

Trim Healthy
W I S D O M

Burner Shots (FP)

Each *Burner Shot* incorporates one or more of our Four Core “metabolic fire” ingredients. You don’t have to love every one of these little drinks. If you’d like to incorporate them, just find a couple of your favorites and learn to shoot them down just before eating meals that may raise your insulin too high. Or they can be used for any meal to make you burn it even better. But caution . . . there’s no need to overdo them and waste them on foods that don’t need the extra help. By that, we mean you don’t need to take them before every single meal.

Meals that contain both carbs and animal protein together in more than garnish amounts are the ones that best match a *Burner Shot*. Meals or snacks with common dairy, even when not paired with carbs, might burn better with a *Burner Shot* as well. And cheat meals will for sure benefit from one (these shots are, of course, not a license to habitually go off plan and sugar binge, but life is life, and nobody must be perfect).

Read more about the *Burner Shots* in the “Wisdom is Sour” chapter of Trim Healthy Wisdom on Pages 249-251.

Burner Shots are single-serving recipes

INSTRUCTIONS FOR ALL BURNER SHOTS:

1. Stir or shake ingredients vigorously in a jar.
2. Shoot down the hatch.

Cider Burner Shot (FP)

INGREDIENTS:

- 4 Tbs water
- 2 Tbs raw apple cider vinegar
- 1 doonk [TH Pure Stevia Extract Powder](#)
- ¼ tsp Ceylon cinnamon (optional)

Lemon Burner Shot (FP)

INGREDIENTS:

- 4 Tbs water
- 2 Tbs fresh lemon juice (or juice of one lemon)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- 1/8 tsp ginger powder (optional)

Down The Hatch Kefir Burner Shot (FP)

INGREDIENTS:

- 1/3 cup *Home Fermented Kefir* (fermented 24–36 hours)
- 1 doonk [TH Pure Stevia Extract Powder](#) (optional)
- 1 1/4 tsp Ceylon cinnamon (optional)

Baobab Burner Shot (FP)

INGREDIENTS:

- 1/3 cup water
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- 1/4 tsp Ceylon cinnamon (optional)

Kefirbab Burner Shot (FP)

INGREDIENTS:

- 1/3 cup *Home Fermented Kefir* (fermented 24–36 hours)
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- 1/4 tsp Ceylon cinnamon (optional)

Lemonbab Burner Shot (FP)

INGREDIENTS:

- 2 Tbs fresh lemon juice (or juice of one lemon)
- 4 Tbs water
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- 1/8 tsp ginger powder (optional)

Ciderbab Burner Shot (FP)

INGREDIENTS:

- 2 Tbs raw apple cider vinegar
- 4 Tbs water
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- 1/4 tsp Ceylon cinnamon (optional)

Twofer Burner Shot (FP)

(This shot not only provides sour from the kefir but also adds EAAs to up the protein for your snack or meal; you can up the [TH ESSENTIAL](#) amount to a full tablespoon if you have no other protein in your meal)

INGREDIENTS:

- 1/3 cup *Home Fermented Kefir* (fermented 24–36 hours)
- 1/2 Tbs [TH ESSENTIAL](#)