

Effects of Caffeine

A 200 mg dose of caffeine would take about 40 hours to be completely metabolized by the liver. The greatest perceived effects from the caffeine are experienced during the first 4-6 hours.

Positive effects: alertness, pain relief, endurance, productivity.

Negative effects: insomnia, jitters, addiction, withdrawal, anxiety

Sources of Caffeine

- Starbucks Short/Tall Latte 75mg
- Starbucks Grande Latte 150mg
- Starbucks Short Brewed 155–180mg
- Starbucks Tall Brewed 235–270mg
- Starbucks Grande Brewed 315-360mg

- Tims Small 140mg
- Tims Medium 200mg
- Tims Large 260mg

- McCafe Small 110mg
- McCafe Medium 145mg
- McCafe Large 180mg

- Espresso (1 shot) ~80mg
- Espresso (2 shot) ~160mg (most cappuccino/lattes)

- Energy Drink (500ml) ~160mg
- 5hr Energy 200mg
- Soda (350ml) ~35–50mg
- Soda (500ml) ~45–60mg

- Black/Oolong/Pu'erh Tea ~50mg
- Green/White Tea ~25mg
- Herbal Tea 0mg

Doses greater than 400 mg per day can elicit mild to severe caffeine overdose symptoms.

Coffee Facts



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Tea Facts



Coffee Tips

- Use good tasting, soft, fresh water (not hard water)
- Use the best coffee beans that you can afford
- After its ground, use coffee as soon as possible
- Use the best grinder you can afford, do not use a blade grinder
- Aim for a 16:1 water to coffee ratio (**6g coffee per 100ml water**)
- Use a kitchen scale to measure out your beans and water
- Experiment until you get coffee you like the best

Preparation

Aeropress

Coffee 12g

Grind medium-fine

Water 200ml

Instructions put coffee in, pour water on top and stir, keep immersed for 1:30min, press slowly for about 30 seconds

French Press

Coffee 30g

Grind medium-coarse

Water 500ml

Instructions preheat the french press, put coffee in, pour water on top and stir, keep immersed for 4 minutes, plunge

Pour Over

Coffee 28g

Grind medium

Water 400ml

Instructions rinse filter and cone with boiling water, put coffee in, pour slowly for 3:30 minutes making sure to get everything equally wet and the keep water level about halfway the whole time.

Espresso

espresso machines are big investment and hard to master: for most people going to a coffee shop will get you better coffee without spending thousands of dollars.

Next Steps

If your coffee is too acidic you can brew longer or grind finer
if your coffee is too bitter you can brew shorter or grind coarser
if too strong or weak adjust ratio of coffee to water

Budgeting

Eating Out 5x/week \$40–100/month

- **\$40** Fast Food (\$2 coffee)
- **\$60** Cheap Starbucks (\$3 coffee)
- **\$80** Local Shop (\$4 coffee)
- **\$100** Fancy Starbucks (\$5 coffee)

Eating Out 7x/week \$60–140/month

- **\$56** Fast Food (\$2 coffee)
- **\$84** Cheap Starbucks (\$3 coffee)
- **\$112** Local Shop (\$4 coffee)
- **\$140** Fancy Starbucks (\$5 coffee)

Eating In \$15-25/month

Regular Costs

- **\$10** Cheap Coffee Beans
- **\$20** Fancy Coffee Beans

Upfront Costs

- **\$60-\$300+** Grinder AND
- **\$20** French Press OR
- **\$40** Aeropress

(\$100 grinder + \$20 French Press / 5yrs = \$2/mo)

(\$200 grinder + \$40 Aeropress / 5yrs = \$4/mo)

Combinations

- **\$15** Fancy Starbucks 2x/month, homemade on weekends
- **\$30** McCafe coffee 2x/week, homemade 5x/week
- **\$45** McCafe Coffee on weekdays, homemade on weekends
- **\$45** Local shop coffee 2x/week, homemade 5x/week
- **\$50** Fancy Starbucks 1x/week, McCafe coffee 4x/week

Tea Tips

Look on each of your teas' packagings for steeping instructions, OR:

- Use fresh water, not stale water that's been sitting in a kettle
- Heat water to the right temperature, ideally using a kettle with temperature settings or you can estimate from the bubbles:
 - small occasional bubbles is ~75-80°, good for white or green tea
 - bubbles streaming to surface is ~80-85°, good for oolong tea
 - A rolling boil is ~90-100°, good for black or pu'erh or herbal tea
- Preheat the vessel you will be stepping by rinsing with hot water, you can rinse with the tea leaves already in for whole leaf tea to wash away any off-flavours
- Leave room for whole leaf tea to expand, either by using a large tea bag or by steeping in a kettle first and straining into your cup
- Steep for the correct amount of time: about 1-2 minutes for white or green tea, 2-3 minutes for oolong or black tea, 3-4 minutes for pu'erh tea, 3+ minutes for herbal tea
- In case you are using teabags, don't squeeze the tea bags after the steeping is over

About Different Teas

White Tea Picked then air dried

Green Tea picked then heated to oxidize (0-10% oxidation)

Oolong Tea picked then heated to partially oxidize (10-90% oxidation)

Black Tea picked then allowed to fully oxidize (90-100% oxidation)

Pu'erh Tea picked, sun dried, fermented

Herbal Tea herbs other than the tea plant (usually no caffeine)

Blends a tea mixed with something else (ex: jasmine tea, earl grey)

Different parts of the plant can be used to make tea: Buds, Leaves, Stems. The proportion of these in your tea will determine the caffeine content of the tea.

Tea can be whole, slightly crushed, or powdered.

Whole tea can stand up to many infusions but is more expensive

Crushed tea can also be infused more than once

Powdered tea extracts flavour the fastest and needs the smallest amount of plant making it very affordable

Common Preparation Instructions

White Tea

Water Temp 75°C (165F) – 85°C (185F)

Steep Time 1-2 min

Amount 1 tsp per cup

Examples silver needle, white peony, tribute eyebrow, darjeeling white

Green Tea

Water Temp 75°C (165F) – 80°C (175F)

Steep Time 1-2 min

Amount 1 tsp per cup

Examples hojicha, sencha, macha, gyokuro, fukamushi, tencha

Oolong Tea

Water Temp 80°C (175F) – 85°C (185F)

Steep Time 2-3 min

Amount ½ tsp per cup

Examples phoenix, anxi, iron goddess, gaoshan, golden daylily

Black Tea

Water Temp 95°C (200F) – 100°C (210F)

Steep Time 2-3 min

Amount ½ tsp per cup

Examples english breakfast, earl grey, ceylon, darjeeling, keemun

Pu'erh Tea

Water Temp 95°C (200F) – 100°C (210F)

Steep Time 3-4 min

Amount 2 tsp per cup

Examples gedeng, mansa, mangzhi, manzhuan, yibang, youlè

Herbal Tea

Water Temp 95°C (200F) – 100°C (210F)

Steep Time 3-6 min

Amount 1 tsp per cup

Examples chamomile, mint, ginger, hibiscus, Echinacea, rooibos, sage