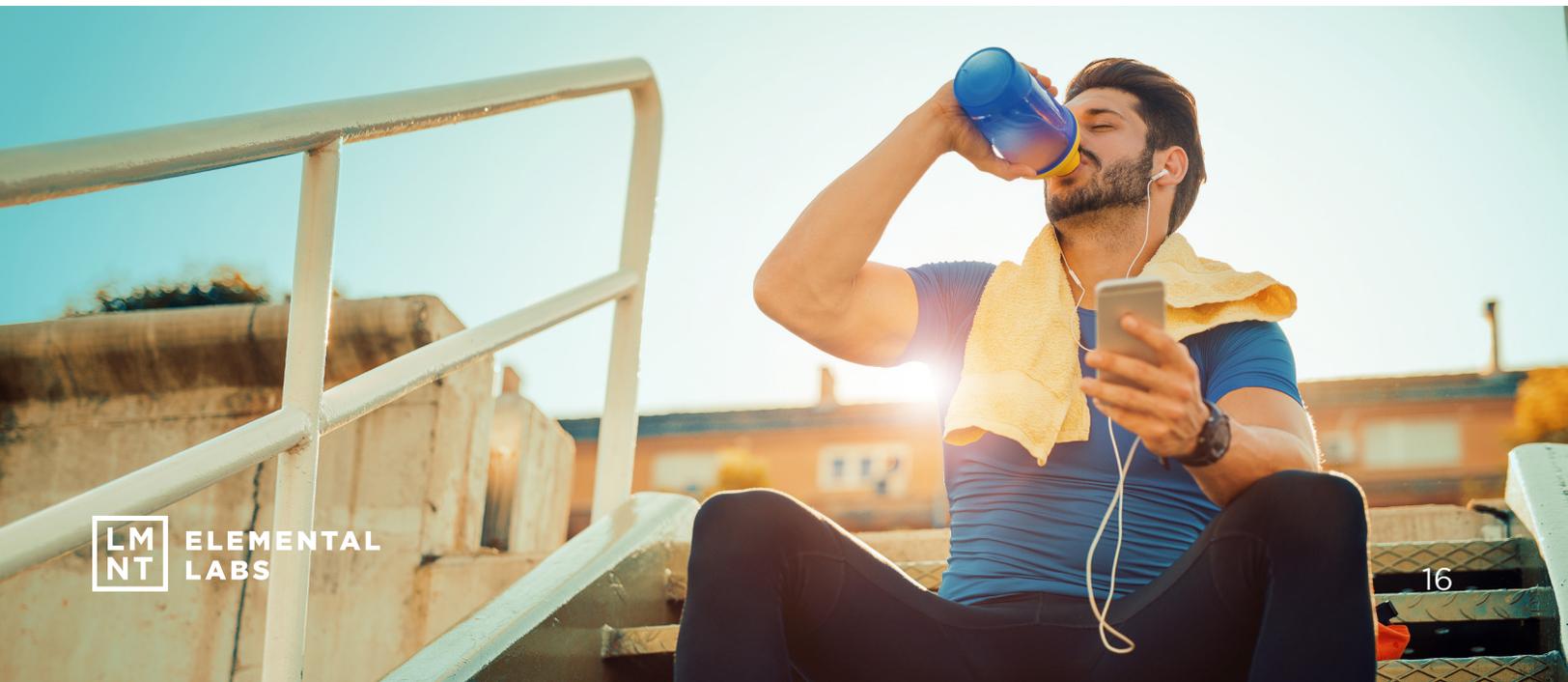
## INGREDIENTS SERVES 1

- 16 oz beef bone broth
- 1 packed LMNT Recharge: Raw Unflavored

## DIRECTIONS

Add 1 packet LMNT Recharge: Raw Unflavored to 16oz of your favorite beef bone broth and heat until hot.

Put in your thermos or insulated mug and sip throughout the day!



# BEEFED UP BOUILLON

## A NOTE ON BEEFED UP BOUILLON

Drinking bouillon is a great way to get in your sodium. If you're training hard, working in a hot environment, or you've ramped up your electrolyte intake sufficiently, you can "beef up" your bouillon by adding 1 packet of LMNT Recharge: Raw Unflavored. It's tasty, and a great way to get in over 2 mg of sodium in one go.





I experienced brain fog during the early weeks and then began having bouts of lightheadedness in the gym and severe cramps in my calves while sleeping. It was at that point I learned about electrolytes. All has been well since.

David B.

# WANT TO MAKE IT YOURSELF?

## THE DETAILS

Sub a shallow 1/2 tsp sea salt, 1/16 tsp salt substitute (like no salt) and 1/4 tsp of magnesium malate for the 1 packet of LMNT Recharge: Raw Unflavored.



# A TASTY ELECTROLYTE DRINK MIX

With everything you need and nothing you don't...  
yes, that means lots of salt and zero sugar.

Get Yours



## BUILT FOR YOU.

- ✓ No dodgy ingredients
- ✓ Grab-and-go packaging
- ✓ No questions asked refunds and cancellations