


Life

RECIPES

Introducing Shaklee Life Energizing Shake

Shaklee Life 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 nutrition shake personalized to your taste.





Pumpkin Spice

Life Shake Vanilla Non-Soy
1 cup beverage of your choice

1/2 cup canned pumpkin
1/4 tsp. pumpkin spice

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

	2 SCOOPS IN VANILLA ALMOND MILK	2 SCOOPS IN NON-FAT MILK	3 SCOOPS IN WATER
Calories	302	302	297
Fat	5.5	3	4.5
Carbohydrates	44	40	37
Fiber	10	10	13
Protein	18	25	25

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



Peanut Dream

Life Shake Vanilla Non-Soy
1 cup beverage of your choice

1-1/2 tsp. natural peanut butter

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

	2 SCOOPS IN VANILLA ALMOND MILK	2 SCOOPS IN NON-FAT MILK	3 SCOOPS IN WATER
Calories	310	310	305
Fat	9.5	7	8.5
Carbohydrates	35.5	31.5	28.5
Fiber	6.5	6.5	9.5
Protein	19	26	26



Apple Cinnamon

Life Shake Vanilla Non-Soy
1 cup beverage of your choice

1/2 cup applesauce
Cinnamon to taste

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

	2 SCOOPS IN VANILLA ALMOND MILK	2 SCOOPS IN NON-FAT MILK	3 SCOOPS IN WATER
Calories	275	275	270
Fat	5.5	3	4.5
Carbohydrates	47	43	40
Fiber	7	7	10
Protein	17	24	24

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



Peaches & Cream

Life Shake Vanilla Non-Soy
1 cup beverage of your choice

1/2 cup diced peaches (*fresh or canned*)
Dash of vanilla extract

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

	2 SCOOPS IN VANILLA ALMOND MILK	2 SCOOPS IN NON-FAT MILK	3 SCOOPS IN WATER
Calories	310	310	305
Fat	5.5	3	4.5
Carbohydrates	46	42	39
Fiber	8	8	11
Protein	18	25	25



Strawberry Banana

Life Shake Vanilla Non-Soy
1 cup beverage of your choice

1/2 cup sliced strawberries
1/2 banana

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

	2 SCOOPS IN VANILLA ALMOND MILK	2 SCOOPS IN NON-FAT MILK	3 SCOOPS IN WATER
Calories	385	385	380
Fat	5.5	3	4.5
Carbohydrates	53	49	46
Fiber	9	9	12
Protein	18	25	25

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



Café

Life Shake Vanilla Non-Soy
1 cup beverage of your choice

Instant coffee to taste

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

	2 SCOOPS IN VANILLA ALMOND MILK	2 SCOOPS IN NON-FAT MILK	3 SCOOPS IN WATER
Calories	260	260	255
Fat	5.5	3	4.5
Carbohydrates	34	30	27
Fiber	6	6	9
Protein	17	24	24



Honey Maple

Life Shake Vanilla Non-Soy
1 cup beverage of your choice

1 tsp. honey
Maple extract to taste

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

	2 SCOOPS IN VANILLA ALMOND MILK	2 SCOOPS IN NON-FAT MILK	3 SCOOPS IN WATER
Calories	281	281	276
Fat	5.5	3	4.5
Carbohydrates	40	36	33
Fiber	6	6	9
Protein	17	24	24

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



Daily Greens

Life Shake Vanilla Non-Soy
1 cup cold water
1 cup fresh spinach - *more if you like*

1 medium apple - diced
Ginger to taste

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