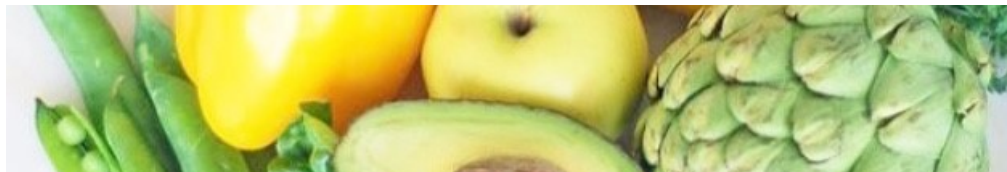


30 Day Healthy Living Program

Favorite Shake Recipes



Your **LIQUID SOURCE** is a choice of unsweetened almond milk or unsweetened coconut milk or water (for creamier shakes choose either the almond or coconut milk).

FIBER . . . we recommend starting off with 1/4 - 1/2 scoop then build to a full serving.

FRESH GREENS . . .

(spinach/kale/powdered greens) Add to all your shakes. . .you can't taste it; and you get tons of nutrients.

OMEGA 3 HEALTHY FAT . . .1 Tb chia seeds or 1 Tb flax seed or 1 Tb coconut oil or 1 Tb almond butter or 1/4 avocado or 1 Tb coconut shreds

BERRIES . . . can be fresh or frozen

If a **RECOVERY SHAKE** . . . you can add one small banana

Add 4-5 ice cubes for a thicker shake

Chocolate Covered Strawberry

8-10 oz. liquid
2 scoops Chocolate Protein Powder
1 handful greens
5-7 frozen strawberries
Fiber
Choice of healthy fat

Mint Chocolate Shake

8-10 oz. liquid
2 scoops Chocolate Protein Powder
1 handful greens
2 drops peppermint essential oil/extract
Fiber
Choice of healthy fat

Chocolate Almond Shake

8-10 oz. unsweetened almond milk
2 scoops Chocolate Protein Powder
1 handful greens
1 Tb almond butter

Mixed Berry Shake

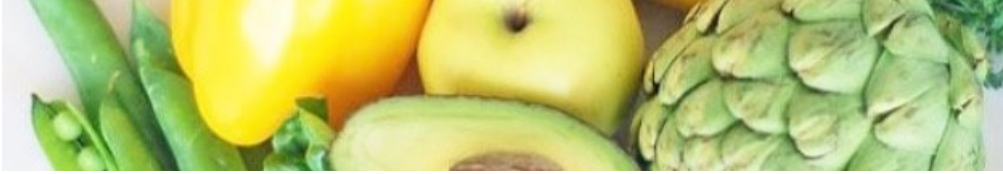
8-10 oz. liquid
2 scoops Vanilla Protein Powder
1 handful greens
2/3 cup mixed berries
Choice of healthy fat

Strawberry Surprise

8-10 oz. liquid
2 scoops Vanilla Protein Powder
1 handful greens
5-7 strawberries
6 basil leaves
Juice from a large lemon
Fiber
Choice of healthy fat

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Blueberry Lemon Twist

8-10 oz. liquid
2 scoops Vanilla Protein Powder
1 handful greens
2/3 cup blueberries
Zest & juice from 1/2 lemon
Fiber
Choice of healthy fat

Green Apple Goodness

8-10 oz. liquid
2 scoops Vanilla Protein Powder
1 handful greens
1/2 green apple, chopped
1/2-1 tsp cinnamon
Fiber
Choice of healthy fat

Green Machine Shake

1 cup baby spinach or kale
1/2 English cucumber, peeled
1 small green apple, cored & sliced
Juice from 1/2 lemon
1/2 tsp fresh ginger, grated
2 scoops Vanilla Protein Powder
Choice of healthy fat
4-5 ice cubes (you must add)
(NOTE: there is no added liquid here, the fruit/veggies will liquefy. You do need a high-powered blender for this one!)

Carrot Cake Shake

8-10 oz. liquid
2 scoops Vanilla Protein Powder
1 cup cooked, chopped carrots
1 Tb walnuts
1 tsp pumpkin pie spice & cinnamon
Fiber
4-5 ice cubes

Pretty in Pink

8-10 oz. Liquid
2 scoops Vanilla Protein Powder
Few fresh cranberries
Handful of strawberries & raspberries (fresh or frozen)
Fiber
Choice of healthy fat (recommend coconut butter)
4-5 ice cubes

Chocolate Covered Cherries

8-10 oz. liquid
2 scoops Chocolate Protein Powder
1 handful greens
2/3 cup frozen dark cherries
1 Tb coconut butter
Fiber