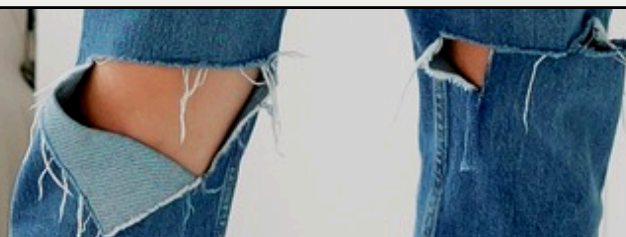




HOLIDAY DRINKS

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 their holiday 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"

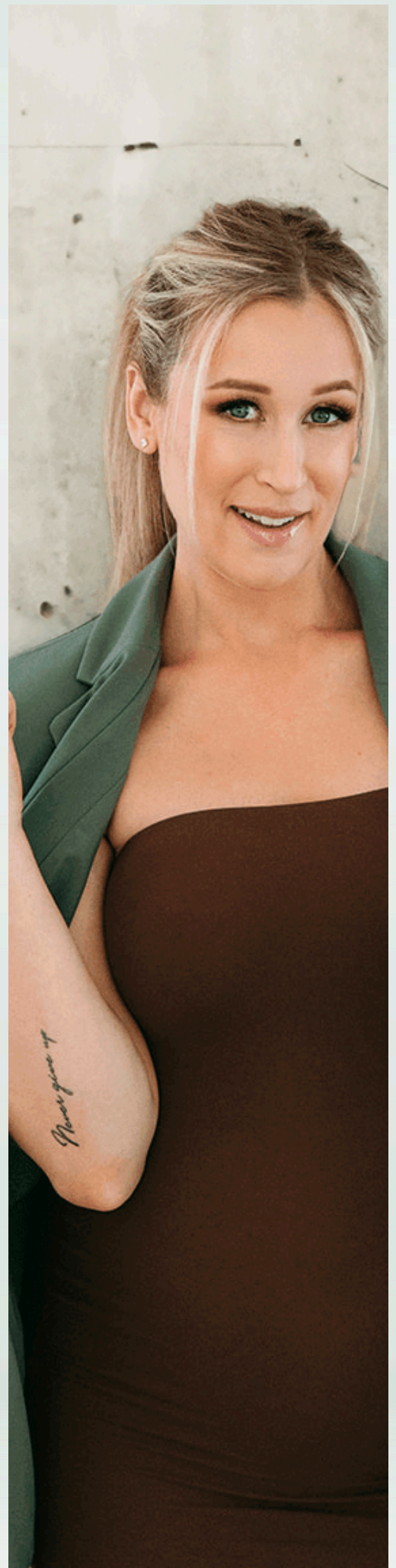


before

"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 peppermint syrup: 20 calories
- 1 pump sugar cookie syrup: 20 calories
- 1 pump chestnut praline syrup: 20 calories

Sauces

- 1 pump caramel brulee sauce: 50 calories
- 1 pump white mocha sauce: 60 calories
- 1 pump mocha sauce: 26 calories

A Starbucks holiday-themed cup with a red, green, and white patterned sleeve. The sleeve features the Starbucks logo and various holiday motifs like stars and triangles.

Iced Holiday Drinks Cheatsheet

→ Peppermint Mocha Cream Cold Brew

To order, ask for a grande cold brew with 1 pump mocha, 1 pump peppermint and a splash of cream. If you order with a splash of almond milk drink is 60 calories.

90 calories

→ Gingerbread Oatmilk Cold Brew

To order, ask for a grande cold brew with 2 pumps of gingerbread and a splash of oatmilk. If you'd like it more sweet, add in 1 pump of sugar free vanilla or stevia.

75 calories

→ Gingerbread Chai Shaken Espresso

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

75 calories

→ Iced Caramel Brulee Latte

To order, ask for a grande iced coffee, splash of cream, 1 pump caramel brulee sauce and 1 pump sugar free vanilla. If you add more cream, it will add more calories but not big deal!

85 calories

→ White Chocolate Mocha Cold Brew

To order, ask for a grande cold brew with 1 pump white mocha sauce. If you want it sweet I suggest 1-2 pumps sugar free vanilla syrup or stevia. No milk needed for the creamy sauce!

65 calories

→ Iced Sugar Cookie Coffee

To order, ask for a grande iced coffee with almond milk and 2 pumps sugar cookie syrup.

75 calories

A Starbucks holiday-themed cup with a red, green, and white patterned sleeve. The sleeve features the Starbucks logo and the word "STARBUCKS".

Hot Holiday Drinks Cheatsheet

→ Gingerbread Oatmilk Coffee

To order, ask for a grande blonde roast, 2 pumps gingerbread and splash oatmilk. If you want it slightly more sweet I suggest 1-more pumps of sugar free vanilla in the drink, too.

80 calories

→ Peppermint Mocha

To order, ask for a grande nonfat latte with 1 pump regular mocha sauce and 1 pump peppermint syrup. If you ask for almond milk in this swap, the drink is 145 calories!

175 calories

→ Caramel Brulee Coffee

To order, ask for a grande blonde roast with 1 pump of caramel brulee sauce and 1 pump sugar free vanilla (if you like your coffee sweeter). Top with splash of nonfat milk.

75 calories

→ Chestnut Praline Coffee

To order, ask for a chestnut praline americano! To order ask for a grande americano with 2 pumps chestnut praline syrup and a splash of nonfat milk or soy milk.

75 calories

→ White Chocolate Mocha

To order, ask for a grande blonde roast with 1 pump white mocha sauce, 2 pumps sugar free vanilla syrup, and a splash of cream.

95 calories

→ Brown Sugar Gingerbread Coffee

To order, ask for a grande blonde roast with 1 pump brown sugar, 1 pump gingerbread and a splash of cream.

75 calories

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- 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

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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"