

A CHOCOLATE TREAT FOR EVERY DAY OF THE MONTH.

Just add Shakeology®.



“ I'd been struggling to lose weight for several months and I can't believe how it's coming off now. I truly believe it's the Shakeology. I've lost 10 pounds since using it. ”

—Eileen R., Palms, California

<p>1</p> <p>Pecan Cinnamon Roll</p> <p>1 tsp. cinnamon ½ tsp. vanilla extract 8 pecan halves 1 cup skim milk</p>	<p>2</p> <p>Chocolate Almond Spice</p> <p>1 tsp. cinnamon ½ tsp. nutmeg ½ tsp. almond extract 1 cup almond milk</p> 	<p>3</p> <p>Maple Pecan Nutter</p> <p>1 Tbsp. peanut butter 1 Tbsp. maple syrup 8 pecan halves 1 cup water</p>	<p>4</p> <p>Chocolate Raspberry Cheesecake</p> <p>¼ cup fat-free ricotta cheese ¼ cup plain nonfat yogurt ½ cup raspberries ¼ cup water ½ cup skim milk</p>	<p>5</p> <p>Coconut Sweetie</p> <p>1 tsp. honey ½ cup light coconut milk ½ cup water Water to thin out (if necessary)</p> 	<p>6</p> <p>Chocolate Ginger</p> <p>1 tsp. ground ginger 1 cup skim milk</p>	<p>7</p> <p>Maple Berry Cream</p> <p>1 tsp. pure maple syrup ½ cup strawberries 1 cup skim milk</p>
<p>8</p> <p>Honey Berry Banana</p> <p>½ banana 1 tsp. honey ½ cup blueberries 1 cup skim milk</p> 	<p>9</p> <p>Chocolate Cranberry</p> <p>½ cup cranberry juice ½ cup water</p>	<p>10</p> <p>Mexican Chocolate Honey</p> <p>1 Tbsp. peanut butter 1 tsp. cinnamon 1 tsp. honey 1 cup skim milk</p>	<p>11</p> <p>Chocolate Almond Chai</p> <p>½ tsp. almond extract 1 cup chilled unsweetened chai tea</p>	<p>12</p> <p>Chocolate Cherry Spice</p> <p>½ cup pitted black cherries 1 tsp. cinnamon 1 cup water</p>	<p>13</p> <p>Peanut Butter Split</p> <p>1 Tbsp. peanut butter ½ banana 1 fresh pineapple ring 2 large strawberries 1 cup water</p>	<p>14</p> <p>Coffee Storm</p> <p>½ tsp. almond extract ½ tsp. rum extract 1 cup cold coffee</p> 
<p>15</p> <p>Berry Coconut Cream</p> <p>1 cup strawberries ½ cup light coconut milk ½ cup water Water to thin out (if necessary)</p>	<p>16</p> <p>Chocolate Butterscotch</p> <p>½ tsp. butterscotch extract 1 cup skim milk</p>	<p>17</p> <p>Mayan Cinna-Cocoa</p> <p>3 to 4 dashes cayenne pepper ½ tsp. cinnamon 1 cup water</p>	<p>18</p> <p>Berry-Banana</p> <p>½ cup raspberries ½ banana 1 cup water</p> 	<p>19</p> <p>Blueberry Sunshine</p> <p>½ cup blueberries ½ banana 1 cup water</p>	<p>20</p> <p>Chocolate Vanilla Minty</p> <p>¼ tsp. vanilla extract ½ tsp. peppermint extract 1 cup skim milk</p>	<p>21</p> <p>Chocolate Pineapple</p> <p>2 fresh pineapple rings 1 cup water</p>
<p>22</p> <p>Apple Butterscotch Pie</p> <p>½ tsp. butterscotch extract ¼ tsp. cinnamon ½ cup water ½ cup apple juice</p>	<p>23</p> <p>Cherry Bomb</p> <p>½ cup pitted black cherries ½ cup orange juice ½ cup water</p> 	<p>24</p> <p>Chocolate Licorice</p> <p>½ tsp. licorice extract 1 cup water</p>	<p>25</p> <p>Blueberry Tart</p> <p>½ cup blueberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>26</p> <p>Pineapple Paradise</p> <p>½ banana ½ cup fresh pineapple juice ½ cup water</p> 	<p>27</p> <p>Orange and Spice</p> <p>½ tsp. cinnamon ½ tsp. ginger ½ cup orange juice ½ cup water</p>	<p>28</p> <p>Blackberries Foster</p> <p>1 tsp. cinnamon ½ tsp. rum extract ½ cup blackberries 1 cup skim milk</p> 
<p>29</p> <p>Vanilla Mocha</p> <p>½ tsp. vanilla extract 1 cup cold coffee</p>	<p>30</p> <p>Cinna-Nutter</p> <p>1 tsp. cinnamon 1 Tbsp. peanut butter 1 cup skim milk</p>	<p>HERE'S HOW TO MAKE IT</p> <p>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</p> <p>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!</p>		<p>Have your own favorite Shakeology recipe?</p> <p>Share it with us and it could be featured in our next calendar issue. Email Recipes@Shakeology.com</p> <p> And become our friend on Facebook.com/Shakeology.</p>