

DAY 1

GINGER-TURMERIC TONIC

1



10 minutes



DIRECTIONS

1. Boil 2 cups of water.
2. Add ginger and turmeric, simmer for 10 minutes.
3. Strain into a cup.
4. Stir in lemon juice and honey (if using).
5. Sip warm.

INGREDIENTS

1 tsp freshly grated ginger, 1 tsp turmeric powder (or 1 inch of fresh turmeric root, grated), 1 tbsp honey (optional), Juice of half a lemon, 2 cups water

notes

DAY 2

CHAMOMILE - MINT SOOTHER

1



7 minutes



DIRECTIONS

1. Boil 2 cups of water.
2. Remove from heat, add chamomile and mint, steep for 5-7 minutes.
3. Strain into a cup.
4. Stir in honey (if using).
5. Drink warm.

INGREDIENTS

1 tbsp dried chamomile flowers (or 1 chamomile tea bag), A handful of fresh mint leaves (or 1 tsp dried mint), 1 tsp honey (optional), 2 cups water

notes

DAY 3

CINNAMON - CLOVE INFUSION

1



10 minutes



DIRECTIONS

1. Boil 2 cups of water.
2. Add cinnamon stick and cloves, simmer for 10 minutes.
3. Strain into a cup.
4. Stir in honey (if using).
5. Enjoy warm.

INGREDIENTS

1 cinnamon stick (or 1 tsp ground cinnamon), 4-5 whole cloves, 1 tsp honey (optional), 2 cups water

notes

DAY 4

HOLY BASIL-LAVENDER CALM

1



7 minutes



DIRECTIONS

1. Boil 2 cups of water.
2. Remove from heat, add holy basil and lavender, steep for 5-7 minutes.
3. Strain into a cup.
4. Stir in honey (if using).
5. Sip slowly.

INGREDIENTS

1 tbsp dried holy basil leaves (or 1 holy basil tea bag), 1 tsp dried lavender flowers, 1 tsp honey (optional), 2 cups water

notes

DAY 5

SPICED GREEN TEA BOOST

1



5 minutes



DIRECTIONS

1. Boil 2 cups of water.
2. Remove from heat, add green tea bag, cinnamon stick, and black pepper, steep for 3-5 minutes.
3. Strain into a cup.
4. Stir in honey (if using).
5. Drink warm.

INGREDIENTS

1 green tea bag (or 1 tsp loose green tea leaves), 1 cinnamon stick (or 1/2 tsp ground cinnamon), A pinch of black pepper, 1 tsp honey (optional), 2 *notes* cups water

DAY 6

TURMERIC - GINGER BALANCE

1



10 minutes



DIRECTIONS

1. Boil 2 cups of water.
2. Add turmeric, ginger, and black pepper, simmer for 10 minutes.
3. Strain into a cup.
4. Stir in honey (if using).
5. Enjoy warm.

INGREDIENTS

1 tsp turmeric powder (or 1 inch of fresh turmeric root, grated), 1 tsp freshly grated ginger, A pinch of black pepper, 1 tsp honey (optional), 2 cups water

notes

DAY 7

GOLDEN MILK TEA

1



10 minutes



DIRECTIONS

1. In a small saucepan, combine turmeric, ginger, cinnamon, black pepper, and water. Simmer.
2. Add coconut milk, heat for 5 more minutes.
3. Strain into a cup.
4. Stir in honey or maple syrup (if using).
5. Sip slowly.

INGREDIENTS

1 tsp turmeric powder (or 1 inch of fresh turmeric root, grated), 1/2 tsp freshly grated ginger, 1/2 tsp ground cinnamon, 1 cup coconut milk, 1 tsp honey or maple syrup (optional), A pinch of black pepper, 1/2 cup water

notes
