

BRAGG'S ACV AND ADVO REFRESHER *Recipes*



BRAGG'S ACV RECIPES (NO HONEY)

I AM Faithfully Fit Approved:



These recipes are designed to **boost metabolism, control insulin,** and **enhance nutrient absorption,** all while fitting perfectly into the I AM Faithfully Fit lifestyle.

BRAGG'S APPLE CIDER VINEGAR RECIPES



I AM FIRE DETOX SHOT



Ingredients:

- 1 tbsp [Bragg's Apple Cider Vinegar](#)
- 1/4 tsp Cayenne Pepper (boosts metabolism)
- 1/4 tsp Turmeric (anti-inflammatory)
- Juice of 1/2 Lemon (Vitamin C enhances iron absorption)
- 1/4 cup Warm Water

Instructions:

1. Mix all ingredients in a small glass.
2. Drink in one shot before breakfast for a morning metabolism boost.

I AM Tip:

This is perfect for starting the day with an energy and metabolism boost.

ACV LEMON GINGER TONIC



Ingredients:

- 1 tbsp [Bragg's Apple Cider Vinegar](#)
- Juice of 1 Lemon
(Vitamin C boost)
- 1/2 tsp Ground Ginger
(digestion aid)
- 1 cup Warm Water
- Lakanto Monk Fruit
Sweetener (optional for
a touch of sweetness)

Instructions:

1. Mix all ingredients in a cup.
2. Stir well and sip slowly.

I AM Tip:

*Great for digestion and
controlling insulin spikes after
meals.*

ACV DETOX SALAD DRESSING



Ingredients:

- 2 tbsp [Bragg's Apple Cider Vinegar](#)
- 1 tbsp [100% MCT Oil](#) (boosts fat burning)
- 1 tsp Dijon Mustard (low-carb flavor enhancer)
- 1 clove Garlic (minced)
- Salt and Pepper to taste
- Lakanto Monk Fruit Sweetener (optional, if a touch of sweetness is desired)

Instructions:

1. Whisk all ingredients in a bowl until well combined.
2. Use as a dressing on leafy greens or salads.

I AM Tip:

Perfect for salads with spinach or kale to maximize iron absorption.

ACV LEMON PEPPER MARINADE FOR CHICKEN



Ingredients:

- 1/4 cup [Bragg's Apple Cider Vinegar](#)
- Juice of 1 Lemon
- 2 tbsp [100% MCT Oil](#)
- 1 tsp Black Pepper
(boosts nutrient absorption)
- 1 tsp Italian Herbs
- Salt to taste

Instructions:

1. Mix all ingredients in a bowl.
2. Marinate chicken for at least 30 minutes.
3. Grill or bake as desired.

I AM Tip:

This marinade boosts iron absorption from chicken while enhancing flavor.

SPICY ACV DETOX DRINK



Ingredients:

- 1 tbsp [Bragg's Apple Cider Vinegar](#)
- 1/4 tsp Cayenne Pepper (metabolism booster)
- 1/4 tsp Ground Cinnamon (blood sugar regulator)
- 1 cup Cold Water
- Lakanto Monk Fruit Sweetener (optional)

Instructions:

1. Combine all ingredients in a glass.
2. Stir well and enjoy as a cold, refreshing drink.

I AM Tip:

Drink before meals to enhance fat burning and control blood sugar.

ACV TURMERIC ANTI-INFLAMMATORY TONIC



Ingredients:

- 1 tbsp [Bragg's Apple Cider Vinegar](#)
- 1/2 tsp Turmeric (anti-inflammatory)
- Pinch of Black Pepper (activates turmeric)
- 1 cup Warm Water
- Lakanto Monk Fruit Sweetener (optional)

Instructions:

1. Mix all ingredients in a cup.
2. Stir well and sip slowly.

I AM Tip:

Perfect for reducing inflammation and boosting immunity.

ACV CUCUMBER DETOX SALAD



Ingredients:

- 2 tbsp [Bragg's Apple Cider Vinegar](#)
- 1 tbsp [100% MCT Oil](#)
- 1 Cucumber (thinly sliced)
- 1/4 Red Onion (thinly sliced)
- Salt and Pepper to taste
- Fresh Dill (optional for extra flavor)

Instructions:

1. Mix ACV, [MCT Oil](#), salt, and pepper in a bowl.
2. Toss with cucumbers and red onions.
3. Let marinate for at least 15 minutes before serving.

I AM Tip:

This salad is a great side dish that boosts digestion and metabolism.

SPIRITUAL REFLECTION AND SUPPORT:

*I can do all things through Christ who strengthens me.”
— Philippians 4:13*



Just as we nourish our spirits through faith,
we honor our bodies through wise and
intentional nutrition.

Bragg's ACV is a powerful tool to help us
live more energetically and vibrantly.

ADVO GREENS AND ADVO REDS RECIPES

Summary of the Benefits of ADVO Greens and ADVO Reds



ADVO Greens and ADVO Reds are potent **superfood supplements** designed to enhance your health and vitality by providing a **wide range of essential nutrients, antioxidants, and digestive support.**

They are perfect for boosting energy, improving digestion, and supporting overall wellness while fitting seamlessly into the I AM Faithfully Fit lifestyle.



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ADVO GREENS

Powerhouse of Nutrients and Detox Support



01. NUTRIENT-RICH SUPERFOODS

- Contains a blend of **green vegetables, algae, and grasses** including Spirulina, Chlorella, and Wheatgrass.
- High in **chlorophyll, vitamins (A, C, K), and minerals (iron, magnesium)**.
- **I AM Tip:** Boosts energy and enhances nutrient absorption when paired with Bragg's ACV.

02. ENHANCED DIGESTION AND GUT HEALTH

- Packed with **digestive enzymes and probiotics** that promote gut health.
- Supports regular digestion and reduces bloating.
- **I AM Tip:** Perfect for detox days or during **Tiger 36 fasting** for digestive support.

03. DETOXIFICATION AND PH BALANCE

- Alkalizes the body, balancing pH levels to reduce inflammation.
- Supports liver detoxification and promotes the removal of toxins.
- **I AM Tip:** Ideal for detox protocols like **I AM FIRE** for body cleansing and reset.

04. BOOSTS IMMUNITY AND FIGHTS INFLAMMATION

- High in **antioxidants** like Vitamin C and E, which strengthen the immune system.
- Anti-inflammatory properties from Spirulina and Wheatgrass reduce oxidative stress.
- **I AM Tip:** Great for building immunity, especially during cold and flu seasons.

05. IMPROVES ENERGY AND FOCUS

- Natural energy boost from nutrient-dense greens without the crash from caffeine.
- Enhances mental clarity and focus with phytonutrients.
- **I AM Tip:** Use in the morning for a **sustained energy boost** throughout the day.

ADVO REDS

Antioxidant Power and Metabolism Support



01. HIGH IN ANTIOXIDANTS FOR CELLULAR HEALTH

- Made from a blend of **berries, fruits, and superfoods** including Acai, Pomegranate, and Blueberries.
- Rich in **antioxidants (polyphenols and flavonoids)** that fight free radicals.
- **I AM Tip:** Protects cells from oxidative stress, slowing down aging and boosting recovery.

02. BOOSTS METABOLISM AND FAT BURNING

- Contains **natural metabolism boosters** like Green Tea Extract and Raspberry Ketones.
- Enhances fat oxidation and energy expenditure.
- **I AM Tip:** Perfect for pre-workout energy or fat-burning support on Tiger 36 days

03. ENHANCES CIRCULATION AND HEART HEALTH

- High in **nitrates** which improve blood flow and cardiovascular health.
- Supports healthy blood pressure and circulation.
- **I AM Tip:** Boosts endurance and stamina during physical activities.

04. IMPROVES DIGESTION AND GUT HEALTH

- Contains **prebiotics** from fruits and fiber-rich ingredients.
- Promotes healthy digestion and supports beneficial gut bacteria.
- **I AM Tip:** Pair with **Bragg's ACV** for enhanced digestion and nutrient absorption.

05. NATURAL ENERGY AND VITALITY

- Boosts natural energy with nutrient-dense superfruits and Green Tea Extract.
- No artificial stimulants or energy crashes.
- **I AM Tip:** Great as a midday pick-me-up or afternoon energy booster.

COMBINED BENEFITS OF ADVO GREENS AND ADVO REDS



- **Complete Nutritional Support:** Provides a full spectrum of *vitamins, minerals, antioxidants, and phytonutrients*.
- **Boosts Immunity and Energy:** Enhances immune function, natural energy, and mental clarity.
- **Supports Digestion and Detoxification:** Improves gut health, digestion, and promotes detoxification.
- **Reduces Inflammation and Enhances Recovery:** Powerful anti-inflammatory properties aid in muscle recovery.
- **Improves Metabolism and Fat Burning:** Enhances metabolism and supports weight management goals.

ADVO GREENS , ADVO REDS *and* BRAGG'S APPLE CIDER VINEGAR



RECIPES WITH BRAGG'S ACV AND ADVO GREENS

GREEN DETOX TONIC ONCE PER DAY AN EXTRA



Ingredients:

- 1 tbsp [Bragg's Apple Cider Vinegar](#)
- 1 scoop [ADVO Greens](#)
- Juice of 1/2 Lemon (Vitamin C boost)
- 1/4 tsp Ground Ginger (digestion aid)
- 1 cup Cold Water
- Ice Cubes (optional for a refreshing drink)

Instructions:

1. Mix ACV, [ADVO Greens](#), lemon juice, and ground ginger in a glass.
2. Stir well until the powder is fully dissolved.
3. Add cold water and ice cubes.
4. Sip slowly before meals to boost metabolism and control blood sugar.

I AM Tip: *This is a great way to start your day for a metabolism and energy boost.*

ACV GREEN SMOOTHIE ONCE PER DAY AN EXTRA



Ingredients:

- 1 tbsp [Bragg's Apple Cider Vinegar](#)
- 1 scoop [ADVO Greens](#)
- 1/2 Avocado (healthy fats for satiety)
- 1 cup Spinach (iron-rich)
- 1/2 Cucumber (hydration boost)
- 1 cup Cold Water or Unsweetened Almond Milk
- Lakanto Monk Fruit Sweetener (optional)
- Ice Cubes (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

I AM Tip:

This smoothie is perfect for breaking a fast during Tiger 36 or as a nutrient-dense lunch option.

APPLE CIDER VINAIGRETTE WITH ADVO GREENS ONCE PER DAY AN EXTRA



Ingredients:

- 2 tbsp [Bragg's Apple Cider Vinegar](#)
- 1 scoop [ADVO Greens](#)
(for extra nutrients)
- 1 tbsp [100% MCT Oil](#)
(boosts fat burning)
- 1 tsp Dijon Mustard
(flavor enhancer)
- Salt and Pepper to taste
- Lakanto Monk Fruit Sweetener (optional for a touch of sweetness)

Instructions:

1. Whisk all ingredients in a bowl until well combined.
2. Use as a dressing on leafy green salads.
3. Store leftovers in an airtight container in the refrigerator.

I AM Tip:

Pair this vinaigrette with an iron-rich spinach salad to maximize nutrient absorption.

RECIPES WITH BRAGG'S ACV AND ADVO REDS

BERRY BLAST DETOX DRINK ONCE PER DAY AN EXTRA



Ingredients:

- 1 tbsp [Bragg's Apple Cider Vinegar](#)
- 1 scoop [ADVO Reds](#)
- 1/4 cup Fresh Berries (Strawberries, Blueberries, or Raspberries)
- Juice of 1/2 Lemon (Vitamin C boost)
- 1 cup Cold Water
- Ice Cubes (optional)

Instructions:

1. Mix ACV, [ADVO Reds](#), and lemon juice in a glass.
2. Add fresh berries and cold water.
3. Stir well and add ice cubes.
4. Enjoy as a refreshing, metabolism-boosting drink.

I AM Tip: *Perfect for an afternoon energy boost or post-workout recovery.*

TROPICAL REDS SMOOTHIE ONCE PER DAY AN SNACK



Ingredients:

- 1 tbsp Bragg's Apple Cider Vinegar
- 1 scoop ADVO Reds
- 1/2 cup Frozen Pineapple (Vitamin C and digestion aid)
- 1/2 cup Frozen Berries (high in antioxidants)
- 1 cup Unsweetened Coconut Water (electrolytes for hydration)
- Ice Cubes (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

I AM Tip:

Great as a mid-morning snack or a refreshing post-workout shake.

ACV BERRY SALAD DRESSING ONCE PER DAY A CONDIMENT



Ingredients:

- 2 tbsp [Bragg's Apple Cider Vinegar](#)
- 1 scoop [ADVO Reds](#)
(adds fruity flavor and antioxidants)
- 1 tbsp [100% MCT Oil](#)
- 1 tsp Dijon Mustard
- Salt and Pepper to taste

Instructions:

1. Whisk all ingredients in a bowl until well combined.
2. Use as a dressing on a mixed berry spinach salad.
3. Store leftovers in an airtight container in the refrigerator.

I AM Tip: *Pairs perfectly with a spinach salad to enhance iron absorption from leafy greens.*

SPIRITUAL REFLECTION AND SUPPORT:

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” — 3 John 1:2



These nutrient-dense recipes not only nourish your body but also uplift your spirit, empowering you to live out your purpose with vitality and strength.



Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

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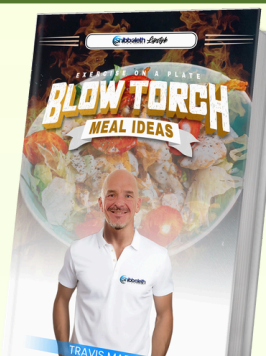
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