

shakeology®

THE HEALTHIEST MEAL OF THE DAY

Shakeology is something I enjoy every day and is how I get my daily dose of dense nutrition. The ingredients in Shakeology cannot be matched by any other protein or meal replacement shake on the market. I love to try to new ways to mix up Shakeology but I usually find myself using one of the following recipes because I love them so much for both their flavor and simplicity.

Some basics when it comes to mixing Shakeology;

- Always Blend
- The less liquid you put in the thicker the consistency
- The more ice you put in, the thicker the consistency



CHOCOLATE SHAKEOLOGY RECIPE

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1 Banana
- 1 tbsp Peanut or Almond Butter
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1/2 Cup Blueberries
- 1 tbsp Pecans
- 1 tsp Cinnamon
- 1 cup Almond Milk
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1/4 Cup Oats
- 1 tbsp Peanut or Almond Butter
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1 Banana
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1/2 Cup Almond Milk
- 1/2 Cup Cold Coffee
- 1 Banana
- 1/4 tsp Pure Mint Extract

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1 tsp Salted Caramel Agave Syrup
- 1 Cup Cold Coffee
- 8 Ice Cubes



VANILLA SHAKEOLOGY RECIPES

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1/2 Cup Favorite Berry
- 1 Banana
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1 Banana
- 1 tsp. Cinnamon
- 1/4 tsp Ginger and Nutmeg
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1 Banana
- 1 tbsp Peanut or Almond Butter
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1/2 Cup Blueberries
- 4 Fresh Basil Leaves
- 1 Cup Almond Milk
- 5 Ice Cubes



GREENBERRY SHAKEOLOGY RECIPES

- 1 Scoop Shakeology
- 1 Cup Almond Milk or Orange Juice
- 1/2 Banana
- 1/4 Cup Vanilla Greek Yogurt
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1/2 Cup Favorite Berry
- 1/2 Cup Vanilla Greek Yogurt
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1 Cup Almond Milk
- 1 Banana
- 1 tbsp Peanut or Almond Butter
- 5 Ice Cubes

- 1 Scoop Shakeology
- 1 Banana
- 1 Cup Almond Milk
- 5 Ice Cubes



STRAWBERRY SHAKEOLOGY RECIPES

- **1 Scoop Shakeology**
- **1 Cup Almond Milk or Orange Juice**
- **½ Banana**
- **¼ Cup Vanilla Greek Yogurt**
- **5 Ice Cubes**

- **1 Scoop Shakeology**
- **1 Cup Almond Milk**
- **½ Cup Favorite Berry**
- **½ Cup Vanilla Greek Yogurt**
- **5 Ice Cubes**

- **1 Scoop Shakeology**
- **1 Cup Almond Milk**
- **1 Banana**
- **1 tbsp Peanut or Almond Butter**
- **5 Ice Cubes**

- **1 Scoop Shakeology**
- **1 Banana**
- **1 Cup Almond Milk**
- **5 Ice Cubes**