

# Caffeine Weaning Guide

A guide to eliminating or reducing caffeine without the withdrawals

## Reduce Caffeine Slowly

To prevent caffeine withdrawal, reduce your intake by half every 1-3 weeks as tolerated. Replace some of your regular coffee with decaf coffee or black tea.

Note: Coffee can be a source of mold, so check that your coffee is tested & mold-free. Decaf coffee can contain extra chemicals so go for organic, well sourced options.

If you don't have any withdrawal symptoms, reduce to options with less caffeine:

- green tea
- white tea
- oolong tea
- matcha
- dandy blend
- yerba mate
- mushroom blends/coffee
- adaptogenic blends



## Go Caffeine Free

Once you've reduced your coffee intake to half or a quarter of what it used to be, shift to caffeine free options such as those listed below:

- adaptogenic herbal coffee alternatives
- dandelion root tea
- teeccino
- dandy blend
- chaga mushroom tea
- mushroom blends



## Matcha Latte

*contains caffeine*

### INGREDIENTS

- 4 oz water
- 1-2 tsp Matcha powder
- 2 tsp Honey or Maple syrup
- 1 cup milk/alternative
- 1 scoop collagen (optional)



### DIRECTIONS

Whisk together hot water, collagen, and matcha powder. Add the syrup / honey and whisk until blended. Pour hot frothed milk and stir to combine. Use an electric frother, blender, or a traditional bamboo matcha whisk and bowl.

# Caffeine Weaning Recipes

## Dandelion Root Latte

*Caffeine Free*

### INGREDIENTS

- 8 oz water
- 2 bags of Teeccino Dandelion Dark Roast
- 1 Tbsp of coconut/heavy cream
- 1 scoop collagen

### DIRECTIONS

Brew 2 bags of Teeccino for a nice strong flavor. Add your tea, cream, and ½ or full scoop of collagen to a blender to combine, or shake in a mason jar if you're on the go.



## Golden Milk Chai Latte

*Caffeine or Caffeine Free*

### INGREDIENTS

- 1 cup milk/unsweetened non-dairy milk
- 2 medjool dates or 2 tsp honey or 1 tsp maple syrup
- 1 tsp vanilla extract
- 2 tea bags Masala Chai per cup water or substitute Rooibos Chai for a caffeine free alternative
- 1/2-1 tsp turmeric powder or 1 tbsp fresh grated turmeric

### DIRECTIONS

- Blend 1 cup milk/unsweetened non-dairy milk of choice (almond and cashew work best) with dates and heat until it's just about to simmer
- Add vanilla extract and turmeric and mix well
- If using honey, add after milk has been heated
- Fill 2 cups halfway with hot freshly steeped chai
- I use Rishi brand and make it in a french press.
- Top off with your milk blend. Makes two servings.

On the go: Add all the ingredients to a mason jar. Add hot water and shake up for a warming anti-inflammatory beverage.

Tips: To avoid stains rinse glasses and mugs immediately and use baking soda if stains occur.

