

THE PLAN

Recipe Card

it's time to spice up your meal prep routine! simply print, cut, and tape to a notecard to start building a collection of easy, and fun recipes to try. let us know what you think, and tag us on insta when you prep this meal!

<p>THE MEAL PREP PLAN</p> <h1>RECIPE</h1> <p>SERVES</p> <p>1 2 4 6 8</p> <p>RATING</p> <p>☆☆☆☆☆</p> <p>prep time: <u>2 minutes</u></p> <p>infusion time: <u>2 hours</u></p> <p>total time: <u>2 hours</u></p> <p>THEPLANBYLAURENTRUSLOW.COM @THEPLANBYLAURENTRUSLOW</p>	<h2>Immune Booster Water</h2> <p>GRAPEFRUIT, LEMON, & LIME</p> <p>Need to stay healthy for a big event or feel like you might be coming down with something. Try this vitamin c packed recipe to boost your immune system and stay healthy!</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"><input type="checkbox"/> ¼ grapefruit, sliced **peel fruit for a less bitter taste<input type="checkbox"/> ½ lemon, sliced<input type="checkbox"/> ½ lime, sliced<input type="checkbox"/> 1 qt. cold water <p><i>let the mixture infuse for 2+ hours or overnight for a more flavorful drink!</i></p> 
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Mood Boosting Water

STRAWBERRY THYME

Feeling stressed and need a pick me up?
This is the recipe for you!

Strawberries are filled with vitamin c which helps reduce stress and Thyme possesses calming and relaxing effects.

INGREDIENTS

- 6 strawberries, chopped
- 4 sprigs of thyme
- 1 qt. cold water

let the mixture infuse for 2+ hours or overnight for a more flavorful drink!



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Detoxifying Water

CUCUMBER LEMON

A tried and true classic. Cucumber Lemon water is alkalizing, aids in digestion, and helps flush toxins from your system. Plus it's oh so refreshing!

INGREDIENTS

- ¼ cucumber, sliced
- ½ lemon, sliced
- 1 qt. cold water

let the mixture infuse for 2+ hours or overnight for a more flavorful drink!

