

# LIQUID ZERO

## Week 2 Task:

Simple - Don't drink your calories.

Depending on what you normally drink, this simple change in behavior can save a ton of calories, especially over time!

Water is by far our top recommendation for what to drink, and we suggest drinking at least 1/2 your body weight in ounces a day.

Check out the Quick Reference below for some ideas!



## SWAP THIS...

## FOR THIS

Soda	Sparkling natural flavored water. soda water w/lime
Milk	Unsweetened almond or cashew milk (try not to use it as a beverage)
Alcohol	Soda water with lime
Coffee with milk or cream	Black coffee, coffee with a small splash of unsweetened coconut or cashew milk
Fruit Juice	Sparkling water with some fresh citrus squeezed in
Energy Drinks	Green or other teas. 0 calorie Energy MIO or other flavor add- ins
Fancy lattes	Regular black coffee, or espresso. Add sugar free syrups to black coffee w/ almond milk.
Hot chocolate	Chocolate flavored black tea

## Quick Reference

Infuse your water with:

- lemon/lemon juice
- lime/lime juice
- cucumber
- mint

Zero calorie add ins:

- MIO (or similar)
- Sugar free syrups
- Stevia extracts
- \*True Lemon Packets

Teas

Black Coffee

Sparkling waters

Lemon Water

All other zero calorie drinks