

7 day
detox
challenge
w Aphrodite Active

→
timeline
infuser
bottle



with Aphrodite Active

hey, you!

Are you ready to take hydration + detox to a whole new level? With this ebook, you will:

- * achieve hydration goals
- * learn new detox recipes
- * get leaner and toner
- * have clearer and radiant skin complexion
- * be a happier person

liability disclaimer

By partaking in the 7 day detox challenge hosted by Aphrodite Active Enterprise, you are agreeing to accept all parts of this disclaimer. If you do not agree to the disclaimer below, please kindly do not proceed with the challenge.

The recipes and information contained in this e-book is for educational and informational purposes only, and is made available as self-help tools for your own use.

Please consult a health care professional before implementing any suggestions from our e-book and products.

You acknowledge that you take full responsibility for your health, life and well-being, and for all decisions made by you now or in the future. We are not responsible for your personal actions or choices before, during or after any of our challenges, programmes, services and products.

Our role is to support and assist you in reaching your goals, but your success depends primarily on your own effort, motivation, commitment and follow-through. Results vary from each individual.

By using our website, blog, emails, challenges, e-books, services or products, you implicitly signify your agreement to all parts of the above disclaimer.





DO

1. Drink as many rounds of water. Fill your Timeline Infuser Bottle up to a minimum of 4 times a day.
2. Continue to use this eBook weekly.
3. Exercise regularly – at least 3 times a week for beginners and 5-6 times a week for intermediates.
4. Keep your macros in check! However it is not a requirement to load on protein and carbs. Go to choosemyplate.gov.
5. Keep in touch with us on social media Instagram and Facebook @aphroditeactive.

DON'T

1. Drink soda or any carbonated drinks. One of the main causes of bloating.
2. Keep your infused fruits for more than 24 hours as it will become really strong and bitter in taste.
3. Put boiling water into the Timeline Infuser Bottle. It will kill the nutrients from the fruits.
4. Feel intimidated. We are all on different fitness levels. Feel free to contact us. Our support team will be more than happy to help you out.

grocery list

for the week

1. 2 lemons
2. 1 cucumber
3. 1 lime
4. 1 orange
5. 1 small watermelon
6. 1 gold kiwi
7. 1 packet of fresh mint
8. 1 packet of rosemary
9. 1 box of green tea

7 day detox challenge

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Monday

1. Morning Tonic (when you wake up)
 - a cup of warm lemon juice
 - 1 slice of lemon
 - 1 cup of warm water
2. Slim and Sculpt (for the whole day)
 - 2 slices of lemon, halved
 - 2 slices of cucumber, halved
 - 1-2 sprigs of fresh mint, lightly bruised

Tuesday

1. Morning Tonic
2. Fat Burner
 - 2 sprigs of rosemary
 - 2 strawberries, halved
 - 1 slice of lime, halved

Wednesday

1. Morning Tonic
2. Craving Curber
 - 2 slices of lemon, halved
 - 2 slices of cucumber, halved
 - 1 slices of lime, halved

Thursday

1. Morning Tonic
2. Energy Booster
 - 1/4 cup of sliced watermelon
 - 1 sprig of rosemary

Friday

1. Morning Tonic
2. Immunity
 - 2 slices of lemons halved
 - 2 slices of oranges halved

Saturday

1. Fat Blaster (when you wake up)
 - a cup of green tea
 - 1 sprig of mint
 - 1 slice of lime halved
2. Sugar control (for the whole day)
 - 2 strawberries halved
 - 2 slices of gold kiwi
 - 1 slice of cucumber

Sunday

1. Fat Blaster
 - a cup of green tea
 - 1 sprig of mint
 - 1 slice of lime halved
2. Refresh
 - 1/4 cup of watermelon, sliced into cubes
 - 1-2 sprigs of mint, lightly bruised

you did amazing!

You can now create your own concoction with your favourite fruits or follow this challenge again. Show us your progress and let's keep in touch by using the hashtag [#unleashyourinnerdeity](#) and tagging us on Instagram/Facebook!

FACEBOOK: Like us on facebook.com/aphroditeactive

INSTAGRAM: Follow us at [@aphroditeactive](#)