



A very berry 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 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 the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). Enjoy!

<p>1 Cinnamon Apple Cider 1 tsp. cinnamon ½ cup apple cider ½ cup water</p> 	<p>2 Cran-Apple Pie ½ tsp. cinnamon ½ tsp. nutmeg ½ cup apple juice ½ cup unsweetened cranberry juice</p>	<p>3 Berry Yule Log ½ tsp. cinnamon ½ tsp. almond extract ½ cup pitted black cherries 1 cup vanilla almond milk</p> 	<p>4 Mulled Strawberry 1 tsp. cinnamon ½ cup strawberries ½ cup pineapple juice ½ cup water</p>	<p>5 Pineapple Frost 1 tsp. honey ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p>6 Orchard Pear 1 tsp. cinnamon ½ cup all-natural pear juice ½ cup water</p> 	<p>7 Rustic Apple 1 tsp. cinnamon 1 tsp. nutmeg Juice of ½ small lemon ½ cup apple juice ½ cup water</p>
<p>8 Peach Crisp 1 tsp. cinnamon 1 cup peaches ½ cup orange juice ½ cup water</p>	<p>9 Strawberry Tart 1 tsp. lime juice 1 cup strawberries 1 cup water</p>	<p>10 Cinna-Pomegranate 1 tsp. cinnamon ½ cup unsweetened pomegranate juice ½ cup water</p> 	<p>11 Winter Sunshine 1 tsp. honey ½ tsp. lime juice ½ cup plain nonfat yogurt ½ cup water ½ cup pineapple juice</p>	<p>12 Harvest Moon ½ cup blackberries ½ cup orange juice ½ cup water</p> 	<p>13 Cranberry Chiller ½ cup unsweetened cranberry juice ½ cup water</p>	<p>14 Strawberry Valentine 1 cup strawberries 1 cup skim milk</p> 
<p>15 Berry with Cupid's Twist Juice of ½ small lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water</p> 	<p>16 Berry Bliss ¼ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>17 Chai Green Tea 1 cup water ¼ cup instant chai tea mix</p>	<p>18 Holiday Spice 1 dash of cloves ½ cup cranberry juice ½ cup orange juice</p>	<p>19 Peppermint Surprise 1 tsp. peppermint extract 1 cup almond or skim milk</p> 	<p>20 Gingersnap 1 Tbsp. ground ginger 1 orange ½ cup organic frozen mixed berries 1 cup water</p>	<p>21 Cranberry Relish Surprise 2 cups unsweetened cranberry juice 7 segments mandarin orange ¼ cup cold water</p>
<p>22 Citrus Pucker-Up Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water</p>	<p>23 Santa Baby ½ cup pitted black cherries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>24 Blue Christmas ½ cup combined frozen blueberries and blackberries 1 teaspoon orange juice 1 tablespoon nonfat blueberry yogurt ¾ cup water</p> 	<p>25 Creamy Icicle ¼ banana ½ mango ½ cup milk ¼ cup water ¾ cup water 1 Tbsp. nonfat yogurt 1 Tbsp. honey</p>	<p>26 Jingle Berry Rock ½ cup strawberries ½ cup raspberries ½ cup orange juice ¼ cup water</p>	<p>27 Red Berries 'n' Cream ¼ cup sliced strawberries ¼ cup skim, rice, or almond milk ½ cup water</p>	<p>28 Snowed In ½ cup frozen pineapple ½ tsp. coconut extract 1 cup water</p> 
<p>29 Sweets for My Sweet 1 cup strawberries ½ cup nonfat plain yogurt 1 Tbsp. honey 1 cup skim milk</p> 	<p>30 Peaches and Cream 1 cup peaches 1 cup skim milk</p>	<p>Try a healthy dessert recipe too. Here's one for a special occasion.</p>		<p>Protein Dream Creamsicle ½ scoop Greenberry Shakeology ½ scoop vanilla Beachbody Whey Protein Powder 1 cup skim milk</p> <p>Preparation: Mix in blender, pour into 4 frozen-pop molds, and freeze.</p> 	<p>shakeology THE HEALTHIEST MEAL OF THE DAY™ For more recipes, visit www.shakeology.com</p>	