

YOUR PERSONAL GUIDE TO WELLNESS SHOTS
GUT REPAIR & ANTI- AGEING



HEALTHY SHOTS

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GREEN SHOT RECIPE



INGREDIENTS:

- Cucumber: 1/4, chopped
- Celery stems: 2 small stems, chopped
- Green apple: 1/4, chopped
- Ginger: 1/2-inch piece, peeled
- Lemon juice: 1/4 tsp (a few drops)

INSTRUCTIONS:

1. Add all ingredients to a blender or juicer. If using a blender, add a splash of water to help blend smoothly.
2. Blend or juice until smooth.
3. Strain the mixture through a fine mesh sieve or cheesecloth to remove the pulp (optional).
4. Pour about 30 ml into a shot glass.

Recipe tutorial- [**LINK**](#)

CUCUMBER-PINEAPPLE GINGER SHOT



Ingredients:

- ¼ cup cucumber (peeled & choppe)
- ¼ cup pineapple (chopped)
- ½ inch ginger (peeled)
- ½ tbsp lemon juice (freshlysqueezed)
- coconut water / Regular

Instructions:

1. Blend cucumber, pineapple, and ginger until smooth.
2. Strain (optional) for a smoother shot.
3. Mix in lemon juice and stir well.
4. Pour into a shot glass (30ml) and drink fresh!

RETINOL GLOW SHOT



INGREDIENTS:

- 2 small carrots (rich in beta-carotene, which converts to retinol/vitamin A)
- 1-inch fresh ginger (boosts digestion and circulation)
- 1/2 lemon, juiced (high in vitamin C to enhance absorption)
- 1/2 orange, juiced (adds natural sweetness and extra vitamin C)
- 1/2 tsp turmeric powder or 1-inch fresh turmeric (anti-inflammatory & great for skin)
- A pinch of black pepper (boosts turmeric absorption)
- A few drops of olive oil or coconut oil (helps with vitamin A absorption)

INSTRUCTIONS:

1. Blend carrots, ginger, turmeric, lemon juice, and orange juice with a splash of water until smooth.
2. Strain using a fine sieve or cheesecloth to get a pure liquid shot.
3. Stir in a pinch of black pepper and a few drops of olive oil/coconut oil (vitamin A is fat-soluble, so this helps absorption).
4. Pour 30ml into a shot glass and drink immediately for a fresh, nutrient-packed boost!

Recipe tutorial-[**LINK**](#)

COLLAGEN SHOT



INGREDIENTS:

(All fresh and organic where possible)

- Watermelon – 1.5 cups (roughly 225g)
- Pink Dragon Fruit (fresh or frozen) – 1 medium (or ¾ cup pulp)
- Lemon juice – 2 tbsp (approx. juice of 1 medium lemon)
- Turmeric (fresh or powdered) – 1 tsp (or 1-inch fresh root)
- Cayenne Pepper – ¼ tsp (adjust to heat preference)
- Black Pepper (freshly ground) – ¼ tsp
- Chia Seeds – 1 tbsp
- Flaxseeds (ground) – 1 tbsp
- Filtered Water or Coconut Water – ½ cup (adjust to desired consistency)

RECIPE (BLEND& STORE):

1. Soak chia seeds in 2 tbsp water for 10 mins until gel-like.
2. In a blender, add:
 - Watermelon chunks
 - Pink dragon fruit
 - Lemon juice
 - Turmeric, cayenne, black pepper
 - Soaked chia, ground flaxseed
 - Water or coconut water
3. Blend until smooth. Strain if desired (especially if using fresh turmeric or ginger).
4. Pour into a clean glass bottle or shot containers (store in the fridge).
5. Shake before use and consume cold, preferably in the morning or between meals.

Recipe tutorial-[LINK](#)

RETINOL SHOTS



INGREDIENTS:

- 2 small carrots (rich in beta-carotene, which converts to retinol/vitamin A)
- 1-inch fresh turmeric (boosts digestion and circulation)
- 1/2 lemon, juiced (high in vitamin C to enhance absorption)
- 1/2 Pineapple, juiced (adds natural sweetness and extra vitamin C)
- 1/2 Dragon Fruit (Extra Vitamin C)

INSTRUCTIONS:

- Pour 30ml into a shot glass and drink immediately for a fresh, nutrient-packed boost!
- This shot is great first thing in the morning or pre-workout for a natural energy lift.

Recipe tutorial-[LINK](#)

JAMU SHOTS



INGREDIENTS:

For a 30 ml shot of ginger, turmeric, and water, here's a general guideline:

- Ginger: 1 to 2 teaspoons of freshly grated ginger (about 5-10 grams).
- Turmeric: 1/4 to 1/2 teaspoon of ground turmeric or about 1 inch of fresh turmeric root.

BENEFITS:

- boosts immunity
- help to stomach debloat
- reduces inflammation & improves brain function& glow skin

INSTRUCTIONS:

- Put everything in a blender then remove the pulp
 - Best consumed immediately in the morning
- 2/3x per week

Recipe tutorial-[LINK](#)

WHEN & HOW TO CONSUME THESE SHOTS

WHEN TO CONSUME SHOTS



1. **GREEN SHOT (GUT REPAIR & ANTI-AGEING)**

- Morning on an empty stomach for gut cleansing.
- Frequency: Daily or 4–5 times a week.

Why: Supports digestion, reduces bloating, and promotes hydration.



2. **CUCUMBER-PINEAPPLE GINGER SHOT (IMMUNITY & DIGESTION)**

- Post-breakfast or mid-morning snack.
- Frequency: 3–4 times a week.

Why: Freshens and energizes, great for detox and mild inflammation.



3. **RETINOL GLOW SHOT (SKIN HEALTH & ANTI- AGEING)**

- With breakfast or mid-morning (the fat in breakfast helps absorption of vitamin A).
- Frequency: 3 times a week.

Why: Boosts skin radiance, protects from oxidative stress.



4. **Collagen Shot (Energy & skin repair)**

- Pre-workout or mid-afternoon slump (natural energy boost).
- Frequency: Daily or 4–5 times a week.

Why: Helps in collagen production, fights dullness & fatigue.



5. **Jamu Shots (Immunity & Anti-inflammation)**

- Morning empty stomach or after a light breakfast.
- Frequency: 2–3 times a week.

Why: Supports immunity, reduces bloating, brain health.