

# 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>