






INDULGE IN CHOCOLATE

every day of the week. Just add Shakeology®.



“ I never want to stop drinking Shakeology. My cravings for junk food are gone, I’ve lost 9 pounds and it’s given me energy so it’s fun to work out now! ”

—Barb L., Barnhart, Missouri

<p>1 Date Shake 1 cup nonfat milk ½ cup plain yogurt 1 tsp. almond butter 2 pitted dates</p>	<p>2 Vanilla Peanut Banana ½ cup nonfat vanilla yogurt ½ medium banana 1 Tbsp. peanut butter 1 cup milk</p> 	<p>3 Thai Iced Coffee 1 cup strongly brewed chilled coffee ½ tsp. cardamom ½ tsp. almond extract</p>	<p>4 Cinnamon Pecan Cream 1 cup nonfat milk 1 Tbsp. cinnamon ⅛ cup chopped pecans</p> 	<p>5 Cherry Pomegranate ½ cup pomegranate juice ½ cup water ½ cup pitted black cherries</p> 	<p>6 Chocolate Sea Salt 1 cup nonfat milk 1 dash sea salt</p>	<p>7 Avocado Dream 1 cup nonfat milk ¼ cup avocado</p> 
<p>8 Cantaloupe Star Anise 1 cup nonfat milk ½ cup cantaloupe ½ tsp. anise extract</p>	<p>9 Thai Coconut Lemongrass 1 cup coconut water 1 dash lemongrass powder</p> 	<p>10 Banana Spice 1 cup water ½ banana 1 Tbsp. cinnamon</p> 	<p>11 Pineapple Chili 1 cup water ½ cup pineapple 1 tsp. chili powder</p> 	<p>12 Vanilla Plum 1 cup water 1 pitted plum 1 tsp. vanilla extract</p>	<p>13 Caramello 1 cup unsweetened chocolate almond milk 1 tsp. caramel extract</p>	<p>14 Date and Almond Roll 1 cup vanilla almond milk 2 pitted dates 1 tsp. almond extract 1 tsp. cinnamon</p> 
<p>15 Cashew Fig 1 cup nonfat milk 1 fig 1 Tbsp. chopped cashews</p> 	<p>16 Coconut Banana Oat 1 cup coconut water ½ banana 2 Tbsp. instant oats</p> 	<p>17 Honey Peanut Delight 1 cup nonfat milk 1 tsp. honey 1 Tbsp. chunky peanut butter</p> 	<p>18 Vanilla Ginger 1 cup nonfat milk 1 tsp. vanilla extract 1 tsp. ground ginger</p>	<p>19 Double Chocolate 1 cup unsweetened chocolate almond milk</p> 	<p>20 Raspberry Oat 1 cup water ½ cup raspberries 2 Tbsp. instant oats</p> 	<p>21 Honey Flax 1 cup nonfat milk 1 tsp. honey 1 Tbsp. ground flaxseed</p> 
<p>22 Salted Caramel 1 cup nonfat milk 1 tsp. caramel extract 1 dash sea salt</p> 	<p>23 Mexican Butterscotch 1 cup nonfat milk 1 tsp. butterscotch extract 1 dash chili powder</p>	<p>24 Espresso Cinnamon 1 shot chilled espresso 1 cup water 1 Tbsp. cinnamon</p> 	<p>25 Strawberry Coconut 1 cup coconut water ½ cup strawberries</p>	<p>26 Cranberry Clove ½ cup unsweetened cranberry juice ½ cup water ½ tsp. ground cloves</p>	<p>27 Blackberry Walnut 1 cup nonfat milk ½ cup blackberries 2 Tbsp. chopped walnuts</p> 	<p>28 Hummingbird 1 cup water ½ banana ½ cup pineapple 2 Tbsp. chopped walnuts 1 tsp. cinnamon</p>
<p>29 Pumpkin Cardamom 1 cup water ½ cup canned pumpkin ½ tsp. cardamom</p> 	<p>30 Double Chocolate Nut 1 cup unsweetened chocolate almond milk 1 Tbsp. peanut butter</p>	<p>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.</p> <p>YOU'VE GOT CHOICES Fresh or frozen fruit. Regular, nonfat, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!</p>				<p>Have your own favorite Shakeology recipe? Share it with us and it could be featured in our next calendar issue. Email Recipes@Shakeology.com</p> <p> Become our friend on Facebook.com/Shakeology.</p>

ENJOY A BERRY TREAT

every day of the week. Just add Shakeology.



“Shakeology has been the best decision I’ve made for my health. I’ve been drinking it every day for 3-½ months and lost 32 pounds and 16 inches off my body.”

—Wendy S., Pembroke Pines, Florida

<p>1 Awesome Almond 1 cup almond milk ½ banana ½ cup kale (stems removed) 1 Tbsp. almond butter ⅛ tsp. cinnamon ⅛ tsp. nutmeg ⅛ tsp. ground ginger</p>	<p>2 Rise and Shine 1 cup nonfat milk ¼ cup avocado 2 Tbsp. canned sweet potato ½ banana ½ tsp. honey</p> 	<p>3 Cherry Bomb ¼ cup orange juice ½ cup coconut water ½ cup frozen cherries 1 kiwi 1 tsp. agave nectar</p>	<p>4 Apple Mojito ¼ cup apple juice 1 cup sparkling water 1 tsp. fresh lime juice 1 tsp. agave nectar</p> 	<p>5 Island Refresher 1 cup nonfat milk ½ cup pineapple ½ cup frozen mango 3 tsp. nonfat cottage cheese</p>	<p>6 Good Morning! 1 cup nonfat milk ½ apple ½ banana 1 Tbsp. quick-cooking oats ½ tsp. vanilla extract</p> 	<p>7 Orange-Vanilla 1 cup orange juice ¼ cup nonfat vanilla yogurt 1 Tbsp. ground flaxseed ⅛ tsp. vanilla extract</p>
<p>8 Sunflower Shake 1 cup nonfat milk ¼ cup pineapple 2 Tbsp. sunflower seeds 1 Tbsp. golden raisins</p> 	<p>9 Coconut Cherry 1 cup coconut water ¼ cup pitted cherries ½ cup strawberries</p>	<p>10 Melon Stripe 1 cup water ½ cup cantaloupe ½ cup honeydew 1 tsp. lime juice 1 tsp. honey</p>	<p>11 Pomegranate Swirl ½ cup water ½ cup pomegranate juice ½ cup plain nonfat yogurt</p> 	<p>12 Blood Orange & Cream ½ cup nonfat vanilla yogurt 1 cup orange juice 1 small blood orange</p>	<p>13 Blueberry Lemonade 1 cup water ½ cup blueberries 1 Tbsp. lemon juice</p> 	<p>14 Strawberry Basil 1 cup nonfat milk 1 cup strawberries 2 fresh basil leaves</p> 
<p>15 Mango Chili 1 cup nonfat milk ½ cup mango 1 dash chili pepper</p> 	<p>16 Cucumber Lime 1 cup water ½ cup cucumber 1 Tbsp. lime juice</p> 	<p>17 Papaya Passion ½ cup orange juice ½ cup water ½ cup papaya</p> 	<p>18 Cherry Ginger Peach 1 cup water ½ cup peach slices ½ cup pitted cherries ½ tsp ginger powder</p>	<p>19 Avocado Pineapple 1 cup water ¼ cup pineapple juice ¼ cup avocado</p> 	<p>20 Apple Carrot 1 cup apple juice ¼ unsweetened applesauce ½ cup baby carrots 1 tsp. cinnamon</p>	<p>21 Coconut Lime 1 cup water 1 tsp. lime juice ¼ cup unsweetened shredded coconut</p>
<p>22 Kiwi Ginger 1 cup water 1 kiwi 1 tsp. ginger powder</p> 	<p>23 Cranberry Mint Crush 2 Tbsp. lime juice 1 cup unsweetened cranberry juice 3 mint leaves</p> 	<p>24 Lemon Raspberry Ricotta 1 cup water 1 Tbsp. lemon juice ½ cup raspberries ¼ cup nonfat ricotta cheese</p>	<p>25 Berry Maple Cream 1 cup water 1 cup nonfat plain yogurt ½ cup strawberries ¼ cup orange juice 1 Tbsp. pure maple syrup</p>	<p>26 Watermelon Mint 1 cup water 1 cup watermelon 2 mint leaves</p> 	<p>27 Blueberry Chai 1 cup chilled chai tea 1 cup blueberries</p>	<p>28 Strawberry Date 1 cup almond milk ½ cup strawberries 2 pitted dates</p>
<p>29 Green Coconut 1 cup coconut water 1 handful fresh spinach</p> 	<p>30 Cherry Limeade 1 cup water 1 tsp. lime juice 1 tsp. lemon juice ½ cup pitted black cherries</p>	<p>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.</p> <p>YOU'VE GOT CHOICES Fresh or frozen fruit. Regular, nonfat, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!</p>		<p>shakeology THE HEALTHIEST MEAL OF THE DAY</p> <p>For more recipes, visit Shakeology.com.</p>		