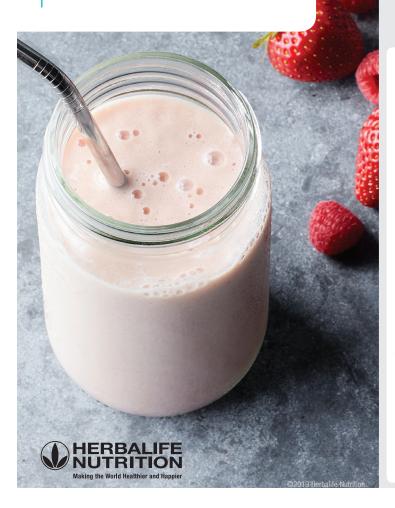
Ultimate Shake Builder

Personalize your meal-replacement shakes for your nutrition needs.



CHOOSE YOUR BASE

WATER

- 2 scoops Formula 1
- 2 scoops Protein Drink Mix
- 1 cup water

24 g PROTEIN 200 CALORIES

MILK

- 2 scoops Formula 1
- 1 cup milk

17 g PROTEIN 170 CALORIES

SOY MILK

• 2 scoops Formula 1

17 g PROTEIN

200 CALORIES

• 1 cup soy milk

UNSWEETENED ALMOND MILK

- 2 scoops Formula 1
- 2 scoops Protein
 Drink Mix
- 1 cup unsweetened almond milk

26 g PROTEIN 240 CALORIES

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

ADD YOUR BOOSTS

FRUITS AND VEGETABLES



Banana

1/2 medium
0 g PROTEIN
55 CALORIES



Strawberries

1 CUP 0 g PROTEIN 50 CALORIES



Apple

1/2 medium
0 g PROTEIN
50 CALORIES



Carrots

½ cup sliced og protein 30 calories



Baby Spinach 1 cup

0 g PROTEIN 10 CALORIES

GRAINS AND SEEDS



Rolled Oats

1/3 CUP O g Protein 50 Calories



Chia 1 TBSP

1 g PROTEIN 60 CALORIES



Flaxseed

½ TBSP 2 g PROTEIN 50 CALORIES

FLAVOR



Spice

Dash of cinnamon, nutmeg, ginger, etc. 0 g PROTEIN 0 CALORIES



Extract

Few drops vanilla, mint, orange, etc. 0 g PROTEIN 0 CALORIES

PROTEIN



Plain Nonfat Greek Yogurt

½ CUP
12 g PROTEIN
70 CALORIES



Nonfat Cottage Cheese

1/4 CUP 8 g PROTEIN 40 CALORIES



Silken Tofu

1/4 block
6 g PROTEIN
65 CALORIES



Personalized Protein Powder 2 TBSP

10 g PROTEIN 40 CALORIES



Beverage Mix 2 scoops

2 SCOOPS 15 g Protein 70 Calories

PERSONALIZED BOOSTERS



ENERGY:

Herbal Tea Concentrate ½ tsp

0 g PROTEIN

5 CALORIES DIGESTIVE

DIGESTIVE HEALTH:

Herbal Aloe Concentrate 3 capfuls 0 g PROTEIN 0 CALORIES

DIGESTIVE HEALTH:



Active Fiber Complex

1 SCOOP 0 g Protein 25 Calories

DIGESTIVE HEALTH:



Simply Probiotic

1 SCOOP 0 g PROTEIN 0 CALORIES

WEIGHT LOSS: Prolessa® Duo



1 SCOOP
0 g PROTEIN
70 CALORIES