

# Fit Chick Total Family Wellness

## Healthy Hydration for Everyone

Fuel your day with our hand-crafted, nutrient-dense wellness blend [cite: 3]. Packed with fresh ingredients like cucumber, ginger, and turmeric, this refreshing drink supports energy, heart health, and digestion for all ages—from active kids to adults [cite: 3]. It is a safe, natural, and delicious way to keep the whole family hydrated [cite: 3].

### Ingredients

- ✓ Cucumber
- ✓ Lemon
- ✓ Mint
- ✓ Ginger
- ✓ Beets
- ✓ Strawberries
- ✓ Apple
- ✓ Pineapple
- ✓ Turmeric
- ✓ Watermelon
- ✓ Coconut water
- ✓ Filtered water (to fill/adjust)

### Preparation

1. ✓ Chop all fruits and cucumber into small pieces.

2. ✓ Slice ginger and beet thin.
3. ✓ Add everything into a large pitcher or 1-gallon jar.
4. ✓ Pour in coconut water first.
5. ✓ Fill the rest with filtered water.
6. ✓ Add mint and turmeric (stir well or shake).
7. ✓ Let it sit in the fridge 4–12 hours (best overnight).
8. ✓ Drink cold throughout the day.

---

Stay hydrated and thrive with Fit Chick Now LLC.