







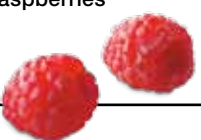





A Very Berry Delight

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!

1 Orange Sunrise ½ cup orange juice ½ cup water 	2 Strawberry Peach Paradise ½ cup strawberries ½ cup peaches 1 cup water	3 Strawberry Tango ½ cup strawberries ½ cup mango 1 cup water 	4 Citrus Berry ½ cup strawberries ½ cup orange juice 1 cup water	5 Lemonana ¾ cup organic lemonade ½ banana ¼ cup rice milk 	6 Strawberry Lemonade Juice of 1 small lemon 1 cup strawberries 1 cup water	7 Mangonana ½ cup mango ½ banana 1 Tbsp. plain nonfat yogurt 1 Tbsp. honey 1 cup water
8 Very Berry Squeeze ½ cup strawberries ½ cup raspberries ½ cup orange juice ½ cup water	9 Pineapple a Go Go ½ cup pineapple juice ½ banana ½ cup water	10 Happy Berry ¼ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water	11 Banana Sunshine 1 banana ½ cup orange juice ½ cup water 	12 Red Mango Hurricane ½ cup mango ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water	13 Berry Extreme ½ cup blackberries ½ cup raspberries ¼ cup blueberries ½ cup unsweetened cranberry juice ½ cup water	14 Blackberry Storm 1 cup blackberries 1 cup water 
15 Yogo Berry 1 cup strawberries ½ cup plain nonfat yogurt 1 Tbsp. honey 1 cup skim milk	16 Almond Honey-Licious 1 cup almond milk 1 tsp. honey 	17 Tea-Berry Zinger 1 cup cold unsweetened green tea 1 cup raspberries 	18 Pineapple Cream ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water	19 Key Lime Dream Juice of 1 lime 1 Tbsp. honey 1 cup skim milk 	20 Berry with a Twist Juice of ½ lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water	21 Citrus Pucker Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water
22 Red Berry 1 cup strawberries 1 cup skim milk 	23 Cherry Berry ½ cup black cherries (pitted) ½ cup unsweetened cranberry juice ½ cup water	24 Raspberry Razzler Juice of ½ small lime ½ cup raspberries ½ cup orange juice ½ cup water	25 Mango Tango ½ cup mango ½ cup pineapple juice ½ cup water	26 Apple Breeze ½ cup apple juice ½ cup raspberries ½ cup water	27 Papaya Splash ½ cup papaya ½ cup orange juice ½ cup water 	28 Cranberry Chiller ½ cup unsweetened cranberry juice ½ cup water
29 Strawberry Kiwi Delight 1 cup strawberries 2 kiwifruits (peeled) ½ cup skim milk ½ cup water	30 Pineapple Sunset ½ cup strawberries ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water	Try a healthy dessert recipe too. Here's one for a special occasion.				
		Key Lime Shakeology Pie 2 scoops Greenberry Shakeology 1 container tofu, silken or firm (approx. 12 oz.) ¼ cup fresh lime juice 1 Tbsp. sugar-free lime Jell-O® 1 Tbsp. orange juice 2 1-¼ oz. Philadelphia® 1/3 Less Fat Cream Cheese Minis 1 premade pie crust (health food stores have whole-grain, graham cracker-like pie crusts that are great for this!)		Preparation: Place tofu, Greenberry Shakeology, Jell-O, lime juice, cream cheese, and orange juice in blender; blend until smooth and creamy. Pour into pie crust and refrigerate until firm, at least 1 hour. For more recipes, visit www.shakeology.com		

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A Chocolate 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 Chocolate 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). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

1 Chocolate Banana Nutter 1 Tbsp. natural peanut butter 1 banana 1 cup water 	2 Chocolate Minty 1 tsp. mint extract 1 cup water	3 PB and J 1 Tbsp. natural peanut butter ½ cup strawberries 1 cup water	4 Almond Mocha Chiller 1 tsp. almond extract 1 cup cold coffee 	5 Chocolate-Covered Strawberries 1 cup strawberries 1 cup water	6 Chocolate Raspberry 1 cup raspberries 1 cup water 	7 Maple Buttercup 1 Tbsp. almond butter 1 cup skim milk 1 tsp. maple syrup
8 Chocolate Bananas Foster 1 banana ½ tsp. cinnamon ½ tsp. rum extract 1 cup skim milk 	9 Choco Cherry-Licious ½ cup black cherries (pitted) 1 cup vanilla almond milk	10 Piña-Banana ½ banana ½ cup pineapple juice ½ cup water 	11 Chocolate Berry Blast ½ cup raspberries ¼ cup blueberries ½ cup blackberries 1 cup water	12 Chocolate Spice 1 tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk 	13 Chocolate Twilight 1 tsp. vanilla extract 1 cup water	14 Choc-Orange ½ cup orange juice ½ cup water 
15 Choconana 1 banana 1 cup water 	16 Nuts for Chocolate 1 Tbps. almond butter ½ tsp. almond extract 1 cup almond milk	17 Banana Honeymoon ½ banana 1 Tbsp. peanut butter 1 Tbsp. honey 1 cup water	18 Coconut Dream 1 tsp. coconut extract ½ cup skim milk ½ cup water 	19 Pumpkin Pie ½ cup unsweetened canned pumpkin ½ tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk	20 Strawberry Thunder 1 cup strawberries ½ cup blueberries 1 cup water	21 Orange U Happy ½ cup raspberries ½ cup orange juice ½ cup water
22 Cherry Monkey ½ cup black cherries (pitted) ½ banana 1 cup skim milk 	23 Fruit and Nutty 1 Tbsp. peanut butter ½ cup raspberries ½ cup blackberries 1 cup almond milk	24 Chocolate Bee 1 tsp. honey 1 cup skim milk	25 Cheeky Coconut 1 tsp. coconut extract 1 banana 1 cup skim milk 	26 Dark Blue Moon 1 cup blueberries 1 cup water	27 Mocha Chiller 1 cup cold coffee 	28 Vanilla Almond Fudge 1 Tbsp. almond butter 1 tsp. vanilla extract ½ tsp. cinnamon 1 cup skim milk
29 Breakfast at Hazel's 1 tsp. hazelnut extract 1 cup water 	30 Banana Split ½ banana 2 fresh pineapple rings 2 large strawberries 1 cup water	Here are 2 healthy dessert recipes. They're great for special occasions.				

For more recipes visit www.shakeology.com

Chocolate Shakeology Pie

2 scoops Chocolate Shakeology
 1 container tofu, silken or firm (approx. 12 oz.)
 ½ cup natural peanut butter
 2 Tbsp. skim milk
 1 premade pie crust (health food stores have whole grain, graham cracker-like pie crusts that are great for this!)

Preparation:

Place peanut butter, tofu, Chocolate Shakeology, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour into pie crust and refrigerate until firm, at least 1 hour.

Shakeology No-Bake Cookies

1 cup reduced-fat or natural peanut butter
 1 cup quick-cook oatmeal
 ½ cup honey or agave nectar
 1 cup Chocolate Shakeology powder

Preparation:

First, remove any rings you're wearing and wash your hands really well. Then combine ingredients in medium bowl. Mix well. Roll into balls (about a heaping teaspoon each).

Optional: Roll in crushed nuts, oatmeal mixed with a little cinnamon, whole-grain graham cracker crumbs, or unsweetened coconut flakes.