

Ultimate Shake Builder

Personalize your meal-replacement shakes for your nutrition needs.



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CHOOSE YOUR BASE

WATER	MILK	SOY MILK	UNSWEETENED ALMOND MILK
<ul style="list-style-type: none"> • 2 scoops Formula 1 • 2 scoops Protein Drink Mix • 1 cup water 	<ul style="list-style-type: none"> • 2 scoops Formula 1 • 1 cup milk 	<ul style="list-style-type: none"> • 2 scoops Formula 1 • 1 cup soy milk 	<ul style="list-style-type: none"> • 2 scoops Formula 1 • 2 scoops Protein Drink Mix • 1 cup unsweetened almond milk
<p>24 g PROTEIN 200 CALORIES</p>	<p>17 g PROTEIN 170 CALORIES</p>	<p>17 g PROTEIN 200 CALORIES</p>	<p>26 g PROTEIN 240 CALORIES</p>

Add 3-5 ice cubes and blend for an extra minute for a thicker shake.

ADD YOUR BOOSTS

FRUITS AND VEGETABLES	GRAINS AND SEEDS	PROTEIN	PERSONALIZED BOOSTERS
 <p>Banana ½ medium 0 g PROTEIN 55 CALORIES</p>	 <p>Rolled Oats ⅓ cup 0 g PROTEIN 50 CALORIES</p>	 <p>Plain Nonfat Greek Yogurt ½ cup 12 g PROTEIN 70 CALORIES</p>	 <p>ENERGY: Herbal Tea Concentrate ½ tsp 0 g PROTEIN 5 CALORIES</p>
 <p>Strawberries 1 cup 0 g PROTEIN 50 CALORIES</p>	 <p>Chia 1 TBSP 1 g PROTEIN 60 CALORIES</p>	 <p>Nonfat Cottage Cheese ¼ cup 8 g PROTEIN 40 CALORIES</p>	 <p>DIGESTIVE HEALTH: Herbal Aloe Concentrate 3 capfuls 0 g PROTEIN 0 CALORIES</p>
 <p>Apple ½ medium 0 g PROTEIN 50 CALORIES</p>	 <p>Flaxseed ½ TBSP 2 g PROTEIN 50 CALORIES</p>	 <p>Silken Tofu ¼ block 6 g PROTEIN 65 CALORIES</p>	 <p>DIGESTIVE HEALTH: Active Fiber Complex 1 scoop 0 g PROTEIN 25 CALORIES</p>
 <p>Carrots ½ cup sliced 0 g PROTEIN 30 CALORIES</p>	<p>FLAVOR</p>  <p>Spice Dash of cinnamon, nutmeg, ginger, etc. 0 g PROTEIN 0 CALORIES</p>	 <p>Personalized Protein Powder 2 TBSP 10 g PROTEIN 40 CALORIES</p>	 <p>DIGESTIVE HEALTH: Simply Probiotic 1 scoop 0 g PROTEIN 0 CALORIES</p>
 <p>Baby Spinach 1 cup 0 g PROTEIN 10 CALORIES</p>	 <p>Extract Few drops vanilla, mint, orange, etc. 0 g PROTEIN 0 CALORIES</p>	 <p>Beverage Mix 2 scoops 15 g PROTEIN 70 CALORIES</p>	 <p>WEIGHT LOSS: Prolessa® Duo 1 scoop 0 g PROTEIN 70 CALORIES</p>