Very Important
Water Consumption and Caffeine

Caffeine:

While on phase 1 & 2 you are required to consume minimum of 64 oz of water per day. You do not get to count the water in your coffee, soup, drinks or shakes. This 64 ounces is in addition to any water used to make shakes, soups or drinks.

Caffeine (not tea or coffee) causes dehydration. So if you drink decaf coffee or tea, no problem you can stick to the 64 ounces per day minimum.

If you do drink coffee or tea with caffeine you must add extra water to that 64 ounces minimum per day. So ounce for ounce of a caffeinated drink you must add more water. For example- if you have an 8 ounce cup of coffee with caffeine then you must now consume minimum of 72 ounces of water that day.

During the first week if you drink coffee for the “jolt” you may want to just keep drinking it and just add the extra water. Once you hit week 2 and you are in ketosis you will find you have more energy and will not need the caffeine and you can switch to decaf if you don’t want to have to drink the extra water.

Some people have a hard time consuming this much water every day although it is very good for you and most people get used to it.

Lack of water leads to dehydration and can highly influence your weight loss. Even mild dehydration zaps energy levels making you feel tired and sluggish.

Remember water plays a critical role in food metabolism, nutrient transport, joint lubrication, skin texture, fat metabolism and appetite control. Getting enough water daily is critical to your health and weight loss success.

Thirst is often mistaken as hunger. If you get hungry and it is not time yet to eat, drink more water.

Water drinking tips and suggestions:

Drink a tall glass of water as soon as you get up.

Measuring that many glasses of water by glass is difficult and hard to track.

Get a sport bottle that is at least 32 ounces and know you must fill it up at least twice a day and drink it all. More if you are consuming caffeine.

Ideal Protein Mangosteen Water Enhancer - add one to your water daily or try it added to carbonated water. Yum!!

Drink two glasses of water with both lunch and dinner. It will help you feel full.

Like bubbles or miss soda?? Purchase the Soda Stream (or similar) C02 machine. You can add carbonation to any liquid like tap water or tea.

The first couple of weeks you will be wanting to run to the bathroom all the time. This should decrease by about the end of week 2 as your body adjusts to the extra water.

Remember toxins are stored in fat cells and as the fat is broken down and burned those toxins are released into the body. It is critical you consume all your water as water helps flush those toxins from your body. Water is great for your complexion too!!

****Note: Anyone who has a history of gout or kidney stones should add an additional 16-24 ounces per day to the 64 ounces.