

Complete Lemon Cocktail for Weight Loss

Total Yield: 500 ml, which makes 2 servings of 250 ml each (enough for 2 days of consumption, with 250 ml per day).

Ingredients:

1. **Lemon:**
 - o 1 medium lemon (60 to 70 grams, yields about 30 ml of juice)
2. **Ginger:**
 - o 1 piece of fresh ginger (2 cm in length, approximately 5 grams)
3. **Cucumber:**
 - o 1/2 Japanese cucumber (50 grams, sliced thinly, equivalent to 6-7 slices)
4. **Green Tea:**
 - o 1 green tea bag (prepared with 200 ml of boiling water)
5. **Apple Cider Vinegar:**
 - o 1 tablespoon of apple cider vinegar (15 ml)
6. **Pineapple:**
 - o 1 thin slice of fresh pineapple (approximately 50 grams, peeled)
7. **Ground Cinnamon:**
 - o 1 teaspoon of ground cinnamon (2 grams)
8. **Coconut Water:**
 - o 200 ml of natural coconut water (no added sugar)

Required Equipment:

- Liquid measuring cup
- Sharp knife and cutting board
- Lemon juicer
- Fine grater
- Blender or food processor
- Fine strainer (optional)
- Shaker or large pitcher for mixing
- Tablespoon and teaspoon

Step-by-Step Instructions:

1. **Prepare the Green Tea:**
 - o Heat 200 ml of water in a saucepan until boiling (100°C).
 - o Place the green tea bag in a heat-resistant cup.
 - o Pour the boiling water over the tea bag.
 - o Cover the cup to prevent evaporation of volatile compounds and let the tea steep for 3 to 5 minutes.
 - o Remove the tea bag and allow the liquid to cool to room temperature (about 25 minutes).
2. **Prepare the Lemon Juice:**
 - o Wash the lemon under running water and lightly rub the skin to remove impurities.
 - o Cut the lemon in half and squeeze one half (30 ml of juice).
 - o Strain the juice through a fine strainer to remove seeds and pulp.

3. **Prepare the Ginger:**
 - o Wash the ginger under running water.
 - o Use a fine grater to grate 5 grams of fresh ginger (equivalent to 1 heaping teaspoon).
 - o Optional: For a smoother drink, you can squeeze the grated ginger in a cheesecloth to extract just the juice, discarding the fibers.
4. **Prepare the Cucumber:**
 - o Wash the cucumber thoroughly under running water, scrubbing the skin to remove dirt or residues.
 - o Cut the cucumber in half and use only one half (50 grams).
 - o Slice this half into 6 to 7 thin slices (about 0.5 cm thick).
5. **Prepare the Pineapple:**
 - o Cut a thin slice of pineapple (50 grams, peeled).
 - o Place the slice in a blender or food processor and blend until liquefied.
 - o Optional: Strain the pineapple to remove fibers, using only the juice.
6. **Complete the Mixture:**
 - o In a pitcher or shaker, add the following ingredients in this order:
 - Strained lemon juice (30 ml)
 - Grated ginger or ginger juice (5 grams or 1 teaspoon)
 - Cucumber slices (50 grams)
 - Cooled green tea (200 ml)
 - Apple cider vinegar (15 ml or 1 tablespoon)
 - Blended pineapple or pineapple juice (50 grams)
 - Ground cinnamon (1 teaspoon or 2 grams)
 - Coconut water (200 ml)
 - o Mix all the ingredients well with a spoon or shake the shaker until well combined.
 - o Let the mixture rest for 3 minutes to allow the flavors to meld completely.
7. **Chill (Optional):**
 - o If desired, add ice cubes or refrigerate for 10-15 minutes before consuming.

Consumption:

- **Daily Serving:** Drink 250 ml of the mixture, preferably in the morning on an empty stomach.
- **Timing:** Consume the drink 30 minutes before breakfast for optimal nutrient absorption.
- **Storage:** Store the remaining (250 ml) in an airtight container in the refrigerator and consume the next day. Shake well before drinking.

How It Works in the Body:

- **Lemon:** Rich in vitamin C and antioxidants, lemon helps detoxify the body and promotes digestion by stimulating bile production, improving liver function.
- **Ginger:** Boosts thermogenesis (fat burning) and has anti-inflammatory properties. Aids digestion and regulates metabolism.
- **Cucumber:** Contains high levels of water and fiber, promoting hydration and satiety while regulating bowel movements.

- **Green Tea:** Rich in catechins, which accelerate metabolism and increase fat burning. Also contains antioxidants that combat free radicals.
- **Apple Cider Vinegar:** Contains acetic acid, which helps control blood glucose levels and improves digestion. Also promotes satiety and appetite control.
- **Pineapple:** Source of bromelain, an enzyme that aids protein digestion and has anti-inflammatory properties, assisting in weight loss.
- **Cinnamon:** Helps stabilize blood sugar levels, preventing insulin spikes, and accelerates metabolism, promoting fat burning.
- **Coconut Water:** Hydrates the body and replenishes electrolytes like potassium and sodium, maintaining electrolyte balance and overall health.

Time for Results:

- Visible results usually appear within 3 to 4 weeks of continuous use, combined with a healthy diet and regular physical exercise.

Frequency of Use:

- **Daily Consumption:** 1 cup (250 ml) per day, on an empty stomach.
- **Usage Cycle:** Recommended continuous use for 4 weeks. After this period, it is advisable to take a 1-week break before resuming consumption.

Additional Considerations:

- **Taste Adaptation:** If the drink is too acidic or strong for your taste, you can add 1 teaspoon of honey (5 ml), although this may slightly reduce the weight loss effect.
- **Precautions:** People with gastrointestinal issues, such as gastritis or ulcers, should avoid excessive consumption of acidic ingredients like lemon and apple cider vinegar.