

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

20 LOW-CALORIE COCKTAILS THAT YOU CAN ENJOY GUILT-FREE



Cocktails can be delicious, but most are loaded with calories and sugar. And drinking empty calories is an easy way to blow up your macros.

Start indulging on Thirsty Thursday continue straight through Sunday Night Football, and, well, good luck getting the body you really want.

Fortunately, that doesn't mean you have to be a hermit.

If you skip the the corn syrup fishbowls you get at most bars, and toast with a healthier, lighter beverage instead, you can have the best of both worlds: Delicious drinks that fit into your diet plans.

These 20 low-calorie cocktail recipes all come in at about 150 calories or less per serving, which means that anyone can "afford" at least a glass or two.

01. Mango Sunrise

Serves 1

Often a tequila sunrise is made with a mix of orange juice, grenadine, and tequila. But the original recipe actually featured lime, as well as a blackcurrant liqueur called crème de cassis. This low-calorie alcoholic punch meets somewhere in the middle with both lime and grenadine. It's finished with a zero-calorie mixer: ICE sparkling mango lemonade.

Nutrition Facts (Per Serving) 110 CALORIES | 0 g PROTEIN | 1 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 6 Tbsp. sparkling mango lemonade
- ✓ 1 shot (3 Tbsp.) tequila
- ✓ 1 Tbsp. grenadine syrup (more or less to taste)
- ✓ 1 lemon slice
- ✓ Sprig of fresh mint

DIRECTIONS

Using a tall Collins glass, pour tequila, then mango lemonade Sparkling ICE over ice. Stir gently. Top with a splash of grenadine syrup, and garnish with lime slices and mint.

02. Skinny Margarita

Serves 1

For a healthy alcoholic drink, avoid the pre-bought mixers like frozen margarita mix. And if you want to reduce the amount of agave syrup in this low-cal cocktail recipe, either substitute stevia, or sweeten your margaritas with pureed fruit like mango, watermelon, or pineapple. Garnish with a sprig of mint and a salt-rimmed glass, if that's your style.

Nutrition Facts (Per Serving) 158 CALORIES | 1 g PROTEIN | 17 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 shot (3 Tbsp.) tequila
- ✓ 3 Tbsp. freshly squeezed lime juice
- ✓ 1 Tbsp. freshly squeezed orange juice
- ✓ 1 Tbsp. water
- ✓ 2 tsp. agave nectar
- ✓ Ice

DIRECTIONS

For a classic skinny margarita, add tequila, lime juice, agave, orange juice, and water to a cocktail shaker (or a glass), and shake (or whisk) for about 10 seconds to combine. Strain and serve over ice. Add a garnish or two if desired.

03. Raspberry Arnold Palmer

Serves 12

Just a little vodka is all it takes to make a grown-up Arnold Palmer. You can blend the cocktail depending on which one you prefer, iced tea or lemonade, and the level of sweetness you desire. This recipe uses two parts pre-made lemonade to one part unsweetened iced tea, plus a little less than a shot per serving. Top with fresh raspberries or muddle them in the bottom of the glass for a summery drink.

Nutrition Facts (Per Serving) 138 CALORIES | 1 g PROTEIN | 19 g CARBS | 1 g FAT

INGREDIENTS

- ✓ 4 cups unsweetened iced tea
- ✓ 8 cups lemonade
- ✓ 1/2 pint raspberries
- ✓ 12 oz. vodka (plain or berry)

DIRECTIONS

Add ice tea and lemonade to a pitcher. When ready to serve, place 4 raspberries in each glass and muddle with a spoon. Add ice and pour drink over ice and raspberries. Garnish with mint or basil and an extra raspberry.

For an adults-only version: Place 4 raspberries in a cocktail shaker and muddle with a spoon. Add ice and 1 cup of the drink. Shake and pour into a glass. Garnish with an extra raspberry and basil or mint.

04. Cold-Pressed Gin & Juice Cocktails

Serves 1

If you want an easy cocktail that can't be messed up, sipping on gin and juice is a good way to go. Maybe the convenience factor and versatility are why Snoop Dogg loves it so much. And I wouldn't be surprised if these days Snoop enjoys his drinks with cold-pressed juice, which uses thousands of pounds of pressure to ensure the maximum amount of nutrients is extracted.

Nutrition Facts (Per Serving) 99 CALORIES | 1 g PROTEIN | 6 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 2 Tbsp. gin
- ✓ 1/3 cup carrot-apple cold-pressed juice (or flavor of choice)
- ✓ Ice

DIRECTIONS

Pour an ounce of gin over ice. Top with {approximately} 3 ounces of juice, and your favorite garnishes.

05. Apple Cider Moscow Mule

Serves 1

One of the easiest vodka cocktails, the Moscow Mule, requires just ginger ale as a mixer. Switch it up with a ginger-flavored vodka, and apple cider can take the place of some of the soda without sacrificing the crisp bite. To round out this fall cocktail, sprinkle on a simple garnish of ground cinnamon or pie spices.

Nutrition Facts (Per Serving) 149 CALORIES | 0 g PROTEIN | 17 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 shot (3 Tbsp.) ginger vodka (or regular vodka)
- ✓ 1/4 cup apple cider
- ✓ 1/4 cup ginger beer (more or less to taste)
- ✓ Apple slices

DIRECTIONS

In a copper mug, stir together vodka and apple cider. Fill the mug with ice and fill the rest of the way with ginger beer. Garnish with a couple apple slices.

06. Green Juice Cocktail

Serves 3

You can enjoy this fresh blend of spinach, cucumber, ginger, and apple juice – and you don't need a juicer. Blend it all up, and strain by hand for a homemade juice that's flavorful and nutritious. Then the green juice can be enjoyed as is, but if you want to spike it, go ahead and add a shot of gin or vodka.

Nutrition Facts (Per Serving) 184 CALORIES | 1 g PROTEIN | 21 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 cup cold water
- ✓ 1 grapefruit
- ✓ 2 large handfuls fresh spinach
- ✓ 1" fresh ginger roots, peeled
- ✓ 1/2 English cucumber (about 6")
- ✓ 1 apple, core removed
- ✓ 3 shots (4 1/2 oz.) gin
- ✓ Ice

DIRECTIONS

Add all the ingredients (except gin and ice) into a blender and puree until smooth. Squeeze through a cheesecloth to remove the pulp.

Add ice to 10 ounce glasses and divide juice evenly between all of them. Add 1.5 ounces of gin to each glass and stir. Serve immediately.

07. Whiskey Unwinder

Serves 1

Whiskey is often enjoyed plain on the rocks, or with a touch of soda like in a Jack & Coke. But that doesn't mean full-bodied whiskey can't be used for an amazing low-calorie cocktail too. Since whiskey has rich, smoky flavor, you won't need many mixers to make a great drink. This quick honey syrup is made by pouring three parts boiling water over one part honey. Stir to dissolve.

Nutrition Facts (Per Serving) 95 CALORIES | 0 g PROTEIN | 6 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 2 Tbsp. whiskey

- ✓ 2 tsp. freshly squeezed lemon juice
- ✓ 1 Tbsp. honey syrup
- ✓ 3 Tbsp. tea, cooled to room temp.
- ✓ Fresh orange slice, for garnish

DIRECTIONS

Add ingredients to shaker with ice cubes, seal tightly and shake. Strain into teacup. Place orange wheel garnish in tea.

08. Peach Long Island Iced Tea

Serves 1

Since Long Island iced tea is basically a tall glass of booze mixed with more booze, it can add up to an absurd amount of calories. One serving can have top 750 calories if you aren't careful. This peach cocktail still has several kinds of heavy liquor: vodka, bourbon, rum, and schnapps. That's diluted with club soda, and then a splash of zero-calorie peach tea flavoring leaves no question it's a refreshing iced tea.

Nutrition Facts (Per Serving) 161 CALORIES | 0 g PROTEIN | 0 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 Tbsp. Peach Schnapps
- ✓ 2 Tbsp. vodka
- ✓ 1 Tbsp. bourbon
- ✓ 1 Tbsp. white rum
- ✓ 1 squirt Mio Peach Tea Water Enhancer
- ✓ 3/4 cup club soda
- ✓ Ice

DIRECTIONS

Add the schnapps, vodka, bourbon, rum, and Mio to a shaker. Fill with ice.

Shake until well blended and strain into a glass. Add the club soda. Add ice if desired.

09. French 75

Serves 1

The most popular champagne cocktail is a mimosa made with either orange or grapefruit juice. But if you really want to get your drink on – and with less sugar too – then try the French 75. Just a squeeze of lemon is all you need for the citrus element, and then there's gin for an extra-alcoholic champagne drink. To get this cocktail under 150 calories, replace the simple syrup with a few drops of liquid stevia.

Nutrition Facts (Per Serving) 188 CALORIES | 0 g PROTEIN | 13 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 Tbsp. freshly squeezed lemon juice
- ✓ 1 Tbsp. simple syrup
- ✓ 2 Tbsp. gin
- ✓ 6 Tbsp. champagne

DIRECTIONS

Add all the ingredients except the Champagne to a shaker and fill with ice. Shake well and strain into a Champagne flute. Top with the Champagne and garnish with a lemon twist.

10. Lambic Sangria

Serves 8

Spanish sangria is usually made with red or white wine. But this low-calorie version uses two kinds of beer for the base instead. A raspberry-flavored Lambic works

perfectly in this fruity punch, especially with a cup of fresh raspberries in the mix. Then add a light-flavored ale, some Lillet Blanc for both the sweet wine and earthy elements, and finish the beer sangria with fresh orange.

Nutrition Facts (Per Serving) 143 CALORIES | 1 g PROTEIN | 19 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 bottle (25 oz.) Framboise lambic, chilled
- ✓ 2 bottles (11.2 oz. each) Hoegaarden white ale, chilled
- ✓ 3/4 cup Lillet Blanc, chilled
- ✓ 6 oz. raspberries (about 1 cup)
- ✓ 1/2 medium orange, thinly sliced
- ✓ Ice

DIRECTIONS

Combine all of the measured ingredients in a large pitcher and stir until evenly mixed. Serve over ice.

11. Mojito Wine Spritzer

Serves 1

Since a traditional mojito is made with rum and lots of sugar, it's as far from a low-calorie cocktail as you can get. This bubbly wine cooler features the same flavors of mint and lime in an equally refreshing alcoholic drink, yet each one of these mojito spritzers has only 100 calories per glass.

Nutrition Facts (Per Serving) 102 CALORIES | 1 g PROTEIN | 5 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1/2 cup white wine
- ✓ 1/2 cup seltzer (or club soda)
- ✓ 4 mint leaves

- ✓ Juice of 1/2 lime
- ✓ 4 drops stevia (optional)

DIRECTIONS

Gently muddle the mint leaves with stevia and lime juice. Add wine and seltzer and mix well.

12. Spicy Tequila Lemonade

Serves 1

For a low-calorie cocktail mixer, use coconut water. The electrolytes like calcium also make it a great way to rehydrate after a workout so you don't have to choose between replenishing your body or relaxing with an alcoholic drink. And when it comes to potassium, coconut water has five times more than most sports drinks. Where it's lacking is in salt, so simply add a pinch to this cocktail if you need to recover after a sweaty training session.

Nutrition Facts (Per Serving) 123 CALORIES | 1 g PROTEIN | 13 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 Tbsp. tequila
- ✓ 6 Tbsp. coconut water
- ✓ 6 Tbsp. fresh lemonade
- ✓ 1/2 jalapeno, thinly sliced

DIRECTIONS

Add all ingredients to a cocktail shaker filled with ice. Shake vigorously. Pour over ice and enjoy! Garnish with additional jalapeño slices.

13. Cincinnati Cocktail

Serves 1

A pint of your favorite craft beer will go even further with this trick. Called a Cincinnati cocktail, making one just means mixing equal parts beer with unflavored soda water. That way you aren't adding any sugar, just cutting the calories in half. The actual macros will depend on the beer you're drinking, of course. The estimated macros here are for a fairly high-calorie beer like an ale or lager. If you use this method with a light beer, that could slash the calories in half.

Nutrition Facts (Per Serving) 102 CALORIES | 1 g PROTEIN | 8 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1/2 pint beer
- ✓ 1/2 pint soda water

DIRECTIONS

Mix

14. Melon Mint Granita

Serves 1

Since alcohol doesn't freeze, it can actually be the secret ingredient to making a low-calorie frozen dessert. An icy granita can be made alcohol-free, but mixing in spirits like rum or vodka will help achieve the perfect slushy texture. If you don't love watermelon, try this recipe with pineapple, strawberries, or peaches instead.

Nutrition Facts (Per Serving) 146 CALORIES | 1 g PROTEIN | 12 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 cup watermelon
- ✓ 5 leaves fresh mint
- ✓ 1 shot white rum

DIRECTIONS

Puree the watermelon and mint leaves until liquefied. Freeze the mixture in an ice cube tray until solid. Blend with the white rum until it has reached slushy consistency.

15. Celery Cilantro Cocktail

Serves 1

This light, low-calorie vodka drink is perfect when you need to cool off in the summer. Instead of being made with frozen fruit, this warm-weather cocktail has veggies and herbs. With savory flavors and crisp celery, this is a great alternative to sweet drinks. Make it low-sugar by using an alternate sweetener like monk fruit extract.

Nutrition Facts (Per Serving) 135 CALORIES | 0 g PROTEIN | 20 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 oz. Absolut Citron
- ✓ 3 Tbsp. freshly squeezed lime juice
- ✓ 2 Tbsp. simple syrup (or 1 Tbsp. agave syrup + 1 Tbsp. water)
- ✓ 1/2 celery stalk (about 5")
- ✓ 1/4 cup chopped fresh cilantro
- ✓ 2 Tbsp. seltzer water
- ✓ Ice

DIRECTIONS

In a mixing glass or pitcher, combine celery and cilantro and muddle together with vodka, lime juice and simple syrup. Pour through a fine mesh strainer into a glass filled with ice and top with seltzer. Garnish with celery greens and cilantro, maybe even a lime wedge!

16. Sazerac

Serves 1

This whiskey cocktail hails from New Orleans, also the home of Peychaud's bitters. Although you wouldn't want to drink them alone – as implied by the name – bitters are a kind of liquor infused with strong flavors like herbs and roots. Most brands keep their particular blend secret, so be sure to get the right kind of the drink you're mixing.

Nutrition Facts (Per Serving) 114 CALORIES | 0 g PROTEIN | 4 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1 sugar cube (or 1/2 tsp. sugar)
- ✓ 1 shot (3 Tbsp.) rye whiskey (or bourbon)
- ✓ 2 dashes Peychaud's bitters
- ✓ 1 dash Angostura bitters
- ✓ Absinthe, to coat the glass
- ✓ Twist of lemon, for garnish

DIRECTIONS

Start with 2 highball glasses. Fill one with ice and set aside. In the other glass, put sugar cube, whiskey, and bitters. Stir to crush the sugar cube. Add ice and stir. Dump the ice out of the first glass. Rinse with absinthe. Strain sugar and whiskey mixture into coated glass. Garnish with lemon twist.

17. Cherry Tomato Bloody Mary Shooters

Serves 1

Turn this veggie cocktail into a brunch appetizer. To make shot glasses out of cherry tomatoes, carefully cut out the stem with a small paring knife. Scoop out the middle without puncturing the bottom or sides, and then the bite-sized tomatoes can be turned into a tiny Bloody Mary cocktail.

Nutrition Facts (Per Serving) 152 CALORIES | 3 g PROTEIN | 11 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 12 cherry tomatoes, destemmed and deseeded
- ✓ 1 shot (3 Tbsp.) vodka
- ✓ 1 Tbsp. Bloody Mary mix
- ✓ 1 lime wedge
- ✓ Horseradish to taste
- ✓ Ice

DIRECTIONS

Mix vodka, bloody mary mix, squeeze of lime and horseradish over ice. Strain into a measuring cup and pour into tomato shot glasses.

18. Skinny Strawberry Pina Colada

Serves 2

Craving a pina colada or strawberry daiquiri when the summer sun is shining? Combine the flavors of both frozen drinks in this amazing low-calorie cocktail. This strawberry colada has a mix of dark rum and coconut-flavored Malibu. Put that in a blender with fresh fruit and coconut milk, add a handful of ice, and you've got everything you need to cool off with a frozen cocktail.

Nutrition Facts (Per Serving) 153 CALORIES | 1 g PROTEIN | 13 g CARBS | 5 g FAT

INGREDIENTS

- ✓ 1 shot (3 Tbsp.) Malibu rum and 1 shot (3 Tbsp.) dark rum
- ✓ 1 cup unsweetened coconut milk
- ✓ 1/2 cup frozen pineapple
- ✓ 1 cup frozen strawberries
- ✓ 1 cup ice

DIRECTIONS

Place all ingredients into a blender in the order listed. Blend until smooth. Serve immediately!

19. TINTO DE VERANO

Serves 1

For a low-calorie wine cocktail, use a mixer like sugar-free soda. Two ingredients are all it takes for this quick, cheater version of sparkling sangria. This easy wine cooler can be made with everything from ginger ale and lemon-lime soda to grapefruit or even orange Fanta.

Nutrition Facts (Per Serving) 141 CALORIES | 0 g PROTEIN | 15 g CARBS | 0 g FAT

INGREDIENTS

- ✓ 1/2 cup red table wine
- ✓ 1/2 cup sparkling lemonade
- ✓ Handful of ice

DIRECTIONS

In a high ball glass add ice cubes and sparkling lemonade. Pour over red wine and give it a quick stir. Add a straw.

20. Michelada con Camerones

Serves 4

It's kind of like a bloody Mary with clamato juice and Worcestershire. Only this has beer in place of the vodka.

Nutrition Facts (Per Serving) 139 CALORIES | 10 g PROTEIN | 11 g CARBS | 1 g FAT

INGREDIENTS

- ✓ 24 shrimp, peeled and cooked

- ✓ 2 1/2 cups clamato juice
- ✓ 1/2 cup freshly squeezed lime juice
- ✓ 1/4 cup freshly squeezed orange juice
- ✓ 1 Tbsp. Worcestershire sauce
- ✓ 3/4 tsp. freshly ground black pepper
- ✓ 1/4 tsp. salt
- ✓ 1 clove garlic
- ✓ 1/2 serrano chile, destemmed
- ✓ 4 bottles (about 12 oz. each) lager
- ✓ Chile powder, for dusting

DIRECTIONS

Pour some lime juice on a plate and chili powder on another; dip rims of 4 pint-size beer mugs in juice, then chili powder. Dip tops of shrimp in chili powder; set aside. Purée Clamato juice, lime juice, orange juice, Worcestershire sauce, pepper, salt, garlic, and serrano chile in a blender. Divide among mugs, and fill with ice; top each with a lager beer. Place 6 shrimp each on 4 skewers; place a skewer across each mug.

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

[Shop Supplements Here](#)

YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.