

Your Guide to
Non-Alcoholic
Drinks that Don't Suck

LAURA VALVASORI





Welcome!

Over the 3 years since I've gone alcohol-free, I've tried many non-alcoholic drinks. I created this guide to share my favourites to save you some of the time and money I spent trying different options so that you can find drinks you actually enjoy!

My caveat is that I want to remind you that there is a difference between alcohol-based and non-alcoholic drinks, especially wines. Your palette needs to adjust and in some cases, you will find that you need to invest in premium drinks (especially red wines!) to get options that are closer to the original versions.

My advice is to explore some options with an open mind and have fun!

PS. Having non-alcoholic drink options available is only one piece of the puzzle in transitioning to an alcohol-free lifestyle. I'm excited to be launching "Still Me, But Alcohol-Free" on February 1, 2024. There are some details at the end of this guide if you are interested in learning more or go to www.lauravalvasori.com/still-me-alcohol-free.

Cheers!

Laura Valvasori

Mindset & Well-Being Mentor | Alcohol-Free Lifestyle



My Favourite

Non-alcoholic Wines



White - Loxton Sauvignon Blanc (\$11.95)

This Sauvignon Blanc is my moderately priced go-to white wine. Less sweet than grocery store brands available, it is a bit tart and refreshing. Loxton also makes a nice Semillon Chardonnay.



White - Invitations (\$8.95)

This Semillon Chardonnay is an Australian white wine available at Metro Grocery stores as their private label wine. With 9 grams of sugar, it is the best brand I've found available for purchase at a grocery store.



White - L'arjolle Viognier Sauvignon (\$19.95)

This premium white wine is a nice dry and low sugar option with only 3 grams of sugar. It leans more towards tasting like a Sauvignon Blanc and is crisp on the palette.



White - Luminara Chardonnay (\$25.95)

This alcohol-free wine Chardonnay embodies the essence of Chardonnay with more smokey and buttery notes, but be warned it still doesn't have the mouth feel that an alcohol-based Chardonnay would.



My Favourite

Non-alcoholic Wines



Sparkling White - Odd Bird Blanc de Blanc (\$24.95)

Everyone who's tried this loves it. It is perfect to crack open for a celebration and it is also available at some retailers in individual serving bottles which makes it nice to be able to only have one glass.



Sparkling Rosé - Oddbird Spumante (\$22.95)

This sparkling rosé is made from a blend of Chardonnay & Syrah which creates notes of summer berries, green apples and citrus. It is lovely to drink, an option with on the drier side of a rosé.



Sparkling White - Wander+Found Cuvee Blanc (\$19.95)

This crisp and refreshing bubbly is perfect for celebrating a special occasion. It is a lower sugar option that has a nice level of effervescence.



Sparkling White - Nozeco Prosecco (\$15.95)

Not to be confused with St. Regis Secco, Nozeco is lower in sugar and offers a palette with hints of fruit. It is the closest thing I've found to Prosecco, especially at a more accessible price point.



My Favourite

Non-alcoholic Wines



Red - Lautus Savvy Red (\$23.95)

This is the first bottle of non-alcoholic red wine that I've tried that comes close to tasting like the alcoholized version. It has red and blackberry fruit flavours, complemented by a subtle hint of oak.



Red - Luminara Red Blend (\$25.95)

This is my favourite non-alcoholic red wine I've tried to date. It has black cherry aromas intertwined with hints of smoke, with a nice subtle tannin. It is a more premium brand, but I think is worth spending the extra dollars on.



Red - Edenvale Tempranillo Cabernet Sauvignon (\$24.95)

While I haven't tried this one, it comes highly recommended by a friend. It is a Spanish varietal which promises a fuller-bodied wine with its deep color and aromas of cherry and vanilla.

Why Do Non-Alcoholic Wines Cost the Same or More Than Regular Wine?

The production process for non-alcoholic wine starts the same as traditional wine, involving the cultivation of grapes and fermentation. The removal of alcohol requires specialized technology and additional processes, which adds to production costs. And while the demand for non-alcoholic wine is growing, it is still lower compared to regular wine, leading to less economies of scale.



My Favourite

Non-alcoholic Wines



Red - L'Arjolle Merlot Grenache (\$19.95)

With only 3 grams of sugar, this easy-drinking red is light and fresh with a soft mouthfeel, some refined tannin, and a medium-bodied finish. I would compare it more closely to a Pinot Noir.



Red - Zin Zero Cabernet Sauvignon (\$19.95)

This fuller-bodied red appearance has a nice dark hue, with blackberry aromas and a touch of vanilla. The mouth is a bit on the fruity side, but with nice tannins to balance it out.



Red - Smoky Bay Shiraz (\$14.95)

This is one of my go-to red options, but be warned that it does lean more towards tasting like grape juice than the more premium red wines. As the name suggests, it has a bit of a smoky flavour profile.



Red - Loxton (\$11.95)

This Shiraz has notes of red fruit, blackcurrant, dark cherry and is fuller bodied than the Smoky Bay Shiraz, but again, is more grape juice tasting than the premium reds.



My Favourite

Non-alcoholic Beers



Corona Sunbrew (\$2.95)

My husband has done a side-by-side taste test and found it difficult to distinguish between the alcoholic and non-alcoholic versions. This has become a summer go to. Available at most grocery stores, and at Costco in a 24-pack for a lower cost.



Clausthaler Beer (\$2.29)

This is my husband's favourite beer alternative. He likes the flavour and says it is less effervescent than many of the non-alcoholic beers he has tried. It can be purchased at the LCBO or some grocery stores.



Stay Classy IPA (\$4.79)

This was a recommendation from my sister who enjoys a nice IPA. Stay Classy pours just like a beer, with good head retention and soft, pale yellow body and has the characteristics of a classic IPA.



Guinness Draught 0.0 (\$4.95)

The flavour of the Guinness Draught is very close to the original. The pour is nice, but it is a little thinner on the mouthfeel than the regular version. Having said that, my husband quite enjoys it!



My Favourite

AF Spirits & Pre-made Mocktails



HP Juniper Gin (\$27.95)

I've tried several non-alcoholic gins and many of them taste like Mr. Clean. This one is the best I've found to mix with tonic and fresh lime.



Seedlip Spice 94 (\$44.95)

Seedlip makes a line of alcohol-free spirits with different flavour profiles. This is my favourite to mix with tonic and fresh grapefruit juice. It has a bit of a cinnamon taste and adds a nice flavour.



Monday Rum (\$44.95)

We recently added this bottle to our collection. It is inspired by aged rums of the Caribbean and has a nice subtle caramel flavour that is nice mixed with coke or and as a base for mocktails.



Atypique Pre-mixed Drinks (\$2.95)

Many of the pre-mixed mocktails are super sweet or use stevia which I am not a fan of. These are not too sweet and use natural sugar as a sweetener. I like the Spritz and Mojito flavours best.



My Favourite

AF Spirits & Pre-made Mocktails



Grolsch Lemon Radler (\$4.75)

I don't drink these very often because they are high in sugar, but they are very tasty and refreshing on a hot summer day. Available at most grocery stores.



Benjamin Bridge Piquette Zero Wine Style (\$3.25)

This mocktail is kind of like a white wine spritzer, without having too much carbonation. It is easy-drinking and has hints of citrus.



Leitz Eins-Zwei Zero - Sparkling Rosé (\$4.95)

This is similar to the Benjamin Bridge, but a rosé with nice notes of strawberries, raspberry, and citrus, complemented by subtle hints of fresh grapefruit.



Collective Arts Mocktails - (\$3.49)

Collective Arts offers some classic cocktail re-makes with Mojito, Midday Mule and Perpetual Paloma. All are lightly sweetened with cane sugar (3-4 grams each) and are lightly carbonated.



My Favourite

AF Spirits & Pre-made Mocktails



Gioia Bitters (\$7.95 for 6)

When mixed with soda water, these bitters create a drink that tastes similar to an Aperol Spritz. Available at most grocery stores.



Bark & Bitters (Sampler pack for \$39.95)

Non-alcoholic bitters from Bark & Bitter are concentrated infusions of various herbs, spices, fruit, and botanicals. They can be used in mocktails to add depth, complexity, and balance to drinks. Or you can simply add a few drops to soda to create a low-calorie mocktail.

Are sober curious, taking a break for Dry January, or on the path to going alcohol-free?

If you're in the Oakville, Ontario area, you won't want to miss the **Dry January Tasting Experience** on January 18th. You'll have an opportunity to taste a variety of non-alcoholic drinks (many of the ones featured in this guide!) while having a fun, social experience with like-minded women.

Learn more and grab your tickets here:

<https://www.lauravalvasori.com/dry-january-tasting-experience>



My Favourite Alcohol Alternatives



Cranberry and Soda or Tonic with extra lime

These are great drinks to order when out at a restaurant or to have at home. If out, ask for them in a proper cocktail glass to up the visual appeal.



Arnold Palmer

I can't drink too many bubbles or I get a funky tummy, so this is a nice alternative to soft drinks or bubbly mocktails. An Arnold Palmer is made with 1/2 iced tea and 1/2 lemonade.



Fruit-flavoured Iced Teas

I often cold-brew fruit-flavoured teas and serve them over ice and add some fresh fruit or berries. A nice non-bubbly alternative.



Fruit-Infused Water

Fruit makes plain water feel fancy! I often create a pitcher with a mix of lime, cucumber and mint or strawberries and lime or watermelon in the summer. Get creative!



My Favourite Alcohol Alternatives



Flavoured Balsamic Vinegar and Soda

I never would have believed this until I tried it, but mixing flavoured balsamic vinegars with soda or sparkling water creates a delicious, low-calorie mocktail. My favourites are created using Blackberry or Pomegranate Flavoured Balsamic Vinegars.

Need some mocktail inspiration?



Over this past holiday season, I created the **12 Days of Alcohol-Free Mocktails that Don't Require Spiritless Spirits**.

While they are holiday-themed, they're great all year round!

Download your FREE copy at:
www.lauravalvasori.com/12-days-mocktails



Where to Buy



Major Grocery Stores

Most grocery stores, and even some drug stores, now have a varying selection of non-alcoholic options. To access premium options and more variety, I recommend ordering ahead on-line.



Upside Drinks (upsidedrinks.ca)

UpsideDrinks.ca was founded in 2022 by two young entrepreneurs with the primary goal of offering a healthier and more sustainable alternative to traditional alcoholic beverages. They offer an extensive variety of options.



Clearsips (clearsips.ca)

Clearsips is an Ontario-based, family-owned business dedicated to bringing premium, great-tasting non-alcoholic drinks to Canadians. Clearsips is an importer, distributor, and retailer of national and international esteemed zero-proof spirits, wine, beer, cider and ready-to-drink beverages.



Dry Variety (dryvariety.com)

Dry Variety Drinks was founded in London Ontario in 2021. They are a one stop shop providing a curated selection of non-alcoholic wines, spirits, beers and more!

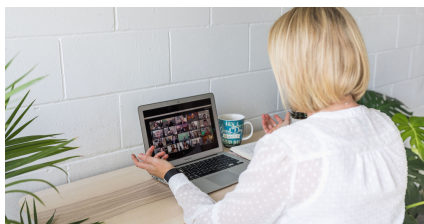


LAUNCHING FEBRUARY 1, 2024!

Still Me, But Alcohol-Free is a 6-week program, designed for women, to guide you through "trying on" going alcohol-free with the right mindset, tools, and support to help you be successful.

The program will include pre-recorded content, live weekly calls where I will share learnings and answer questions, and you will have weekly reflections and activities. You will also have access to a community of like-minded women who are on the same journey through a private Facebook Group. And lots of resources to help you be successful!

Visit www.lauravalvasori.com/still-me-alcohol-free



Education

Learn from someone who has been through the journey to simplify the process and increase your chances of being successful.



Community

Transitioning to an alcohol-free lifestyle can feel lonely, but you don't have to do it alone. Surround yourself with support and make it fun!



Energy Healing Support

Supporting your journey to going alcohol-free by including group distant Reiki sessions and the option for a discounted Emotion Code session.

Hi, I'm Laura

I'm a Business & Well-Being Mentor.

I help women see what's possible for them, simplify the path forward, and support them in living their best life.



My Journey

Like many women, in my early forties, I started feeling like alcohol was no longer agreeing with my body, but I couldn't imagine quitting drinking as it was such a part of my social life.

After hitting a breaking point, in August of 2020, I took a mindset-based approach to "trying on" going alcohol-free in a quest to feel better.

Today, over 3 years later, I live happily alcohol-free and have experienced so many benefits after quitting alcohol.

I am now sharing what I've learned to guide other women through the journey of shifting to an alcohol-free lifestyle.

Let's Stay Connected

Sign up for my mailing list at www.lauravalvasori.com.

Follow me online on [Instagram](#) and [TikTok](#) at @laura_valvasori

Connect on [LinkedIn](#)

Email me at: me@lauravalvasori.com