

# Mix it up

**top off to cover ingredients**

**1-2 servings (½-1 cup)**

**½-1 serving (½-1 cup)**

**1-2 servings (consult product label)**

**1-2 servings (consult ingredient label)**

## To taste

**½-1 cup**



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# four must-try recipes



## Chocolate Coconut Milkshake

- 3 scoops **Nutrimeal Active Meal Replacement Shake, Whey Chocolate**
- 1 banana
- ½ cup spinach
- 1 Tbsp. hazelnuts
- 2 tsp. cocoa or cacao powder
- ½ cup ice
- 1 cup fresh coconut milk

## Strawberry Cheesecake Shake

- 3 scoops **Nutrimeal Active Meal Replacement Shake, Whey Vanilla**
- ½ cup strawberries
- ½ frozen banana
- ½ cup kale
- ¼ cup oats
- ½ tsp. cinnamon
- 1 Medjool date, roughly chopped
- 1 oz. dairy kefir, plain
- 1 cup oat milk



## Digestive Super Smoothie

- 1 serving **Digestive Health Protein Drink, Plain**
- 1 cup frozen, mixed berries
- ½ cup spinach
- ¼ whole avocado
- ½ cup ice
- 1 cup milk

## Morning Mango Shake

- 1 serving **Digestive Health Protein Drink, Lemon Ginger**
- ½ cup frozen mango
- ½ whole peach, sliced
- ½ cup kale
- ½ tsp. fresh ginger
- 1 Tbsp. chia seeds
- 2 Tbsp. lemon juice
- 1 Medjool date, roughly chopped
- 1 cup water

