

Homemade Diet Soda

Ingredients

- 8 ounces sparkling mineral water
- Flavoured Stevia to taste
- Your choice of 3-5 tablespoons fresh orange, lemon, or apple juice (optional)

Directions

1. Add flavoured Stevia to sparkling mineral water to taste.

The most commonly available options are orange, grape, vanilla, chocolate, and root beer. There are many flavours of Stevia on the market. Shop at your local health food store or online to find additional flavours. Add fresh lemon or lime juices and slices to make a lemon lime flavour. Get creative. Try combining flavours like orange and vanilla to create a dreamsicle soda.



Makes 1 serving
0 protein
0 fat
0 calories when prepared with Stevia

HCG Diet Tip

Enjoy drinking healthful teas such as Yerba Mate, Green, Oolong, and herbal teas such as Chamomile. These teas have been shown to decrease hunger pangs particularly in the first week of eating the VLCD/500 calorie diet. They may also increase the metabolism and assist the fat burning process.