

A glass of lemonade with mint and ice, surrounded by lemons and mint leaves. The background is a light gray surface. The text "Summer Cocktails + Mocktails" is written in a black, cursive font with a white outline, overlaid on the image. The text is arranged in three lines: "Summer" on the top line, "Cocktails +" on the middle line, and "Mocktails" on the bottom line. The background image shows a glass of lemonade with mint leaves and ice cubes, with a lemon slice on the rim. There are also several ice cubes and mint leaves scattered on the surface around the glass. A lemon half is visible on the right side of the image.

Summer Cocktails + Mocktails



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Watermelon Agua Fresca

Ingredients

4 cups cubed watermelon
3 cups water, divided use
½ cup fresh basil leaves
2 Tbsp. fresh lime juice
1 Tbsp. honey
1 dash sea salt (or Himalayan salt)
Ice

Instructions

Place watermelon, 1 cup water, basil, lime juice, honey, and salt in blender; cover. Blend until smooth.

Strain watermelon mixture through cheesecloth (or a fine mesh strainer). Discard solids. Add remaining 2 cups water to watermelon mixture; mix well.

Serve over ice. Makes 4 servings.

Portion Fix Containers: 1 Purple
2B Mindset Plate It: Enjoy as treat - be sure to track!

Summer Sangria

Ingredients

1 medium blood orange
1 cup strawberries, cut in half
2 medium kiwifruit, peeled, sliced into rounds
1 (750-ml) bottle rosé (preferably pinot noir varietal)
Ice
1 (750-ml) bottle prosecco, chilled
1 (12-oz.) bottle sparkling water

Instructions

Remove orange peel (orange zest) using a vegetable peeler. Juice orange (approx. 2 oz.); add orange peel and orange juice to serving pitcher.

Add strawberries, kiwi, and rose; mix well. Place in refrigerator for at least 2 hours, or as long as overnight. Place in refrigerator for at least 2 hours, or as long as overnight.

To serve, fill a glass half-full with ice. Fill with approximately 2 oz. rose mixture and a couple pieces of fruit. Top evenly with prosecco (approx. 2 oz.) and sparkling water (approx. 1 oz.) and enjoy. Makes 12 servings.

Portion Fix Containers: 1 Yellow
2B Mindset Plate It: Enjoy as an occasional treat! Be sure to track.

Vodka Collins

Ingredients

½ tsp. raw honey + 1 tsp. hot water
Ice
1 fl. oz vodka
½ fl. oz. fresh lemon juice
Sparkling water
1 orange slice

Instructions

Combine honey and hot water in a small bowl; stir until honey is fully dissolved. Set aside.
Fill a highball glass three-quarters full with ice.
Add honey mixture, vodka, and lemon juice; mix well.
Top with sparkling water to almost fill glass; mix well.
Garnish with orange slice and enjoy! Can be made alcohol free by eliminating vodka.

Portion Fix Containers: 1 Yellow
2B Mindset Plate It: Enjoy as an occasional treat - be sure to track!

Pina Colada Shakeology

Ingredients

¾ cup water
¼ cup 100% pineapple juice
½ tsp. pure coconut extract
1 scoop Vanilla Shakeology (whey or vegan)
1 cup ice

Instructions

Place water, pineapple juice, coconut extract, Shakeology, and ice in blender; cover and blend until smooth.

Portion Fix Containers: ½ Purple, 1 Red
2B Mindset Plate It: A great snack or enjoy as part of breakfast.

The Paloma

Ingredients

½ tsp. raw honey + 1 tsp. hot water
Ice
1 fl. oz tequila
1 fl. oz. unsweetened grapefruit juice
Sparkling water
1 lime wedge

Instructions

Combine honey and hot water in a small bowl; stir until honey is fully dissolved. Set aside.
Fill a highball glass three-quarters full with ice.
Add honey mixture, tequila, and grapefruit juice; mix well.
Top with sparkling water to almost fill glass; mix well.
Garnish with lime wedge and enjoy! Can be made alcohol-free by eliminating tequila.

Portion Fix Containers: 1 Yellow
2B Mindset Plate It: Enjoy as an occasional treat - be sure to track!

Strawberry Mojito Shakeology

Ingredients

1 cup sparkling water, divided use
1 tsp. lime peel, finely grated
3 Tbsp. fresh lime juice
1 scoop Strawberry Whey Shakeology (or Tropical Strawberry Plant-Based Vegan Shakeology)
2 Tbsp. fresh mint leaves, chopped
1 cup icem
int sprig (for garnish; optional)
strawberry slice (for garnish; optional)

Instructions

Place ½ cup water, lime peel, lime juice, Shakeology, mint, and ice in blender; cover. Blend until smooth. Add remaining ½ cup water; mix well. Garnish with mint and strawberry slice if desired.

Portion Fix Containers: 1 Red
2B Mindset Plate It: A great snack or enjoy as part of breakfast.

Cucumber Agua Fresca Smoothie

Ingredients

1½ cups water
1 cup ice
1 scoop Vanilla Shakeology
1 cup coarsely chopped cucumber
1 Tbsp. fresh lime juice

Instructions

Place water, ice, Shakeology, cucumber, and lime juice in blender; cover and blend until smooth.
Serve and drink immediately.

Portion Fix Containers: 1 Green, 1 Red
2B Mindset Plate It: A great snack or enjoy as part of breakfast.

Mango Margarita Shakeology

Ingredients

1 cup unsweetened almond milk
2 Tbsp. fresh lime juice
1 cup ice
1 scoop Vanilla Shakeology
½ cup chopped mango
1 tsp. finely grated lime peel (lime zest)
1 Tbsp. hemp seeds

Instructions

Place almond milk, lime juice, ice, Shakeology, mango, lime peel, and hemp seeds in blender;
cover and blend until smooth.

Portion Fix Containers: ½ Purple, 1 Red, ½ Orange, 1 tsp.
2B Mindset Plate It: This recipe makes a great breakfast option.

Elderflower Meringue Cocktail

Ingredients

Ice
1½ fl. oz. gin
½ fl. oz. elderflower liqueur (such as St-Germain®)
½ medium orange, juice reserved
½ medium lime, juice reserved
1 large egg white, pasteurized
2 fl. oz. soda water
Orange bitters (for garnish; optional)

Instructions

Fill a cocktail shaker $\frac{3}{4}$ full of ice.
Add gin, elderflower liqueur, orange juice, lime juice, and egg white. Shake vigorously for 30 seconds, or until drink is chilled and egg white emulsifies into a thick, creamy foam.
Place soda water in a highball glass. Strain gin mixture into glass; mix well.
Garnish with a few drops of orange bitters if desired.

Portion Fix Containers: 2 Yellow
2B Mindset Plate It: Enjoy as an occasional treat - be sure to track!

Refreshing Cucumber Cocktail

Ingredients

1 cup unsweetened almond milk
cucumber slices
2 Tbsp. fresh mint leaves
1 oz. vodka (preferably Grey Goose®)
Ice
1 cup soda water
2 tsp. St-Germain liqueur
1 wedge lime (optional, for garnish)

Instructions

Place cucumber slices, mint, and vodka in the bottom of a large serving glass; muddle until well mixed.
Top with ice and soda water; stir to mix.
Add St-Germain; garnish with lime wedge, if desired.

Portion Fix Containers: 1 Yellow
2B Mindset Plate It: Enjoy as an occasional treat - be sure to track!