



Skip the Line:

DELICIOUS DIY COFFEEHOUSE DRINKS

1 Simple Formula, Endless Protein-Packed Favorites



[LINKTR.EE/IRONSTRONG](https://linktr.ee/ironstrong)

WELCOME

If you LOVE coffeehouse drinks but hate the sneaky calories and the sugar-crash jitters that set in afterwards, this guide is for you.

Most coffeehouse drinks are loaded with sugar, creamers, syrups, artificial flavors, and mystery ingredients that leave you crashing an hour later. And that's not even mentioning the oversized portions that can derail your progress!

The good news: You can be your own barista and whip up coffeehouse drinks at home that support your energy, blood sugar, and goals without giving up flavor or enjoyment. They'll also save you money.

I've uncovered a simple formula that lets you create any drink you want without a recipe, and also shows you how to make four popular favorites at home.

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The Formula:

BUILD ANY COFFEEHOUSE DRINK AT HOME



You don't need a different recipe for every drink. Once you understand the formula, you can create anything.

Base + Flavor + Boost + Sweetener (optional)

Step 1: Choose Your Base

- ☛ Cold brew or brewed coffee
- ☛ Espresso (or strong coffee)
- ☛ Matcha powder whisked into milk
- ☛ Herbal tea (for refreshers)

Step 2: Add Flavor

- ☛ Vanilla extract
- ☛ Cinnamon or pumpkin spice
- ☛ Cocoa powder
- ☛ Fresh fruit (berries, citrus)
- ☛ Mint or other herbs



Step 3: Boost It (Optional but Recommended)

-  Protein powder (vanilla, chocolate, unflavored)
-  Cottage cheese
-  Greek yogurt (for creaminess + protein)
-  High-protein milk (Fairlife, soy, or protein-fortified oat milk)

Step 4: Sweeten Smartly (If Needed)

-  Stevia or monk fruit
-  Small amount of maple syrup or honey
-  Flavored liquid stevia (caramel, vanilla, etc.)

Step 5: Make It Cold or Hot

-  Cold: Pour over ice or blend with ice for a frappe
-  Hot: Heat your milk base, then whisk or froth



Pro tip:

Start unsweetened and add sweetness to taste. You'll be surprised how little you actually need.



CHOOSING HEALTHY FLAVORS

(Without the Sugar Bomb)



The flavor in most coffeehouse drinks comes from sugary syrups, but you don't need all that sugar to get great taste.

Smart Flavor Swaps:



Instead of vanilla syrup → Pure vanilla extract (start with ½ tsp, add more to taste)



Instead of caramel syrup → Caramel-flavored liquid stevia + a pinch of sea salt



Instead of mocha syrup → Cacao or unsweetened cocoa powder (1-2 Tbsp) + sweetener of choice



Instead of pumpkin spice syrup → Real pumpkin puree (2 Tbsp) + pumpkin pie spice (1 tsp/to taste)



Instead of hazelnut syrup → Hazelnut extract (¼ tsp) or a small handful of ground hazelnuts



Instead of chai concentrate → Brew strong chai tea + your choice of milk + sweetener



Herbal Teas for Flavor (Great for Refreshers):

Herbal teas add natural flavor without any sugar or calories.

- ☺ Passion fruit tea (for tropical refreshers)
- ☺ Strawberry or berry teas (for pink/red drinks)
- ☺ Peach tea (for fruity iced drinks)
- ☺ Hibiscus tea (tart and vibrant)
- ☺ Mint tea (refreshing and cooling)

Brew them strong, let them cool, and use as your base instead of plain water.

Fresh Flavor Boosters (Zero Sugar Needed):

- ☺ Cinnamon (adds natural sweetness)
- ☺ Nutmeg or cardamom (warm spice flavor)
- ☺ Cacao or unsweetened cocoa powder (rich chocolate taste)
- ☺ Fresh mint leaves
- ☺ Citrus zest (lemon, orange, lime)
- ☺ Real vanilla bean or vanilla extract



Pro tip:

Extracts are potent! Start with ¼ tsp and taste before adding more. A little goes a long way.



HOW TO BOOST THE PROTEIN *In Any Drink*



Want to turn your coffee into a balanced snack, meal replacement or post-workout drink? Here's how to add 20+ grams of protein without giving it a weird texture.

Best Protein Add-Ins:

Protein Powder

- ☛ 20-25g protein per scoop
- ☛ Use vanilla or unflavored for versatility
- ☛ Blend it (don't just stir) to avoid clumps
- ☛ **Works in:** iced coffee, smoothies, frappes



Cottage Cheese

- 10-15g protein per ½ cup
- Rich in leucine (helps stimulate muscle protein synthesis)
- It's creamy texture blends well
- Provides calcium
- Best when blended**

Greek Yogurt

- 15-20g protein per ¾ cup (170g)
- Makes drinks creamy and thick
- Works best when blended (not stirred or shaken)
- Works in:** smoothies, frappes, iced drinks

High-Protein Milk

- Fairlife: 13g protein per cup (240 ml)
- Soy milk: 7-8g protein per cup (240 ml)
- Protein-fortified oat milk: 8-10g per cup (240 ml)
- Works in:** everything

Quick Combos for 20g+ Protein:

- 1 scoop protein powder + high-protein milk = 30g+
- ½ scoop protein powder + cottage cheese = 20-25g
- Greek yogurt + high-protein milk = 25g+



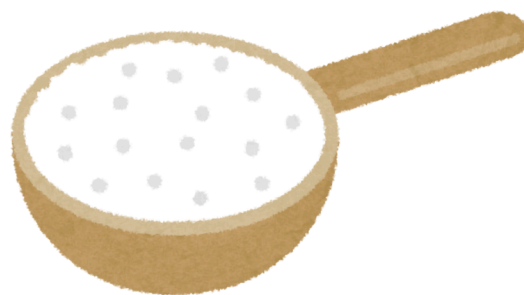
Texture Tips:

- Always blend protein powder and cottage cheese (shaking or stirring isn't enough)
- Start with a small amount of liquid in your blender with protein powder, then carefully pour in more liquid for even consistency as you blend
- Add ice to make blended drinks thicker

When to Add Protein:

Adding protein to coffee can:

- Slow caffeine spikes
- Improve fullness
- Support muscle and metabolism
- Reduce crashes and cravings



DIY COLD BREW CONCENTRATE



This makes an easy and affordable foundation for your DIY coffeehouse beverages. Make a batch on Sunday, and you're set for the week.

Ingredients:

-  1 cup (80 g) coarsely ground coffee
-  4 cups (1 liter) cool filtered water



Directions:

-  Place the coffee grounds in a large jar or pitcher & add the cool water.
-  Stir to combine.
-  Let the mixture sit on your kitchen counter (not in direct sunlight) for 12-24 hours.
-  Strain the coffee grounds through a fine-mesh strainer, coffee filter, nut milk bag, or cheesecloth.
-  Store the concentrate in a covered container in the refrigerator for up to 2 weeks.



To drink

Mix ½ cup (120 ml) concentrate with ½ cup (120 ml) water or milk over ice. Add your favorite creamer, protein boost, or flavoring.

Makes 8 servings of concentrate



PUMPKIN SPICE LATTE

(High-Protein Version)

Makes 1 serving



All the cozy fall flavor, none of the sugar crash.

Ingredients:

- 🍷 ⅓ cup (75 ml) brewed espresso or strong coffee
- 🍷 1 cup (240 ml) unsweetened milk of your choice
- 🍷 2 Tbsp pumpkin puree
- 🍷 1 scoop vanilla protein powder
- 🍷 1 tsp pumpkin pie spice
- 🍷 ½ tsp vanilla extract
- 🍷 Stevia or monk fruit to taste (optional)
- 🍷 Optional: whipped cream or coconut cream for topping

Directions:

- 1 Add all ingredients except whipped cream to a blender.
- 2 Blend on high until smooth and frothy.
- 3 Pour into a mug (for hot) or over ice (for iced).
- 4 Top with optional whipped cream and a sprinkle of pumpkin spice.

Macros (per serving): ~180 calories | 24g protein | 12g carbs | 3g fat



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ICED MATCHA LATTE

(With Protein Option)

Makes 1 serving



Smooth, energizing, and way better than the coffee shop version.

Ingredients:

- 🍵 1 tsp matcha green tea powder
- 🍵 1 cup (250 ml) milk of choice
- 🍵 ½ scoop vanilla protein powder (optional)
- 🍵 ¼ tsp vanilla extract
- 🍵 Stevia or monk fruit to taste (optional)
- 🍵 1 cup ice

Directions:

- 1 Whisk the matcha powder into 2 Tbsp of warm water until smooth (no clumps).
- 2 Add the matcha mixture, milk, optional protein powder, and vanilla to a blender or shaker bottle.
- 3 Blend or shake until smooth.
- 4 Pour over ice and enjoy.

Macros (with protein): ~150 calories | 15g protein | 10g carbs | 4g fat

Macros (without protein): ~80 calories | 3g protein | 10g carbs | 4g fat



COPYCAT PINK DRINK

(Refreshing + Optional Protein)

Makes 1 serving



Light, fruity, and pretty!

Ingredients:

- 🍵 ½ cup (125 ml) brewed passion fruit or strawberry tea (cooled)
- 🍵 ½ cup (125 ml) coconut milk or coconut water
- 🍵 ¼ cup (60 ml) unsweetened milk of your choice
- 🍵 ½ cup fresh or frozen strawberries
- 🍵 1-2 tsp honey or stevia to taste (optional)
- 🍵 Optional: ½ scoop vanilla protein powder
- 🍵 1 cup ice

Directions:

- 1 Brew the tea and let it cool completely (or use cold brew tea bags).
- 2 Add all ingredients to a blender.
- 3 Blend until smooth, and the strawberries are fully incorporated.
- 4 Pour over ice and garnish with extra strawberries if desired.

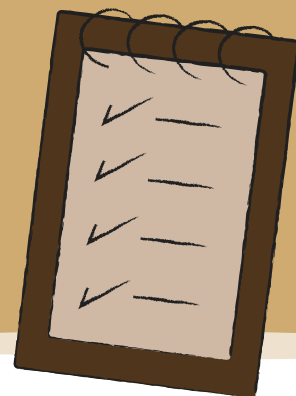
Macros (with protein): ~140 calories | 12g protein | 18g carbs | 3g fat

Macros (without protein): ~80 calories | 1g protein | 18g carbs | 2g fat



QUICK SWAPS

Cheat Sheet



Instead of this → Use this

- ✓ Heavy cream → Coconut cream, Greek yogurt, or high-protein milk
- ✓ Sugar/flavored syrups → Stevia, monk fruit, or small amount of honey
- ✓ Regular milk → Almond, oat, or high-protein milk (Fairlife)
- ✓ Whipped cream → Coconut whipped cream or Greek yogurt
- ✓ Caramel syrup → Caramel-flavored stevia drops
- ✓ Vanilla syrup → Pure vanilla extract + sweetener
- ✓ Chocolate syrup → Unsweetened cacao powder + sweetener
- ✓ Frappuccino → Blended coffee + protein powder + ice
- ✓ Chai latte → Brewed chai tea + stevia + high-protein milk
- ✓ Iced coffee (plain) → Iced coffee + high-protein milk + cinnamon



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SMARTER SWAPS

by Coffee Style



If You Love Sweet Lattes

Try this instead:

- ☛ Coffee + unsweetened milk
- ☛ Add cinnamon or vanilla extract
- ☛ Optional: protein milk or ½ scoop protein powder

If You Love Iced Coffee

Try this instead:

- ☛ Cold brew + ice
- ☛ Splash of milk or protein milk
- ☛ Dash of cocoa or cinnamon

If You Love Frappes or Blended Drinks

Upgrade it:

- ☛ Coffee or espresso
- ☛ Ice
- ☛ Greek yogurt or protein powder
- ☛ Cocoa powder or vanilla



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YOU DON'T HAVE TO GIVE UP

Your Favorites to Reach Your Goals

Lasting results come from putting it all together: your nutrition, workouts and being active, sleep, and all the daily habits that keep you consistent when life gets busy.

That's exactly what we focus on inside **IronStrong Collective**: Building the skills, structure, and support you need to make healthy living feel doable for real life. Together, we'll:

- 🌱 Build a sustainable strength and nutrition routine that works with your real life—not against it.
- 🌱 Create consistency that lasts by learning how to navigate busy seasons, imperfect days, and real life without falling into the all-or-nothing cycle.
- 🌱 Become IronStrong with the structure, coaching, community, and support to keep showing up for the woman you're becoming.



Here's what some of my **CLIENTS ARE SAYING...**

Thanks! I have REALLY LOVED your app and workouts!! It has held me accountable and been exactly what I needed! And I am going to continue!

Thanks Kate and thanks for all you do. You've been such a positive influence on my fitness journey and I don't tell you enough.

I love how fast I can run these days. Thanks for making me strong

You really are an amazing trainer. I am more tone than I have ever been. Thank You

I may forget to log all my water and my steps, but I know I'm getting both. My husband had back surgery 2 weeks ago so we've been walking a few times a day to progress his recovery. I've also noticed consciously making better food choices. I'm grateful for this app and your coaching!! ❤️

So grateful for your workouts!!! We hiked up the mountain at the far end of the lake and then came down the face of that rock!!! Overcame old fears interested new agility and strength.



Ready to take your NEXT STEP?

My mission is to help women become stronger from the inside out—building healthy habits, confidence, resilience, and a body that allows them to say "yes" to every opportunity God places before them. Because when you feel strong physically, mentally, and spiritually, you show up differently for your family, your work, and your calling. I'd be honored to walk alongside you on that journey.

LET'S DO THIS TOGETHER

IRONSTRONG COLLECTIVE

Your all-in-one coaching community with strength workouts, nutrition guidance, meal plans, accountability, and a community of women becoming stronger together.

BECOME IRONSTRONG

OPTIMIZE YOUR WELLNESS

The wellness tools I personally use to support recovery, energy, hydration, sleep, and healthy aging alongside a strong nutrition and fitness foundation.

LEARN MORE HERE



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MARISSA

"I got a compliment yesterday, some ladies I don't know said 'man I wish my legs and arms look like that in shorts and tanks'. I have this program to thank for it all! Finally seeing definition."

