

## 7 Natural Bed Time Beverages for Weight loss – 7 Power Drinks for Detox

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How would you feel if we told you about bedtime weight loss drinks that can help you shed the extra pounds while you are snoozing away to glory? You would look incredulous and say “is that even possible?”

Okay, what is the first thing that comes to your mind when we say drinks? We would think of all those “you cannot have that” drinks, say sodas, sinful shakes, and calorie-ridden cocktails. Sippables have just made drinks the diet villain out there. But hey, let’s not generalize, there are many drinks that can help you shed those extra pounds real quick; of course, provided you complement them with [the right diet and exercise](#).



Yeah yeah, we still have not discovered that miracle drink that can help us shed those kilos like magic. You know, just sip and the next day you are ten pounds lighter. Sigh! But we are getting you the next best thing, a weight loss drink that can help you sleep better, reduce stress, accelerate your metabolism, and help you lose weight. A good night’s sleep can do wonders, shut off those pesky hunger hormones, and make you feel happy and energised so there are lesser chances of you reaching out for those unhealthy snacks that make your diet go haywire. It just makes the whole process so easy!

Read on to find out those wonder drinks that can make your weight loss dream into a reality. Got a pen and paper? So, note down, I love to maintain a food journal you know, it just makes me more accountable. So, if I devour a bag of chips, the next day when I stare at it, I vow to myself I won’t make that same dietary mistake again! Go ahead and do the same, and add the super [healthy weight loss drinks](#) you had, it will definitely make you feel better!

# Top Drinks that Burn Fat while Sleeping

What is the basic thumb rule to follow for weight loss? Zip your mouth after sun down, even if you go hungry to bed, so a bedtime drink for weight loss is the perfect answer! You don't go to bed hungry and it stimulates your metabolism enough to transform your body into a fat burning machine! What's not to like then? Nothing, everything is as good as it sounds, there aren't any conditions apply. Let us explore some of the drinks then and add it to our 'to-drink' list at night.

## 1. Coconut Milk



You have hit the snooze button yet can't sleep? Remember the times when you were kids when your mom gave you a glass of warm milk which put you to sleep like a baby? Looks like your mom was right, like always. The calcium and tryptophan enriched milk helps you sleep peacefully. The calcium in your milk sends feelers to your brain to use the amino acid tryptophan to create a substance melatonin, which is one great way to get you back to sleep. Once you clock your way to some eight hours of sleep, you will notice that your cravings are almost gone.

## 2. Chamomile tea

A hot mug of this powerful tea is all you need to transport you gently to la la land. It increases your body's levels of glycine, which is a neurotransmitter that calms your nerves and also acts as a mild sedative. Another way it helps, is it increases your core body temperature so that your system cools down immediately, putting you back to sleep. That's not all, chamomile has also been said to improve glucose control and enables weight loss. Just remember, any tea which you consume before you sleep is caffeine free so that it does not interrupt your sleep.

## 3. Soy Protein Shake

Soy, in milk or protein powder form, is filled with the sleep-inducing amino acid tryptophan. What makes this amino acid so important? It can improve sleep quality and act as a precursor to melatonin. Tryptophan does not only help you sleep, but also reduces cortisol levels which can fight belly fat.

## 4. Dandelion tea



Do you lose weight when you sleep? Yes, you can, especially when you sip on dandelion tea! It is a wonderful drink that many people are unaware of. Dandelion has impressive medicinal properties that can make you feel less bloated and just so light and fresh. You can buy dandelion tea from the market. Don't worry, making this tea is super easy. Just add hot water and allow it to simmer. Sip on it between meals or have it just before you hit the sheets.

## 5. Kefir

This probiotic-rich fermented milk beverage fixes your gut microbiome and increases levels of healthy bacteria, thus helping promote proper digestion. Proper digestion will help in the proper assimilation of vitamins and minerals. It also helps improve sleep and increases your exercise performance.

## 6. Grape Juice

Grape juice on the list of bedtime fat burning drinks? Seems unlikely, doesn't it? Hey, but it does help you get those extra Zz's and you know what happens when you clock inadequate hours of quality sleep, it just helps you get rid of those extra pounds, that quick!

You know what researchers say about men and women who sleep right? Their weight is most of the time in the normal range! Okay, here is the catch, don't just guzzle the grape juice. A small glass of 100 percent grape juice is what we recommend. It is said that insulin secretion at night which is as a result of consumption of simple carbs can put a check on the circadian rhythm of the body.



Not to forget that white fat is converted to brown-fat by the resveratrol content of grapes. All in all, sipping on grape juice can get you into a fat-burning mode, so while you dream, you burn fat like crazy! Sounds good to me, especially when I get to do this without moving my butt!

## 7. The Lime and Ginger Drink

Have you found out your perfect night time weight loss drink yet? No? Then how about trying the combination of lime and ginger? The medicinal properties of lime and ginger are just too many! But, you just have it one way, how about combining these incredibly nutritious and tangy food components together? Have it at night and you will immediately feel refreshed. Even if you feel instances of heartburn at the dead of night and toss and turn in your bed unable to sleep, this should put you to sleep in a jiffy! This is one night time weight loss drink to accelerate your weight loss process.

## Make Bedtime Weight Loss a reality with these Incredible Drink Recipes

Now want to make some real effort to sip and slim down? Concoct these drinks that help you sleep and lose weight. These recipes are the real thing, they help you detox, and as a result, you get to meet and greet a slimmer you in a few days' time. Takes a little bit of effort and time, but the effort is well worth it! Get going now.

### 1. Night-time Metabolism Boosting Drink

We know how nutrient dense coconut milk is, and it becomes all the more powerful when you add coconut oil, ginger, turmeric, black pepper and honey. All the goodness in one glass. It soothes your digestion, burns calories and keeps your heart as right as rain! Wow, that sounds like some elixir! It is not known as the golden milk for nothing!

**Ingredients:**

- 2 cups coconut milk
- 1 tbsp. coconut oil
- 1 tsp. turmeric
- 1 1/2 tsp. ginger powder
- 1/4 tsp. ground black pepper
- 1 tbsp. raw honey
- 1/4 tsp. ground black pepper

**Method:**

1. Blend all ingredients in a bowl, except the honey.
2. Pour the concoction into a small saucepan.
3. Cook it over low heat for a minimum of five minutes until the coconut oil is fully blended.
4. Turn the heat off and add the honey.
5. Pour one half of the mixture into a mug and drink it before you sleep. You can store it and have the other half the next night. Drink up!

## 2. Power Green Drink

Who is abig believer in green smoothies? Well, I certainly am!It is a perfect weight loss drink to have at night. The ingredients are all nutritional bombs waiting to explode in the your body and fill it to the brim with a lot of nutrients. It also flushes out the extra impurities, thanks to the antioxidants. Care for a glass of this healthy green juice? Make yours now!

**Ingredients:**

- 1 cucumber
- 1 lemon
- A bunch of parsley or cilantro
- 1 tbsp. aloe vera juice
- 1 tbsp. grated ginger
- 1/2 glass water

**Method:**

Juice all the ingredients listed above and make your own bedtime drink to lose weight. Let the drink sit for a couple of minutes and guzzle on before you go to bed without fail for incredible results.

### 3. Minty Fresh Tea

Mint tea is a particularly awesome drink with great properties. It helps that it improves digestion and you can sip on it especially after big meals.



The menthol and menthone essential oils in the mint tea increase the body's ability to get rid of the accumulated waste products, which stay put in the liver and colon.

**Ingredients:**

- 2 Tbsp. mint leaves (20 grams)
- 250 mL of water

**Method:**

1. Add the mint leaves to a pot of water and begin to boil for a few minutes.
2. Strain the liquid and then have the drink just half an hour before you go to sleep.
3. Drink this drink every night and continue to do so at least three weeks to get results.

## 4. Oatmeal Drink

Oats are breakfast heroes! A bowl of freshly made oatmeal is not only comforting but very nourishing as well, thanks largely to the fiber content, vitamins, and minerals, which boost your digestion and cleanse the liver and intestines.



It gets you into relaxation mode and lulls you into a deep sleep! It makes you feel good and well rested.

**Ingredients:**

- 1 Tbsp. oatmeal or 30 grams
- 250 mL of water

**Method:**

1. Soak the oats overnight or for at least 7 hours. Then strain the liquid and blend it with one cup of water.
2. Add honey if you aren't too fond of sweet-less drinks and sip on with a few ice cubes.
3. Remember to guzzle it up least three times a week.

## 5. Cumin Tea

Tea is a wonderful drink and enjoyed at different times of the day. But do you know that it can be a perfect drink at night to lose weight? Yes, you can burn fat with every sip you take. This is a tried and tested recipe which boosts your metabolism and aids in your weight loss journey. Make your own concoction.





**Ingredients:**

- 1 tsp. green tea leaves
- 1 tsp. chopped, fresh mint
- 1 tsp. cumin
- 1 tsp. chopped, fresh ginger

**Method:**

Blend all the above ingredients in water and boil it for about 10 minutes. Strain the tea after half an hour before your meals and you will be good to go.

## 6. Night-time Cucumber Drink

Whenever you think of the perfect food for weight loss, the name of cucumber features high on the list. Cucumbers are powerful fat fighters. Parsley and cilantro have almost negligible calories, but that's not what attracts us to these herbs, they are loaded with antioxidants and contain potent nutrients that can help you get rid of the excess water weight.



Ginger prevents constipation and helps in the elimination of toxins. This also helps to burn the belly fat while you snooze away to glory. That leaves us with lemon juice which is just great for eliminating toxins. Aloe vera juice is your secret tool for weight loss.

**Ingredients:**

- 1 lemon
- 1 cucumber
- 1 tablespoon of aloe vera juice
- 1 tablespoon of grated ginger
- A bunch of either cilantro or parsley
- ½ a glass of water

**Method:**

Just put all of the ingredients, blend it and guzzle away.

## 7. Banana Yoghurt Smoothie

Banana is known as a carb heavy food which can make you put on weight, right? No, wrong! In fact, the opposite of it is true, it can make you a slimmer and healthier person. Banana also contains loads of potassium, fat, and loads of fiber as well; and you know what they say about fiber? It is essential for weight loss.



Besides the banana, there is milk which contains enough tryptophan to put an entire army to bed and fast asleep! The peanut butter contains the good kind of fats that help you burn fat as well; eat fat to burn fat! The honey adds that extra natural sweetness and also the right enzymes to aid digestion.

### Ingredients:

- ¼ ripe banana
- ½ cup of fat free milk
- ½ cup of plain yoghurt
- 2 tablespoons of creamy natural unsalted peanut butter
- 1 tablespoon of unprocessed honey
- 5 ice cubes
- 1 tablespoon of unprocessed honey

### Method:

1. Blend all the ingredients in a blender.
2. Blend until the mixture is smooth and runny.
3. Pour this smoothie into a glass and drink away.
4. Do it regularly at night to lose those extra pounds.

I lost weight while I slept! Doesn't it sound great? Now it is time to put this whole concept to good use. Loading up on drinks that help you sleep, which in turn help you to get rid of those extra pounds is almost too good to be true. The ingredients are super easy to obtain and you can get yourself a relaxing drink which will calm you down and rock you into a gentle sleep.

Losing weight was never this fun! Try these recipes and let me know whether these worked for you. Do you make yourself a drink at night? If yes, then what do you have? Let me know, I would love to hear from you! Till then stay fit and healthy, Fit Indians!

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