

**1. Watermelon –
Hydrating & rich in
antioxidants**

**2. Cucumbers –
Cooling & digestive-
friendly**

**3. Mint – Naturally
refreshing & stress-
soothing**

**4. Berries – Full of
fiber, antioxidants, &
vitamins**

**5. Leafy Greens –
Boosts iron & fights
fatigue**

**6. Avocados – Healthy
fats for lasting energy**

**7. Coconut Water –
Natural electrolyte
boost**

**8. Tomatoes – Loaded
with vitamin C &
lycopene**

**9. Zucchini – Light,
hydrating, & fiber-rich**

**10. Cherries – Natural
sleep & inflammation
aid**


**11. Pineapple –
Enzyme-rich for
digestion & bloat**

**12. Salmon – Omega-
3s for brain & heart
health**

**13. Turmeric – Anti-
inflammatory &
immune support**

**14. Lemons & Limes –
Detoxifying citrus
boosts**

**15. Greek Yogurt –
High-protein & gut-
friendly**

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