

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

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