

10 SKINNY
STARBUCKS DRINKS
TO HELP WITH
WEIGHT LOSS



**DRINKS ARE ALL
110 CALORIES OR
LESS!**

PUMPKIN SPICE 'LATTE'

Normally 390 Calories

To Order:

Grande Cafe Misto

Sub Almond Milk

Two Pumps Pumpkin Spice

1 packet zero calorie sweetener

Pumpkin Spice Powder

**SUGAR COOKIE
ALMOND MILK
LATTE**

Normally 180 Calories

To Order:

**Grande Cold Brew with Sugar
Cookie Cold Foam & 1 Pump
Sugar Cookie Syrup**

GINGERBREAD LATTE

Normally 310 Calories

To Order:

Grande Iced Blonde Americano

2 pumps gingerbread syrup

1 packet zero calorie sweetner

Spash Almond milk

**CARAMEL
BRULEE
'LATTE'**

Normally 410 Calories

To Order:

Grande Iced Coffee

1/2 inch splash Almond milk

2 pumps Caramel Brulée

PEPPERMINT MOCHA

Normally 440 Calories

To Order:

**Grande nonfat Cappuccino with
1 pump regular mocha sauce
and 1 pump peppermint syrup.**

APPLE CRISP OATMILK

Normally 320 Calories

To Order:

**Grande Iced Shaken Espresso
sub with almond milk 1 pump
brown sugar syrup & 2 pumps
apple brown sugar syrup
Cinnamon powder**

**CINNAMON
DOLCE
'LATTE'**

Normally 340 Calories

To Order:

**Grande Iced Shaken Espresso
sub with almond milk 1 sugar
free vanilla & 2 pumps
cinnamon dolce syrup
Cinnamon powder**

**WHITE
CHOCOLATE
MOCHA**

Normally 430 Calories

To Order:

**Grande blonde roast with
1 pump white mocha sauce
2 pumps sugar free vanilla
syrup, and a splash of half &
half.**

**BROWN SUGAR
CINNAMON
LATTE**

Normally 120 Calories

To Order:

Grande blonde roast with

3 pumps brown sugar

1 zero packet of zero calorie

sweetener

Splash of half & half

Cinnamon Powder

PUMPKIN CHAI

Normally 460 Calories

To Order:

Grande Iced Coffee with Milk

Sub for almond milk

1 pump of pumpkin

1 pump chai

Pumpkin spice topping

**WHEN ORDERING
"SKINNIER" DRINKS AT
STARBUCKS, YOU CAN MAKE
CHOICES THAT REDUCE THE
CALORIE AND SUGAR
CONTENT.**

**HERE ARE GENERAL
DIRECTIONS FOR CREATING
LIGHTER VERSIONS OF
POPULAR STARBUCKS
DRINKS:**

1. CHOOSE A LIGHTER MILK OPTION:

OPT FOR NON-FAT MILK OR ALMOND MILK TO REDUCE THE CALORIE CONTENT.

2. REQUEST SUGAR-FREE SYRUPS:

ASK FOR SUGAR-FREE SYRUPS TO ADD FLAVOR WITHOUT THE ADDED SUGARS. STARBUCKS OFFERS VARIOUS SUGAR-FREE OPTIONS SUCH AS VANILLA, CARAMEL, AND CINNAMON DOLCE.

3. ADJUST THE SWEETENER:

IF A DRINK COMES WITH A SWEETENER, ASK FOR FEWER PUMPS OR REQUEST A SUGAR SUBSTITUTE LIKE STEVIA OR SPLENDA.

4. CHOOSE LIGHT OR NITRO BREW:

OPT FOR LIGHTER COFFEE OPTIONS LIKE STARBUCKS' BLONDE ROAST OR NITRO COLD BREW, WHICH ARE NATURALLY LOWER IN CALORIES.

5. SKIP THE WHIPPED CREAM:

ASK FOR DRINKS WITHOUT WHIPPED CREAM TO SAVE ON CALORIES AND FAT.

6. SIZE MATTERS:

CHOOSE A SMALLER SIZE TO AUTOMATICALLY REDUCE THE CALORIE CONTENT. SOMETIMES, THE SMALLEST SIZE IS JUST ENOUGH TO SATISFY YOUR CRAVING.