

AQUACHIC



YOUR BEST YOU

AQUACHIC

THANK YOU FOR DOWNLOADING OUR EBOOK.
LET'S HOPE YOU CAN USE THIS MANUAL TO FORM
GREAT HABITS WHERE YOU GROW AS A PERSON
AND ACHIEVE YOUR GOALS.



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AQUACHIC
LUXURY DRINKING
BOTTLES



BASE INFO ABOUT THE THIS EBOOK

Planner info:

All planners are universal to use.

Just write the month / week number and fill in the days.

Recipe info:

1cup = 250 ml

2cups = 500 ml

Sweetener of choice:

Every recipe can be sweetened with your sweetener of choice.

You can use sugar, honey, agave nectar, coconut sugar but we recommend xylitol and/or erythritol.

Xylitol and Erythritol are two alternatives to sugar and in our opinion the best sugar substitutes.

A sugar substitute is a lower-or no-calorie sweetener and alternative to the common table sugar.

Reasons why we love xylitol and erythritol:

- Better for teeth health (oral health).
- Better for diabetes and lowering your sugar intake.
- Does not spike your blood vessels (erythritol) or spark it to a minimum spark (xylitol).

These days there is added sugar in almost everything we eat and drink, and we're not happy with that. Use healthier sugar substitutes to at least enjoy your healthy drinks instead of sugary filled drinks.



LEMON GINGER TEA

Ingredients

Lemon slices

Ginger slices

Water

Optional to taste:

Sweetener of choice

Method

[1] Use two lemon slices per mug and add the sliced ginger.

Depending on the taste of ginger you can always add more for a intense taste.

[2] Add boiling water or cold water depending on preference: hot tea or iced tea.

[3] After adding the water let it sit for 3 minutes too steep.

For the iced tea, add ice cubes and let it steep for 3 minutes.



SUPER BREAKFAST SMOOTHIE

Ingredients

750 ml water
300 gram oatmeal
2-3 cups of (frozen) fruit servings of your choice
30-60 grams protein powder
1 tablespoon chia seeds
1 tablespoon flax seeds

Optional to taste:

Natural sweetener
Superfoods powders

The best thing about this smoothie is, it is super healthy and it keeps you full for so long!

Method

You can literally just mix and match the ingredients in a blender! We're making this in a larger amount so there's enough for 2 days. In this example we've added lots of red fruits and some banana for sweetness.

[1] Mix everything in a blender and blend. Experiment with different fruit combinations.

Make sure to not sweeten it too much if your protein powder already has a sweet taste.

We filled the 1 liter water bottle with 50% of the smoothie and the other 50% with water so it drinks away super easy.



BANANA MANGO TUMERIC

Ingredients

1 banana
1 mango
1 liter water
2 teaspoons of tumeric

Method

[1] Add everything in the blender and blend. You're done! Super easy yet super delicious!

This recipe is healthy, easy and nutritional. You will be suprised by the sweet taste.



BLUEBERRY LEMONADE

Ingredients

100 gr Blueberries
1 liter Water

Optional to taste:

Lemon slice(s)
Mint leaves
Sweetener of choice

Method

[1] Simmer the blueberries in a pan with 1 cup water until the blueberries pop. Want a sweeter taste? Add your sweetener of choice.

[2] Strain the mixture and allow the syrup to cool.

[3] Add more water depending on how strong you want the blueberry taste to be. For a more defined taste add lemon slice(s) and/or mint leaves.



STRAWBERRY COCONUT WATER

Ingredients

100 gram fresh or frozen strawberries
500 ml water
500 ml coconut water

Optional to taste:

Mint leaves
Sweetener of choice
Slices of lemon / lime

Method

[1] Add the water and coconut water to your bottle.

[2] Add about 100 grams of strawberries.

[3] Serve with ice cubes and optional mint leaves.



MINTY LEMONGRASS ICE TEA

Ingredients

3 - 4 lemongrass stems
Mint leaves or 2 mint tea bags

Optional to taste:
Sweetener of choice

Method

[1] Boil 6 cups of water and add the 3-4 chopped lemongrass stems.

[2] Pour into a heatproof jar and add the mint leaves or tea bags. Optional: add your sweeteners of choice.

[3] Let it cool overnight in the refrigerator and serve the next day with ice cubes.



ROSEMARY INFUSED CUCUMBER LEMONADE

Ingredients

1 tablespoon fresh chopped
rosemary
2 - 3 cucumbers
1 cup water
½ cup lemon juice

Optional to taste:
Sweeteners of choice

Method

[1] Cut the cucumber into small slices.
Set a few slices apart to use later in
your glass jar.

[2] Add the cucumber slices to a
blender with the chopped rosemary.
Add the water and lemon juice and
blend.

[3] Add a few cucumber slices in your
glass and serve with ice.
Optional: garnish with rosemary.



RASPBERRY LEMONADE

Ingredients

100 gram raspberries
1 liter water
fresh lemon juice to taste

Optional to taste:

Sweeteners of choice
Strawberries for sweeter taste

Method

[1] Blend the raspberries and lemon juice in a blender.

[2] Strain into a large jar and add water. Set to chill until ready to serve.

[3] Serve over ice or straightly in your bottle.



CHERRY LEMONADE

Ingredients

100-150 gr fresh cherries without
pit
1 liter water
½ cup lemon juice

Optional to taste:
Sweeteners of choice
Lemon slices

Method

[1] To a blender add: cherries,
lemon juice, water and your
optional sweetener of choice.

[2] Blend until smooth.

[3] Serve over ice and garnish with
lemon and cherries.



PINK LEMON WATER

Ingredients

1 liter water
½ cup lemon juice
100-150 grams of raspberries
2 tablespoons fresh mint leaves

Optional to taste:
Sweeteners of choice

Method

[1] Blend the raspberries, mint leaves, lemon juice and water until smooth.

[2] Add optional sweeteners of choice. Let it sit to infuse for 10 minutes and serve on ice.



GINGER LEMONGRASS TEA

Ingredients

2 lemongrass stems
30 grams ginger, sliced
2 bags green tea
2 liter water
2 limes

Optional to taste:
Sweeteners of choice

Method

[1] Cut the lemongrass and ginger in small slices.

[2] Heat up 1.5 liter water in a pan and add the ginger, lemongrass and green tea bags. Let it cook for at least 5 minutes.

[3] Ready to drink, add optional ginger slices and/or lemongrass stems.

Tip: Ice tea? Let it cool overnight and serve the next day on ice.



GINGER TURMERIC CARROT SHOTS

Ingredients

500 gram carrots
1 piece fresh turmeric - 4-5 cm
1 piece fresh ginger - 4-5 cm
1 pinch black pepper
1 cup water

Optional to taste:
Sweeteners of choice

Method

[1] Add the carrots, turmeric, ginger, black pepper and water in a blender and blend until smooth.

[2] Add the mixture in a reusable bottle and take a shot every morning.

Stays good up to 6 days in the refrigerator.



CARE GUIDE

STAINLESS STEEL

WATER BOTTLE 1L

ENG: Upon receiving flush the bottle with lukewarm water before use.
Handwash with lukewarm water. [1] Fill the bottle with water. [2] Close the lid.
[3] Shake the bottle a few times. [4] Open the bottle lid and flush 2 times.
We do not recommend dishwasher for the bottles to preserve optimal bottle health.

DE: Nach Erhalt die Flasche vor Gebrauch mit lauwarmem Wasser spülen.
Handwäsche mit lauwarmem Wasser. [1] Fülle die Flasche mit Wasser. [2] Schließen Sie den Deckel.
[3] Schüttle die Flasche einige Male. [4] Öffnen Sie den Flaschendeckel und spülen Sie ihn zweimal.
Wir empfehlen nicht, einen Geschirrspüler zu verwenden, um eine optimale Gesundheit der Flaschen zu gewährleisten.

NL: Na ontvangst de fles voor gebruik met lauw water spoelen.
Handwas met lauw water. [1] Vul de fles met water. [2] Sluit het deksel.
[3] Schud de fles een paar keer. [4] Open de dop en spoel de fles 2 keer.
We raden het gebruik van een vaatwasser af, om zo optimale gezondheid voor de flessen te waarborgen.



UNIVERSAL TEMPLATES

A better, more organized you.

First 15 templates are weekly planners

Followed up by 15 month planners

And ending with 7 habit trackers.

We hope you can use these templates to your advantage.

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