



PROVE IT CHALLENGE™

Shake It Up Every Day
with Life Shake™



 Shaklee®



How to make a delicious, healthy shake every time

- 1 Life Shake is available in 4 delicious flavors and soy and plant protein options. Take your pick.
- 2 Starting with 130 calories per serving, it's easy to mix your favorite Life Shake with milk or a milk alternative. Customize with your favorite ingredients to meet your calorie goals.

Here are some perfect add-ons:

- 1 scoop Organic Greens Booster (10 calories)
- 1 cup spinach (7 calories)
- 1/2 cup strawberries (49 calories)
- 1 cup blueberries, fresh or frozen (85 calories)
- 1/2 banana (52 calories)
- 1/4 avocado (80 calories)
- 1 Tbsp. peanut butter (90 calories)
- 1 Tbsp. almond butter (98 calories)
- 1/2 cup vanilla, nonfat Greek yogurt (85 calories)
- Extracts: vanilla, peppermint, etc. (10-15 calories)

- 3 Depending on dietary needs, you can mix with unsweetened organic soy milk, nonfat milk, or another milk alternative. The recipes in this guide were made with unsweetened organic soy milk with 80 calories per 8-oz. serving.
- 4 Life Shake tastes best cold, so use cold liquids and even some ice if desired.
- 5 Combine all ingredients in a blender with ice (as desired). Blend until creamy.





Getting Started

Here are some easy and delicious recipes to get you started. Each shake has been made using 8 oz. of organic unsweetened soy milk, which is reflected in the total calories. Adjust calories based on your beverage choice.



Chocolate Banana Shake



2 scoops Chocolate Life Shake

1/2 Banana

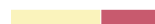
1/8 tsp. Cinnamon

1 cup water or milk of your choice



263 CALORIES

Berrylicious Vanilla Shake



2 scoops Vanilla Life Shake

1 cup Mixed berries

1 cup water or milk of your choice



274 CALORIES

Choco Chip Cookie Shake



2 scoops Chocolate Life Shake

1 Tbsp. Cacao nibs, unsweetened

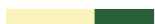
1 tsp. Almond butter

1 cup water or milk of your choice



299 CALORIES

Go Greens Shake



2 scoops Vanilla Life Shake

1/4 cup Pineapple chunks

1/2 Banana

1/2 cup Spinach

1 cup water or milk of your choice



305 CALORIES

Tropical Strawberry Delight Shake



2 scoops Strawberry Life Shake

3/4 cup Pineapple chunks

1/4 tsp. Vanilla extract

3–4 Mint leaves, fresh

1/8 tsp. Cinnamon

1 cup water or milk of your choice



275 CALORIES

Peppermint Mocha Shake



2 scoops Café Latte Life Shake

1/2 Banana

1/4 tsp. Peppermint extract

1 Tbsp. Cacao nibs, unsweetened

1 cup water or milk of your choice



323 CALORIES

Choco Chip Cookie Shake



2 scoops Chocolate Life Shake

1 Tbsp. Cacao nibs, unsweetened

1 tsp. Almond butter

1 cup water or milk of your choice



415 CALORIES



Feeling Adventurous?

Here are some additional, more advanced recipes to try out. Each shake has been made using 8 oz. of organic unsweetened soy milk, which is reflected in the total calories. Adjust calories based on your beverage choice.



Apple Ginger Shake

2 scoops Vanilla Life Shake

1 Green apple

1 tsp. Ginger, grated

1/2 cup Spinach

1 tsp. Lemon juice

1 cup water or milk of your choice



328 CALORIES

Red Velvet Veggie Shake

2 scoops Chocolate Life Shake

1/2 Banana

1/2 Beet, chopped

1 cup Spinach

1/2 tsp. Vanilla extract

1 cup water or milk of your choice



315 CALORIES

Carrot Cake Shake

2 scoops Vanilla Life Shake

1/2 Banana

3-4 Baby carrots

1/4 tsp. Cinnamon

1/2 tsp. Vanilla extract

1 cup water or milk of your choice



283 CALORIES

Snickerdoodle Shake

2 scoops Vanilla Life Shake

1 tsp. Peanut butter

1 tsp. Vanilla extract

1/2 tsp. Cinnamon

1 cup water or milk of your choice



253 CALORIES

Chocolate Avocado Mousse Shake

2 scoops Chocolate Life Shake

1/4 Avocado

1/2 tsp. Vanilla extract

1 cup water or milk of your choice



297 CALORIES

Strawberry Breakfast Shake

2 scoops Strawberry Life Shake

1/2 Banana

1/4 cup Rolled oats

3-4 Strawberries, fresh

1 cup water or milk of your choice



355 CALORIES

Vanilla Chai Tea Shake

2 scoops Vanilla Life Shake

1/3 cup Brewed tea, unsweetened & chilled

1 pinch each Cinnamon, nutmeg & cardamom (optional)

1 cup water or milk of your choice



211 CALORIES

Creamy Vanilla Shake

2 scoops Vanilla Life Shake

1 cup steamed cauliflower
(microwave in steamer/covered
bowl with water for 4 minutes)

1/2 banana

1/4 tsp. cinnamon
(optional, adjust to taste)

Pinch of nutmeg
(optional, adjust to taste)

1 cup water or
milk of your choice



305 CALORIES

Very Berry Green Goodness

2 scoops Strawberry Life Shake

1/2 cup peeled cucumber or
(lightly) steamed green zucchini

1/4 cup spinach

1/4 cup blueberries

1/4 cup strawberries

1/8 cup (1 oz.) avocado

1 cup water or
milk of your choice



246 CALORIES

Chocolate Mint Shake

2 scoops Chocolate
Life Shake

1/2 cup peeled
cucumber

1/8 cup avocado

A few mint leaves
(swap for cinnamon if preferred)

1 cup water or
milk of your choice



292 CALORIES

Spicy Green Shake

2 scoops Vanilla Life Shake

1/2 cup power greens and/or spinach

4–6 baby carrots or 1 medium carrot, chopped

1 slice fresh ginger

2 slices lemon (rind included)

3–4 fresh basil leaves

1/2 an apple

1/2 a jalapeño pepper (with or without
seeds; adjust depending on heat level)

1 cup water or milk of your choice



300 CALORIES



What's shaking today?

