

WEEK 2



"LIQUID ZERO"
-CUT YOUR LIQUID CALORIES

“

**RETHINK
YOUR
DRINK**”



2 | LIQUID ZERO

WEEK 2 - LET'S GO!

Congratulations on making it to Week 2! By now you should have some good ideas about Mindset and have started a few good habits. Keep doing those activities all 28 days and beyond!

Week 2 there is just one new simple task to focus on — ***don't drink your calories***. Calories are sneaky little things that can disguise themselves as 'healthy', especially in certain drinks. Depending on what you normally drink, this simple tip can add up to a huge calorie savings over a few short weeks.

For the duration of this challenge, we will avoid beverages that contain calories, such as:

All booze
Pop/soda
Milk and cream
Juice and fruit drinks (even if all natural)
Fancy coffees, Lattes and Frappuccino's
Hot chocolate
Energy drinks

Don't freak out! It is a 'Challenge' ya know! It's going to be ok! We'll give you several ideas how you can still have some yummy drinks for next to NO calories. But first, let's learn some reasoning behind avoiding these types of drinks.

**Side note: Our main goal is to remove high calorie drinks and get rid of as many liquid calories as possible. Although artificial sweeteners don't provide any nutritional value, for this challenge we will keep it simple and focus mainly on avoiding drinks with CALORIES. Zero calorie sweeteners will be allowed. :)*



WHY IS BOOZE SO BAD?

All alcohol has calories! Did you know that? Yep! Even liquor. It has about 7 calories per gram. That means a 1oz 'shot' of alcohol, let's say Vodka, may have up to 120 calories! The higher the proof, the higher the calories. That can add up quickly; especially with mixers added in!

Your body processes alcohol first, before fat, protein, or carbs. Drinking slows down the burning of fat. Your body will never start burning off the fat on your thighs if it's constantly trying to burn off the booze!

It slows your metabolism! In one study done by the American Journal of Clinical Research, they concluded that just a mere 24g of alcohol consumption — which is about 2 and a half glasses of wine — slowed the rate at which your body burns fat by a whopping 73%!

It Impairs your judgement! We all know how easy it is to make bad decisions after a couple of drinks. When it comes to a healthy lifestyle, booze will make you more likely to eat crappy junk food and decide to blow off the evening or following day's workout.

It's a depressant! Alcohol causes mood swings, feelings of negativity and feeling bad about yourself.

It eats your brain! Seriously, alcohol messes with brain development. Like our skin, our brain continuously changes and is capable of self—repair. Alcohol limits this ability. Alcohol dehydration can actually shrink your brain (explaining why hydration is the most effective weapon against hangovers)

It sabotages diet and exercise attempts.

Alcohol interferes with the metabolism of most vitamins, and with the absorption of many nutrients. This just means that you'll get less of a benefit from the "healthy" meal you may be eating with your bottle of wine.

It messes with your sleep patterns. Regular sleep patterns, preferably of 7-8 hours per night are critical towards weight loss and healthy living. Increased amounts of drinking during the winter in northern climates contributes to over all increased fatigue.

It makes you feel like crap How often do you wake up bright eyed and bushy tailed after a night on the town? Getting in that morning workout and healthy breakfast isn't too likely, and the vicious cycle of poor food choices and not exercising continues.

BENEFITS OF BEING BOOZE-LESS

Feel great and lose weight!

The effects of alcohol on your body when it comes to building muscle and burning fat are quite clear. It is a lot more than just some extra calories stored as fat. If you consume too much, it can derail your goals a lot longer after your head has hit the pillow and you've gone to sleep. So,, quitting the booze can give you:

- A ramped up metabolism
- An easy way to cut calories
- Improved workout performance
- Better mental clarity, mood and energy
- Better sleep and recovery
- No next day regrets!



AND MORE TIDBITS..

DID YOU EVEN KNOW?!

Approximate Calories in popular drinks

Remember these are estimations. If you like a tall drink with lots of mixers, the calories are going to be higher. And if you upsize your drink at the bar, remember that you are drinking a double portion, which means double the calories!

CALORIES FROM ALCOHOL AREN'T EQUAL TO CALORIES FROM FOOD

Booze = "empty calories"

Basically, you get a lot of calories and no nutrients. Not a good combo. They don't make you feel full at all; you can't replace a healthy meal with a couple of cosmos. They are basically sugar, sugar, sugar, in liquid form – the body burns the energy from alcohol first, leading to no need for fat burning

Type of Drink	Calories
Beer	150 per bottle
Light Beer	70-100 per bottle
Wine	100 in a 5oz glass
Rum & Code	240
Vodka 7	240
Screwdriver	200
Strawberry Margarita	350 (small one)
Tequila	100 calories PER SHOT

HAVE FUN WITHOUT THE BOOZE

Ways to socialize without the alcohol. Did you know you don't NEED alcohol to have fun? Shocking right!

- Walks
- Take a dance class
- Go out for coffee (but skip the dessert!)
- Be the Designated Driver - save lives and calories!
- Join a Sports team (just skip the after the game beer!)
- Organize a games nights
- Anything you want, and you'll actually be able to remember it!



AND MORE..

STOP THE POP

Calories! Each can contains 160 calories and at least 10 teaspoons of sugar!!!
Chemicals and caffeine. These cause additional stress to your system, hormones and digestion.
Artificial sweeteners are not a natural food and have been linked to a whole bunch of medical problems. (especially Aspartame, found in many Diet sodas) If you have a known digestion or gut issues, artificial sweeteners of any sort could be no good for you. Some have been proven safer than others.

And do you ever notice that it's not the fit, healthy peeps downing the diet cola? Pop is just empty calories and does nothing for your bod. Even the carbonation can cause some gut and inflammation issues. If you must have something fizzy, stick to soda water with lemon or fresh berries in it if you must.

COFFEE SHOP CATASTROPHES

Going out for coffee doesn't really mean coffee anymore. It means flavored lattes, fancy frozen concoctions and hot drinks topped with whipped cream and drizzled with sugary syrup.

Check out how your fave brew stacks up:

If you must have your coffee, work on swapping out the add-ins for low calorie options. And, it is possible to learn to like black coffee! Yep, it is!

As a starting point, try switching to an unsweetened almond or coconut milk in your tea and coffee and gradually wean yourself off. For sweetness, try a small amount of natural stevia or monk fruit sweetener.

Type of Drink	Approx Calories
Coffee double double	1300 calories
Lg. Hot Chocolate	440 calories
Lg. Mocha	450 calories
Lg. Pumpkin spice Frappuccino	500 calories
Lg. Vanilla Latte	320 calories

WHAT ABOUT SMOOTHIES AND JUICING?

Smoothies made with the right ingredients (as we will cover in the next habit!) are fabulous and can be a great option for your healthy lifestyle. Continue to drink your smoothies as needed and we'll dig into this more next week. Beware of pre-made smoothies as these can be deceptively full of sugar, and just don't reach for a smoothie as a drink if you are only thirsty and not truly hungry for a meal. Also, things like adding in fruit juice would be a no-no, and be mindful of other fruits and fillers where calories can add up. Juicing falls in this discussion also.

Next week we'll fill you with ideas for healthy green smoothies.



THIS WEEK'S ACTIVITIES

I think we are ready to start!

This weeks focus will start on Day 8. It's time to clean up your drinks!

Drink only zero (as close as possible) calorie drinks.

That's it! Let's GO!

NEXT STEPS

1 | PRINT YOUR TOOLS

In the Toolkit you'll find the materials you need for this part of the Challenge:

- Liquid Zero Cheat Sheet

2 | GET YOUR SUPPLIES

Do you need any new supplies? Going to try some new ideas? Make sure to visit the store and get stocked and ready for Monday! Read your labels and find some new stuff to try! Which liquid is going to be most difficult for you to clean up?

3 | SHARE WITH US!

Share in the group what your main focus is? Is it breaking the Latte habit? No soda? Find some other group members to support and lets do this together! Also, share your favorite 'Liquid Zero' drink!