



A chocolate delight

for every day of the month.
Just add Shakeology®.

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.

You've got the choices: 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!

1 Gingerbread Man ½ tsp. cinnamon ½ tsp. ginger 1 tsp. vanilla extract 1 cup skim milk 	2 Chocolate Fig Pudding 6 ripe figs 8 walnut halves 1 cup water	3 "Frostie" the Snowman 1 tsp. natural peanut butter 1 banana 1 cup water	4 Candy Cane Surprise ¼ tsp. peppermint extract 1 cup water 	5 Chocolate Spice 1 tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk	6 Maple Buttercup 1 Tbsp. peanut butter 1 Tbsp. maple syrup 1 cup water or skim milk 	7 Almond Holiday 1 banana 1 tsp. almond extract 1 cup skim milk
8 Peanut Butter Cup Cheesecake ¼ cup fat-free ricotta cheese ¼ cup plain fat-free yogurt 2 Tbsp. peanut butter ¼ cup water ½ cup skim milk	9 Almond Joy-to-the-World 1 Tbsp. peanut or almond butter ½ cup light coconut milk ½ cup water Add water (to thin if necessary) 	10 Holiday Eggnog 1 egg white ½ tsp. allspice 1 tsp. rum extract ½ cup skim milk	11 Mulled Cranberry 1 tsp. cinnamon ½ cup unsweetened cranberry juice ½ cup orange juice 	12 Maple Nut 1 tsp. pure maple syrup 1 tsp. peanut butter ½ cup milk ½ cup water	13 Cinnamon Roll 1 tsp. cinnamon 1 tsp. vanilla extract 1 cup skim milk	14 Banana-Nog ½ tsp. allspice ½ tsp. rum extract ½ banana 1 cup skim milk 
15 Minty Mocha Chiller ½ tsp. peppermint extract ½ cup almond milk ½ cup cold coffee 	16 Mexican Chocolate 1 tsp. cinnamon 1 cup skim milk	17 Chocolate Chai 1 cup chilled unsweetened chai tea 	18 Chocolate Date Pudding 2 large pitted dates ½ tsp. vanilla extract ½ tsp. rum extract 1 cup water	19 Almond Yule Log ½ tsp. vanilla extract ½ tsp. cinnamon ½ tsp. almond extract 1 Tbsp. almond butter ½ cup pitted black cherries 1 cup vanilla almond milk	20 Chocolate Pecan Pie 8 pecans ½ tsp. butterscotch extract 1 cup skim milk 	21 Snowstorm ½ tsp. almond extract ½ tsp. rum extract ½ cup cold coffee ½ cup skim milk
22 Gingerbread Latte 1 tsp. ginger ½ tsp. cinnamon ½ cup skim milk ½ cup cold coffee 	23 Cranberry-Nut 1 tsp. peanut butter ½ cup non-sweetened cranberry juice ½ cup water	24 Mayan Cocoa 3 to 4 dashes cayenne pepper 1 cup water	25 Apple-Maple ½ tsp. cinnamon ½ tsp. nutmeg 1 Tbsp. pure maple syrup ½ cup apple juice ½ cup water	26 Berry Christmas 1 cup strawberries ½ cup blueberries 1 cup water 	27 Chocolate Vanilla Bean 1 tsp. vanilla extract 1 cup water	28 Creamy Candy Cane 2 to 3 drops peppermint extract 1 cup almond milk 
29 Apple Pie ½ cup diced apples ¼ tsp. cinnamon ½ cup water ½ cup apple juice 	30 Snowflake 1 tsp. vanilla extract 1 cup skim milk Crushed sugar-free candy canes (for garnish)	Here are 2 healthy dessert recipes. They're great for special occasions.  Chocolate Mocha Mousse 1 scoop Chocolate Shakeology 1 Tbsp. instant coffee ¼ cup blueberries 2 egg whites ½ cup water Preparation: Mix water, blueberries, 1 scoop of Chocolate Shakeology, and instant coffee in a blender. Beat egg whites (with a whisk or electric beater) until stiff. Fold chocolate mixture slowly into egg whites, keeping as light and airy as possible. Pour into small bowl, garnish with more blueberries, and eat with a spoon. (Serves 1.) Goopy Shakeology Oatmeal Bar 4 scoops Chocolate Shakeology 3 cups dry oatmeal ½ cup natural peanut butter 1 cup skim milk 1 dash cinnamon ½ tsp. vanilla extract 1 tsp. unsweetened cocoa powder Preparation: Mix all dry ingredients together, then add skim milk and vanilla to blend flavors. Add peanut butter and mix together really well with hands. After it's all mixed, put mixture in an 8" x 8" pan. Place plastic wrap or wax paper on top of mixture and push evenly into pan to flatten. Refrigerate for 3 hours, then cut into squares. (Makes 9 bars.)				

For more recipes visit
www.shakeology.com



A very berry delight

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You've got the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). Enjoy!

1 Cinnamon Apple Cider 1 tsp. cinnamon ½ cup apple cider ½ cup water 	2 Cran-Apple Pie ½ tsp. cinnamon ½ tsp. nutmeg ½ cup apple juice ½ cup unsweetened cranberry juice	3 Berry Yule Log ½ tsp. cinnamon ½ tsp. almond extract ½ cup pitted black cherries 1 cup vanilla almond milk 	4 Mulled Strawberry 1 tsp. cinnamon ½ cup strawberries ½ cup pineapple juice ½ cup water	5 Pineapple Frost 1 tsp. honey ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water	6 Orchard Pear 1 tsp. cinnamon ½ cup all-natural pear juice ½ cup water 	7 Rustic Apple 1 tsp. cinnamon 1 tsp. nutmeg Juice of ½ small lemon ½ cup apple juice ½ cup water
8 Peach Crisp 1 tsp. cinnamon 1 cup peaches ½ cup orange juice ½ cup water	9 Strawberry Tart 1 tsp. lime juice 1 cup strawberries 1 cup water	10 Cinna-Pomegranate 1 tsp. cinnamon ½ cup unsweetened pomegranate juice ½ cup water 	11 Winter Sunshine 1 tsp. honey ½ tsp. lime juice ½ cup plain nonfat yogurt ½ cup water ½ cup pineapple juice	12 Harvest Moon ½ cup blackberries ½ cup orange juice ½ cup water 	13 Cranberry Chiller ½ cup unsweetened cranberry juice ½ cup water	14 Strawberry Valentine 1 cup strawberries 1 cup skim milk 
15 Berry with Cupid's Twist Juice of ½ small lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water 	16 Berry Bliss ¼ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water	17 Chai Green Tea 1 cup water ¼ cup instant chai tea mix	18 Holiday Spice 1 dash of cloves ½ cup cranberry juice ½ cup orange juice	19 Peppermint Surprise 1 tsp. peppermint extract 1 cup almond or skim milk 	20 Gingersnap 1 Tbsp. ground ginger 1 orange ½ cup organic frozen mixed berries 1 cup water	21 Cranberry Relish Surprise 2 cups unsweetened cranberry juice 7 segments mandarin orange ¼ cup cold water
22 Citrus Pucker-Up Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water	23 Santa Baby ½ cup pitted black cherries ½ cup unsweetened cranberry juice ½ cup water	24 Blue Christmas ½ cup combined frozen blueberries and blackberries 1 teaspoon orange juice 1 tablespoon nonfat blueberry yogurt ¾ cup water 	25 Creamy Icicle ¼ banana ½ mango ¼ cup milk ¾ cup water 1 Tbsp. nonfat yogurt 1 Tbsp. honey	26 Jingle Berry Rock ½ cup strawberries ½ cup raspberries ½ cup orange juice ¼ cup water	27 Red Berries 'n' Cream ¼ cup sliced strawberries ¼ cup skim, rice, or almond milk ½ cup water 	28 Snowed In ½ cup frozen pineapple ½ tsp. coconut extract 1 cup water
29 Sweets for My Sweet 1 cup strawberries ½ cup nonfat plain yogurt 1 Tbsp. honey 1 cup skim milk 	30 Peaches and Cream 1 cup peaches 1 cup skim milk	 Try a healthy dessert recipe too. Here's one for a special occasion.			 Protein Dream Creamsicle ½ scoop Greenberry Shakeology ½ scoop vanilla Beachbody Whey Protein Powder 1 cup skim milk Preparation: Mix in blender, pour into 4 frozen-pop molds, and freeze.	
 THE HEALTHIEST MEAL OF THE DAY™ For more recipes, visit www.shakeology.com						