

## MEAL REPLACEMENT – SHAKE NUTRITION AT A GLANCE

20 oz.	AM Special	Banana Bread Batter	Banana Nut Blast	Banana Split
Calories	380	380	520	310
Fat	7g	6g	22g	3.5g
Carbohydrates	43g	48g	31g	47g
Protein	40g	31g	50g	22g

20 oz.	Beet Cancer!	Berry Peanut Crunch	Berry Sunrise	Black & White Java
Calories	280	390	400	350
Fat	7g	6g	9g	6g
Carbohydrates	33g	57g	57g	38g
Protein	21g	29g	27g	38g

20 oz.	Breakfast of Champions	Butterscotch	Choco-Chai Pumpkin	Chocolate Elvis
Calories	540	400	310	540
Fat	18g	13g	8g	23g
Carbohydrates	70g	47g	35g	37g
Protein	30g	25g	25g	50g

20 oz.	Crème de Menthe	Evil LBs	Extreme Latte	For Every Day
Calories	310	330	540	430
Fat	6g	6g	8g	24g
Carbohydrates	31g	45g	80g	26g
Protein	30g	25g	34g	30g

20 oz.	Frosty Mint	Go Nuts!	Healthy Holiday Nog	Heavenly Chocolate
Calories	240	480	280	430
Fat	10g	23g	4g	11g
Carbohydrates	4g	36g	33g	53g
Protein	31g	38g	27g	32g

20 oz.	Home Run	Icy Mint	Irish Potatoes	KetoRific
Calories	340	300	420	340
Fat	5g	10g	22g	12g
Carbohydrates	47g	12g	25g	12g
Protein	27g	37g	29g	47g

20 oz.	Lemon Chiffon	March Mint Cookie	Mary Jane	Morning Sunrise
Calories	210	400	610	350
Fat	4g	12g	22g	7g
Carbohydrates	23g	38g	74g	48g
Protein	21g	34g	32g	21g

## MEAL REPLACEMENT – SHAKE NUTRITION AT A GLANCE

20 oz.	No Guilt Lemon Meringue	Nuts & Berries	Nuts for Pumpkin	Oatmeal Caramelite
Calories	350	390	340	350
Fat	10g	19g	12g	5g
Carbohydrates	24g	32g	35g	49g
Protein	37g	25g	26g	25g

20 oz.	Oatmeal Raisin Cookie	Old-Fashioned Pumpkin Pie	PB & Jam	PB Apple Crisp
Calories	410	370	510	370
Fat	10g	7g	20g	6g
Carbohydrates	57g	44g	52g	53g
Protein	27g	33g	32g	29g

20 oz.	Peaches & Green	Peanut Butter Cup	Perfect Piña	Pie SQWARED
Calories	300	530	410	280
Fat	9g	22g	9g	5g
Carbohydrates	32g	34g	51g	36g
Protein	22g	49g	31g	21g

20 oz.	Pumpkin Parfait	Pure & Raw	Salted Caramel Choco-Almond	Soft Tropics
Calories	400	300	290	330
Fat	7g	7g	8g	9g
Carbohydrates	52g	38g	32g	41g
Protein	32g	22g	22g	21g

20 oz.	Strawberries n' Cream	Sweet Potato Pie	Thrilla in Vanilla	Trail Mix
Calories	410	430	280	500
Fat	8g	5g	9g	14g
Carbohydrates	53g	69g	16g	57g
Protein	31g	24g	31g	38g

20 oz.	Ty Chai	Vanilla Bean	Vanilla Berry Parfait
Calories	430	340	510
Fat	13g	9g	8g
Carbohydrates	52g	25g	69g
Protein	27g	37g	40g

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(428g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 90mg	4%
Total Carbohydrate 43g	16%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 229mg	20%
Iron 2mg	10%
Potassium 454mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- AM Special | 20oz.
- 6 oz Water
  - 10 Freeze-Dried Banana Pieces (or 5" Fresh Banana)
  - 1 scp PB Lite
  - 1 scp Rolled Oats
  - 1½ scps Chocolate Whey Protein
  - 12 oz Ice

- AM Special | 12oz.
- 4 oz Water
  - 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
  - ½ scp PB Lite
  - ½ scp Rolled Oats
  - 1 scp Chocolate Whey Protein
  - 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(262g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 60mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 148mg	10%
Iron 1mg	6%
Potassium 196mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

AM SPECIAL

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(413g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 300mg	13%
Total Carbohydrate 48g	17%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 2mcg	10%
Calcium 469mg	35%
Iron 1mg	6%
Potassium 700mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- Banana Bread Batter | **Former Shake of the Month**
- 6 oz Unsweetened Vanilla Almond Milk
  - 4 pcs Freeze-Dried Banana Pieces (or 2" Fresh Banana)
  - 1 scp Dried Sweet Potato
  - ½ scp Raisins (optional)\*
  - 1 scp Rolled Oats
  - ½ scp Powdered Yogurt
  - 1 scp Vanilla Whey Protein
  - 12 oz Ice

\*Optional Items not used for Nutrition Facts panel.

BANANA BREAD BATTER

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## BANANA NUT BLAST

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(431g)
Amount per serving	
Calories	520
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 250mg	11%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 2mcg	10%
Calcium 461mg	35%
Iron 1mg	6%
Potassium 949mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Banana Nut Blast | 20oz.

- 6 oz Choice of Liquid
- 12 Freeze-Dried Banana Pieces (or 6" Fresh Banana)
- 1 scp Peanut Butter
- 2 scps Vanilla Whey Protein
- 12 oz Ice

### Banana Nut Blast | 12oz.

- 4 oz Choice of Liquid
- 6 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ½ scp Peanut Butter
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(256g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 256mg	20%
Iron 1mg	6%
Potassium 499mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## BANANA SPLIT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(390g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 220mg	10%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 32g	
Includes 17g Added Sugars	34%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 259mg	20%
Iron 1mg	6%
Potassium 360mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Banana Split | 20oz.

- 4 oz Choice of Liquid
- 2 oz Dr. Smoothie Strawberry Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Flavor Fusions - Chocolate Truffle
- 1 scp Vanilla Whey Protein
- 1 scp Get Essentials
- 12 oz Ice

### Banana Split | 12oz.

- 3 oz Choice of Liquid
- 1 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ¼ scp Flavor Fusions - Chocolate Truffle
- 1 scp Vanilla Whey Protein
- 1 scp Get Essentials
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(254g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 160mg	7%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 9g Added Sugars	18%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 226mg	15%
Iron 0mg	0%
Potassium 292mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl.oz. (591 ml)</b>
	<b>(375g)</b>
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 150mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 235mg	20%
Iron 1mg	6%
Potassium 270mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Beet Cancer! | **Former Shake of the Month**

3 oz	Dr. Smoothie Beetroot & Berries Purée/Water Mix
3 oz	Choice of Liquid
2 scps	Freeze-Dried Strawberries
1 tsp	Dried Beets
1 scp	Strawberry Whey Matrix Protein
1 tsp	Flax Seed Oil
12 oz	Ice

BEEET CANCER!

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(407g)</b>
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 140mg	6%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	18%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 1mcg	6%
Calcium 261mg	20%
Iron 2mg	10%
Potassium 354mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Berry Peanut Crunch | **Former Shake of the Month**

3 oz	Dr. Smoothie Strawberry Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
1 scp	Freeze-Dried Strawberries
1 scp	PB Lite
1 scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
1 scp	Get Energized
12 oz	Ice

BERRY PEANUT CRUNCH

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## BERRY SUNRISE

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(398g)</b>
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	18%
Total Sugars 31g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 197mg	15%
Iron 1mg	6%
Potassium 717mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Berry Sunrise | 20oz.

6 oz	Dr. Smoothie Four Berry Purée/Water Mix
6	Freeze-Dried Banana Pieces (or 3" Fresh Banana)
1 scp	Peanut Butter or PB Lite*
1 scp	Vanilla Whey Protein
1 tsp	Flax Seed Oil
12 oz	Ice

### Berry Sunrise | 12oz.

4 oz	Dr. Smoothie Four Berry Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
½ scp	Peanut Butter or PB Lite*
1 scp	Vanilla Whey Protein
½ tsp	Flax Seed Oil
7 oz	Ice

\*PB Lite used for Nutrition Facts panel.

12 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>12 fl. oz. (354 ml)</b>
	<b>(257g)</b>
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 1mg	6%
Potassium 462mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## BLACK & WHITE JAVA

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(407g)</b>
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 430mg	19%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 24g	
Includes 16g Added Sugars	32%
Protein 38g	
Vitamin D 2mcg	10%
Calcium 504mg	40%
Iron 2mg	10%
Potassium 414mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Black & White Java | **Former Shake of the Month**

6 oz	Unsweetened Vanilla Almond Milk
½ scp	Flavor Fusions - Mocha Latte
½ scp	Powdered Yogurt
1½ scps	Chocolate Whey Protein
¼ tsp	Vanilla Extract
12 oz	Ice

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(447g)</b>
Amount per serving	
Calories	540
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 70g	<b>25%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 27g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	
Vitamin D 2mcg	10%
Calcium 334mg	25%
Iron 3mg	15%
Potassium 944mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Breakfast of Champions | *Former Shake of the Month*

6 oz	Choice of Liquid
12	Freeze Dried Banana Pieces (or 6" Fresh Banana)
1 scp	Raisins
½ scp	Peanut Butter
1 scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
1 tsp	Flax Seed Oil
12 oz	Ice

BREAKFAST OF CHAMPIONS

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(409g)</b>
Amount per serving	
Calories	400
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 27g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 25g	
Vitamin D 2mcg	10%
Calcium 351mg	25%
Iron 1mg	6%
Potassium 509mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Butterscotch | *Former Shake of the Month*

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Dried Sweet Potato
1 scp	Almond Butter
½ scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
1 scp	Get Energized
¼ tsp	Vanilla Extract
12 oz	Ice

BUTTERSCOTCH

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## CHOCO-CHAI PUMPKIN

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(394g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 270mg	12%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 9g Added Sugars	18%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 353mg	25%
Iron 3mg	15%
Potassium 1061mg	25%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Choco-Chai Pumpkin | **Former Shake of the Month**

6 oz	Unsweetened Vanilla Almond Milk
2	Freeze-Dried Banana Pieces (or 1" Fresh Banana)
1 scp	Dried Pumpkin
1/4 scp	Flavor Fusions - Spiced Chai
1 tbsp	Ground Cacao Powder
1 scp	Vanilla Whey Protein
1/4 tsp	Vanilla Extract
12 oz	Ice

## CHOCOLATE ELVIS

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(437g)
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 250mg	11%
Total Carbohydrate 37g	13%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 2mcg	10%
Calcium 441mg	35%
Iron 3mg	15%
Potassium 721mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Chocolate Elvis | 20oz.

6 oz	Choice of Liquid
12	Freeze-Dried Banana Pieces (or 6" Fresh Banana)
1 scp	Peanut Butter
2 scps	Chocolate Whey Protein
12 oz	Ice

### Chocolate Elvis | 12oz.

4 oz	Choice of Liquid
6	Freeze-Dried Banana Pieces (or 3" Fresh Banana)
1/2 scp	Peanut Butter
1 scp	Chocolate Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(260g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 150mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 246mg	20%
Iron 2mg	10%
Potassium 385mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(394g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat	6g
	8%
Saturated Fat	1.5g
	8%
Trans Fat	0g
Cholesterol	60mg
	20%
Sodium	290mg
	13%
Total Carbohydrate	31g
	11%
Dietary Fiber	2g
	7%
Total Sugars	7g
Includes 0g Added Sugars	0%
Protein	30g
Vitamin D	2mcg
	10%
Calcium	456mg
	35%
Iron	0mg
	0%
Potassium	454mg
	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Crème de Menthe | *Former Shake of the Month*

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Rolled Oats
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
¼ tsp	Mint Extract
12 oz	Ice

CRÈME DE MENTHE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(400g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat	6g
	8%
Saturated Fat	1g
	5%
Trans Fat	0g
Cholesterol	55mg
	18%
Sodium	230mg
	10%
Total Carbohydrate	45g
	16%
Dietary Fiber	4g
	14%
Total Sugars	9g
Includes 0g Added Sugars	0%
Protein	25g
Vitamin D	2mcg
	10%
Calcium	344mg
	25%
Iron	2mg
	10%
Potassium	468mg
	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Evil LBs | *Former Shake of the Month*

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Dried Sweet Potato
1 scp	Freeze-Dried Kale
1 scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
1 scp	Get Flexible
12 oz	Ice

EVIL LBS

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## EXTREME LATTE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(460g)
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 550mg	24%
Total Carbohydrate 80g	29%
Dietary Fiber 2g	7%
Total Sugars 65g	
Includes 64g Added Sugars	128%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 233mg	20%
Iron 1mg	6%
Potassium 553mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Extreme Latte | 20oz.

6 oz	Coffee
2 scps	Flavor Fusions - Mocha Latte
1½ scps	Vanilla Whey Protein
1 tsp	Flax Seed Oil
12 oz	Ice

### Extreme Latte | 12oz.

4 oz	Coffee
1 scp	Flavor Fusions - Mocha Latte
1 scp	Vanilla Whey Protein
½ tsp	Flax Seed Oil
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(279g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 290mg	13%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	4%
Total Sugars 33g	
Includes 32g Added Sugars	64%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 1mg	6%
Potassium 320mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## FOR EVERY DAY

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(404g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 2mcg	10%
Calcium 345mg	25%
Iron 1mg	6%
Potassium 674mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### For Every Day | *Former Shake of the Month*

6 oz	Unsweetened Vanilla Almond Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Freeze-Dried Kale
½ scp	Freeze-Dried Blueberries
1 scp	Peanut Butter
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
1 tsp	Flax Seed Oil
12 oz	Ice

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(367g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 220mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 2mcg	10%
Calcium 366mg	30%
Iron 0mg	0%
Potassium 315mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Frosty Mint | 20oz.

6 oz	Choice of Liquid
1½ scps	Vanilla Whey Protein
1 tsp	Flax Seed Oil
¼ tsp	Mint Extract
12 oz	Ice

## Frosty Mint | 12oz.

4 oz	Choice of Liquid
1 scp	Vanilla Whey Protein
½ tsp	Flax Seed Oil
¼ tsp	Mint Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(232g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 244mg	20%
Iron 0mg	0%
Potassium 211mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FROSTY MINT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(423g)
Amount per serving	
Calories	480
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 38g	
Vitamin D 2mcg	10%
Calcium 333mg	25%
Iron 1mg	6%
Potassium 601mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Go Nuts! | **Former Shake of the Month**

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Peanut Butter
1 scp	PB Lite
1 scp	Rolled Oats
1 scp	Vanilla Whey Protein
1 scp	Get Energized
½ tsp	Honey
12 oz	Ice

GO NUTS!

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## HEALTHY HOLIDAY NOG

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(388g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 420mg	18%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 25g	
Includes 18g Added Sugars	36%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 462mg	35%
Iron 1mg	6%
Potassium 477mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Healthy Holiday Nog | 20oz.

6 oz	Choice of Liquid
1/2 scp	Flavor Fusions - Spiced Chai
1/2 scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1/2 tsp	Cinnamon
12 oz	Ice

### Healthy Holiday Nog | 12oz.

4 oz	Choice of Liquid
1/4 scp	Flavor Fusions - Spiced Chai
1/4 scp	Powdered Yogurt
1/2 scp	Vanilla Whey Protein
1/4 tsp	Cinnamon
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(235g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 256mg	20%
Iron 0mg	0%
Potassium 262mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## HEAVENLY CHOCOLATE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(419g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 360mg	16%
Total Carbohydrate 53g	19%
Dietary Fiber 7g	25%
Total Sugars 36g	
Includes 34g Added Sugars	68%
Protein 32g	
Vitamin D 2mcg	10%
Calcium 353mg	25%
Iron 3mg	15%
Potassium 155mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Heavenly Chocolate | 20oz.

6 oz	Choice of Liquid
1 scp	Flavor Fusions - Chocolate Truffle
1 1/2 scps	Chocolate Whey Protein
1 scp	Get Regular
1 tsp	Flax Seed Oil
12 oz	Ice

### Heavenly Chocolate | 12oz.

4 oz	Choice of Liquid
1/2 scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
1 scp	Get Regular
1/2 tsp	Flax Seed Oil
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(260g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	10%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 18g	
Includes 17g Added Sugars	34%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 235mg	20%
Iron 2mg	10%
Potassium 101mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(403g)</b>
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 930mg	40%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 38g	
Includes 34g Added Sugars	68%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 308mg	25%
Iron 1mg	6%
Potassium 429mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Home Run | 20oz.

6 oz	Choice of Liquid
1 scp	PB Lite
1 scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
12 oz	Ice

## Home Run | 12oz.

4 oz	Choice of Liquid
½ scp	PB Lite
½ scp	Flavor Fusions - Sea Salted Caramel
½ scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>12 fl. oz. (354 ml)</b>
	<b>(242g)</b>
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 179mg	15%
Iron 0mg	0%
Potassium 238mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

HOME RUN

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(385g)</b>
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 310mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 2mcg	10%
Calcium 516mg	40%
Iron 0mg	0%
Potassium 511mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Icy Mint | 20oz.

6 oz	Choice of Liquid
½ scp	Powdered Yogurt
1½ scps	Vanilla Whey Protein
1 tsp	Flax Seed Oil
¼ tsp	Mint Extract
12 oz	Ice

## Icy Mint | 12oz.

4 oz	Choice of Liquid
¼ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
½ tsp	Flax Seed Oil
¼ tsp	Mint Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>12 fl. oz. (354 ml)</b>
	<b>(241g)</b>
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 190mg	8%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 319mg	25%
Iron 0mg	0%
Potassium 308mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

ICY MINT

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## IRISH POTATOES

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(398g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 290mg	13%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 2mcg	10%
Calcium 458mg	35%
Iron 1mg	6%
Potassium 460mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Irish Potatoes | **Former Shake of the Month**

6 oz	Unsweetened Vanilla Almond Milk
15 tsps	Dried, Shredded Coconut
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
½ tsp	Cinnamon
¼ tsp	Vanilla Extract
12 oz	Ice

## KETORIFIC

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(395g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 250mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 2mcg	10%
Calcium 435mg	35%
Iron 2mg	10%
Potassium 397mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### KetoRific | 20oz.

6 oz	Unsweetened Vanilla Almond Milk
1 scp	PB Lite
1 scp	Vanilla Whey Protein
1 scp	Chocolate Whey Protein
1 tsp	Flax Seed Oil
12 oz	Ice

### KetoRific | 12oz.

4 oz	Unsweetened Vanilla Almond Milk
¾ scp	PB Lite
½ scp	Vanilla Whey Protein
½ scp	Chocolate Whey Protein
1 tsp	Flax Seed Oil
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(244g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 245mg	20%
Iron 1mg	6%
Potassium 257mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(360g)</b>
Amount per serving	
Calories	210
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 20g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 1mcg	6%
Calcium 238mg	20%
Iron 0mg	0%
Potassium 238mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Lemon Chiffon | *Former Shake of the Month*

3 oz	Dr. Smoothie Lemonade
	Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
½ tsp	Freeze-Dried Lemon
1 scp	Vanilla Whey Protein
¼ tsp	Orange Extract
12 oz	Ice

LEMON CHIFFON

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(410g)</b>
Amount per serving	
Calories	400
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 24g	
Includes 18g Added Sugars	<b>36%</b>
<b>Protein</b> 34g	
Vitamin D 2mcg	10%
Calcium 416mg	30%
Iron 2mg	10%
Potassium 579mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## March Mint Cookie | *Former Shake of the Month*

6 oz	Choice of Liquid
1½ scps	Cafe Essentials Cookies & Cream
1½ scps	Vanilla Whey Protein
1 scp	Organic Super Greens
¼ tsp	Mint Extract
12 oz	Ice

MARCH MINT COOKIE

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## MARY JANE

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(457g)</b>
Amount per serving	
Calories	610
% Daily Value*	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 930mg	<b>40%</b>
<b>Total Carbohydrate</b> 74g	<b>27%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 41g	
Includes 34g Added Sugars	<b>68%</b>
<b>Protein</b> 32g	
Vitamin D 2mcg	10%
Calcium 320mg	25%
Iron 2mg	10%
Potassium 504mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Mary Jane | **Former Shake of the Month**

6 oz	Unsweetened Vanilla Almond Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Peanut Butter
1 scp	Rolled Oats
1 scp	Flavor Fusions - Sea Salted Caramel
1 scp	Chocolate Whey Protein
12 oz	Ice

## MORNING SUNRISE

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(383g)</b>
Amount per serving	
Calories	350
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 39g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 1mg	6%
Potassium 352mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Morning Sunrise | 20oz.

6 oz	Dr. Smoothie Orange Tangerine Purée/Water Mix
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
1 tsp	Flax Seed Oil
12 oz	Ice

### Morning Sunrise | 12oz.

4 oz	Dr. Smoothie Orange Tangerine Purée/Water Mix
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
½ tsp	Flax Seed Oil
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>12 fl. oz. (354 ml)</b>
	<b>(254g)</b>
Amount per serving	
Calories	270
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 27g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 173mg	15%
Iron 0mg	0%
Potassium 272mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

recipes & nutrition facts



# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(398g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 310mg	13%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 2mcg	10%
Calcium 518mg	40%
Iron 0mg	0%
Potassium 639mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

No Guilt Lemon Meringue | 20oz.

6 oz	Choice of Liquid
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
¼ tsp	Freeze-Dried Lemon
½ scp	Powdered Yogurt
1½ scps	Vanilla Whey Protein
1 scp	Get Regular
1 tsp	Flax Seed Oil
¼ tsp	Lemon Extract
12 oz	Ice

No Guilt Lemon Meringue | 12oz.

4 oz	Choice of Liquid
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
¼ tsp	Freeze-Dried Lemon
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Get Regular
½ tsp	Flax Seed Oil
¼ tsp	Lemon Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(261g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 240mg	10%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 396mg	30%
Iron 0mg	0%
Potassium 502mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

NO GUILT LEMON MERINGUE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(504g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 32g	12%
Dietary Fiber 11g	39%
Total Sugars 12g	
Includes 6g Added Sugars	12%
Protein 25g	
Vitamin D 3mcg	15%
Calcium 324mg	25%
Iron 2mg	10%
Potassium 348mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nuts & Berries | 20oz.

8 oz	Unsweetened Vanilla Almond Milk
2 scps	Freeze-Dried Strawberries
5 tsps	Dried, Shredded Coconut
½ tsp	Freeze-Dried Lemon
1 scp	Almond Butter
1 scp	Vanilla Plant Protein
1 tsp	Honey
16 oz	Ice

Nuts & Berries | 12oz.

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Freeze-Dried Strawberries
2½ tsps	Dried, Shredded Coconut
¼ tsp	Freeze-Dried Lemon
½ scp	Almond Butte
½ scp	Vanilla Plant Protein
½ tsp	Honey
10 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(334g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 13g	
Vitamin D 2mcg	10%
Calcium 213mg	15%
Iron 1mg	6%
Potassium 222mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

NUTS & BERRIES

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## NUTS FOR PUMPKIN

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(398g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 260mg	11%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 7g Added Sugars	14%
Protein 26g	
Vitamin D 2mcg	10%
Calcium 397mg	30%
Iron 2mg	10%
Potassium 1126mg	25%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Nuts for Pumpkin | 20oz.

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Dried Pumpkin
1/2 scp	Almond Butter
1/2 scp	Cafe Essentials Pumpkin Spice Latte
1 scp	Vanilla Whey Protein
1 scp	Get Flexible
1/4 tsp	Vanilla Extract
12 oz	Ice

### Nuts for Pumpkin | 12oz.

4 oz	Unsweetened Vanilla Almond Milk
1/2 scp	Dried Pumpkin
1/2 scp	Almond Butter
1/4 scp	Cafe Essentials Pumpkin Spice Latte
1/2 scp	Vanilla Whey Protein
1 scp	Get Flexible
1/4 tsp	Vanilla Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(247g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 150mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 235mg	20%
Iron 1mg	6%
Potassium 616mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## OATMEAL CARAMELITE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(405g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 560mg	24%
Total Carbohydrate 49g	18%
Dietary Fiber 4g	14%
Total Sugars 23g	
Includes 17g Added Sugars	34%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 316mg	25%
Iron 1mg	6%
Potassium 399mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Oatmeal Caramelite | *Former Shake of the Month*

6 oz	Unsweetened Vanilla Almond Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Rolled Oats
1/2 scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
1/4 tsp	Vanilla Extract
12 oz	Ice

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(423g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 57g	21%
Dietary Fiber 6g	21%
Total Sugars 25g	
Includes 1g Added Sugars	2%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 369mg	30%
Iron 2mg	10%
Potassium 662mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Oatmeal Raisin Cookie | *Former Shake of the Month*

6 oz	Unsweetened Vanilla Almond Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Raisins
½ scp	Almond Butter
1 scp	Rolled Oats
1 scp	Vanilla Whey Protein
1 scp	Get Energized
¼ tsp	Honey
1 tsp	Cinnamon
12 oz	Ice

OATMEAL RAISIN COOKIE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(411g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 360mg	16%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 26g	
Includes 18g Added Sugars	36%
Protein 33g	
Vitamin D 2mcg	10%
Calcium 427mg	35%
Iron 2mg	10%
Potassium 1070mg	25%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Old-Fashioned Pumpkin Pie | 20oz.

6 oz	Choice of Liquid
1 scp	Dried Pumpkin
½ scp	Flavor Fusions - Spiced Chai
1½ scps	Vanilla Whey Protein
1 scp	Get Essentials
½ tsp	Cinnamon
12 oz	Ice

## Old-Fashioned Pumpkin Pie | 12oz.

4 oz	Choice of Liquid
¾ scp	Dried Pumpkin
¼ scp	Flavor Fusions - Spiced Chai
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
¼ tsp	Cinnamon
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(261g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 220mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 286mg	20%
Iron 2mg	10%
Potassium 770mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

OLD FASHIONED PUMPKIN PIE

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## PB & JAM

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(421g)
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 130mg	6%
Total Carbohydrate 52g	19%
Dietary Fiber 7g	25%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 1mcg	6%
Calcium 278mg	20%
Iron 1mg	6%
Potassium 419mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### PB & Jam | 20oz.

3 oz	Dr. Smoothie Strawberry Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
2 scps	Freeze-Dried Strawberries
1 scp	Peanut Butter
1 scp	Rolled Oats
1 scp	Vanilla Whey Protein
12 oz	Ice

### PB & Jam | 12oz.

2 oz	Dr. Smoothie Strawberry Purée/Water Mix
2 oz	Unsweetened Vanilla Almond Milk
1 scp	Freeze-Dried Strawberries
½ scp	Peanut Butter
½ scp	Rolled Oats
¾ scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(260g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 90mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 190mg	15%
Iron 1mg	6%
Potassium 255mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## PB APPLE CRISP

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(403g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	14%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 1mcg	6%
Calcium 246mg	20%
Iron 2mg	10%
Potassium 470mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### PB Apple Crisp | *Former Shake of the Month*

3 oz	Dr. Smoothie Red Apple Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
1 scp	PB Lite
1 scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
12 oz	Ice

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(376g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 1mg	6%
Potassium 522mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Peaches & Green | *Former Shake of the Month*

3 oz	Dr. Smoothie Peach Pear Apricot Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
½ scp	Freeze-Dried Kale
½ scp	Freeze-Dried Spinach
¼ tsp	Freeze-Dried Lemon
1 scp	Vanilla Whey Protein
1 tsp	Flax Seed Oil
¼ tsp	Lemon Extract
12 oz	Ice

PEACHES & GREEN

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(432g)
Amount per serving	
Calories	530
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 310mg	13%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 21g	
Includes 17g Added Sugars	34%
Protein 49g	
Vitamin D 2mcg	10%
Calcium 446mg	35%
Iron 2mg	10%
Potassium 466mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Peanut Butter Cup | 20oz.

6 oz	Choice of Liquid
1 scp	Peanut Butter
½ scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
1 scp	Vanilla Whey Protein
12 oz	Ice

## Peanut Butter Cup | 12oz.

4 oz	Choice of Liquid
½ scp	Peanut Butter
¼ scp	Flavor Fusions - Chocolate Truffle
½ scp	Chocolate Whey Protein
½ scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(257g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 180mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 248mg	20%
Iron 1mg	6%
Potassium 257mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

PEANUT BUTTER CUP

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## PERFECT PIÑA

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(398g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 95mg	4%
Total Carbohydrate 51g	19%
Dietary Fiber 5g	18%
Total Sugars 37g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 258mg	20%
Iron 1mg	6%
Potassium 460mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Perfect Piña | 20oz.

- 6 oz Dr. Smoothie Pineapple Blend Purée/Water Mix
- 1 scp Freeze-Dried Strawberries
- 1 tsp Dried, Shredded Coconut
- 1½ scps Vanilla Whey Protein
- 1 scp Get Regular
- 1 tsp Flax Seed Oil
- 12 oz Ice

### Perfect Piña | 12oz.

- 4 oz Dr. Smoothie Pineapple Blend Purée/Water Mix
- 1 scp Freeze-Dried Strawberries
- 1 tsp Dried, Shredded Coconut
- 1 scp Vanilla Whey Protein
- 1 scp Get Regular
- 1 tsp Flax Seed Oil
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(258g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 1mg	6%
Potassium 307mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## PIE SQWARED

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(387g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 280mg	12%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 21g	
Vitamin D 2mcg	10%
Calcium 489mg	40%
Iron 1mg	6%
Potassium 447mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Pie SQWARED | *Former Shake of the Month*

- 6 oz Unsweetened Vanilla Almond Milk
- 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Dried Sweet Potato
- ¼ scp Flavor Fusions - Spiced Chai
- 1 scp SQWARED MEALS – Whey Based Vanilla
- ½ scp Vanilla Whey Protein
- 12 oz Ice

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(419g)</b>
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 300mg	13%
Total Carbohydrate 52g	19%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 0g Added Sugars	0%
<b>Protein</b> 32g	
Vitamin D 2mcg	10%
Calcium 514mg	40%
Iron 3mg	15%
Potassium 1192mg	25%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Pumpkin Parfait | *Former Shake of the Month*

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Dried Pumpkin
1 scp	Apple Cinnamon Granola
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
½ scp	Get Recovered
½ tsp	Cinnamon
¼ tsp	Vanilla Extract
12 oz	Ice

PUMPKIN PARFAIT

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b>
	<b>(378g)</b>
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 110mg	5%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 26g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	
Vitamin D 1mcg	6%
Calcium 228mg	20%
Iron 1mg	6%
Potassium 538mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Pure & Raw | 20oz.

4 oz	Dr. Smoothie Red Apple Purée/Water Mix
2 oz	Choice of Liquid
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
½ scp	Almond Butter
1 scp	Vanilla Whey Protein
12 oz	Ice

## Pure & Raw | 12oz.

3 oz	Dr. Smoothie Red Apple Purée/Water Mix
1 oz	Choice of Liquid
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
½ scp	Almond Butter
1 scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>12 fl. oz. (354 ml)</b>
	<b>(253g)</b>
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 85mg	4%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 199mg	15%
Iron 1mg	6%
Potassium 434mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

PURE & RAW

recipes & nutrition facts



# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## SALTED CARAMEL CHOCO-ALMOND

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(385g)	
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 570mg	25%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 17g Added Sugars	34%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 309mg	25%
Iron 2mg	10%
Potassium 217mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Salted Caramel Choco-Almond | 20oz.

6 oz	Unsweetened Vanilla Almond Milk
1/2 scp	Almond Butter
1/2 scp	Flavor Fusions - Sea Salted Caramel
1 scp	Chocolate Whey Protein
1 scp	Get Energized
1/4 tsp	Vanilla Extract (optional)*
12 oz	Ice

### Salted Caramel Choco-Almond | 12oz.

4 oz	Unsweetened Vanilla Almond Milk
1/2 scp	Almond Butter
1/4 scp	Flavor Fusions - Sea Salted Caramel
3/4 scp	Chocolate Whey Protein
1 scp	Get Energized
1/4 tsp	Vanilla Extract (optional)*
7 oz	Ice

\*Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	
(248g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 320mg	14%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 17g	
Vitamin D 1mcg	6%
Calcium 223mg	15%
Iron 1mg	6%
Potassium 161mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## SOFT TROPICS

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(387g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 140mg	6%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 31g	
Includes 6g Added Sugars	12%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 241mg	20%
Iron 1mg	6%
Potassium 361mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Soft Tropics | **Former Shake of the Month**

3 oz	Dr. Smoothie Limeade Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
5 tsps	Dried, Shredded Coconut
1 scp	Vanilla Whey Protein
1 scp	Creatine
1 tsp	Honey
12 oz	Ice

recipes & nutrition facts



# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(397g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 95mg	4%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	14%
Total Sugars 41g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 254mg	20%
Iron 1mg	6%
Potassium 231mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Strawberries n' Cream | 20oz.

6 oz	Dr. Smoothie Strawberry Purée/Water Mix
1 scp	Freeze-Dried Strawberries
1½ scps	Vanilla Whey Protein
1 scp	Get Regular
1 tsp	Flax Seed Oil
12 oz	Ice

## Strawberries n' Cream | 12oz.

4 oz	Dr. Smoothie Strawberry Purée/Water Mix
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
1 scp	Get Regular
½ tsp	Flax Seed Oil
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(254g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 171mg	15%
Iron 0mg	0%
Potassium 154mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

STRAWBERRIES N' CREAM

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(425g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 660mg	29%
Total Carbohydrate 69g	25%
Dietary Fiber 3g	11%
Total Sugars 36g	
Includes 26g Added Sugars	52%
Protein 24g	
Vitamin D 2mcg	10%
Calcium 320mg	25%
Iron 2mg	10%
Potassium 404mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Sweet Potato Pie | 20oz.

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Dried Sweet Potato
1 scp	Apple Cinnamon Granola
½ scp	Flavor Fusions - Sea Salted Caramel
¼ scp	Flavor Fusions - Spiced Chai
1 scp	Vanilla Whey Protein
12 oz	Ice

## Sweet Potato Pie | 12oz.

4 oz	Unsweetened Vanilla Almond Milk
½ scp	Dried Sweet Potato
½ scp	Apple Cinnamon Granola
¼ scp	Flavor Fusions - Sea Salted Caramel
¼ scp	Flavor Fusions - Spiced Chai
½ scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(259g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 390mg	17%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 22g	
Includes 18g Added Sugars	36%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 186mg	15%
Iron 1mg	6%
Potassium 230mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

SWEET POTATO PIE

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## THRILLA IN VANILLA

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(380g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 220mg	10%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 2mcg	10%
Calcium 368mg	30%
Iron 0mg	0%
Potassium 440mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Thrilla in Vanilla | 20oz.

- 6 oz Choice of Liquid
- 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1½ scps Vanilla Whey Protein
- 1 scp Get Regular
- 1 tsp Flax Seed Oil
- ¼ tsp Vanilla Extract
- 12 oz Ice

### Thrilla in Vanilla | 12oz.

- 4 oz Choice of Liquid
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- 1 scp Vanilla Whey Protein
- 1 scp Get Regular
- ½ tsp Flax Seed Oil
- ¼ tsp Vanilla Extract
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(243g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 245mg	20%
Iron 0mg	0%
Potassium 303mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## TRAIL MIX

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(440g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 230mg	10%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	18%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 2mcg	10%
Calcium 435mg	35%
Iron 3mg	15%
Potassium 764mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Trail Mix | 20oz.

- 6 oz Choice of Liquid
- 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Raisins
- 1 scp Almond Butter
- 1 scp Apple Cinnamon Granola
- 1½ scps Vanilla Whey Protein
- 12 oz Ice

### Trail Mix | 12oz.

- 4 oz Choice of Liquid
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Raisins
- ½ scp Almond Butter
- ½ scp Apple Cinnamon Granola
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(270g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 278mg	20%
Iron 1mg	6%
Potassium 465mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b> (417g)
Amount per serving	
Calories	430
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 29g	
Includes 18g Added Sugars	<b>36%</b>
<b>Protein</b> 27g	
Vitamin D 2mcg	10%
Calcium 351mg	25%
Iron 2mg	10%
Potassium 398mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Ty Chai | **Former Shake of the Month**

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Almond Butter
1 scp	Apple Cinnamon Granola
½ scp	Flavor Fusions - Spiced Chai
1 scp	Vanilla Whey Protein
1 scp	Creatine
12 oz	Ice

TY CHAI

20 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b> (398g)
Amount per serving	
Calories	340
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 37g	
Vitamin D 2mcg	10%
Calcium 518mg	40%
Iron 0mg	0%
Potassium 636mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Vanilla Bean | 20oz.

6 oz	Choice of Liquid
4	Freeze Dried Banana Pieces (or 2" Fresh Banana)
½ scp	Powdered Yogurt
1½ scps	Vanilla Whey Protein
1 scp	Get Regular
1 tsp	Flax Seed Oil
¼ tsp	Vanilla Extract
12 oz	Ice

## Vanilla Bean | 12oz.

4 oz	Choice of Liquid
3	Freeze Dried Banana Pieces (or 1½" Fresh Banana)
¼ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Get Regular
½ tsp	Flax Seed Oil
¼ tsp	Vanilla Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>12 fl. oz. (354 ml)</b> (252g)
Amount per serving	
Calories	220
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 1mcg	6%
Calcium 320mg	25%
Iron 0mg	0%
Potassium 402mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

VANILLA BEAN

recipes & nutrition facts

# MEAL REPLACEMENT SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

VANILLA BERRY PARFAIT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(428g)
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 180mg	8%
Total Carbohydrate 69g	25%
Dietary Fiber 5g	18%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 422mg	30%
Iron 2mg	10%
Potassium 710mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Vanilla Berry Parfait | 20oz.

- 6 oz
- Dr. Smoothie Four Berry Purée/Water Mix
- 1/2 scp
- Freeze-Dried Blueberries
- 1 scp
- Berry Coconut Granola
- 1/2 scp
- Powdered Yogurt
- 1 1/2 scps
- Vanilla Whey Protein
- 12 oz
- Ice

## Vanilla Berry Parfait | 12oz.

- 4 oz
- Dr. Smoothie Four Berry Purée/Water Mix
- 1/2 scp
- Freeze-Dried Blueberries
- 1/2 scp
- Berry Coconut Granola
- 1/4 scp
- Powdered Yogurt
- 1 scp
- Vanilla Whey Protein
- 7 oz
- Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(267g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 105mg	5%
Total Carbohydrate 44g	16%
Dietary Fiber 3g	11%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 254mg	20%
Iron 1mg	6%
Potassium 430mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	