

Mediterranean-Style Tea & Hydration Guide 🌿

Herbal Teas • Infused Waters • Plastic-Free Brewing Tips



Mediterranean Approach

The Mediterranean diet emphasizes water, herbal teas, and small amounts of coffee for hydration.

When losing weight is no longer an issue, the Mediterranean diet also allows small amounts of wine.



Coffee Tips (Mediterranean-Style)

Coffee in moderation (1-2 cups/day) can provide antioxidants and a small energy boost. Here's how to keep it healthy & delicious:.

- Coffee in moderation (1–2 cups/day) provides antioxidants and energy.
- Choose organic where possible.
- Pick Swiss Water Process decaf to avoid chemicals.
- Drink black or with small amounts of oat/almond milk
- Want a smooth, chocolatey, and Mediterranean-friendly start to your day while adding only 45 calories with a 3g protein boost? See my personal tip below.



Personal Tip: If black coffee (or a splash of milk) doesn't do it for you, try this:

1. Place in a tall cup or glass:
 - 4 oz Chobani Extra Creamy oat milk
 - 3g Chocolate Vital Proteins
 - 1 packet stevia
 - Dash of cinnamon
2. Froth with a hand frother (see my resources guide for the one I use)
3. Warm in the microwave 40 seconds
4. Add coffee and enjoy!



Vitamin Water

This zero-calorie, electrolyte-boosting drink can be a refreshing part of your hydration routine.

- Up to 16 ounces Vitamin Water Zero Sugar per day (won't spike blood sugar)
- Adds electrolytes and small boost of vitamins B and C (doesn't replace whole-food sources, but is a nice little boost)
- Counts toward daily fluid intake

Herbal Tea Options

These teas are naturally caffeine-free, can be enjoyed hot or iced, and pair beautifully with a Mediterranean lifestyle. Note that some tea bags contain microplastics – plastic-free brands are provided below.

- Chamomile + Lemon + Mint – calming, great with lemon and mint.
- Rooibos Vanilla – naturally sweet, dessert-like.
- Hibiscus + Rosehip – tart, high in vitamin C.
- Peppermint – refreshing, helps digestion.
- Ginger-Lemongrass – warming, citrus note, aids digestion.

Mediterranean-Style Infused Water Ideas

These mimic spa-style drinks and can be made in a big pitcher to sip all day.

- **Cucumber + Lemon + Mint** – crisp, cooling, and hydrating
- **Orange + Blueberry + Basil** – fruity, refreshing, and lightly sweet
- **Strawberry + Thyme** – bright, herbal, and naturally pretty
- **Peach + Raspberry + Rosemary** – aromatic, slightly sweet, and summery
- **Watermelon + Lime + Mint** – juicy, cooling, and super hydrating

💡 Tip: Use a large glass jar or pitcher, fill with cold filtered water, add sliced fruit/herbs, and let it sit in the fridge for 2–4 hours for maximum flavor.

Plastic-Free Tea & Infusion Guide

Why Plastic-Free Tea Bags Matter

Most people don't realize this, but many commercial tea bags are sealed with **plastic fibers**. When hot water hits the bag, billions of **microplastics** (tiny particles of plastic) can leach into your tea. Research shows these particles may carry potential health risks and also contribute to environmental pollution.

The good news? There are plenty of **plastic-free brands** — and even better, you can skip bags altogether and brew loose-leaf tea with a stainless steel infuser for a clean, flavorful, and eco-friendly option.

If you've never thought about what's in your teabag, you're not alone — but now you know how to make the switch to a cleaner cup.

Plastic-Free Brands

- Traditional Medicinals
- Pukka
- Numi Teas
- Republic of Tea
- Stash
- Yogi Tea
- Teatulia
- Clipper Teas

Brands to Watch Out For (contain plastic)

- Tazo
- Teavana
- Celestial Seasonings
- Mighty Leaf
- Tetley
- Twinings
- Lipton

 **Solution Reminder:** When in doubt, choose loose-leaf tea with a reusable stainless steel infuser. It's the best flavor, zero plastic, and good for the environment.