

# 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

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|---|---|---|---|--|---|--|
| <p><b>1</b><br/><b>Awesome Almond</b><br/>1 cup almond milk<br/>½ banana<br/>½ cup kale (stems removed)<br/>1 Tbsp. almond butter<br/>⅛ tsp. cinnamon<br/>⅛ tsp. nutmeg<br/>⅛ tsp. ground ginger</p>                          | <p><b>2</b><br/><b>Rise and Shine</b><br/>1 cup nonfat milk<br/>¼ cup avocado<br/>2 Tbsp. canned sweet potato<br/>½ banana<br/>½ tsp. honey</p>  | <p><b>3</b><br/><b>Cherry Bomb</b><br/>¼ cup orange juice<br/>½ cup coconut water<br/>½ cup frozen cherries<br/>1 kiwi<br/>1 tsp. agave nectar</p>  | <p><b>4</b><br/><b>Apple Mojito</b><br/>¼ cup apple juice<br/>1 cup sparkling water<br/>1 tsp. fresh lime juice<br/>1 tsp. agave nectar</p>  | <p><b>5</b><br/><b>Island Refresher</b><br/>1 cup nonfat milk<br/>½ cup pineapple<br/>½ cup frozen mango<br/>3 tsp. nonfat cottage cheese</p>  | <p><b>6</b><br/><b>Good Morning!</b><br/>1 cup nonfat milk<br/>½ apple<br/>½ banana<br/>1 Tbsp. quick-cooking oats<br/>½ tsp. vanilla extract</p>  | <p><b>7</b><br/><b>Orange-Vanilla</b><br/>1 cup orange juice<br/>¼ cup nonfat vanilla yogurt<br/>1 Tbsp. ground flaxseed<br/>⅛ tsp. vanilla extract</p>  |
| <p><b>8</b><br/><b>Sunflower Shake</b><br/>1 cup nonfat milk<br/>¼ cup pineapple<br/>2 Tbsp. sunflower seeds<br/>1 Tbsp. golden raisins</p>  | <p><b>9</b><br/><b>Coconut Cherry</b><br/>1 cup coconut water<br/>¼ cup pitted cherries<br/>½ cup strawberries</p>  | <p><b>10</b><br/><b>Melon Stripe</b><br/>1 cup water<br/>½ cup cantaloupe<br/>½ cup honeydew<br/>1 tsp. lime juice<br/>1 tsp. honey</p>   | <p><b>11</b><br/><b>Pomegranate Swirl</b><br/>½ cup water<br/>½ cup pomegranate juice<br/>½ cup plain nonfat yogurt</p>                       | <p><b>12</b><br/><b>Blood Orange &amp; Cream</b><br/>½ cup nonfat vanilla yogurt<br/>1 cup orange juice<br/>1 small blood orange</p>   | <p><b>13</b><br/><b>Blueberry Lemonade</b><br/>1 cup water<br/>½ cup blueberries<br/>1 Tbsp. lemon juice</p>                                       | <p><b>14</b><br/><b>Strawberry Basil</b><br/>1 cup nonfat milk<br/>1 cup strawberries<br/>2 fresh basil leaves</p>  |
| <p><b>15</b><br/><b>Mango Chili</b><br/>1 cup nonfat milk<br/>½ cup mango<br/>1 dash chili pepper</p>                                       | <p><b>16</b><br/><b>Cucumber Lime</b><br/>1 cup water<br/>½ cup cucumber<br/>1 Tbsp. lime juice</p>   | <p><b>17</b><br/><b>Papaya Passion</b><br/>½ cup orange juice<br/>½ cup water<br/>½ cup papaya</p>    | <p><b>18</b><br/><b>Cherry Ginger Peach</b><br/>1 cup water<br/>½ cup peach slices<br/>½ cup pitted cherries<br/>½ tsp ginger powder</p>  | <p><b>19</b><br/><b>Avocado Pineapple</b><br/>1 cup water<br/>¼ cup pineapple juice<br/>¼ cup avocado</p>  | <p><b>20</b><br/><b>Apple Carrot</b><br/>1 cup apple juice<br/>¼ unsweetened applesauce<br/>½ cup baby carrots<br/>1 tsp. cinnamon</p>  | <p><b>21</b><br/><b>Coconut Lime</b><br/>1 cup water<br/>1 tsp. lime juice<br/>¼ cup unsweetened shredded coconut</p>  |
| <p><b>22</b><br/><b>Kiwi Ginger</b><br/>1 cup water<br/>1 kiwi<br/>1 tsp. ginger powder</p>   | <p><b>23</b><br/><b>Cranberry Mint Crush</b><br/>2 Tbsp. lime juice<br/>1 cup unsweetened cranberry juice<br/>3 mint leaves</p>                | <p><b>24</b><br/><b>Lemon Raspberry Ricotta</b><br/>1 cup water<br/>1 Tbsp. lemon juice<br/>½ cup raspberries<br/>¼ cup nonfat ricotta cheese</p>   | <p><b>25</b><br/><b>Berry Maple Cream</b><br/>1 cup water<br/>1 cup nonfat plain yogurt<br/>½ cup strawberries<br/>¼ cup orange juice<br/>1 Tbsp. pure maple syrup</p>  | <p><b>26</b><br/><b>Watermelon Mint</b><br/>1 cup water<br/>1 cup watermelon<br/>2 mint leaves</p>        | <p><b>27</b><br/><b>Blueberry Chai</b><br/>1 cup chilled chai tea<br/>1 cup blueberries</p>   | <p><b>28</b><br/><b>Strawberry Date</b><br/>1 cup almond milk<br/>½ cup strawberries<br/>2 pitted dates</p>  |
| <p><b>29</b><br/><b>Green Coconut</b><br/>1 cup coconut water<br/>1 handful fresh spinach</p>    | <p><b>30</b><br/><b>Cherry Limeade</b><br/>1 cup water<br/>1 tsp. lime juice<br/>1 tsp. lemon juice<br/>½ cup pitted black cherries</p>   | <p><b>HERE'S HOW TO MAKE IT</b><br/>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.</p> <p><b>YOU'VE GOT CHOICES</b><br/>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>For more recipes, visit <a href="http://Shakeology.com">Shakeology.com</a>.</p>                               |