

Two Shakes a Day

Sample Menu

DAY 1

BREAKFAST

Pre-workout shake

SNACK

Protein Bar Deluxe

LUNCH

Green Goodness shake

SNACK

Rice cake and nut butter

DINNER

Soba noodle salad

DAY 2

BREAKFAST

Very Berry
Pineapple shake

SNACK

Hummus dip and raw
vegetables

LUNCH

Lavender chia protein
shake with omega-3

SNACK

String cheese with
fresh fruit

DINNER

Chicken lettuce wraps

DAY 3

BREAKFAST

Red Velvet Cream shake

SNACK

Protein Bar Deluxe

LUNCH

Raspberry Cream shake

SNACK

Edamame beans

DINNER

Chicken, broccoli and
quinoa salad

DAY 4

BREAKFAST

Café Mocha shake

SNACK

Turkey breast slices
and whole grain crackers

LUNCH

Cake Batter shake

SNACK

Protein Drink Mix

DINNER

Juicy pork tenderloin

DAY 5

BREAKFAST

Mango Tango shake

SNACK

Low-fat latte

LUNCH

Peanut Butter
Cup protein shake

SNACK

Frozen Formula 1
protein pops

DINNER

Spicy citrus shrimp