



Top Coffee Options

*Use Sugar Free Syrups



Espresso Macchiato
w/ Skim Milk

6 Protein | 10 Carbs | 0 Fat | 9 Sugar



Short Caffe Latte
w/ Skim Milk

<1 Protein | 1 Carbs | <1 Fat | <1 Sugar



Sugar Free Chai Tea

0 Protein | 0 Carbs | 0 Fat | 0 Sugar



Short Cappuccino w/ Skim Milk

5 Protein | 8 Carbs | 0 Fat | 7 Sugar

Coffee Variation



Iced Coffees or Iced
Lattes (Skim Milk)

Energy/Carbonated Drink Tips



Sugar free is
always better



Avoid drinks with
aspartame



Aim for caffeine content
200mg or less