



FITNESS

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Pumpkin Spice

Shaklee Life Shake Vanilla ½ cup canned pumpkin
 1 cup beverage of your choice ¼ tsp. pumpkin spice

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Vanilla Almond Milk	2 Scoops in Non- Fat Milk	3 Scoops in Water
Calories	302	302	297
Fat	5.5	3	4.5
Carbohydrates	44	40	37
Fiber	10	10	13
Protein	18	25	25



Peanut Dream

Shaklee Life Shake Vanilla 1-1/2 tsp. natural peanut butter
 1 cup beverage of your choice

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Vanilla Almond Milk	2 Scoops in Non- Fat Milk	3 Scoops in Water
Calories	310	310	305
Fat	9.5	7	8.5
Carbohydrates	35.5	31.5	28.5
Fiber	6.5	6.5	9.5
Protein	19	26	26



Apple Cinnamon

Shaklee Life Shake Vanilla
1 cup beverage of your choice

½ cup applesauce
Cinnamon to taste

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Vanilla Almond Milk	2 Scoops in Non- Fat Milk	3 Scoops in Water
Calories	275	275	270
Fat	5.5	3	4.5
Carbohydrates	47	43	40
Fiber	7	7	10
Protein	17	24	24



Peaches & Cream

Shaklee Life Shake Vanilla
1 cup beverage of your choice

½ cup diced peaches
Dash of vanilla extract

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Vanilla Almond Milk	2 Scoops in Non- Fat Milk	3 Scoops in Water
Calories	310	310	305
Fat	5.5	3	4.5
Carbohydrates	46	42	39
Fiber	8	8	11
Protein	18	25	25



Strawberry Banana

Shaklee Life Shake Vanilla ½ cup sliced strawberries
 1 cup beverage of your choice ½ banana

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Vanilla Almond Milk	2 Scoops in Non- Fat Milk	3 Scoops in Water
Calories	385	385	380
Fat	5.5	3	4.5
Carbohydrates	53	49	46
Fiber	9	9	12
Protein	18	25	25



Café

Shaklee Life Shake Vanilla Instant coffee to taste
 1 cup beverage of your choice

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Vanilla Almond Milk	2 Scoops in Non- Fat Milk	3 Scoops in Water
Calories	260	260	255
Fat	5.5	3	4.5
Carbohydrates	34	30	27
Fiber	6	6	9
Protein	17	24	24



Honey Maple

Shaklee Life Shake Vanilla
1 cup beverage of your choice

1 tsp. honey
Maple extract to taste

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Vanilla Almond Milk	2 Scoops in Non- Fat Milk	3 Scoops in Water
Calories	281	281	276
Fat	5.5	3	4.5
Carbohydrates	40	36	33
Fiber	6	6	9
Protein	17	24	24



Daily Greens

Shaklee Life Shake Vanilla
1 cup beverage of your choice
1 cup fresh spinach – *more if you like*

1 medium apple - diced
Ginger to taste

DIRECTIONS: Combine all ingredients in blender. Blend until creamy.

	2 Scoops in Water	3 Scoops in Water
Calories	261	346
Fat	3	4.5
Carbohydrates	41	50
Fiber	9	12
Protein	18.5	26.5