



FALL PUMPKIN DRINKS EDITION

Low Calorie Starbucks Drinks Guide



Quick Note From Lauren

If you're anything like me, Starbucks (and coffee in general) isn't just a want... it's a non-negotiable part of your morning routine. But once you start paying closer attention to nutrition in hopes to lose body fat, it's pretty eye-opening how quickly those drinks can add up in calories at Starbucks.

Now here's the deal: I don't believe in skipping your favorite drinks. I want you to have the OG versions you love (yes, even the seasonal pumpkin spice ones). Because the truth is, they only come around once a year, and you shouldn't feel like you have to miss out. That said... why not order smarter?

That's why I've spent years studying the Starbucks menu for me and my clients, so I can give you smarter swaps to help you enjoy your coffee while still staying on track.

This guide features my go-to lower calorie drink orders from the Fall menu (plus some year-round hacks) that I share with my clients as a Dietitian. I hope you enjoy!



before

"I've been in a 50 year cycle of yo-yo dieting, & have a bad relationship to food"

60 pounds down

"For the first time ever, food is easy and I've lost weight while enjoying my life"



before

"I want to lose a little bit of fat to tone up my body and SEE a more toned look"

9 pounds down

"I've put on muscle, lost fat and I'm only 1 pound away from my initial goal"



Create Your Own Drinks

DISCLAIMER

Over the years of creating custom Starbucks drinks, realized that they traditionally gatekeep and guesstimate their nutrition facts.

That's why over the years researching and befriending baristas, I've been able to gather information on my own which is how I create custom drinks, each year. Below you'll find some easy nutrition facts to help you create better for you drinks, too!

*Keep in mind depending on how your barista creates your drink and how they decide to guesstimate portions, there can be some slight variations in drinks!



FALL NUTRITION FACTS

Coffee

- Plain brewed coffee (black): 5 calories
- Caffè Americano (black): 15 calories
- 1 shot of espresso (black): 5 calories

Milks

*Light splash is 2 oz (1/4 inch) and regular splash is 4 oz (1/2 inch)

Splashes:

- Half and half: 40 calories
- Whole milk: 38 calories
- Nonfat: 20 calories
- Almond milk: 10 calories
- Oat milk: 35 calories
- Soy milk: 26 calories
- Sweet cream: 32 calories

Syrups

- 1 pump vanilla syrup: 20 calories
- 1 pump sugar free vanilla syrup: 0 calories
- 1 pump brown sugar syrup: 20 calories
- NEW 1 pump pecan syrup: 20 calories

Sauces

- 1 pump pumpkin sauce: 30 calories
- 1 pump white mocha sauce: 60 calories



Iced Pumpkin Drinks Under 100 Calories

→ Pumpkin Sweet Cream Cold Brew

To order, ask for 1 grande cold brew with 1 pump pumpkin sauce, 2 pumps sugar free vanilla and a splash of sweet cream. If you prefer regular vanilla syrup over sugar free, swap to 1 pump of regular vanilla syrup to make the drink 85 calories, instead of 65.

65 calories

→ Iced Pumpkin Spice Latte

To order, ask for a grande iced coffee, no classic syrup, 1 pump pumpkin sauce, 2 pumps sugar free vanilla, light half and half and extra pumpkin spice topping.

90 calories

→ Iced Pumpkin Coffee

To order, ask for a grande iced coffee with no classic syrup. Ask for 1 pump pumpkin sauce, 3 pumps of sugar free vanilla syrup and a splash of light cream.

75 calories

→ Pumpkin Chai Shaken Espresso

To order, ask for a grande shaken espresso with almond milk, no classic syrup, 1 pump pumpkin and 1 pump chai.

85 calories

→ Skinny Pumpkin Cinnamon Iced Coffee

To order, ask for a grande iced coffee with 2% milk, 2 pumps sugar free cinnamon dolce syrup and 1 pump pumpkin spice sauce.

65 calories



Hot Pumpkin Drinks Under 100 Calories

→ Hot Cinnamon Pumpkin Latte

To order, ask for tall almond milk latte, 1 pump pumpkin sauce, 2 pumps sugar free vanilla and top with cinnamon. If you want whipped cream on top, add an additional 70 calories for your drink total.

80 calories

→ Hot Pumpkin Spice Coffee

To order, ask for a grande Americano in a grande cup with 1 pump pumpkin sauce, 3 pumps of sugar free vanilla syrup with steamed almond milk.

55 calories

→ Hot Chai Pumpkin Latte

To order, ask for a grande blonde roast, 1 pump pumpkin sauce, 1 pump chai syrup, splash of almond milk and extra pumpkin spice topping.

80 calories

→ Hot Pumpkin Flat White

To order, ask for a tall flat white with 2% milk with 1 pump of pumpkin sauce and topped with cinnamon.

130 calories

→ Hot Brown Sugar Pumpkin Sweet Cream

To order, ask for a grande blonde roast with 1 pump pumpkin sauce, 1 pump brown sugar syrup and a splash of sweet cream.

85 calories

30 Day Fat Loss Jumpstart

BURN FAT & CRUSH CRAVINGS IN 30 DAYS

The 30 30 in 30 Challenge® is a 30 day fat loss plan designed to help you jumpstart progress and simplify eating for your goals. It is our most popular healthy eating meal plan to improve your metabolism to help you kickstart progress by focusing on eating high protein & high fiber for your goals for the next 30 days.

What's Included:

- 2, 4 week meal plans (one lower calorie, one higher calorie)
- 30 high protein and high fiber recipes with notes to make meals gluten free, dairy free and vegetarian-friendly
- 10+ easy high protein snack ideas
- 10+ calorie conscious desserts
- 30 gram high protein cheat sheet
- Fiber mix and match cheat sheet
- 3 recorded trainings on how to hit 100 grams of protein, eating healthy out to eat and how to lose your next 10 pounds
- Private podcast episode on how to grocery shop for high protein and fiber fat loss



Start The Plan Here!



before

"I'm tired of overthinking food, too much cardio & eating unrealistically"

40 pounds down

"I'm FUELED, not ravenous & have great energy. This is actually sustainable at 53!"



before

"I'm tired of losing all the weight just to gain it back... I want to MAINTAIN it!"

25 pounds down

"1 year later, I'm 25 pounds down and I've maintained it for MONTHS!"



before

"I'm ready to lose the baby weight but eating less & moving more isn't working"

40 pounds down

"I can't believe it! At my goal weight while eating everything I love... I'm so grateful"