


# 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

<p><b>1</b> <b>Date Shake</b> 1 cup nonfat milk ½ cup plain yogurt 1 tsp. almond butter 2 pitted dates</p>	<p><b>2</b> <b>Vanilla Peanut Banana</b> ½ cup nonfat vanilla yogurt ½ medium banana 1 Tbsp. peanut butter 1 cup milk</p> 	<p><b>3</b> <b>Thai Iced Coffee</b> 1 cup strongly brewed chilled coffee ½ tsp. cardamom ½ tsp. almond extract</p>	<p><b>4</b> <b>Cinnamon Pecan Cream</b> 1 cup nonfat milk 1 Tbsp. cinnamon ⅛ cup chopped pecans</p> 	<p><b>5</b> <b>Cherry Pomegranate</b> ½ cup pomegranate juice ½ cup water ½ cup pitted black cherries</p> 	<p><b>6</b> <b>Chocolate Sea Salt</b> 1 cup nonfat milk 1 dash sea salt</p>	<p><b>7</b> <b>Avocado Dream</b> 1 cup nonfat milk ¼ cup avocado</p> 
<p><b>8</b> <b>Cantaloupe Star Anise</b> 1 cup nonfat milk ½ cup cantaloupe ½ tsp. anise extract</p>	<p><b>9</b> <b>Thai Coconut Lemongrass</b> 1 cup coconut water 1 dash lemongrass powder</p> 	<p><b>10</b> <b>Banana Spice</b> 1 cup water ½ banana 1 Tbsp. cinnamon</p> 	<p><b>11</b> <b>Pineapple Chili</b> 1 cup water ½ cup pineapple 1 tsp. chili powder</p> 	<p><b>12</b> <b>Vanilla Plum</b> 1 cup water 1 pitted plum 1 tsp. vanilla extract</p>	<p><b>13</b> <b>Caramello</b> 1 cup unsweetened chocolate almond milk 1 tsp. caramel extract</p>	<p><b>14</b> <b>Date and Almond Roll</b> 1 cup vanilla almond milk 2 pitted dates 1 tsp. almond extract 1 tsp. cinnamon</p> 
<p><b>15</b> <b>Cashew Fig</b> 1 cup nonfat milk 1 fig 1 Tbsp. chopped cashews</p> 	<p><b>16</b> <b>Coconut Banana Oat</b> 1 cup coconut water ½ banana 2 Tbsp. instant oats</p> 	<p><b>17</b> <b>Honey Peanut Delight</b> 1 cup nonfat milk 1 tsp. honey 1 Tbsp. chunky peanut butter</p> 	<p><b>18</b> <b>Vanilla Ginger</b> 1 cup nonfat milk 1 tsp. vanilla extract 1 tsp. ground ginger</p>	<p><b>19</b> <b>Double Chocolate</b> 1 cup unsweetened chocolate almond milk</p> 	<p><b>20</b> <b>Raspberry Oat</b> 1 cup water ½ cup raspberries 2 Tbsp. instant oats</p> 	<p><b>21</b> <b>Honey Flax</b> 1 cup nonfat milk 1 tsp. honey 1 Tbsp. ground flaxseed</p> 
<p><b>22</b> <b>Salted Caramel</b> 1 cup nonfat milk 1 tsp. caramel extract 1 dash sea salt</p> 	<p><b>23</b> <b>Mexican Butterscotch</b> 1 cup nonfat milk 1 tsp. butterscotch extract 1 dash chili powder</p>	<p><b>24</b> <b>Espresso Cinnamon</b> 1 shot chilled espresso 1 cup water 1 Tbsp. cinnamon</p> 	<p><b>25</b> <b>Strawberry Coconut</b> 1 cup coconut water ½ cup strawberries</p>	<p><b>26</b> <b>Cranberry Clove</b> ½ cup unsweetened cranberry juice ½ cup water ½ tsp. ground cloves</p>	<p><b>27</b> <b>Blackberry Walnut</b> 1 cup nonfat milk ½ cup blackberries 2 Tbsp. chopped walnuts</p> 	<p><b>28</b> <b>Hummingbird</b> 1 cup water ½ banana ½ cup pineapple 2 Tbsp. chopped walnuts 1 tsp. cinnamon</p>
<p><b>29</b> <b>Pumpkin Cardamom</b> 1 cup water ½ cup canned pumpkin ½ tsp. cardamom</p> 	<p><b>30</b> <b>Double Chocolate Nut</b> 1 cup unsweetened chocolate almond milk 1 Tbsp. peanut butter</p>	<p><b>HERE'S HOW TO MAKE IT</b> 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.</p> <p><b>YOU'VE GOT CHOICES</b> 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!</p>				<p><b>Have your own favorite Shakeology recipe?</b> Share it with us and it could be featured in our next calendar issue. Email <a href="mailto:Recipes@Shakeology.com">Recipes@Shakeology.com</a></p> <p> Become our friend on <a href="https://www.facebook.com/Shakeology">Facebook.com/Shakeology</a>.</p>