



DECADENT DRINKS AND INSPIRED INFUSIONS FOR EVERY PHASE

MOCKTAILS FOR A

FAST METABOLISM

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Mocktails

PHASE 1

Watermelon Mint Cooler

Mango-Peach Sparkler

Cucumber Melon Margarita

PHASE 2

Limeade Slushy

Rosemary-Infused Cucumber Lemonade

Sparkling Ginger Mojito

PHASE 3

Berry-Coconut Mojito

Creamy Grasshopper

MAINTENANCE

Mango Pina Colada

Watermelon Mint Cooler SERVES 4

Since this recipe includes so much watermelon, this drink would count as a Phase 1 fruit on the Fast Metabolism Diet.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

**4 cups seedless watermelon chunks
(about 1 pound)**

1 1/2 cups spring water

1/4 cup fresh lemon juice

3/8 teaspoon stevia

1/2 cup fresh mint

Mint sprigs for garnish, optional

1. In a blender, puree the watermelon, water, lemon juice, and stevia; strain if no pulp is desired.
2. Stir in the mint and serve over ice. Garnish with sprigs of mint, if desired.



PHOTO BY TARA TUCKWILLER

Mango-Peach Sparkler SERVES 4

The frozen mango and peaches make this drink so easy and refreshing. Garnish with a few raspberries, pineapple slices, or sprigs of mint. One drink would count as about $\frac{1}{4}$ of a fruit portion.

PREP TIME: 5 minutes ■ **TOTAL TIME:** 5 minutes

1 cup frozen mango chunks, thawed

10 drops liquid stevia, or to taste

$\frac{2}{3}$ cup frozen peach slices, thawed

Sparkling water or seltzer

- 1.** In a blender, puree the thawed mangoes, peaches, and stevia.
- 2.** For each drink, spoon 3 tablespoons of the puree into an old-fashioned glass filled with ice.
- 3.** Stir in $\frac{1}{2}$ cup of sparkling water or seltzer and serve. Garnish if desired.



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CUCUMBER MELON MARGARITA

SERVES 2

This thirst-quenching and energizing mocktail is a perfect Phase 1 drink to enjoy. Packed with B vitamins, minerals, antioxidants and fiber, it will keep you satisfied and hydrated.

PREP TIME: 5 minutes ■ **TOTAL TIME:** 5 minutes

2 cups cantaloupe chunks

**1/2 large seedless cucumber, peeled
and chopped**

2 cups ice

14 drops liquid stevia, or to taste

Sea salt for the glass rim (optional)

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1. Place sea salt on a large plate. Dip the glass rims in water first, then dip in sea salt.
 2. Place cantaloupe chunks, cucumber, and stevia in a high power blender. Blend until pureed. Add ice and continue blending until smooth. Pour into prepared glasses.



Limeade Slushy SERVES 2

This frozen, mushy treat really hits the spot on Phase 2 (or any phase) of the Fast Metabolism Diet. Feel free to use it as an “anytime” beverage.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

1 lime, peeled

1 cup water

1/3 teaspoon lime zest

2 cups crushed ice

3 packets stevia

Put all of the ingredients into a blender, adding the ice last. Blend until smooth, garnish with additional lime zest if desired, and serve.



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Sparkling Ginger Mojito SERVES 2

This slightly sweet, spicy and refreshing drink is a great way to end your Phase 2 dinner. Mint and ginger support the digestive system. Ginger is also warming and improves circulation!

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

8-10 fresh mint leaves, thoroughly washed

14 to 16 drops liquid stevia

1 1/2 teaspoons fresh grated ginger (or to taste)

2 cups sparkling mineral water

Ice

Juice of 1 lime

1. Place 4 to 5 mint leaves, 3/4 teaspoon of grated ginger, the juice of half a lime and 7 to 8 drops of stevia in each glass. Crush it all together using a mortar (or the back of a wooden spoon).
2. Add 1 cup of sparkling mineral water per glass and some ice cubes.



Rosemary-Infused Cucumber Lemonade

SERVES 4

Herbs like rosemary are a wonderful way to spice up your lemonade. You can also try this with basil or mint. Enjoy anytime on any phase.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

| | |
|---|-----------------------------------|
| 3 large cucumbers | 1/2 cup fresh lemon juice |
| 1 tablespoon chopped fresh rosemary, plus 4 sprigs for garnish | 3/4 teaspoon liquid stevia |
| 1 cup spring water | |

- 1.** Cut 12 thin slices of cucumber for garnish. Peel and chop the rest of the cucumber, and puree it with the chopped rosemary in a food processor. Strain the puree through a fine-mesh sieve, pressing on the solids to extract all of the liquid.
- 2.** Stir the water, lemon juice, and stevia into the cucumber juice. Divide among 4 ice-filled glasses. Garnish with cucumber slices and rosemary sprigs.



PHOTO BY TARA TUCKWILLER

Berry-Coconut Mojito SERVES 1

This recipe doesn't contain enough healthy fat or fruit to meet a full portion, so enjoy it in moderation during Phase 3. If you drink several glasses, count it as a healthy fat and a fruit.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

1 handful raspberries and/or blackberries

1 tablespoon mint leaves, extra for garnish

12 drops liquid stevia

1 tablespoon fresh lime juice

1/2 cup coconut water

Splash of sparkling water

Ice

Lime wheels and/or berries for garnish

- 1.** In a 12-ounce glass, use the back of a spoon to muddle (mash) the berries with the mint leaves and stevia, crushing the berries and mint.
- 2.** Stir in the lime juice, coconut water, sparkling water, and ice to fill the glass.
- 3.** Garnish with mint, lime wheels, and/or berries.



PHOTO BY TARA TUCKWILLER

Creamy Grasshopper SERVES 1

This chocolaty, minty, creamy drink is so yummy you'd never guess it was healthy. Count as ½ of a healthy fat serving on Phase 3.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

1/2 cup coconut milk or almond milk

1/8 teaspoon peppermint extract

1 teaspoon raw cacao powder

8 drops liquid stevia, or to taste

1/2 teaspoon vanilla extract

Fresh mint for garnish

1. Blend the coconut milk, cacao, vanilla and peppermint extracts, and stevia until frothy.
2. Pour over ice cubes in a cocktail glass. Garnish with fresh mint.

PHASE 3

DRINKS



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MANGO PINA COLADA SERVES 2

Take a little trip to your favorite tropical island with this sweet, creamy and nutty mocktail. Packed with electrolytes, healthy fats, natural sugars, vitamin C, and enzymes.

PREP TIME: 15 minutes ■ **TOTAL TIME:** 15 minutes

1 cup coconut water

1/2 cup unsweetened almond milk

1 cup fresh pineapple chunks

1 cup fresh mango chunks

4 tablespoons canned coconut milk

14 drops liquid stevia

1 1/2 to 2 cups ice

1. Combine coconut water, almond milk, pineapple, mango, coconut milk, and stevia in a high-power blender. Blend until pureed.
2. Add ice and blend until smooth.

MAINTENANCE

DRINKS

