COACHING SOCIETY

The Alcohol

CHEAT SHEET

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THE INTRO

Let’s be real… most people don’t struggle with fat loss because they don’t know what to do.

They struggle because life gets in the way.

Social plans. Dinners out. Birthdays. Weekends that turn into write offs.
And before you know it… you feel like you’re constantly starting again every Monday.

One of the biggest things that throws people off? Alcohol.

Not because you’re having a drink… but because there’s no plan around it. It turns into extra calories, poor food choices, missed sessions, and that “I’ll just restart tomorrow” mindset.

But here’s the thing… you don’t need to cut it out to get results.

You just need to know how to handle it properly.

That’s exactly why we put this together.

This guide will show you how to drink, stay social, and still make progress… without feeling restricted or like you have to choose between your lifestyle and your goals.

CALORIES

Alcohol is made through the fermentation and distilling of sugar or starch so unfortunately - it does contain calories. That's right, that beer or glass of wine you’re sipping at the end of a tough week isn’t calorie-free.

Alcohol doesn’t fit into any of the other macronutrients we consume (Protein, Fat & Carbs) and serves no real nutritional benefit to us. Alcohol should be limited when planning your weekly calories.

You also need to consider the amount of alcohol you’re consuming when prioritising your recovery. Recovery is a very important aspect of your health and fitness. If you’ve trained hard through the week, and are using the weekend to recover, using all of your calories on alcohol won’t exactly repair and re-fuel your body ready for the week ahead.

Don’t expect your body to recover without feeding it the nutrients it needs!

ALCOHOL EQUATES TO:

7

CALORIES PER GRAM

PLANNING

YOU’VE STAYED CONSISTENT ALL WEEK BUT HAVE A FAMILY PARTY COMING UP ON SATURDAY, WHAT DO YOU DO?

A

Hit the panic button, starve yourself the day before, feel guilty, or avoid it completely.

B

Plan it correctly, make smart choices, stick to your macros, train well and then go and have fun.

THERE ARE MANY DIFFERENT WAYS TO TACKLE AN OCCASION YOU HAVE COMING UP:

1 BETTER CHOICES

Choose smarter drink options and set yourself up before you even get there. Stick to lower calorie choices like spirits with zero sugar mixers, light beers or wines instead of high calorie cocktails and sugary drinks.

2 GO IN WITH A PLAN

Decide on your limit before the event, whether that’s 2 to 3 drinks or spacing them out across the night, so you’re not relying on willpower in the moment and can stay in control without it blowing out.
Alternate your alcoholic drink with a non-alcoholic drink.

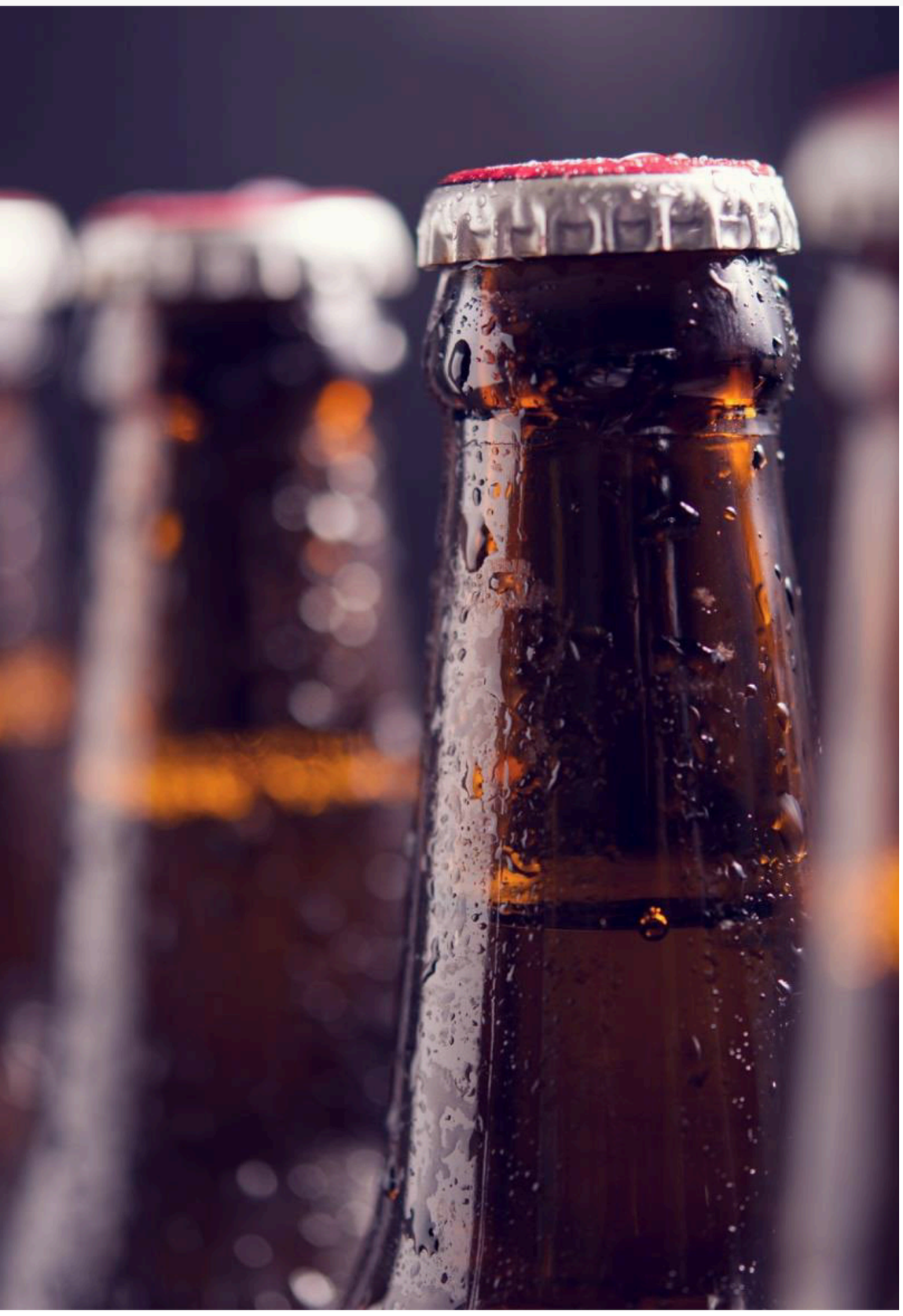
CHEAT SHEET

Below is a guide to alcohol to use and help you plan your alcohol consumption.

All values within this guide are correct as of April 2026. Please refer to the serving sizes noted, and use MyFitnessPal accordingly.

We have added an asterix (*) next to the items which will be less-impactive from an energy balance perspective.

If looking for spirits, we would always suggest mixing with diet mixers to again limit calorie consumption.



BOTTLED LAGERS

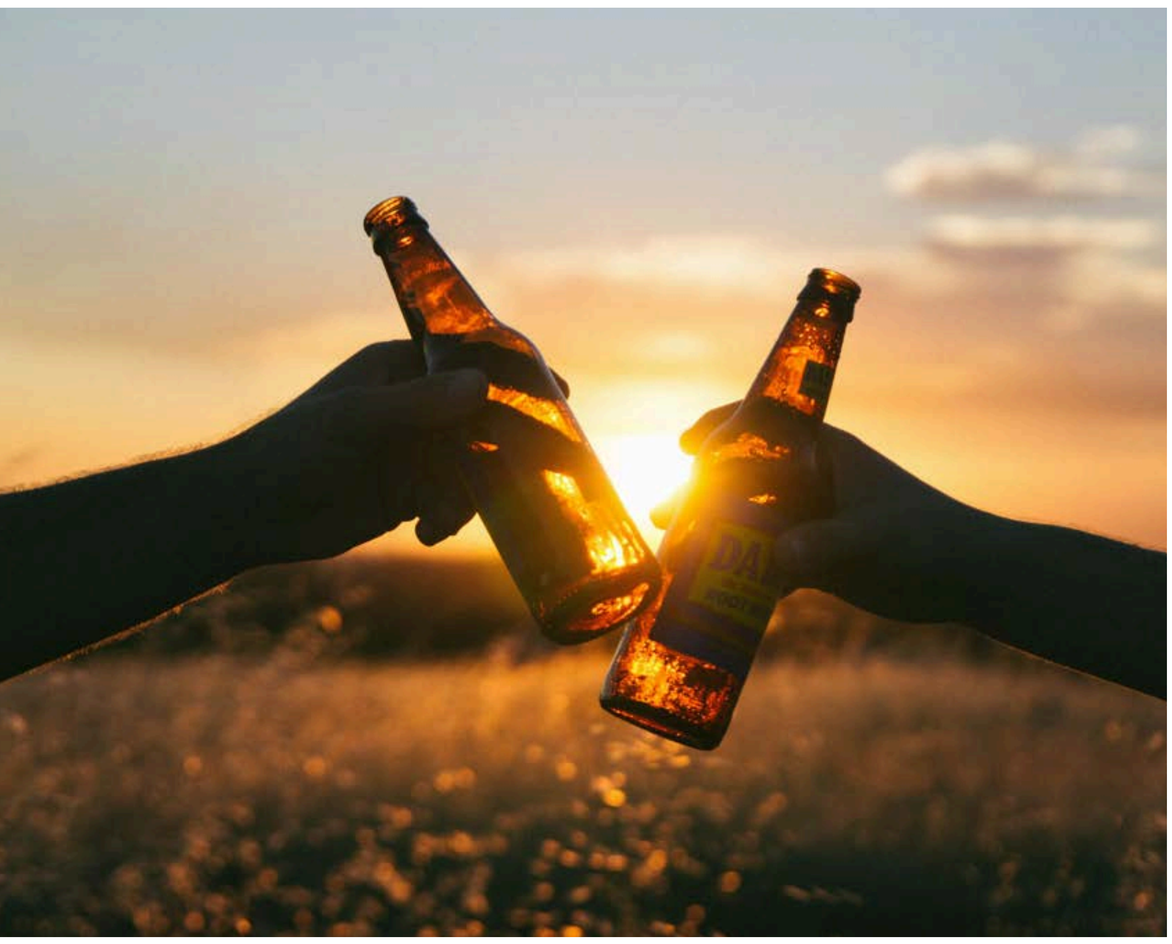
BRAND	QUANTITY	KCAL
VB	375ml Bottle	152kcal*
Great Northen Super Crisp	330ml Bottle	102kcal
Great Northern Original	330ml Bottle	102kcal*
Better Beer	330ml Bottle	87kcal*
Corona Extra	330ml Bottle	135kcal
Haan Super Dry	330ml Bottle	99kcal*
Carlton Dry	375ml Bottle	124kcal
Carlton Draft	375ml Bottle	139kcal
Cascade	375ml Bottle	144kcal*
Iron Jack	330ml Bottle	84kcal

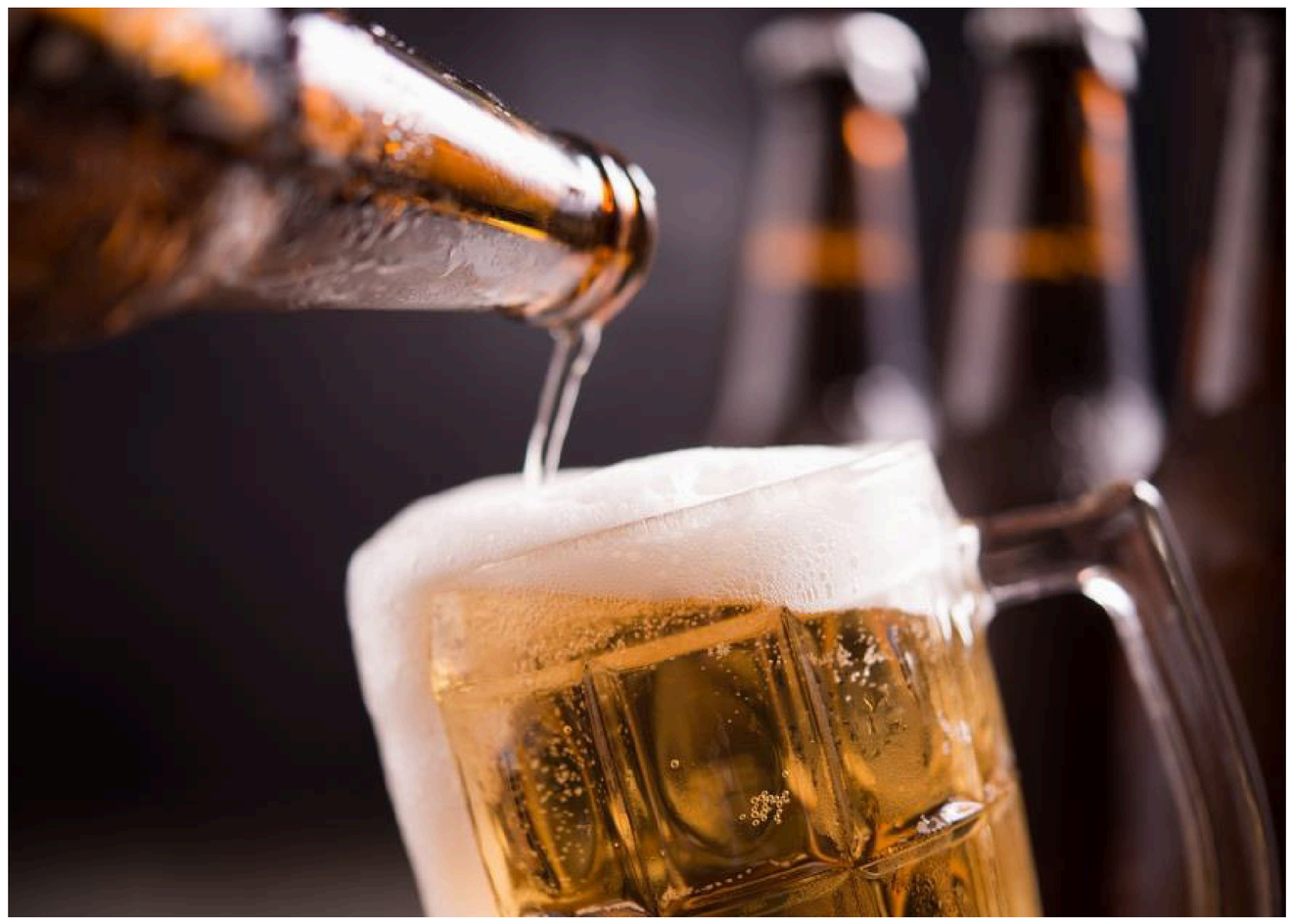
CANNED LAGERS

BRAND	QUANTITY	KCAL
Great Northern (super crisp)	375ml can	101kcal
Great Northern (Original)	375ml can	117kcal
VB	375ml can	152kcal
Better Beer	375ml can	87kcal*
Carlton Dry	375ml can	124kcal
Carlton Draft	375ml can	139kcal

ALE

BRAND	QUANTITY	KCAL
Furphy	375ml Bottle	138kcal
Wild Yak	345ml Bottle	139kcal*
Stone Wood	330 Bottle	132kcal*
Coopers	375ml Bottle	150kcal
Spit Fire	500ml Bottle	185kcal
Old Speckled Hen	355ml Bottle	175kcal





CIDERS

BRAND	QUANTITY	KCAL
Strongbow Original	330ml Bottle	163kcal
Kopparberg Apple	330ml Bottle	154kcal
Rekorderling Strawberry and Lime	330ml Bottle	139kcal
Bulmers Original	330ml Bottle	149kcal
Somersby Apple	330ml Bottle	198kcal
Pure Blonde	355ml Bottle	86kcal

SPIRITS - GIN

BRAND	QUANTITY	KCAL
Bombay Sapphire	25ml	56kcal
Gordons Special Dry Gin	25ml	52kcal*
Gordons Pink Gin	25ml	61kcal
Tanqueray London Gin	25ml	60kcal
Sipsmiths Gin	25ml	52kcal*
Opihr Gin	25ml	50kcal*
Malfy Lemon	25ml	65kcal

SPIRITS

BRAND	QUANTITY	KCAL
Port	25ml	55kcal
	50ml	75kcal
Southern Comfort	50ml	105kcal

SPIRITS - WHISKEY

BRAND	QUANTITY	KCAL
Jack Daniels Whisky	25ml	65kcal
Bells Original Original Whisky	25ml	65kcal
Jonny Walker Black Label	25ml	65kcal
Jim Beam Bourbon Whiskey	25ml	65kcal

SPIRITS - VODKA

BRAND	QUANTITY	KCAL
Smirnoff Vodka	25ml	60kcal*
Grey Goose Vodka	25ml	65kcal
Absolut Vodka	25ml	63kcal
Russian Standard Vodka	25ml	64kcal

WINE

BRAND	QUANTITY	KCAL
Red Wine	175ml	100-130kcal
White Wine	175ml	120-130kcal
Rose Wine	175ml	120-140kcal
Moet & Chandon	150ml	105kcal
Prosecco	175ml	110-140kcal
Asti	150ml	125kcal
Champagne	150ml	95kcal

SPIRITS - RUM

BRAND	QUANTITY	KCAL
Malibu Original White Rum	25ml	60kcal
Captain Morgans Spiced Rum	25ml	65kcal
Bacardi Dark Rum	25ml	58kcal

REMEMBER...

EVERYTHING IN LIFE HAS TO HAVE BALANCE.

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