

Drink This Not That

Changing what you drink just may be the magic weight loss bullet you've been looking for.

David Zinczenko and Matt Goulding sure think so. But then they did write the book on it: Drink This Not That. They've even gone so far as to claim that you could lose up to 32 pounds in a year just by changing what you drink.

What most people don't know is that it's a lot easier to drink extra calories than to eat it. So you really need to pay attention to what you're sipping on.

Here is a sampling of what their book has to offer, along with a few of my favorites. The following are 5 of the worst things to drink, followed by 5 slimming alternatives.

Breakfast

While a cup of hot coffee or a glass of lowfat milk are both great ways to start your day, beware of the smoothie trap. More often than not smoothies are closer to milkshakes than protein shakes.

Worst beverage: Smoothie King Peanut Power Plus Grape (40oz)

- 1,498 calories / 44g fat / 214g sugar

Drink This Instead: Smoothie King High Protein Banana (20oz)

- 322 calories / 9g fat / 23g sugar

Lunch

A study done at Virginia Polytechnic Institute showed that people who drink 17oz of water before sitting down for a meal ended up eating 9 percent fewer calories. Those calories can really add up over time.

Worst beverage: SoBe Green Tea (20oz)

- 240 calories / 0g fat / 61g sugar

Drink This Instead: Honest Tea Organic Honey Green Tea (16oz)

- 74 calories / 0g fat / 18g sugar

Afternoon

When the afternoon rolls around most of us are ready for a pick-me-up. Too often these caffeinated drinks are loaded with waist-expanding calories.

Worst beverage: Starbucks Venti Peppermint White Chocolate Mocha with whipped cream

- 660 calories / 22g fat / 95g sugar

Drink This Instead: Starbucks Venti Caramel Cappuccino

- 170 calories / 6g fat / 18g sugar

Postworkout



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There's no good reason to follow up a great workout with a sugar-filled beverage, even if it makes claims for quick recovery and muscle growth. After exercise your body is in need of protein, carbohydrates and potassium, so choose a beverage filled with these three.

Worst beverage: Naked Protein Juice Smoothie (15.2oz)

- 418 calories / 4g fat / 53g sugar

Drink This Instead: Horizon Organic Chocolate Reduced Fat Milk (8oz)

- 180 calories / 5g fat / 27g sugar

Alcoholic beverages

There are known benefits to drinking alcohol in moderation (one or two drinks per day) such as raised HDL (good) cholesterol, boost in bloodflow, and improved sugar metabolism. A recent study in the journal BMC Public Health reported that people who have a daily drink were 54 percent less likely to be obese. However, it's called a beer belly for good reason, since many alcoholic beverages are loaded with calories.

Worst beverage: Traditional Margarita: Ingredients: 4 ounces limeade, 4 ounces tequila, 1/3 ounce triple sec (The limeade is usually a premix.)

- 350- 740 calories / 56g carbohydrates

Drink This Instead: Agave Nector Margarita (This idea came from Renae :)

- 120 calories / 18g carbohydrates
- 1 to taste crushed ice
- 1/3 C of good silver or better tequila (we like Patron)
- 1 fresh lime juice
- 1/2 fresh lemon juice
- 1 agave nectar
- 1 (1/2 ounce) triple sec or other orange-flavored liqueur (optional)
- 1 to taste splash of fresh orange or clementine

Recent studies are reporting that most of us drink 21 percent of our daily calories. That adds up to an average of 460 calories each day. It's easy to see how these calories quickly add up into unwanted pounds.

Pay extra attention to what you drink throughout each day. Make it a habit to pass on the calorie-packed drinks and to focus on drinking lots of water. Use a half gallon jug and fill it twice throughout your day. This is a great way to gauge how much you are drinking.

Remember that small changes to your lifestyle over time will make the difference.

I'm always available to help - call or reply to this email to set up your free consultation.

Nature's Perfect Thirst-Quencher

The best drink for both weight loss and health is...water. Here are 4 great reasons to fill your glass to the brim with crystal clear water:

1. Staying hydrated enhances weight loss.
2. Drinking water prevents dehydration.
3. Filling your stomach with water before meals prevents overeating.

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4. Quenching your thirst with water hydrates your skin, giving it a more youthful glow.

Easy Chilled Gazpacho

Gazpacho is a cold tomato-based soup that originated in Spain. What better time to enjoy a chilled bowl of gazpacho than on a hot summer day? Use fresh ingredients for the best possible taste.
Servings: 6



Here's what you need:

- 3 cups tomato juice
 - 1/3 cup red wine vinegar
 - 1 Tablespoon olive oil
 - 2 large tomatoes, quartered
 - 1 cucumber, peeled and cut into chunks
 - 1 small onion, peeled and quartered
 - 1 sweet green bell pepper, seeded and quartered
 - Dash of hot sauce
 - Fresh ground salt and pepper to taste
 - 2 tomatoes & 2 cucumbers chopped for garnish
1. Place all of the ingredients, except tomato and cucumber garnish, in a high speed blender. Turn on high speed for 40 seconds.
 2. Chill the soup for 30-60 minutes.
 3. Place chopped cucumber and tomato in each serving dish and fill with soup. Serve immediately.

Nutritional Analysis: One serving equals: 85 calories, 2.5g fat, 15g carbohydrate, 2.5g fiber, and 3g protein.

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