



PROVE IT
CHALLENGE™

**Shake It Up Every Day
with Life Shake™**



 **Shaklee®**



How to make a delicious, healthy shake every time

- 1 Life Shake is available in 4 delicious flavors and soy and plant protein options. Take your pick.
- 2 Starting with 130 calories per serving, it's easy to mix your favorite Life Shake with your choice of milk or water, customize with your favorite ingredients, and still meet your calorie goals.

Here are some perfect add-ons:

- 1 scoop Organic Greens Booster (10 calories)
- 1/2 banana (52 calories)
- 1/4 avocado (80 calories)
- 1 Tbsp. peanut butter (90 calories)
- 1 Tbsp. almond butter (98 calories)
- 1 cup blueberries (85 calories)
- 1/2 cup strawberries (49 calories)
- 1 cup spinach (7 calories)
- 1/2 cup vanilla, nonfat Greek yogurt (85 calories)
- Extracts: vanilla, peppermint, etc. (10-15 calories)

- 3 Depending on dietary needs, you can also substitute any liquid ingredient: Water, regular milk, almond milk, coconut milk, unsweetened juices, etc., are all good options.
- 4 Life Shake tastes best cold; we always recommend using cold liquids and ice.
- 5 Combine all ingredients in a blender with ice (as desired). Blend until creamy.





Getting Started

Here are some easy recipes to get you started. All these shakes are less than 350 calories.



Chocolate Banana Shake



2 scoops Chocolate Life Shake

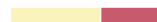
1/2 Banana

1/8 tsp. Cinnamon

1 cup water or milk of your choice



Berrylicious Vanilla Shake



2 scoops Vanilla Life Shake

1 cup Mixed berries

1 cup water or milk of your choice



Choco Chip Cookie Shake



2 scoops Chocolate Life Shake

1 Tbsp. Cacao nibs, unsweetened

1 tsp. Almond butter

1 cup water or milk of your choice



Go Greens Shake



2 scoops Vanilla Life Shake

1/4 cup Pineapple chunks

1/2 Banana

1/2 cup Spinach

1 cup water or milk of your choice



Tropical Strawberry Delight Shake



2 scoops Strawberry Life Shake

3/4 cup Pineapple chunks

1/4 tsp. Vanilla extract

3–4 Mint leaves, fresh

1/8 tsp. Cinnamon

1 cup water or milk of your choice



Peppermint Mocha Shake



2 scoops Café Latte Life Shake

1/2 Banana

1/4 tsp. Peppermint extract

1 Tbsp. Cacao nibs, unsweetened

1 cup water or milk of your choice



Orange Mango Shake



2 scoops Vanilla Life Shake

2 Mandarin oranges, peeled

1/2 cup Mango chunks, frozen

1 cup water or milk of your choice



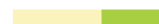


Feeling Adventurous?

Here are some more advanced recipes to try out. All these shakes are still less than 350 calories.



Apple Ginger Shake



2 scoops Vanilla Life Shake

1 Green apple

1 tsp. Ginger, grated

1/2 cup Spinach

1 tsp. Lemon juice

1 cup water or milk of your choice



Red Velvet Veggie Shake



2 scoops Chocolate Life Shake

1/2 Banana

1/2 Beet, chopped

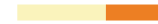
1 cup Spinach

1/2 tsp. Vanilla extract

1 cup water or milk of your choice



Carrot Cake Shake



2 scoops Vanilla Life Shake

1/2 Banana

3-4 Baby carrots

1/4 tsp. Cinnamon

1/2 tsp. Vanilla extract

1 cup water or milk of your choice



Snickerdoodle Shake



2 scoops Vanilla Life Shake

1 tsp. Peanut butter

1 tsp. Vanilla extract

1/2 tsp. Cinnamon

1 cup water or milk of your choice



Chocolate Avocado Mousse Shake



2 scoops Chocolate Life Shake

1/4 Avocado

1/2 tsp. Vanilla extract

1 cup water or milk of your choice



Strawberry Breakfast Shake



2 scoops Strawberry Life Shake

1/2 Banana

1/4 cup Rolled oats

3-4 Strawberries, fresh

1 cup water or milk of your choice



Vanilla Chai Tea Shake



2 scoops Vanilla Life Shake

1/3 cup Brewed tea, unsweetened & chilled

1 pinch each Cinnamon, nutmeg & cardamom (optional)

1 cup water or milk of your choice

