


Life

NON-SOY RECIPES

Shaklee Life Energizing Shake™

Shaklee Life Energizing Shake is the perfect way for everyone to get the daily nutrition they need. Enjoy these recipes, or get creative! Add in your favorite fruits, vegetables, nut butters, or spices to blend up a nutritious shake personalized to your taste.





Pumpkin Spice

Vanilla Shaklee Life Energizing Shake 1/2 cup canned pumpkin
1 cup nonfat milk or water 1/4 tsp. pumpkin spice

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN NONFAT MILK	3 SCOOPS IN WATER
Calories	302	297
Fat	3	4.5
Carbohydrates	40	37
Fiber	10	13
Protein	25	25

NOTE: If you are using Life Energizing Shake with the Shaklee 180® Program, use two scoops of shake mix in nonfat milk or soy milk, or three scoops in water, juice, or other beverages.



Peanut Dream

Vanilla Shaklee Life Energizing Shake 1-1/2 tsp. natural peanut butter
1 cup nonfat milk or water

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN NONFAT MILK	3 SCOOPS IN WATER
Calories	310	305
Fat	7	8.5
Carbohydrates	31.5	28.5
Fiber	6.5	9.5
Protein	26	26



Apple Cinnamon

Vanilla Shaklee Life Energizing Shake 1/2 cup applesauce
 1 cup nonfat milk or water Cinnamon to taste

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN NONFAT MILK	3 SCOOPS IN WATER
Calories	275	270
Fat	3	4.5
Carbohydrates	43	40
Fiber	7	10
Protein	24	24

NOTE: If you are using Life Energizing Shake with the Shaklee 180® Program, use two scoops of shake mix in nonfat milk or soy milk, or three scoops in water, juice, or other beverages.



Peaches & Cream

Vanilla Shaklee Life Energizing Shake 1/2 cup diced peaches (*fresh or canned*)
 1 cup nonfat milk or water Dash of vanilla extract

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN NONFAT MILK	3 SCOOPS IN WATER
Calories	310	305
Fat	3	4.5
Carbohydrates	42	39
Fiber	8	11
Protein	25	25



Strawberry Banana

Vanilla Shaklee Life Energizing Shake 1/2 cup sliced strawberries
 1 cup nonfat milk or water 1/2 banana

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN NONFAT MILK	3 SCOOPS IN WATER
Calories	385	380
Fat	3	4.5
Carbohydrates	49	46
Fiber	9	12
Protein	25	25

NOTE: If you are using Life Energizing Shake with the Shaklee 180® Program, use two scoops of shake mix in nonfat milk or soy milk, or three scoops in water, juice, or other beverages.



Café

Vanilla Shaklee Life Energizing Shake Instant coffee to taste
 1 cup nonfat milk or water

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN NONFAT MILK	3 SCOOPS IN WATER
Calories	260	255
Fat	3	4.5
Carbohydrates	30	27
Fiber	6	9
Protein	24	24



Honey Maple

Vanilla Shaklee Life Energizing Shake 1 tsp. honey
 1 cup nonfat milk or water Maple extract to taste

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN NONFAT MILK	3 SCOOPS IN WATER
Calories	281	276
Fat	3	4.5
Carbohydrates	36	33
Fiber	6	9
Protein	24	24

NOTE: If you are using Life Energizing Shake with the Shaklee 180® Program, use two scoops of shake mix in nonfat milk or soy milk, or three scoops in water, juice, or other beverages.



Daily Greens

Vanilla Shaklee Life Energizing Shake 1 medium apple, diced
 1 cup cold water Ginger to taste
 1 cup fresh spinach (*more if you like*)

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 SCOOPS IN WATER	3 SCOOPS IN WATER
Calories	261	346
Fat	3	4.5
Carbohydrates	41	50
Fiber	9	12
Protein	18.5	26.5