
















# A TROPICAL STRAWBERRY TWIST

A VEGAN RECIPE FOR EVERY DAY OF THE MONTH.  
Just add Shakeology®.



“The most surprising thing about Shakeology was that it tasted great and it has delivered on its promises! Better energy, less cravings, and it helps me control my weight.”

—Cindy W., Fredericksburg, Virginia

<p><b>1</b> <b>Tropical Breeze</b> 1 cup coconut milk ½ cup strawberries 1 orange, peeled and divided in segments ½ banana</p> 	<p><b>2</b> <b>Mojito</b> 1 Tbsp. lime juice 2 Tbsp. minced fresh mint leaves 1 cup water</p>	<p><b>3</b> <b>Almond Paradise</b> 1 cup almond milk 1 tsp. almond butter</p> 	<p><b>4</b> <b>Orange Sunshine</b> ½ cup orange juice ½ cup water</p> 	<p><b>5</b> <b>Harvest Pie</b> 1 cup rice milk 2 Tbsp. walnut pieces ½ tsp. cinnamon</p>	<p><b>6</b> <b>Coconut Twist</b> 1 cup coconut water 2 Tbsp. grapefruit juice ½ cup pineapple chunks</p> 	<p><b>7</b> <b>Almond Nutter</b> 1 cup almond milk 1 Tbsp. peanut butter</p>
<p><b>8</b> <b>Pomegranate Splash</b> ½ cup pomegranate juice ½ cup water</p> 	<p><b>9</b> <b>Peach Paradise</b> ½ cup pomegranate juice ½ cup water ¼ cup sliced peaches</p>	<p><b>10</b> <b>Watermelon Wave</b> 1 cup water ½ cup watermelon chunks</p> 	<p><b>11</b> <b>Kiwilicious</b> 1 cup water ½ cup watermelon chunks 1 kiwifruit, peeled</p> 	<p><b>12</b> <b>Watermelon Mojito</b> ½ cup watermelon chunks 1 Tbsp. lime juice 2 Tbsp. minced fresh mint leaves 1 cup water</p>	<p><b>13</b> <b>Papaya Coconut</b> 1 cup coconut water ½ cup papaya chunks</p> 	<p><b>14</b> <b>Veg and Coconut</b> 1 whole young Thai coconut (meat and water), husk and shell removed 1 cup spinach Water (to taste; optional)</p>
<p><b>15</b> <b>Fruity Colada</b> 1 cup coconut water ½ tsp. coconut extract ½ cup pineapple chunks</p> 	<p><b>16</b> <b>Cranberry Zinger</b> ½ cup unsweetened cranberry juice ½ cup water ¼ cup orange juice ⅛ tsp. ground cinnamon 1 pinch ground nutmeg</p>	<p><b>17</b> <b>Carrot Cake</b> 1 cup rice milk ½ cup steamed carrots 1 Tbsp. almond butter ⅛ tsp. cinnamon</p> 	<p><b>18</b> <b>Oh, So Walnut</b> 1 cup rice milk 2 Tbsp. walnut pieces</p>	<p><b>19</b> <b>Orange Sunset</b> ½ cup pomegranate juice ½ cup orange juice</p>	<p><b>20</b> <b>Strawberry Parfait</b> 1 cup rice milk ½ cup sliced strawberries 2 Tbsp. walnut pieces</p> 	<p><b>21</b> <b>Maple Almond Delight</b> 1 cup almond milk 2 Tbsp. almond butter 1 tsp. maple syrup</p>
<p><b>22</b> <b>Citrus Berry</b> ½ cup water ½ cup orange juice ¼ cup raspberries</p>	<p><b>23</b> <b>Mango Breeze</b> 1 cup water ½ cup mango chunks</p> 	<p><b>24</b> <b>Mambo</b> 1 cup water ½ cup pineapple chunks ½ cup mango chunks</p>	<p><b>25</b> <b>Apple in the Tropics</b> 1 cup almond milk ¼ cup unsweetened applesauce</p> 	<p><b>26</b> <b>Fruit and Nutty</b> 1 cup water 1 Tbsp. peanut butter</p>	<p><b>27</b> <b>Fresca</b> 1 cup watermelon chunks ½ cup pineapple chunks</p>	<p><b>28</b> <b>Creamy Cantaloupe</b> 1 cup rice milk ½ cup cantaloupe chunks</p> 
<p><b>29</b> <b>Tropical Nut Spice</b> 1 cup almond milk 1 Tbsp. almond butter 1 dash ground cayenne pepper</p>	<p><b>30</b> <b>Dark Moon</b> 1 cup rice milk ¼ cup blackberries 1 Tbsp. walnut pieces</p> 	<p><b>HERE'S HOW TO MAKE IT</b> 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.</p>		<p><b>YOU'VE GOT CHOICES</b> 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!</p>		<p><b>shakeology®</b> THE HEALTHIEST MEAL OF THE DAY</p> <p>For more recipes, visit <a href="http://Shakeology.com">Shakeology.com</a>.</p>