

# NATURAL MOUNJARO RECIPE CARD



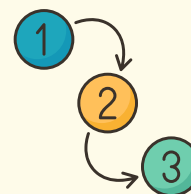
## Ingredients:

- 1 tablespoon fresh lemon juice
- 1 tablespoon apple cider vinegar (with 'the mother')
- 1 teaspoon grated fresh ginger
- 1 cup of warm or room-temperature water
- Optional: 1 teaspoon raw honey (for sweetness)



## Instructions:

1. In a glass, mix warm water with lemon juice and ACV.
2. Add freshly grated ginger and stir well.
3. Add honey if desired, and stir until fully dissolved.
4. Drink immediately or chill for 10 to 15 minutes.



## Best Times to Drink:

- First thing in the morning
- 20 to 30 minutes before meals
- After workouts



## Tips:

- Use a straw to protect your teeth.
- Start with 3 to 4 times per week.
- Not a substitute for medical treatment.

