QUIERES RESULTADOS RAPIDOS Y PERMANENTES?

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THE HEALTHIEST MEAL OF THE DAY

INDULGE IN CHOCOLATE

every day of the week. Just add Shakeology®.

"I never want to stop drinking Shakeology. My cravings for junk food are gone, I've lost 9 pounds and it's given me energy so it's fun to work out now!"

—Barb L., Barnhart, Missouri

1 Date Shake
1 cup nonfat milk
½ cup plain yogurt
1 tsp. almond butter
2 pitted dates

2 Vanilla Peanut Banana
½ cup nonfat vanilla yogurt
½ medium banana
1 Tbsp. peanut butter
1 cup milk

3 Thai Iced Coffee
1 cup strongly brewed chilled coffee
½ tsp. cardamom
½ tsp. almond extract

4 Cinnamon Pecan Cream
1 cup nonfat milk
1 Tbsp. cinnamon
½ cup chopped pecans

5 Cherry Pomegranate
½ cup pomegranate juice
½ cup water
½ cup pitted black cherries

6 Chocolate Sea Salt
1 cup nonfat milk
1 dash sea salt

7 Avocado Dream
1 cup nonfat milk
¼ cup avocado

8 Cantaloupe Star Anise
1 cup nonfat milk
½ cup cantaloupe
½ tsp. anise extract

9 Thai Coconut Lemongrass
1 cup coconut water
1 dash lemongrass powder

10 Banana Spice
1 cup water
½ banana
1 Tbsp. cinnamon

11 Pineapple Chili
1 cup water
½ cup pineapple
1 tsp. chili powder

12 Vanilla Plum
1 cup water
1 pitted plum
1 tsp. vanilla extract

13 Caramello
1 cup unsweetened chocolate almond milk
1 tsp. caramel extract

14 Date and Almond Roll
1 cup vanilla almond milk
2 pitted dates
1 tsp. almond extract
1 tsp. cinnamon

15 Cashew Fig
1 cup nonfat milk
1 fig
1 Tbsp. chopped cashews

16 Coconut Banana Oat
1 cup coconut water
½ banana
2 Tbsp. instant oats

17 Honey Peanut Delight
1 cup nonfat milk
1 tsp. honey
1 Tbsp. chunky peanut butter

18 Vanilla Ginger
1 cup nonfat milk
1 tsp. vanilla extract
1 tsp. ground ginger

19 Double Chocolate
1 cup unsweetened chocolate almond milk

20 Raspberry Oat
1 cup water
½ cup raspberries
2 Tbsp. instant oats

21 Honey Flax
1 cup nonfat milk
1 tsp. honey
1 Tbsp. ground flaxseed

22 Salted Caramel
1 cup nonfat milk
1 tsp. caramel extract
1 dash sea salt

23 Mexican Butterscotch
1 cup nonfat milk
1 tsp. butterscotch extract
1 dash chili powder

24 Espresso Cinnamon
1 shot chilled espresso
1 cup water
1 Tbsp. cinnamon

25 Strawberry Coconut
1 cup coconut water
½ cup strawberries

26 Cranberry Clove
½ cup unsweetened cranberry juice
½ cup water
½ tsp. ground cloves

27 Blackberry Walnut
1 cup nonfat milk
½ cup blackberries
2 Tbsp. chopped walnuts

28 Hummingbird
1 cup water
½ banana
½ cup pineapple
2 Tbsp. chopped walnuts
1 tsp. cinnamon

29 Pumpkin Cardamom
1 cup water
½ cup canned pumpkin
½ tsp. cardamom

30 Double Chocolate Nut
1 cup unsweetened chocolate almond milk
1 Tbsp. peanut butter

HERE'S HOW TO MAKE IT

For each of these delicious recipes, add 1 serving of Chocolate Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.

YOU'VE GOT CHOICES

Fresh or frozen fruit. Regular, nonfat, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

Have your own favorite Shakeology recipe?

Share it with us and it could be featured in our next calendar issue. Email Recipes@Shakeology.com

Become our friend on Facebook.com/Shakeology.

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THE HEALTHIEST MEAL OF THE DAY

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THE HEALTHIEST MEAL OF THE DAY

A Chocolate Delight

for every day of the month. Just add Shakeology®.

Here's how to make it: For each of these delicious recipes, add 1 serving of Chocolate Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.

You've got the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

1 Chocolate Banana Nutter
1 Tbsp. natural peanut butter
1 banana
1 cup water

2 Chocolate Minty
1 tsp. mint extract
1 cup water

3 PB and J
1 Tbsp. natural peanut butter
½ cup strawberries
1 cup water

4 Almond Mocha Chiller
1 tsp. almond extract
1 cup cold coffee

5 Chocolate-Covered Strawberries
1 cup strawberries
1 cup water

6 Chocolate Raspberry
1 cup raspberries
1 cup water

7 Maple Buttercup
1 Tbsp. almond butter
1 cup skim milk
1 tsp. maple syrup

8 Chocolate Bananas Foster
1 banana
½ tsp. cinnamon
½ tsp. rum extract
1 cup skim milk

9 Choco Cherry-Licious
½ cup black cherries (pitted)
1 cup vanilla almond milk

10 Piña-Banana
½ banana
½ cup pineapple juice
½ cup water

11 Chocolate Berry Blast
½ cup raspberries
¼ cup blueberries
½ cup blackberries
1 cup water

12 Chocolate Spice
1 tsp. cinnamon
½ tsp. nutmeg
1 cup skim milk

13 Chocolate Twilight
1 tsp. vanilla extract
1 cup water

14 Choc-Orange
½ cup orange juice
½ cup water

15 Choconana
1 banana
1 cup water

16 Nuts for Chocolate
1 Tbps. almond butter
½ tsp. almond extract
1 cup almond milk

17 Banana Honeymoon
½ banana
1 Tbsp. peanut butter
1 Tbsp. honey
1 cup water

18 Coconut Dream
1 tsp. coconut extract
½ cup skim milk
½ cup water

19 Pumpkin Pie
½ cup unsweetened canned pumpkin
½ tsp. cinnamon
½ tsp. nutmeg
1 cup skim milk

20 Strawberry Thunder
1 cup strawberries
½ cup blueberries
1 cup water

21 Orange U Happy
½ cup raspberries
½ cup orange juice
½ cup water

22 Cherry Monkey
½ cup black cherries (pitted)
½ banana
1 cup skim milk

23 Fruit and Nutty
1 Tbsp. peanut butter
½ cup raspberries
½ cup blackberries
1 cup almond milk

24 Chocolate Bee
1 tsp. honey
1 cup skim milk

25 Cheeky Coconut
1 tsp. coconut extract
1 banana
1 cup skim milk

26 Dark Blue Moon
1 cup blueberries
1 cup water

27 Mocha Chiller
1 cup cold coffee

28 Vanilla Almond Fudge
1 Tbsp. almond butter
1 tsp. vanilla extract
½ tsp. cinnamon
1 cup skim milk

29 Breakfast at Hazel's
1 tsp. hazelnut extract
1 cup water

30 Banana Split
½ banana
2 fresh pineapple rings
2 large strawberries
1 cup water

Here are 2 healthy dessert recipes.

They're great for special occasions.

Chocolate Shakeology Pie

2 scoops Chocolate Shakeology
1 container tofu, silken or firm (approx. 12 oz.)
½ cup natural peanut butter
2 Tbsp. skim milk
1 premade pie crust (health food stores have whole grain, graham cracker-like pie crusts that are great for this!)

Preparation:
Place peanut butter, tofu, Chocolate Shakeology, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour into pie crust and refrigerate until firm, at least 1 hour.

Shakeology No-Bake Cookies

1 cup reduced-fat or natural peanut butter
1 cup quick-cook oatmeal
½ cup honey or agave nectar
1 cup Chocolate Shakeology powder

Preparation:
First, remove any rings you're wearing and wash your hands really well. Then combine ingredients in medium bowl. Mix well. Roll into balls (about a heaping teaspoon each).

Optional: Roll in crushed nuts, oatmeal mixed with a little cinnamon, whole-grain graham cracker crumbs, or unsweetened coconut flakes.

For more recipes visit **www.shakeology.com**

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You've got the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

1 Gingerbread Man
½ tsp. cinnamon
½ tsp. ginger
1 tsp. vanilla extract
1 cup skim milk

2 Chocolate Fig Pudding
6 ripe figs
8 walnut halves
1 cup water

3 "Frostie" the Snowman
1 tsp. natural peanut butter
1 banana
1 cup water

4 Candy Cane Surprise
¼ tsp. peppermint extract
1 cup water

5 Chocolate Spice
1 tsp. cinnamon
½ tsp. nutmeg
1 cup skim milk

6 Maple Buttercup
1 Tbsp. peanut butter
1 Tbsp. maple syrup
1 cup water or skim milk

7 Almond Holiday
1 banana
1 tsp. almond extract
1 cup skim milk

8 Peanut Butter Cup Cheesecake
¼ cup fat-free ricotta cheese
¼ cup plain fat-free yogurt
2 Tbsp. peanut butter
¼ cup water
½ cup skim milk

9 Almond Joy-to-the-World
1 Tbsp. peanut or almond butter
½ cup light coconut milk
½ cup water
Add water (to thin if necessary)

10 Holiday Eggnog
1 egg white
½ tsp. allspice
1 tsp. rum extract
½ cup skim milk

11 Mulled Cranberry
1 tsp. cinnamon
½ cup unsweetened cranberry juice
½ cup orange juice

12 Maple Nut
1 tsp. pure maple syrup
1 tsp. peanut butter
½ cup milk
½ cup water

13 Cinnamon Roll
1 tsp. cinnamon
1 tsp. vanilla extract
1 cup skim milk

14 Banana-Nog
½ tsp. allspice
½ tsp. rum extract
½ banana
1 cup skim milk

15 Minty Mocha Chiller
½ tsp. peppermint extract
½ cup almond milk
½ cup cold coffee

16 Mexican Chocolate
1 tsp. cinnamon
1 cup skim milk

17 Chocolate Chai
1 cup chilled unsweetened chai tea

18 Chocolate Date Pudding
2 large pitted dates
½ tsp. vanilla extract
½ tsp. rum extract
1 cup water

19 Almond Yule Log
½ tsp. vanilla extract
½ tsp. cinnamon
½ tsp. almond extract
1 Tbsp. almond butter
½ cup pitted black cherries
1 cup vanilla almond milk

20 Chocolate Pecan Pie
8 pecans
½ tsp. butterscotch extract
1 cup skim milk

21 Snowstorm
½ tsp. almond extract
½ tsp. rum extract
½ cup cold coffee
½ cup skim milk

22 Gingerbread Latte
1 tsp. ginger
½ tsp. cinnamon
½ cup skim milk
½ cup cold coffee

23 Cranberry-Nut
1 tsp. peanut butter
½ cup non-sweetened cranberry juice
½ cup water

24 Mayan Cocoa
3 to 4 dashes cayenne pepper
1 cup water

25 Apple-Maple
½ tsp. cinnamon
½ tsp. nutmeg
1 Tbsp. pure maple syrup
½ cup apple juice
½ cup water

26 Berry Christmas
1 cup strawberries
½ cup blueberries
1 cup water

27 Chocolate Vanilla Bean
1 tsp. vanilla extract
1 cup water

28 Creamy Candy Cane
2 to 3 drops peppermint extract
1 cup almond milk

29 Apple Pie
½ cup diced apples
¼ tsp. cinnamon
½ cup water
½ cup apple juice

30 Snowflake
1 tsp. vanilla extract
1 cup skim milk
Crushed sugar-free candy canes (for garnish)

Here are 2 healthy dessert recipes.

They're great for special occasions.

Chocolate Mocha Mousse

1 scoop Chocolate Shakeology
1 Tbsp. instant coffee
¼ cup blueberries
2 egg whites
½ cup water

Preparation:
Mix water, blueberries, 1 scoop of Chocolate Shakeology, and instant coffee in a blender. Beat egg whites (with a whisk or electric beater) until stiff. Fold chocolate mixture slowly into egg whites, keeping as light and airy as possible. Pour into small bowl, garnish with more blueberries, and eat with a spoon. (Serves 1.)

Gooey Shakeology Oatmeal Bar

4 scoops Chocolate Shakeology
3 cups dry oatmeal
½ cup natural peanut butter
1 cup skim milk
1 dash cinnamon
½ tsp. vanilla extract
1 tsp. unsweetened cocoa powder

Preparation:
Mix all dry ingredients together, then add skim milk and vanilla to blend flavors. Add peanut butter and mix together really well with hands. After it's all mixed, put mixture in an 8" x 8" pan. Place plastic wrap or wax paper on top of mixture and push evenly into pan to flatten. Refrigerate for 3 hours, then cut into squares. (Makes 9 bars.)

For more recipes visit
www.shakeology.com

A VERY BERRY TREAT
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>
> —Cindy W., Fredericksburg, Virginia

1 — Apple Berry
- 1 tsp. cinnamon
- ½ cup raspberries
- ½ cup water
- ½ cup natural apple juice

2 — Cran-Orange Spice
- ½ tsp. cinnamon
- ½ cup orange juice
- ½ cup unsweetened cranberry juice

3 — Cherry Nutter
- ½ tsp. almond extract
- ½ cup pitted black cherries
- 1 cup skim milk

4 — Berry Splash
- ½ cup strawberries
- ½ cup sliced peaches
- ½ cup pineapple juice
- ½ cup water

5 — Pineapple Cheesecake
- ¼ cup fat-free ricotta cheese
- ¼ cup plain nonfat yogurt
- ½ cup pineapple juice
- ½ cup water

6 — Orchard Apple
- 1 tsp. cinnamon
- ½ cup natural apple juice
- ½ cup water

7 — Raspberry Lemon
- 2 Tbsp. fresh lemon juice
- ½ cup raspberries
- 1 cup water

8 — Peach Tart
- 1 tsp. cinnamon
- 1 cup peaches
- 1 Tbsp. lemon juice
- 1 cup water

9 — Strawberry Nutter
- 1 cup strawberries
- 1 cup almond milk

10 — Pomegranate Zinger
- 1 Tbsp. lime juice
- ½ cup unsweetened pomegranate juice
- ½ cup water

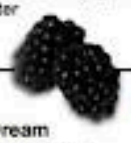
11 — Honey Lime
- 1 tsp. honey
- 2 Tbsp. lime juice
- ½ cup plain nonfat yogurt
- 1 cup water

12 — Blueberry Breeze
- ½ cup blueberries
- ½ cup orange juice
- ½ cup water

13 — Cranberry Almond
- ½ tsp. almond extract
- ½ cup unsweetened cranberry juice
- ½ cup water

14 — Strawberry Coconut
- 1 cup strawberries
- ½ cup light coconut milk
- ½ cup water
- Water to thin out (if necessary)

15 — Berry Twister
- ½ cup blackberries
- ½ cup raspberries
- ½ cup plain nonfat yogurt
- 1 cup water



16 — Banana Bliss
- ½ banana
- ½ cup unsweetened cranberry juice
- ½ cup water

17 — Orange Zen
- ½ cup orange juice
- ½ cup cold green tea

18 — Blackberry Nut
- ½ cup blackberries
- ½ tsp. almond extract
- ½ cup nonfat plain yogurt
- 1 cup almond milk

19 — Strawberry Lime
- 1 tsp. lime juice
- ½ cup strawberries
- 1 cup water

20 — Ginger Berry Zinger
- ½ tsp. ground ginger
- 3 Tbsp. lemon juice
- ½ cup organic frozen mixed berries
- 1 cup water

21 — Peach Sunshine
- ½ cup sliced peaches
- ½ cup pineapple juice
- ½ cup water

22 — Citrus Dream
- 2 Tbsp. lemon juice
- 2 Tbsp. lime juice
- 1 Tbsp. honey
- 1 cup water

23 — Cherry Orange
- ½ cup pitted black cherries
- ½ cup orange juice
- ½ cup water

24 — Maple Berry
- ¼ cup frozen blueberries
- ¼ cup frozen blackberries
- 1 Tbsp. pure maple syrup
- ½ cup orange juice
- ½ cup water

25 — Mango-Nana
- ½ banana
- ½ cup mango slices
- ¼ cup pineapple juice
- ¾ cup water

26 — The Big Melon
- 1 cup cantaloupe
- ½ cup orange juice
- ½ cup water

27 — Peanut Butter Berry
- ½ cup raspberries
- 1 Tbsp. peanut butter
- 1 cup water

28 — Yogo Lime Berry
- 2 Tbsp. lime juice
- ½ cup strawberries
- ½ cup plain nonfat yogurt
- 1 Tbsp. honey
- 1 cup skim milk

29 — Kiwi Pineapple Delight
- 2 kiwis (peeled)
- ½ cup pineapple juice
- ½ cup water

30 — Peach Tango
- ½ cup sliced peaches
- ½ cup mango slice
- 1 cup water

HERE'S HOW TO MAKE IT
For each of these delicious recipes, add 1 serving of Greenberry Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.

YOU'VE GOT CHOICES
Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

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A very berry delight

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You've got the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). Enjoy!

1 Cinnamon Apple Cider
1 tsp. cinnamon
½ cup apple cider
½ cup water

2 Cran-Apple Pie
½ tsp. cinnamon
½ tsp. nutmeg
½ cup apple juice
½ cup unsweetened cranberry juice

3 Berry Yule Log
½ tsp. cinnamon
½ tsp. almond extract
½ cup pitted black cherries
1 cup vanilla almond milk

4 Mulled Strawberry
1 tsp. cinnamon
½ cup strawberries
½ cup pineapple juice
½ cup water

5 Pineapple Frost
1 tsp. honey
½ cup pineapple juice
½ cup plain nonfat yogurt
½ cup water

6 Orchard Pear
1 tsp. cinnamon
½ cup all-natural pear juice
½ cup water

7 Rustic Apple
1 tsp. cinnamon
1 tsp. nutmeg
Juice of ½ small lemon
½ cup apple juice
½ cup water

8 Peach Crisp
1 tsp. cinnamon
1 cup peaches
½ cup orange juice
½ cup water

9 Strawberry Tart
1 tsp. lime juice
1 cup strawberries
1 cup water

10 Cinna-Pomegranate
1 tsp. cinnamon
½ cup unsweetened pomegranate juice
½ cup water

11 Winter Sunshine
1 tsp. honey
½ tsp. lime juice
½ cup plain nonfat yogurt
½ cup water
½ cup pineapple juice

12 Harvest Moon
½ cup blackberries
½ cup orange juice
½ cup water

13 Cranberry Chiller
½ cup unsweetened cranberry juice
½ cup water

14 Strawberry Valentine
1 cup strawberries
1 cup skim milk

15 Berry with Cupid's Twist
Juice of ½ small lemon
1 cup raspberries
½ cup plain nonfat yogurt
1 cup water

16 Berry Bliss
¼ cup blueberries
½ cup raspberries
½ cup unsweetened cranberry juice
½ cup water

17 Chai Green Tea
1 cup water
¼ cup instant chai tea mix

18 Holiday Spice
1 dash of cloves
½ cup cranberry juice
½ cup orange juice

19 Peppermint Surprise
1 tsp. peppermint extract
1 cup almond or skim milk

20 Gingersnap
1 Tbsp. ground ginger
1 orange
½ cup organic frozen mixed berries
1 cup water

21 Cranberry Relish Surprise
2 cups unsweetened cranberry juice
7 segments mandarin orange
¼ cup cold water

22 Citrus Pucker-Up
Juice of ½ small lemon
Juice of ½ small lime
1 Tbsp. honey
1 cup water

23 Santa Baby
½ cup pitted black cherries
½ cup unsweetened cranberry juice
½ cup water

24 Blue Christmas
½ cup combined frozen blueberries and blackberries
1 teaspoon orange juice
1 tablespoon nonfat blueberry yogurt
¾ cup water

25 Creamy Icicle
¼ banana
½ mango
¼ cup milk
¾ cup water
1 Tbsp. nonfat yogurt
1 Tbsp. honey

26 Jingle Berry Rock
½ cup strawberries
½ cup raspberries
½ cup orange juice
¼ cup water

27 Red Berries 'n' Cream
¼ cup sliced strawberries
¼ cup skim, rice, or almond milk
½ cup water

28 Snowed In
½ cup frozen pineapple
½ tsp. coconut extract
1 cup water

29 Sweets for My Sweet
1 cup strawberries
½ cup nonfat plain yogurt
1 Tbsp. honey
1 cup skim milk

30 Peaches and Cream
1 cup peaches
1 cup skim milk

Try a healthy dessert recipe too.

Here's one for a special occasion.

Protein Dream Creamsicle
½ scoop Greenberry Shakeology
½ scoop vanilla Beachbody Whey Protein Powder
1 cup skim milk

Preparation:
Mix in blender, pour into 4 frozen-pop molds, and freeze.

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ENJOY A BERRY TREAT

every day of the week. Just add Shakeology.

"Shakeology has been the best decision I've made for my health. I've been drinking it every day for 3-½ months and lost 32 pounds and 16 inches off my body."
—Wendy S., Pembroke Pines, Florida

1 Awesome Almond
1 cup almond milk
½ banana
½ cup kale (stems removed)
1 Tbsp. almond butter
⅛ tsp. cinnamon
⅛ tsp. nutmeg
⅛ tsp. ground ginger

2 Rise and Shine
1 cup nonfat milk
¼ cup avocado
2 Tbsp. canned sweet potato
½ banana
½ tsp. honey

3 Cherry Bomb
¼ cup orange juice
½ cup coconut water
½ cup frozen cherries
1 kiwi
1 tsp. agave nectar

4 Apple Mojito
¼ cup apple juice
1 cup sparkling water
1 tsp. fresh lime juice
1 tsp. agave nectar

5 Island Refresher
1 cup nonfat milk
½ cup pineapple
½ cup frozen mango
3 tsp. nonfat cottage cheese

6 Good Morning!
1 cup nonfat milk
½ apple
½ banana
1 Tbsp. quick-cooking oats
½ tsp. vanilla extract

7 Orange-Vanilla
1 cup orange juice
¼ cup nonfat vanilla yogurt
1 Tbsp. ground flaxseed
⅛ tsp. vanilla extract

8 Sunflower Shake
1 cup nonfat milk
¼ cup pineapple
2 Tbsp. sunflower seeds
1 Tbsp. golden raisins

9 Coconut Cherry
1 cup coconut water
¼ cup pitted cherries
½ cup strawberries

10 Melon Stripe
1 cup water
½ cup cantaloupe
½ cup honeydew
1 tsp. lime juice
1 tsp. honey

11 Pomegranate Swirl
½ cup water
½ cup pomegranate juice
½ cup plain nonfat yogurt

12 Blood Orange & Cream
½ cup nonfat vanilla yogurt
1 cup orange juice
1 small blood orange

13 Blueberry Lemonade
1 cup water
½ cup blueberries
1 Tbsp. lemon juice

14 Strawberry Basil
1 cup nonfat milk
1 cup strawberries
2 fresh basil leaves

15 Mango Chili
1 cup nonfat milk
½ cup mango
1 dash chili pepper

16 Cucumber Lime
1 cup water
½ cup cucumber
1 Tbsp. lime juice

17 Papaya Passion
½ cup orange juice
½ cup water
½ cup papaya

18 Cherry Ginger Peach
1 cup water
½ cup peach slices
½ cup pitted cherries
½ tsp ginger powder

19 Avocado Pineapple
1 cup water
¼ cup pineapple juice
¼ cup avocado

20 Apple Carrot
1 cup apple juice
¼ unsweetened applesauce
½ cup baby carrots
1 tsp. cinnamon

21 Coconut Lime
1 cup water
1 tsp. lime juice
¼ cup unsweetened shredded coconut

22 Kiwi Ginger
1 cup water
1 kiwi
1 tsp. ginger powder

23 Cranberry Mint Crush
2 Tbsp. lime juice
1 cup unsweetened cranberry juice
3 mint leaves

24 Lemon Raspberry Ricotta
1 cup water
1 Tbsp. lemon juice
½ cup raspberries
¼ cup nonfat ricotta cheese

25 Berry Maple Cream
1 cup water
1 cup nonfat plain yogurt
½ cup strawberries
¼ cup orange juice
1 Tbsp. pure maple syrup

26 Watermelon Mint
1 cup water
1 cup watermelon
2 mint leaves

27 Blueberry Chai
1 cup chilled chai tea
1 cup blueberries

28 Strawberry Date
1 cup almond milk
½ cup strawberries
2 pitted dates

29 Green Coconut
1 cup coconut water
1 handful fresh spinach

30 Cherry Limeade
1 cup water
1 tsp. lime juice
1 tsp. lemon juice
½ cup pitted black cherries

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A TROPICAL STRAWBERRY TWIST

A VEGAN RECIPE FOR EVERY DAY OF THE MONTH.
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> —Cindy W., Fredericksburg, Virginia

1 — Tropical Breeze
- 1 cup coconut milk
- ½ cup strawberries
- 1 orange, peeled and divided in segments
- ½ banana

2 — Mojito
- 1 Tbsp. lime juice
- 2 Tbsp. minced fresh mint leaves
- 1 cup water

3 — Almond Paradise
- 1 cup almond milk
- 1 tsp. almond butter

4 — Orange Sunshine
- ½ cup orange juice
- ½ cup water

5 — Harvest Pie
- 1 cup rice milk
- 2 Tbsp. walnut pieces
- ½ tsp. cinnamon

6 — Coconut Twist
- 1 cup coconut water
- 2 Tbsp. grapefruit juice
- ½ cup pineapple chunks

7 — Almond Nutter
- 1 cup almond milk
- 1 Tbsp. peanut butter

8 — Pomegranate Splash
- ½ cup pomegranate juice
- ½ cup water

9 — Peach Paradise
- ½ cup pomegranate juice
- ½ cup water
- ¼ cup sliced peaches

10 — Watermelon Wave
- 1 cup water
- ½ cup watermelon chunks

11 — Kiwilicious
- 1 cup water
- ½ cup watermelon chunks
- 1 kiwifruit, peeled

12 — Watermelon Mojito
- ½ cup watermelon chunks
- 1 Tbsp. lime juice
- 2 Tbsp. minced fresh mint leaves
- 1 cup water

13 — Papaya Coconut
- 1 cup coconut water
- ½ cup papaya chunks

14 — Veg and Coconut
- 1 whole young Thai coconut (meat and water), husk and shell removed
- 1 cup spinach
- Water (to taste; optional)

15 — Fruity Colada
- 1 cup coconut water
- ½ tsp. coconut extract
- ½ cup pineapple chunks

16 — Cranberry Zinger
- ½ cup unsweetened cranberry juice
- ½ cup water
- ¼ cup orange juice
- ⅛ tsp. ground cinnamon
- 1 pinch ground nutmeg

17 — Carrot Cake
- 1 cup rice milk
- ½ cup steamed carrots
- 1 Tbsp. almond butter
- ⅛ tsp. cinnamon

18 — Oh, So Walnut
- 1 cup rice milk
- 2 Tbsp. walnut pieces

19 — Orange Sunset
- ½ cup pomegranate juice
- ½ cup orange juice

20 — Strawberry Parfait
- 1 cup rice milk
- ½ cup sliced strawberries
- 2 Tbsp. walnut pieces

21 — Maple Almond Delight
- 1 cup almond milk
- 2 Tbsp. almond butter
- 1 tsp. maple syrup

22 — Citrus Berry
- ½ cup water
- ½ cup orange juice
- ¼ cup raspberries

23 — Mango Breeze
- 1 cup water
- ½ cup mango chunks

24 — Mambo
- 1 cup water
- ½ cup pineapple chunks
- ½ cup mango chunks

25 — Apple in the Tropics
- 1 cup almond milk
- ¼ cup unsweetened applesauce

26 — Fruit and Nutty
- 1 cup water
- 1 Tbsp. peanut butter

27 — Fresca
- 1 cup watermelon chunks
- ½ cup pineapple chunks

28 — Creamy Cantaloupe
- 1 cup rice milk
- ½ cup cantaloupe chunks

29 — Tropical Nut Spice
- 1 cup almond milk
- 1 Tbsp. almond butter
- 1 dash ground cayenne pepper

30 — Dark Moon
- 1 cup rice milk
- ¼ cup blackberries
- 1 Tbsp. walnut pieces

HERE'S HOW TO MAKE IT

For each of these delicious recipes, add 1 serving of Tropical Strawberry Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.

YOU'VE GOT CHOICES

Fresh or frozen fruit. Almond, rice, hemp or coconut milks for vegan diets; regular and skim milk for nonvegan diets (the more milk you add, the creamier.) And almond butter instead of peanut butter—use whichever you like better. Enjoy!

shakeology®
THE HEALTHIEST MEAL OF THE DAY

Tropical Shakeology Will be Available Feb 14th at:
www.teamphitlife.com
www.myshakeology.com/jaykrieger

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