

GOAL GET EM FITNESS

A GUIDE
TO GETTING
BOOZY
ON A
(CALORIE)
BUDGET

THE ELITE WARRIOR TRIBE - EXCLUSIVE MEMBERS ONLY CONTENT

Calorie Counts of *Most* Alcoholic Drinks

EVEN WARRIORS NEED A BREAK FROM
TIME TO TIME. IF YOU CHOOSE TO
DRINK, ENJOY IT AND MAKE IT WORTH
IT!

MOST BARS DON'T LIST THE
CALORIE COUNTS IN ALCOHOL, SO
USE THIS GUIDE TO HELP YOU MAKE
THE BEST CHOICES FOR ENJOYING A
NIGHT OUT WITHOUT SACRIFICING
YOUR GOALS!



CHAMPAGNE

5 FL OZ

96 CAL



VODKA

1.5 FL OZ

96 CAL



GIN

1.5 FL OZ

96 CAL



RUM

1.5 FL OZ

97 CAL



TEQUILA

15 FL OZ

104 CAL



SCOTCH

1.5 FL OZ

105 CAL



WHISKEY

1.5 FL OZ

105 CAL



BRANDY

1.5 FL OZ

115 CAL



WHITE WINE

5 FL OZ

121 CAL



RED WINE

5 FL OZ

125 CAL



GENERIC LIQUER

1.5 FL OZ

137 CAL



BEER

12 FL OZ (1 CAN)

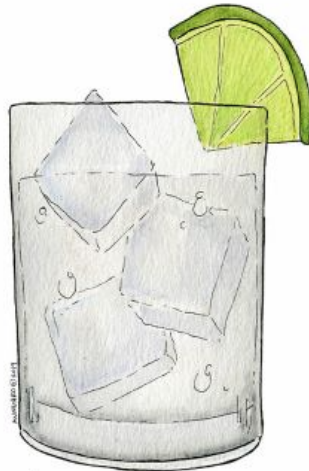
145 CAL



VODKA SODA

8 FL OZ

96 CAL



GIN & TONIC

8 FL OZ

161 CAL



MOJITO

8 FL OZ

169 CAL



RUM & COKE

8 FL OZ

173 CAL



SANGRIA

5 FL OZ

175 CAL



BLOODY MARY

8 FL OZ

187 CAL



COSMOPOLITAN

3.5 FL OZ

211 CAL



MARTINI

3.5 FL OZ

215 CAL



DAQUIRI

3.5 FL OZ

229 CAL



PIÑA COLADA

3.5 FL OZ

242 CAL



MARGARITA

3.5 FL OZ

254 CAL

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