



Weight Loss Coffee

Instructions:

Fill a 3-liter bottle with 2 liters water. (Poland Spring makes a 3-liter bottle.)

Add the decaf instant coffee. Swirl around for 30 seconds or until coffee is dissolved.

Add the unsweetened vanilla almond milk.

Add the cinnamon extract - optional.

Drink from a 32 oz. cup - optional.

Unlimited on the lean protein diet

Coffee is a fantastic appetite suppressant! It's a shame that people don't use it whenever they need to. Using it only sometimes, may not be enough, because a small 2-minute binge can ruin an entire week.

Prep Time:

1 1/2 minutes

Cook Time:

n/a

Ingredients:

2 liters of water

1/4 cup (4 TBSP.) decaf
instant coffee

32 oz. container
unsweetened vanilla almond
milk

6 drops cinnamon extract -
optional