



Ready · Set · Wellness

**Shake It Up Every Day
with Life Shake™**



Shaklee®



How to make a delicious, healthy shake every time

- 1 Life Shake is available in plant and soy protein options with a flavour to suit any palate.
- 2 Starting with 150 calories per serving, it's easy to mix your favourite Life Shake with milk or a milk alternative of your choice. Simply adjust calories based on your beverage choice. You can also customize your Life Shake with your favourite ingredients to meet your calorie goals. The recipes in this guide were made with unsweetened organic soy milk with 80 calories per 219 mL (8-oz.) serving, which is reflected in the total calories.

Here are some perfect add-ons:

- 1 scoop Organic Greens Booster (10 calories)
- 1 cup spinach (7 calories)
- ½ cup strawberries (49 calories)
- 1 cup blueberries, fresh or frozen (85 calories)
- ½ banana (52 calories)
- ¼ avocado (80 calories)
- 1 Tbsp. peanut butter (90 calories)
- 1 Tbsp. almond butter (98 calories)
- ½ cup vanilla, non-fat Greek yogurt (85 calories)
- Extracts: vanilla, peppermint, etc. (10–15 calories)

- 3 If you prefer to mix Life Shake with water, use 3 scoops of Life Shake to make a healthy and satisfying meal replacement.
- 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. You can customize each recipe with your choice of milk, milk alternative, or water plus any favourite ingredients to satisfy your palate and caloric goals.

Shaklee®

Chocolate Banana Shake



2 scoops Rich Chocolate Life Shake

½ banana

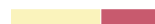
⅛ tsp. cinnamon

1 cup water or milk of your choice



293 CALORIES

Berrylicious Vanilla Shake



2 scoops French Vanilla Life Shake

1 cup mixed berries

1 cup water or milk of your choice



304 CALORIES

Choco Chip Cookie Shake



2 scoops Rich Chocolate Life Shake

1 Tbsp. cacao nibs, unsweetened

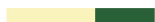
1 tsp. almond butter

1 cup water or milk of your choice



285 CALORIES

Go Greens Shake



2 scoops French Vanilla Life Shake

¼ cup pineapple chunks

½ banana

½ cup spinach

1 cup water or milk of your choice



335 CALORIES

Tropical Strawberry Delight Shake



2 scoops Strawberry Life Shake

¾ cup pineapple chunks

¼ tsp. vanilla extract

3–4 mint leaves, fresh

⅛ tsp. cinnamon

1 cup water or milk of your choice



295 CALORIES

Peppermint Mocha Shake



2 scoops Café Latte Life Shake

½ banana

¼ tsp. peppermint extract

1 Tbsp. cacao nibs, unsweetened

1 cup water or milk of your choice



343 CALORIES

Choco Almond Fudge Shake



2 scoops Rich Chocolate Life Shake

1 tsp. almond extract

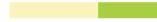
Dash (⅓ tsp.) of Cinnamon

1 cup water or milk of your choice



254 CALORIES

Apple Ginger Shake



2 scoops French Vanilla Life Shake

1 green apple

1 tsp. ginger, grated

½ cup spinach

1 tsp. lemon juice

1 cup water or milk of your choice



358 CALORIES

Red Velvet Veggie Shake



2 scoops Rich Chocolate Life Shake

½ banana

½ beet, chopped

1 cup spinach

½ tsp. vanilla extract

1 cup water or milk of your choice



345 CALORIES

Carrot Cake Shake



2 scoops French Vanilla Life Shake

½ banana

3–4 baby carrots

¼ tsp. cinnamon

½ tsp. vanilla extract

1 cup water or milk of your choice



313 CALORIES

Snickerdoodle Shake



2 scoops French Vanilla Life Shake

1 tsp. peanut butter

1 tsp. vanilla extract

½ tsp. cinnamon

1 cup water or milk of your choice



283 CALORIES

Chocolate Avocado Mousse Shake



2 scoops Rich Chocolate Life Shake

¼ avocado

½ tsp. vanilla extract

1 cup water or milk of your choice



327 CALORIES

Strawberry Breakfast Shake



2 scoops Strawberry Life Shake

½ banana

⅓ cup rolled oats

3–4 strawberries, fresh

1 cup water or milk of your choice



336 CALORIES

Vanilla Chai Tea Shake



2 scoops French Vanilla Life Shake

⅓ cup brewed tea, unsweetened & chilled

1 pinch each cinnamon, nutmeg & cardamom (optional)

1 cup water or milk of your choice



241 CALORIES

Chocolate Mint Shake



2 scoops Rich Chocolate Life Shake

½ cup peeled cucumber

⅓ cup avocado

A few mint leaves (swap for cinnamon if preferred)

1 cup water or milk of your choice



322 CALORIES

Creamy Vanilla Shake

2 scoops French Vanilla Life Shake

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

½ banana

¼ tsp. cinnamon (optional, adjust to taste)

Pinch of nutmeg (optional, adjust to taste)

1 cup water or milk of your choice



325 CALORIES

Very Berry Green Goodness

2 scoops Strawberry Life Shake

½ cup peeled cucumber or (lightly) steamed green zucchini

¼ cup spinach

¼ cup blueberries

¼ cup strawberries

⅓ cup (1 oz.) avocado

1 cup water or milk of your choice



266 CALORIES

Spicy Green Shake

2 scoops French Vanilla Life Shake

½ 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

½ an apple

½ a jalapeño pepper (with or without seeds; adjust depending on heat level)

1 cup water or milk of your choice



320 CALORIES



Watermelon Waves Shake



2 scoops Strawberry Life Shake

$\frac{3}{4}$ cup watermelon chunks

4 medium strawberries

3-4 fresh mint leaves

1 cup water of milk of your choice



301 CALORIES

Orange Mango Shake



2 scoops French Vanilla Life Shake

2 mandarin oranges, peeled

$\frac{1}{2}$ cup mango chunks, frozen

1 cup water or milk of your choice



382 CALORIES

Peanut Butter Shake



2 scoops Rich Chocolate Life Shake

$\frac{1}{2}$ frozen banana

1 Tbsp. peanut butter

1 tsp. unsweetened cocoa powder

1 cup water or milk of your choice



433 CALORIES

Banana Nut Muffin Shake



2 scoops Café Latte Life Shake

1 tsp. almond butter

$\frac{1}{2}$ banana

1 cup water or milk of your choice



337 CALORIES

Café Oats Shake



2 scoops Café Latte Life Shake

2 Tbsp. rolled oats, dry

1 tsp. honey

1 cup water or milk of your choice



314 CALORIES

Peachy Green Smoothie



2 scoops French Vanilla Life Shake

1 scoop Organic Greens Booster

$\frac{1}{2}$ banana

1 cup frozen peach slices

1 date, pitted

1 cup water or milk of your choice



399 CALORIES

Super Strawberry Shake



2 scoops Strawberry Life Shake

1 scoop Organic Greens Booster

$\frac{1}{2}$ banana

1 Tbsp. chia seeds

4 medium strawberries

1 cup water or milk of your choice



384 CALORIES

Aztec Chocolate Shake



2 scoops Café Latte Life Shake

$\frac{1}{2}$ tsp. vanilla extract

Dash ($\frac{1}{8}$ tsp.) cayenne

Dash ($\frac{1}{8}$ tsp.) cinnamon

1 cup water or milk of your choice



247 CALORIES

Berry Cocoa Smoothie



2 scoops French
Vanilla Life Shake

1 scoop Organic
Greens Booster

1 cup mixed berries

1 tsp. cocoa powder

1 cup water or
milk of choice



287 CALORIES

Crunch Granola Smoothie



2 scoops French
Vanilla Life Shake

½ banana

2 Tbsp. rolled oats, dry

1 Tbsp. almonds

½ cup baby spinach

1 tsp. maple syrup

1 cup water or milk of choice



416 CALORIES

Rise and Shine Smoothie



2 scoops Strawberry
Life Shake

¾ cup pineapple chunks

½ cup blueberries

½ cup coconut water

½ cup orange juice



349 CALORIES

Tropical Green Smoothie



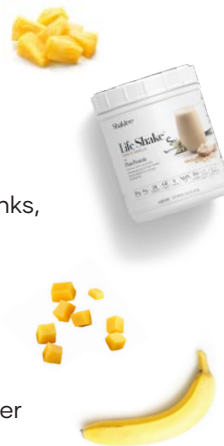
2 scoops French
Vanilla Life Shake

¼ cup mango chunks,
frozen

¼ cup pineapple

½ cup banana

1 cup coconut water



302 CALORIES

What's shaking today?