

Bloody Hot Thin Mary

Ingredients

- 8 ounces fresh tomato juice
- 1 tablespoon apple cider vinegar
- Cayenne pepper to taste
- 2 tablespoons lemon juice
- 1 teaspoon hot sauce
- Celery salt
- Freshly ground black pepper
- 3 dashes of Worcestershire sauce

Directions

1. Add all spices to fresh tomato juice.
2. Stir well and serve over ice.
3. Serve with freshly ground pepper.

Variation: Add ¼ teaspoon horseradish.

Makes 1 serving (1 vegetable)

0.5 gram protein

0 fat

35 calories

PHASE 3 MODIFICATION:

Add one shot of vodka.

