

Refreshing Grapefruit Virgin Martini

Ingredients

- Juice of ½ grapefruit
- 5 ounces of sparkling mineral water
- Ice
- Vanilla Stevia to taste

Directions

1. Mix juice with Stevia.
2. Pour over ice.
3. Add sparkling mineral water and enjoy.

Makes 1 serving (1 fruit)
1 gram protein
0 fat
45 calories

PHASE 3 MODIFICATION:

Add one shot of
vodka.



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