

# Zola Infusions



Soda OUT. Water In.

When you are dieting on Plan Z, one of the things we recommend is that you increase your water consumption. People on Plan Z who drink 100-125 oz of water per day lose 30% more than those who drink less than 70 oz. Studies show that when your body unlocks the stingy fat, that it needs a ready vehicle to flush it out of your system. That's where the water comes in. But, if you're used to drinking soda and beverages with lots of flavor, switching to water can be quite an adjustments. Here are some ways to jazz it up.

Check out these recipes for water infusions and put a whole new twist on your hydration plan.

## **1. Raspberry Grapefruit Sparkler**



This is a drink you can make in a pitcher and enjoy while you're on Plan Z. I don't usually like grapefruit at all, but LaCroix makes a grapefruit fizzy water that is just delightful. I use it to make this drink or I drink it plain over ice too.

## Raspberry Grapefruit Sparkler

### 2. Cucumber Lemonade



The first time I tasted cucumber water I was hooked. This is a more exotic lemonade but a refreshing one. You'll feel fancy drinking this.

## Cucumber Lemonade

### 3. Creme Soda



When in a restaurant, order a glass of plain club soda and keep your stevia with you. You can make your own cream soda on the spot!

## Creame Soda

### 4. Orange Vanilla Water



If you miss soda but know in your heart that it's bad for you. Try a recipe like this one.

## Orange Vanilla Water

### 5. Cinnamon Pear Infused Water



Cinnamon water has a flavor reminiscent of a snicker-doodle or an oatmeal cinnamon cookie. Try adding pear slices – it makes a wonderful summer treat.

## Cinnamon Pear Infused Water