

P20-Approved Beverages

Hydration is super important for boosting energy, enhancing detoxification, and decreasing hunger - along with tons of other health and beauty benefits. We recommend drinking at least half your body weight in ounces of water (more if you're active or live in a dry climate). To help you meet your hydration goals, we've put together a list of P20-approved beverages to enjoy while you're on your program...and for the other 345 days of the year!



Water



Unsweetened Sparkling Water or Seltzer

(we like Perrier and La Croix)



Infused Water

(check out our recipes below!)



Bone Broth

(we like Bonafide Provisions and Kettle & Fire)



Herbal Tea

(look for organic teas and try a variety of herbal blends!)



Coffee

(grab organic beans and drink it black or with one of our approved creamers; limit to 1-2 cups per day)

Infused H2O Recipe Ideas:

- Mint + Cucumber
- Lemon + Ginger
- Mint + Pineapple
- Lemon + Strawberry
- Mint + Watermelon
- Blueberry + Orange
- Basil + Watermelon

*** TIP *** Carry a reusable glass or stainless steel water bottle with you at all times so you won't forget to stay hydrated!