

# SKINNY

## DRINKS

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FOR FAT LOSS



FAT BURNING FOODS



We're so glad you're here! We created this smoothie guide to share our best recipes with you and to give you a comprehensive resource to make skinny drinks and cocktails easy & fun!

Please refer to the education section at the beginning to learn the importance of hydration and how to drink without gaining weight as well as our best tips for making drinks and what equipment/ingredients you'll need on hand.

While we don't follow a specific diet, we do practice the principles of eating outlined in our [L.E.A.R.N. Guide](#) that naturally trigger fat loss.

For more healthy recipes and a 30-day meal plan, grab your copy now. Or check out our free resources & other healthy recipes on [our blog!](#)  
xo,

Liz & Sara

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# EDUCATION & RESOURCES



## DRINK UP!

IMPORTANCE OF HYDRATION, HOW TO DRINK ALCOHOL  
WITHOUT WEIGHT GAIN, SKINNY DRINK TIPS AND MORE!

# NOTE

EDUCATION

## ABOUT HYDRATION

Water deserves a special note here. Water makes up more than 60% of your bodyweight, and it is necessary for metabolic processes and the removal of toxins in your body.

It serves to flush everything out and prevents bloating while supporting digestion and an increased rate of metabolism. Often, signs of thirst can be misinterpreted as signs of hunger, so make sure to always stay properly hydrated so you can avoid eating extra calories you don't really need.

**It helps to drink water with each meal.**

Daily water requirements vary over time, based on activity levels, environment, the individual, and many other factors. The easiest way to ensure your own adequate hydration is to drink water regularly throughout the day and make sure you are never thirsty.

**Do not wait until you are thirsty to drink water because by then you are already dehydrated.**



In general, we both aim to drink about 2 liters of water per day. If you'd like to know a general "ballpark" of your specific needs, a basic guideline you can use is to drink  $\frac{1}{2}$  your bodyweight (in lbs.) in ounces of water each day. For example, a 200 lb. person would need approximately 100 ounces of water per day.

### Benefits of Water:

- Helps lubricate joints
- Balances electrolytes
- Aids in thermoregulation (body temperature)
- May help suppress appetite
- Prevents headache and fatigue



# DID YOU KNOW?

H<sub>2</sub>O is an essential part of the fat burning equation. Lipolysis is the process of using stored body fat as energy within the body.

Lipolysis literally requires that your body contain enough H<sub>2</sub>O to fuel this process, so that means the more hydrated you are, the easier your body burns fat.

Staying hydrated therefore is one of the major keys to unlocking your body's natural fat burning potential and there's no reason not to drink up!

# NOTE

## ABOUT ALCOHOL

Alcohol is essentially just “empty calories.” There’s no way to deny the fact that alcohol contains primarily empty calories and has little nutritional benefit.

Alcohol packs 7 calories per gram compared to 4 calories per gram for carbohydrates & protein and 9 calories per gram for fat.

Not only that, but alcohol also increases your appetite. You know the feeling: you’re having a great time with friends throwing back a few drinks and then the food comes. You take a few bites and think to yourself how amazing the food taste.

Your judgement is cloudy and before you know it you start inhaling everything in sight regardless of whatever “diet plan” you’re on. By the end of the night you’ve packed in an extra 1,000 calories during dinner, not even including the alcohol you started with.

And the next day? You might wake up feeling sick and/or hungover, making it more likely you’ll reach for something greasy to soothe your stomach. Heck, you might even spend the whole day on the couch!

So let’s figure out how to avoid this whole situation overall... By making healthier alternative drinks in the first place!

First, it’s important to know when you drink alcohol your body processes it before anything else because your body can’t store calories from alcohol for later like it does with food.

That means alcohol temporarily keeps your body from burning fat. So when you drink, your metabolic system must stop what it's doing (like burning off calories from your last meal) to get rid of the alcohol in your system.

One of the biggest myths around is that drinking alcohol leads to weight gain, especially around the midsection.

We even fell prey and avoided alcohol for years, restricting ourselves from enjoying it because we thought it was “bad” for our bodies.

We couldn't have been more wrong.

In fact, long term studies published in the Archives of Internal Medicine and International Journal of Obesity found that **women who drank moderately (about one drink a day) gained less weight over time** than those who never did AND they were less likely to become obese.

Yes, alcohol can lead to weight gain, but it doesn't have to...

**Follow these 3 Simple Rules to Avoid Weight Gain from Drinking:**

### **1. Always eat before you drink**

Alcohol is metabolized before fats and carbohydrates, so make sure to have an abundance of protein and fibrous veggies during the day you plan on having alcoholic beverages, but cut back on grains and fats which are easily converted in the body to adipose tissues (a fancy word for, well... fat).

Proteins and veggies will keep you feeling full while reducing the likelihood that you will store your excess drink calories as adipose tissue, thereby sabotaging all your hard-earned fitness progress.



## 2. For every drink you consume, drink a glass of water

Alcohol is a diuretic, meaning it makes you dehydrated. So, if you want to have a drink or two, whether it's for business or pleasure, remember that for every alcoholic beverage you have you should also drink 1 equivalently sized glass of water.

At the end of your night, drink 1 more glass of water for safe measure to help prevent waking up with a hangover.

## 3. Skip the sugary mixed drinks

Avoid sugary pre-made mixes. Why? Because they're PACKED with extra empty calories that are holding you back!

Instead, stick to the alternative mixed drinks in this guide or skip mixed drinks altogether and enjoy a glass of good old fashioned red wine instead.



# ALCOHOL STATS

EDUCATION



BEER  
8 fl oz



LIGHT BEER  
12 fl oz



WINE  
4 fl oz



LIQUOR  
1.5 fl oz



BLOODY MARY  
8 fl oz

what   
100 CALORIES  
looks like



MARGARITA  
2.5 fl oz



CHAMPAGNE  
5 fl oz



MOJITO  
4 fl oz



MARTINI  
2 fl oz



PINA COLADA  
2 fl oz

# WHAT YOU'LL NEED

EDUCATION

## SODASTREAM

This is literally the BEST investment we've ever made. Not only can you have sparkling water in a matter of seconds, you can save the waste of plastic bottles for the rest of your life.

All you have to do is replace the CO<sub>2</sub> tank every month or so (depending on how much you use it) -- it's super cheap and easy to do! We just take ours to Target and they refill them at the customer service desk. Every fit girl needs a [sodastream](#) in their life.



## MASON JARS

If you've never used [mason jars](#), you're missing out! Not only are they great for infused and sparkling water recipes, they double as tupperware for your meals. Since they're glass you don't have to worry about BPA and they are completely airtight so they keep food/drinks fresh.

## COCKTAIL GLASSES

Who doesn't wanna own a cute pair of cocktail glasses? Every time we pull [our set of glasses](#) out everyone wants to know where they're from! Very fun and great for entertaining, [click here to get this set.](#)



## GOBLET WINE GLASSES

Okay, no joke, [these glasses](#) are our favorite! For whatever reason, drinking out of a big pretty wine glass makes it seem way more classy and fun. These goblet glasses are definitely our favorite and a kitchen must-have for every classy lady!

## SHAKER CUP

Every girl needs a good shaker cup to mix her skinny cocktails in! Over the years we've tried a few different brands and [this cocktail shaker](#) is definitely the best we've used!



## COCKTAIL MUDDLER

The best tool to make skinny drinks! A cocktail muddler allows you to muddle fruits, herbs and other ingredients for cocktails that are bursting with flavor.

# DETOX

## INGREDIENTS

EDUCATION

### GINGER

We love ginger! For thousands of years, ginger has been prized in India and Asia as food and medicine. A plant related to turmeric and cardamom, ginger helps fight inflammation, headaches, nausea, and the common cold.



Add this spicy, warm root plant to your smoothies when you need an immune system boost or if you're feeling under the weather!

### MINT

Mint has been around for centuries and is praised for its medicinal properties. It can be used for combatting indigestion, nausea, headaches, fatigue and congestion.



Mint has also been shown to promote healthy weight loss due to its ability to stimulate digestive enzymes that absorb nutrients from food and convert fat to usable energy.

Feel free to always add a mint sprig to your drinks as a pretty garnish!

## LEMONS

Lemons have been around for as long as anyone can remember. The health benefits of this sweet tangy fruit are amazing!

Lemon helps to detox the liver and aid in digestion. It also helps to raise levels of citrate in the body, which can help fight kidney stones.

Even better, lemon contains limonene, a compound that has been shown to fight mammary, liver, lung and skin cancer.

Talk about a super nutrition-packed fruit!



## LIMES

Limes are a great source of Vitamin C and add a tart, sour taste to whatever they're paired with. Back in the day, limes were used to protect sailors against dying from scurvy (say what?!).



Even though we won't personally be eating limes with sauerkraut any time soon (this is what ship captains would feed their crew to protect against scurvy, which is a vitamin deficiency disease), we can still rest assured that our vitamin C intake will stay adequate as long as we include enough of these lovely green citrus fruits in our daily diets.

# SKINNY DRINK DO'S

EDUCATION

1. Choose red wines over white or sparkling wine; red wine is lower in sugar.
2. If drinking beer, opt for light varieties and sip it slow.
3. Set a limit on the number of drinks you're going to have before you go out & stick to it.
4. Avoid sugary store-bought drink mixes & stick to the homemade recipes in this guide.
5. Use fresh fruits and stevia to sweeten cocktails instead of syrups and/or store-bought juices.
6. Always drink responsibly and designate a driver or alternative method of transportation.
7. Use natural sweeteners like stevia, coconut sugar, honey.

# SKINNY DRINK DON'TS

1. Don't add creamed spirits or liqueurs; they usually double the calories in a cocktail.
2. Don't use several shots in one drink. A Long Island iced tea has seven ingredients and 700 calories!
3. Don't sip on sweet dessert wines, which have about 40 calories more than table wine.

# INFUSED WATERS



HYDRATE

ZERO CALORIES  
PACKED WITH FLAVOR

GET AN ADDED NUTRIENT BOOST WITH THESE INFUSED WATER RECIPES

# CUCUMBER MINT

## INGREDIENTS

1/2 medium cucumber,  
thinly sliced

2 sprigs of mint leaves

16 oz. water

## METHOD

Thinly slice cucumber and pull off mint leaves from stems. Add to water and let sit in fridge overnight or at least for 2-3 hours.



INFUSED WATERS

# LEMON LIME

## INGREDIENTS

1 lemon, sliced

1 lime, sliced

16 oz. water

optional: sweetener, to taste.

## METHOD

Place all ingredients in a large pitcher and stir well. Place in refrigerator overnight or for at least 2-3 hours.



# RASPBERRY LEMONADE

## INGREDIENTS

juice from 6 lemons (about 1 cup of lemon juice)  
2 cups frozen raspberries (thawed at room temperature)  
6 cups water  
3-4 cups ice  
optional: sweetener, to taste

## METHOD

Juice the lemons with a citrus press or reamer. Then, blend the raspberries and lemon juice in a blender until smooth. Using a strainer or cheese cloth, strain raspberry lemon juice to remove pulp and seeds. Add to a large pitcher with water, ice and sweetener and mix well.

Enjoy!

# COCONUT PEACH

## INGREDIENTS

2 peaches, sliced  
juice from 1 lemon  
3 cups coconut water  
6 cups spring water

## METHOD

Place all ingredients in a large pitcher. Place in refrigerator overnight or for at least 2-3 hours.



# SWEET CITRUS

## INGREDIENTS

1 lemon, sliced  
3 sprigs mint leaves  
16 oz. water

## METHOD

Clean and place mint sprigs in container, then thinly slice lemon to add to it. Fill with water and let sit in fridge overnight or for at least 2-3 hours.



INFUSED WATERS

# STRAWBERRY LEMON

## INGREDIENTS

1 cup strawberries, sliced  
juice from 1 lemon  
2 lemons, sliced  
8 cups spring water  
optional: 10-15 mint pieces

## METHOD

Place all ingredients in a large pitcher and stir well. Place in refrigerator overnight or for at least 2-3 hours.





INFUSED WATERS

# WATERMELON ROSEMARY LEMONADE

## INGREDIENTS

juice from 6 lemons (about 1  
cup of lemon juice)  
2 cups fresh watermelon  
6 cups water  
3-4 cups ice  
stevia, to taste  
2-3 rosemary twigs

## METHOD

Juice the lemons with a citrus press or reamer. Then, blend the watermelon and lemon juice in a blender until smooth. Using a strainer or cheese cloth, strain watermelon lemon juice to remove pulp and seeds. Add to a large pitcher with water, ice and stevia and mix well. Garnish with rosemary and enjoy!

[supersisterfitness.com](http://supersisterfitness.com)

# COCONUT KIWI

## INGREDIENTS

- 2 kiwis, sliced
- juice from 1 lemon
- 3 cups coconut water
- 6 cups spring water

## METHOD

Place all ingredients in a large pitcher and stir well. Place in refrigerator overnight or for at least 2-3 hours.



# STRAWBERRY MINT

## INGREDIENTS

1 cup fresh strawberries  
1 cup strawberries, sliced  
8 cups of water  
15 mint springs  
ice

## METHOD

Gently mash fresh strawberries. Place into pitcher with remaining ingredients. Refrigerate overnight or for at least 2-3 hours.





# SWEET LIME

## INGREDIENTS

juice from 2 limes

1 lime wedge

juice from 1 lemon

8 cups spring water

optional: sweetener, to taste

## METHOD

Place all ingredients in a large pitcher and stir well. Ready to serve, or store in the refrigerator.



# SKINNY COCKTAILS



RELAX

LOW CALORIE  
HEALTHIER DRINK  
ALTERNATIVES

MINIMIZE FAT STORAGE WITH THESE SKINNY COCKTAIL RECIPES



# SKINNY MARGARITA

## INGREDIENTS

2 oz coconut water  
juice from 1 lime  
juice from 1/2 orange  
juice from 1/2 lemon  
4 oz sparkling water  
1.5 oz tequila

## METHOD

Fill a cocktail glass with ice. Pour in tequila, then add in coconut water, lime juice, orange juice, and lemon juice. Stir or shake till fully mixed. Enjoy!

# WATERMELON MOJITO

## INGREDIENTS

1/2 cup watermelon

juice from 1 lime

3-4 mint leaves

4 oz. sparkling water

1.5 shots rum

optional: sweetener, to taste

## METHOD

Use a muddler or a big spoon to gently crush cubes of watermelon with fresh mint leaves in a glass. Add rum and sparkling water for a sweet mojito with half the calories



# SKINNY PINA COLADA

## INGREDIENTS

- 1/2 cup strawberries (fresh or frozen)
- 1/4 cup pineapple (fresh or frozen)
- 1/2 cup light coconut milk
- 1.5 oz rum
- 4-5 ice cubes

## METHOD

Place all ingredients in a blender and blend until smooth. Garnish with extra pineapple if desired.



# SKINNY COSMO

## INGREDIENTS

- juice from 1/2 orange
- juice from 1 lime
- splash of cranberry juice
- 4 oz. sparkling water
- 1.5 oz vodka

## METHOD

Place all ingredients except sparkling water in a shaker with ice. Shake until blended then pour into martini glass. Top off with sparkling water.

# SLIM DAIQUIRI

## INGREDIENTS

- 1/2 cup strawberries (fresh or frozen)
- 1/4 cup raspberries (fresh or frozen)
- juice from 1/2 lime
- juice from 1/2 orange
- 1.5 oz rum
- 4-5 ice cubes

## METHOD

Place all ingredients in a blender and blend until smooth. If using all frozen fruit, add in a little water to blend :)



# SUMMER PEACH

## INGREDIENTS

- 4 oz. unsweetened peach tea
- 1.5 shots vodka
- 1/4 peach, sliced for garnish
- 1/2 lemon, juiced
- optional: sweetener, to taste

## METHOD

Place all ingredients except fresh peaches in a shaker with ice and shake. Pour over ice and serve with sliced peaches.





# STRAWBERRY MOJITO

## INGREDIENTS

6 oz club soda  
1 oz white rum  
5-6 mint leaves  
4 sliced strawberries  
1/2 lime, juiced  
ice

## METHOD

Use a muddler or a big spoon to gently crush strawberries with fresh mint leaves. Place in a glass then add rum, lime juice and sparkling water, then stir well.

Serve over ice.

# WATERMELON FIZZ

## INGREDIENTS

1/2 cup watermelon  
juice from 1 lime  
4-5 pieces cilantro  
4 oz. sparkling water  
1.5 shots tequila

## METHOD

Use a muddler or a big spoon to gently crush cubes of watermelon with fresh cilantro leaves. Add tequila and sparkling water.



# APPLE FIZZ

## INGREDIENTS

4 oz sparkling water

2 oz apple cider (not from concentrate!)

1.5 oz vodka

garnish with apple and a cinnamon stick

## METHOD

Place all ingredients in a glass and mix well. Garnish with apple and cinnamon stick. .

# BLOODY MARY

## INGREDIENTS

1.5 oz vodka

1/4 tsp Worcestershire sauce

4 oz tomato juice

1 tsp lemon juice

Dash of salt and pepper

Celery stalk for garnish

optional: few drops of hot sauce

## METHOD

Fill a glass with ice before adding vodka, Worcestershire sauce, tomato juice and lemon juice. Sprinkle in a dash of salt and pepper. Use celery stalk to stir and then leave it in the glass for garnish. Top with the hot sauce if desired. !



# SKINNY SODAS



## REFRESH

NO/LOW CALORIE  
HEALTHIER SODA  
ALTERNATIVES

MINIMIZE FAT STORAGE WITH THESE SKINNY SODA RECIPES

# LEMON GINGER

## INGREDIENTS

32 oz sparkling water

1" ginger, minced

1 lemon, juiced

ice

optional: sweetener, to taste

## METHOD

Place all ingredients in a 32 oz mason jar and stir well. Refrigerate overnight or for at least 2-3 hours. .

SODAS

# RASPBERRY LIME

## INGREDIENTS

24 oz sparkling water

1 cup frozen raspberries, thawed  
juice from 1 lime

ice

optional: sweetener, to taste

## METHOD

Place all ingredients in a 32 oz mason jar and stir well. Drink or refrigerate for later :)



# CHERRY VANILLA

## INGREDIENTS

24 oz sparkling water

1 cup cherries

1 tsp vanilla extract

ice

optional: sweetener, to taste

## METHOD

Mash cherries well or place in a high powered blender until pureed. Place all ingredients in a 32 oz mason jar and stir well. Refrigerate for at least 2-3 hours.





SODAS

# ORANGE FIZZ

## INGREDIENTS

24 oz sparkling water

2-3 oranges, juiced

ice

optional: sweetener, to taste

## METHOD

Place all ingredients in a 32 oz mason jar and stir well. Drink or refrigerate for later :)



# SKINNY SPRITE

## INGREDIENTS

24 oz sparkling water

1 cup cherries

1 tsp vanilla extract

ice

optional: sweetener, to taste

## METHOD

Mash cherries well or place in a high powered blender until pureed. Place all ingredients in a 32 oz mason jar and stir well. Refrigerate for at least 2-3 hours.

SODAS

# POMEGRANATE LIME

## INGREDIENTS

24 oz sparkling water

1/4 cup pomegranate juice

1 lime, sliced into wedges

ice

optional: sweetener, to taste

## METHOD

Place all ingredients in a 32 oz mason jar and stir well. Drink or refrigerate for later. Garnish with a cherry if desired.



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