

HYDRATION GUIDE

By Juicing With Priiincesss

Why Hydration Matters

Hydration is the secret glow-up hack: it supports weight loss, smooth skin, digestion, energy, focus, and overall wellness. Most of us are walking around dehydrated without realizing it!

How Much Water Should You Drink Daily?

- **Women:** 2.7 liters = 91 oz (11 cups)
 - **Men:** 3.7 liters = 125 oz (15 cups)
 - **Quick Formula:** *Your weight ÷ 2 = ounces of water daily*
(Example: 170 lbs = 85 oz water)
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Daily Hydration Schedule

- **Morning (7–9am):** 16–20 oz to wake up digestion
 - **Mid-Morning (10–11am):** 8–10 oz
 - **Afternoon (12–3pm):** 16 oz with/after lunch
 - **Mid-Afternoon (3–5pm):** 8–10 oz or herbal tea
 - **Evening (6–8pm):** 12–16 oz with dinner
 - **Before Bed:** 4–8 oz small glass
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Top Fruits for Hydration

- Watermelon → 92% water
 - Strawberries → 91% water
 - Cantaloupe → 90% water
 - Grapefruit → 88% water
 - Oranges → 86% water
 - Peaches → 89% water
 - Pineapple → 86% water
 - Apples → 86% water
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Benefits of Staying Hydrated

- Improves skin & glow
 - Boosts digestion & gut health
 - Reduces bloating
 - Supports weight loss & metabolism
 - Keeps energy high
 - Improves mood & focus
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Easy Ways to Hydrate (Beyond Plain Water)

- Drink water consistently throughout the day
 - Sip coconut water for electrolytes
 - Add hydrating juices & smoothies
 - Sip herbal teas
 - Snack on high-water fruits & veggies
 - Enjoy soups & broths
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3 Hydrating Juice Recipes

1. Glow Juice

- 1/4 watermelon
- 1 cucumber
- 1 lemon (peeled)
- 5–6 mint leaves

2. Pineapple Cucumber Cooler

- 1 pineapple
- 1 cucumber
- 1 lemon
- 2-inch ginger

3. Orange Carrot Refresher

- 3 oranges (peeled)
 - 2 carrots
 - 4 apple
 - 1 lemon
 - 2 Inch ginger
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3 Hydrating Water Recipes

1. Spa Infused Water

- Lemon + cucumber + mint in a pitcher of water
- Chill for 1–2 hrs, enjoy all day

2. Strawberry Citrus Water

- Strawberries + orange slices + lemon slices
- Sweet, fruity & refreshing

3. Tropical Twist Water

- Pineapple chunks + lemon slices + fresh mint
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☀️ Quick Hydration Tips

- Start your morning with warm lemon water
- Carry a pretty water bottle everywhere
- Set phone reminders to sip throughout the day
- Drink a glass before meals
- Replace sugary drinks with juice or infused water

And my friend, that's your **Hydration Glow-Up Blueprint!**
Hydrate, glow, and feel your BEST this month!!

💪 HOW TO LOSE 20LBS

As a thank you for joining my **Hydration Month**
Use Code **WATER** to get 50% off my 8 Week Weight Loss Plan.
CLICK [HERE](#) and let's lose the weight boo!!

And yes, you will get a good reliable juicer.
Get \$60 off my Nama J2 Cold Pressed Juicer [HERE](#) and use code JWP10 .