

Lemonade

Ingredients

- Juice of ¼ lemon
- Stevia to taste
- 8 ounces water (filtered or sparkling mineral water)

Directions

1. Squeeze lemon juice into a glass.
2. Add rind of the lemon, Stevia and ice.

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| Makes 1 serving |
| 0 protein |
| 0 fat |
| Less than 10 calories |

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| HCG Diet Tip | <i>Carry packets of powdered Stevia in your bag or pocket when dining out at restaurants.</i> |
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