

# A VERY BERRY TREAT

## FOR EVERY DAY OF THE MONTH.

Just add Shakeology®.



“The most surprising thing about Shakeology was that it tasted great and it has delivered on its promises! Better energy, less cravings, and it helps me control my weight.”

—Cindy W., Fredericksburg, Virginia

<p><b>1</b> <b>Apple Berry</b> 1 tsp. cinnamon ½ cup raspberries ½ cup water ½ cup natural apple juice</p> 	<p><b>2</b> <b>Cran-Orange Spice</b> ½ tsp. cinnamon ½ cup orange juice ½ cup unsweetened cranberry juice</p>	<p><b>3</b> <b>Cherry Nutter</b> ½ tsp. almond extract ½ cup pitted black cherries 1 cup skim milk</p>	<p><b>4</b> <b>Berry Splash</b> ½ cup strawberries ½ cup sliced peaches ½ cup pineapple juice ½ cup water</p>	<p><b>5</b> <b>Pineapple Cheesecake</b> ¼ cup fat-free ricotta cheese ¼ cup plain nonfat yogurt ½ cup pineapple juice ½ cup water</p>	<p><b>6</b> <b>Orchard Apple</b> 1 tsp. cinnamon ½ cup natural apple juice ½ cup water</p> 	<p><b>7</b> <b>Raspberry Lemon</b> 2 Tbsp. fresh lemon juice ½ cup raspberries 1 cup water</p>
<p><b>8</b> <b>Peach Tart</b> 1 tsp. cinnamon 1 cup peaches 1 Tbsp. lemon juice 1 cup water</p> 	<p><b>9</b> <b>Strawberry Nutter</b> 1 cup strawberries 1 cup almond milk</p>	<p><b>10</b> <b>Pomegranate Zinger</b> 1 Tbsp. lime juice ½ cup unsweetened pomegranate juice ½ cup water</p> 	<p><b>11</b> <b>Honey Lime</b> 1 tsp. honey 2 Tbsp. lime juice ½ cup plain nonfat yogurt 1 cup water</p>	<p><b>12</b> <b>Blueberry Breeze</b> ½ cup blueberries ½ cup orange juice ½ cup water</p> 	<p><b>13</b> <b>Cranberry Almond</b> ½ tsp. almond extract ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>14</b> <b>Strawberry Coconut</b> 1 cup strawberries ½ cup light coconut milk ½ cup water Water to thin out (if necessary)</p>
<p><b>15</b> <b>Berry Twister</b> ½ cup blackberries ½ cup raspberries ½ cup plain nonfat yogurt 1 cup water</p> 	<p><b>16</b> <b>Banana Bliss</b> ½ banana ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>17</b> <b>Orange Zen</b> ½ cup orange juice ½ cup cold green tea</p> 	<p><b>18</b> <b>Blackberry Nut</b> ½ cup blackberries ½ tsp. almond extract ½ cup nonfat plain yogurt 1 cup almond milk</p>	<p><b>19</b> <b>Strawberry Lime</b> 1 tsp. lime juice ½ cup strawberries 1 cup water</p>	<p><b>20</b> <b>Ginger Berry Zinger</b> ½ tsp. ground ginger 3 Tbsp. lemon juice ½ cup organic frozen mixed berries 1 cup water</p>	<p><b>21</b> <b>Peach Sunshine</b> ½ cup sliced peaches ½ cup pineapple juice ½ cup water</p> 
<p><b>22</b> <b>Citrus Dream</b> 2 Tbsp. lemon juice 2 Tbsp. lime juice 1 Tbsp. honey 1 cup water</p> 	<p><b>23</b> <b>Cherry Orange</b> ½ cup pitted black cherries ½ cup orange juice ½ cup water</p>	<p><b>24</b> <b>Maple Berry</b> ¼ cup frozen blueberries ¼ cup frozen blackberries 1 Tbsp. pure maple syrup ½ cup orange juice ½ cup water</p>	<p><b>25</b> <b>Mango-Nana</b> ½ banana ½ cup mango slices ¼ cup pineapple juice ¾ cup water</p>	<p><b>26</b> <b>The Big Melon</b> 1 cup cantaloupe ½ cup orange juice ½ cup water</p>	<p><b>27</b> <b>Peanut Butter Berry</b> ½ cup raspberries 1 Tbsp. peanut butter 1 cup water</p>	<p><b>28</b> <b>Yogo Lime Berry</b> 2 Tbsp. lime juice ½ cup strawberries ½ cup plain nonfat yogurt 1 Tbsp. honey 1 cup skim milk</p>
<p><b>29</b> <b>Kiwi Pineapple Delight</b> 2 kiwis (peeled) ½ cup pineapple juice ½ cup water</p> 	<p><b>30</b> <b>Peach Tango</b> ½ cup sliced peaches ½ cup mango slice 1 cup water</p>	<p><b>HERE'S HOW TO MAKE IT</b> 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><b>YOU'VE GOT CHOICES</b> 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><b>shakeology</b> THE HEALTHIEST MEAL OF THE DAY</p> <p>For more recipes, visit <a href="http://Shakeology.com">Shakeology.com</a>.</p>



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