

Dry January guide



Science-proven tips + tricks,
printable calendar tracker, and mocktail recipes

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Science-proven tips to stay alcohol-free

Dry January can be challenging, so we've created a list of scientifically-proven tips to help you on this month long journey.

Have a support system

Find people who will respect and encourage your decision to participate in Dry January. People participating in Dry January reported that having supportive people in their life helped them succeed. Need a support system? [The InsideTracker Insider's Facebook Group](#) provides a forum for customers to have open and honest conversations about topics like this.

Make a public commitment

People who make a public commitment to Dry January are more likely to follow through with their intentions. Share your commitment with your friends and family, post it on Instagram or Facebook, or tell fellow members of the InsideTracker's Insider Facebook Group.

Self-talk

If you feel tempted to imbibe, take a moment to reflect on why you chose to participate in Dry January in the first place. Remind yourself of the goals you're trying to achieve with this challenge.

Engage in non-alcohol related activities

Find ways to stay busy or distract yourself by engaging in non-alcohol-related activities. Activities that have worked for others include cooking, gardening, fitness or sports, camping, catching up with friends, cleaning, reading, or taking bubble baths.

Find alternative drinks

Using alternative drinks can help in a range of situations, including maintaining existing habits at home sans alcohol (e.g. pouring a mocktail into a wine glass after work) or continuing to feel part of social situations while others are drinking alcohol. Nonalcoholic beverages range from alcohol-free beer and wine to “fancy soft drinks” and mocktails, to herbal teas and hot chocolate. You can also find healthy mocktail recipes at the end of this guide!

Plan in advance

Plan ahead for any social situations where that will involve drinking. Think of alternative options and set up adequate safeguards to avoid drinking.

Get your blood tested

Test your blood biomarkers before and after with InsideTracker. Studies show that biomarkers like cholesterol, glucose, inflammation, and liver enzymes improve after abstaining from alcohol for a month. Visually tracking your health can boost motivation.

Track your progress

Tracking your progress through a calendar tracker serves as a great tool for accountability and commitment. Use the printable calendar tracker on the next page to track your alcohol-free progress.

References:

Pennay, A., MacLean, S., Rankin, G., & O'Rourke, S. (2018). Hello Sunday Morning: Strategies used to support temporary alcohol abstinence through participation in an online health promotion programme. *Health Promotion Journal of Australia*, 29(3), 321–327. doi:10.1002/hpja.22

Richard O. de Visser, Emily Robinson, Tom Smith, Gemma Cass, Matthew Walmsley, The growth of 'Dry January': promoting participation and the benefits of participation, *European Journal of Public Health*, Volume 27, Issue 5, October 2017, Pages 929–931, <https://doi.org/10.1093/eurpub/ckx124>

Dry January tracker



01	02	03	04	05	06	07
08	09	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:



10 mocktail recipes for Dry January

Virgin berry margarita

Prep: 0 mins **Cook:** 10 mins **Makes:** 2

Per serving: 160 calories; 0 g fat; 41 g carbohydrates; 1 g protein



Ingredients

- 2 cups frozen berries
- 1/2 lime, juiced
- 1 tbsp maple syrup
- 2 cups coconut water
- 10 ice cubes

Directions

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Garnish with lime wedges.

Classic virgin sangria

Prep: 0 mins **Cook:** 2 mins **Makes:** 2

Per serving: 84 calories; 8 g fat; 22 g carbohydrates; 1 g protein



Ingredients

- 3/4 cup cranberry juice
- 1/2 lemon (juiced, plus slices for garnish)
- 1/2 cup frozen berries
- 2 tsp maple syrup
- 1/2 cup soda water

Directions

1. Divide all ingredients between two glasses filled with ice.
2. Stir to combine. Garnish with lemon slices.

Classic virgin Caesar

Prep: 0 mins **Cook:** 10 mins **Makes:** 2

Per serving: 61 calories; 1 g fat; 12 g carbohydrates; 3 g protein



Ingredients

- 2 cups tomato juice
- 1 lime
- 1 tbsp sea salt, divided
- 1 tsp hot sauce
- 1 tbsp tamari
- 2 baby pickles
- 2 cherry tomatoes
- 4 green olives

Directions

- 1.** Set half of the sea salt in a shallow bowl. Take a lime wedge and run it around the rim of the glass. Dip the rim of the glass into the sea salt, being sure to cover the rim. Repeat the process until all of your glasses are rimmed with sea salt.
- 2.** Add the other half of the sea salt, remaining lime juice from the lime, tomato juice, hot sauce and tamari into a blender. Blend until everything is well combined.
- 3.** Pour into rimmed glasses and divide the pickle, cherry tomatoes and olives evenly between the toothpicks to garnish.

Watermelon mint agua fresca

Prep: 0 mins **Cook:** 10 mins **Makes:** 2

Per serving: 198 calories; 1 g fat; 50 g carbohydrates; 4 g protein



Ingredients

- 1/4 seedless watermelon, large
- 1 tbsp maple syrup
- 1/2 cup water
- 2 tbsp mint leaves
- 1/4 lime, sliced into wedges

Directions

1. Slice watermelon into rounds and then into quarters. Slice off the rind.
2. Dice the watermelon and add to blender with maple syrup and water.
3. Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
4. Add ice (optional) and pour watermelon agua fresca into each glass.
5. Stir to combine.

Classic virgin mojito

Prep: 0 mins **Cook:** 10 mins **Makes:** 2

Per serving: 36 calories; 0 g fat; 8 g carbohydrates; 0 g protein



Ingredients

- 1/4 cup mint leaves
- 1 tbsp maple syrup
- 1 tbsp lime juice
- 2 cups soda water

Directions

- 1.** Add all of the ingredients into a pitcher, adding the sparkling water last.
- 2.** Gently stir until every is mixed well.
- 3.** Divide between glasses filled with ice.

Virgin raspberry mojito

Prep: 0 mins **Cook:** 15 mins **Makes:** 2

Per serving: 68 calories; 0 g fat; 18 g carbohydrates; 0 g protein



Ingredients

- 1/4 cup raspberries
- 3/4 cup water
- 2 tbsp maple syrup
- 1/4 cup mint leaves
- 1 lime, sliced into wedges
- 2 cups soda water

Directions

- 1.** In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to a blender and puree until smooth. Chill in fridge for at least 10 minutes.
- 2.** Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
- 3.** Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges.
- 4.** Sprinkle a pinch of sea salt if desired.

Blueberry agua fresca

Prep: 0 mins **Cook:** 5 mins **Makes:** 2

Per serving: 71 calories; 0 g fat; 18 g carbohydrates; 1 g protein



Ingredients

- 1 cup blueberries
- 1/2 lime, juiced
- 1 tbsp maple syrup
- 2 cups water

Directions

1. Combine all ingredients in a blender. Blend well until smooth.
2. Divide blueberry mixture into glasses filled with ice and enjoy!

Grapefruit + thyme sparkling soda

Prep: 0 mins **Cook:** 10 mins **Makes:** 2

Per serving: 84 calories; 0 g fat; 21 g carbohydrates; 2 g protein



Ingredients

- 2 grapefruit
- 4 cups soda water
- Thyme sprigs

Directions

1. Cut grapefruit in half.
2. Squeeze the juice out of one half. Carve the flesh out of the other half.
3. Add both the juice and flesh to the bottom of a glass with the thyme sprigs.
4. Pour sparkling water over top. Stir gently until combined.

Cucumber mojito with aloe

Prep: 0 mins **Cook:** 15 mins **Makes:** 2

Per serving: 91 calories; 0 g fat; 24 g carbohydrates; 1 g protein



Ingredients

- 1 cup water
- 2 limes, juiced
- 1.5 fl oz aloe juice
- 1 cucumbers, peeled & chopped
- 1/2 cup mint leaves
- 1/16 tsp salt

Directions

- 1.** Add all ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
- 2.** Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
- 3.** Serve over ice.

Sparkling pomegranate limeade

Prep: 0 mins **Cook:** 5 mins **Makes:** 2

Per serving: 13 calories; 0 g fat; 21 g carbohydrates; 1 g protein



Ingredients

- 1 cup water
- 2/3 cup soda water
- 2 tbsp lime juice
- 3 tbsp monk fruit sweetener
- 2 tbsp pomegranate seeds
- Thyme sprigs, for garnish

Directions

1. Combine the water, sparkling water, lime juice, monk fruit, and pomegranate seeds in a jug.
2. Serve into glasses and garnish with a sprig of thyme

Thirsty for more?

Unlock additional recipes and get an ultra-personalized nutrition plan based on your blood, DNA, and habits with InsideTracker.



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