



3 ways to get your daily

# APPLE CIDER VINEGAR

for weight loss & wellness

## The Pretty Lady Cocktail

- 4 oz organic juice  
(I like pineapple or apple juice)
- 2 oz water
- 2 tbsp Organic ACV
- Optional: Fresh Lime, Cinnamon, or Cayenne Pepper



## The Hardcore Hunny Shot:

- 2 Tbsp Organic ACV
- 6 oz water
- Dash of honey

## The Lazy Girl Beverage:

