

# Metabolism-Boosting, Fat Burning Juice

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## Ingredients

1 cucumber  
Handful of parsley  
Handful of cilantro (coriander)  
1/4 lemon (peeled)  
1.5 cm root ginger  
1/2 beetroot  
Optional but great: 50ml aloe vera juice  
Filtered water to taste

## Instructions

1) Juice all of the ingredients and add filtered water to taste

Consume after 4pm in the evening, ideally, and if you've made enough for two – store the 2nd juice in an airtight container in the fridge ready for tomorrow evening.