



Infused Water Recipes



Food Pot Recipes



HYDRATEM8



*Infused Water Recipe
Watermelon and Mint*



This recipe is very thirst quenching as water melon is 90% water anyway! Full of rehydration salts this will 'pick you up' quickly. Suck on the watermelon afterwards or during your drink, and this will revitalize your energy.

Watermelon is nutrient dense, including a vital antioxidant called lycopene, which promotes a healthy heart.

Preparation Time: 5 minutes

Serves: 2 x bottles

Ingredients:

- 3 slices from a medium sized watermelon, cut into chunks, skin removed (include seeds)
- 12-15 healthy mint leaves, torn
- Juice of 2 limes

Method:

1. Place the watermelon into the water bottle along with the mint leaves (try not to put too much of the stalks in there).
2. Fill the water bottle with very cold water. Shake the bottle.
3. Leave in the fridge until ready to drink. Shake vigorously before consuming.

Infused Water Recipe
Watermelon and Mint





Food Pot Recipe
Porridge with Quick Berry Compote



A wholesome breakfast on the run! If you don't have time to feed the family or yourself, take your porridge on the go! Heart healthy oats are the base of this recipe with plenty of natural sugar berries.

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: 2 x 500ml food pots

Ingredients:

- 8tbsp porridge oats
- ½ 200ml tub 0% fat Greek style yoghurt
- 350g blueberries
- 100g raspberries (optional)
- 2tsp honey (optional)

Method:

1. Put the oats in a non-stick pan with 500ml water and cook over the heat, stirring occasionally for about 2 minutes until thickened. Add more water if too thick.
2. Remove from the heat and add a third of the yoghurt.
3. Meanwhile, tip the berries into a pan with 4tbsp water and the honey if using and gently poach until the fruit has 'burst' and are tender. When added they should 'merge' in with the porridge which will then become pinky blue in colour!
4. Spoon the porridge mix into the pots and top with the remaining yoghurt and perhaps a few more berries if desired.

Nutritional Values:

Calories 168, Fat 2.5g, Saturates 1g, Carbohydrates 24g, Sugar 11g, Fibre 6g, Protein 9g, Salt 0g

Food Pot Recipe
Porridge with Quick Berry Compote





Infused Water Recipe
Mango and Passion Fruit



Very refreshing, lovely sweet mango with the slight bitterness of the passion fruit and the crisp, clean taste of mint. Try substituting basil for mint if you enjoy the flavour.

Mangos improve digestion and are beneficial to eye and skin health. If out exercising in hot weather, they do aid temperature regulation in the body.

Preparation Time: 5 minutes

Serves: 2 x bottles

Ingredients:

- 1 large ripe mango, peeled and cut into small cubes
- 1 lime, skin on and sliced
- 3 passion fruit, flesh and seeds only (no skin)
- 1 large mint stalk, torn
- Mint/extra slices of mango for garnish if desired

Method:

1. Tip the berries into your water bottle.
2. Place the diced mango, passion fruit into your water bottle, with small torn pieces of mint and the lime slices scattered amongst it.
3. Top with water.
4. Refrigerate for 2 hours then shake before drinking.

Infused Water Recipe
Mango and Passion Fruit





Food Pot Recipe
Avocado & Salmon Pasta



You certainly have a good amount of Omega 3 healthy fats in this recipe, plus it tastes rather good!

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Serves: 1 x 700ml food pots

Ingredients:

- 100g pasta shells
- 1 ripe avocado, peel and stone removed
- 200g salmon fillets, poached for 10 minutes
- 2tbsp extra virgin olive oil
- 1 garlic clove
- 1 small bunch of parsley, finely chopped
- Juice of 1 lemon

Method:

1. Wrap salmon fillets in foil with some lemon slices, and poach in the oven for approximately 10 minutes at 170°C. When cooked, turn off the oven and leave there until pasta is finished.
2. Cook the pasta in boiling water following pack instructions.
3. Put the avocado in a food processor along with the oil, garlic, half the parsley, a good squeeze of lemon and a large pinch of seasoning. You could mash the mix as well if you don't have a food processor.
4. When the pasta is cooked, reserve approximately 100ml of the cooking water and drain.
5. Toss the avocado sauce through the pasta. Flake or chunk the salmon and stir through adding the reserved cooking water bit by bit. Gently heat through.
6. Season with lots of black pepper and another squeeze of lemon, to taste.
7. Chop the remaining parsley and stir through to serve.

Nutritional Values:

Calories 501, Fat 31g, Saturates 6g, Carbohydrates 32g, Sugar 2g, Fibre 8g, Protein 19g, Salt 1.5g

Food Pot Recipe
Avocado & Salmon Pasta





Infused Water Recipe
Cherry Apple Cheer Up



Cherries, apples and a small handful of strawberries make this a deliciously sweet but enjoyable water.

Cherries have anti-inflammatory properties, and, wait for it, they are known to reduce belly fat –yippee!

Because of their anti-inflammatory use, they can relieve symptoms of arthritis and other aches and pains in the body.

Energising to the last drop, you have to try this one.

Preparation Time: 5 minutes

Serves: 2 x bottles

Ingredients:

- 2 small apples, cored and sliced
- 2 large handfuls cherries, stoned and cut in half
- 6 strawberries, hulled and cut in half
- Juice of half a lemon

Method:

1. Prepare the fruit as instructed, and pop into your water bottles.
2. Top with fresh water and shake.
3. Refrigerate for 1-2 hours before drinking.

Infused Water Recipe
Cherry Apple Cheer Up





Food Pot Recipe
Mexican Chicken



This delicious lightly spiced chicken dish has the flavours of Mexico, without too much heat. Not only that, it is an extremely healthy dish, rich in protein but low in calories, carbs and fats. Perfect for lunch or as a supper dish.

Preparation Time: 5 minutes

Cooking Time: 25-30 minutes

Serves: 1 x 500ml food pots

Ingredients:

- 1tbsp olive oil
- 1 medium red onion finely chopped
- 2 garlic cloves, finely chopped
- 2tbsp chilli paste or chipotle paste
- 400g canned chopped tomatoes
- 2 skinless and boneless chicken breasts (approx. 140g)
- Small handful of fresh coriander leaves, chopped
- Salt and ground black pepper to taste

Method:

1. Heat the oil in a medium saucepan.
2. Add the onion and cook for 5 minutes or until softened and starting to turn golden, adding the garlic for the final minute.
3. Stir in the chipotle paste and tomatoes.
4. Put the chicken into the pan, spoon over the sauce, and simmer gently for 20 mins until the chicken has cooked (add a splash of water if the sauce gets too dry).
5. Remove the chicken from the pan and shred or cut into pieces, then stir back into the sauce.
6. Add the coriander, and serve with remaining red onion, tortillas or rice. You can mix in some cooked rice before putting in the pot.

Nutritional Values:

Calories 203, Fat 5g, Saturates 1g, Carbohydrates 11g, Sugar 4g, Fibre 3.8g, Protein 35g, Salt 0.37g

Food Pot Recipe
Mexican Chicken





Infused Water Recipe
The Ultimate Detox



If you're looking to kickstart your metabolism and begin a detox, this water recipe is the perfect way of doing so.

It's filled with a variety of fruits, vegetables and herbs that guarantee that you'll be feeling better than ever in no time at all!

The citrus fruits are cleansing, and the ginger provides a calming effect on the stomach.

Preparation Time: 5 minutes

Serves: 2 x bottles

Ingredients:

- 1 Lemon
- 1 Lime
- 1 Grapefruit
- 1 small cucumber
- Small handful fresh mint
- 6-8mm of fresh ginger – peeled and sliced into very thin slices
- Water

Method:

1. Fill your bottle with water.
2. Slice your lemon, lime, grapefruit and cucumber down as small as possible so you can drop them into your bottles.
3. Add the mint and ginger and allow it to infuse with the water.
4. Sip slowly and steadily, feeling the boost that your body will be provided with!

Infused Water Recipe
The Ultimate Detox





Food Pot Recipe
Healthy Salad Niçoise



This is a lovely salad, with a great combination of the right nutrients, such as oily fish, lettuce for hydration and plenty of protein.

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Serves: 2 x 500ml food pots

Ingredients:

- 200g new potatoes, thickly sliced
- 2 medium sized free-range eggs
- 100g green beans, trimmed
- 1 large little gem or romaine lettuce heart, leaves separated and shredded
- 8 cherry tomatoes, halved
- 6 anchovies in olive oil, drained
- 200g tuna steak in spring water, drained
- 2tbsp low-fat mayonnaise

Method:

1. Cook potatoes and green beans until tender, and eggs until hard boiled. Drain and leave to cool.
2. Peel the eggs and cut into quarters. You can begin to layer your salad in your food pot or mix it together in a bowl.
3. Repeat the process until you have filled your pot but leave the anchovies to the end.
4. Drizzle the mayonnaise over the salad and it's ready to eat!

Nutritional Values:

Calories 351, Fat 17g, Saturates 4g, Carbohydrates 22g, Sugar 6g, Fibre 4g, Protein 27g, Salt 2.1g

Food Pot Recipe
Healthy Salad Niçoise





Infused Water Recipe
Pink & Perfect



This infused water is the best of all worlds – plenty of citrus, the best of antioxidant berries and a bit of sweetness from the agave or honey, without the sugar content.

What more could you want!

You can add or decrease the citrus or sugar content to suit your palate.

Preparation Time: 5 minutes

Serves: 2 x bottles

Ingredients:

- 3 lemons, juiced
- ½ pink grapefruit, juiced
- 80g raspberries
- 2tbsp raw honey or agave syrup (for the sweetness without the sugar!)
- 2 sprigs mint

Method:

1. Blend or crush the raspberries until almost smooth.
2. Finely chop the mint and add to the raspberries.
3. Mix in the pink grapefruit juice.
4. Add all the ingredients into your water bottle, add tap or mineral water and mix until the honey/agave syrup is dissolved.
5. For more sweetness, add extra honey or agave.
6. Shake well before drinking – if you want a more minty taste, add more mint –simple!

Infused Water Recipe
Pink & Perfect



2019

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

For all recipes, products and much more
visit us: hydratem8.com