

## CREAM SICKLE

2 Scoops. Vanilla MR  
8 oz. regular or low-fat milk  
2 Tbsp. sugar\fat free jello pudding  
vanilla flavor  
2 tsp. orange extract  
ice cubes (optional)

## PINA COLADA TREAT

2 Scoops Vanilla MR  
8 oz. Regular or low-fat milk  
2 Tbsp. sugar\fat free  
banana cream flavor jello pudding  
2 tsp. coconut extract  
ice cubes (optional)

## STRAWBERRY CREAM

2 Scoops. Vanilla MR  
4 oz. Regular or low-fat milk  
3 scoops of non-fat frozen  
yogurt - vanilla or strawberry  
3 Tbsp. strawberry sugar  
free jello (*Add a few sliced  
strawberries  
for a real delight*)

## ORANGE BLOSSOM

2 Scoops. Vanilla MR  
1/2 tsp. orange extract  
8 oz. Regular or low-fat milk  
1/2 orange (optional)  
ice cubes (optional)

## Apple Peanut Dip

2 Scoops. Vanilla MR  
1 cup NF Greek plain yogurt  
3.5 TBSP posder p-nut butter  
Dash ground cinnamon +stevia to taste  
~ Mix all and use with fruit !

## COFFEE SHAKE

2 Scoops. Vanilla MR  
1 tsp. instant Decaf- coffee  
8 oz. Regular or low-fat milk  
1/2 banana (optional)  
ice cubes (optional)

## CHAI TEA SMOOTHIE

2 Scoops Vanilla MR  
8 oz. Regular or low-fat milk  
1/2 Banana  
1/8 cup Chai concentrate  
liquid or one tsp. powder  
Ice cubes (optional)

## FRUIT JUICY

2 Scoops. Vanilla MR  
8 oz. Orange juice  
(cranberry, cranapple, grapefruit) juice  
4-5 fresh strawberries  
or 1/2 banana  
ice cubes (optional)

## FRUITY SHAKE

2 Scoops. Vanilla MR  
8 oz. orange juice  
1/2 banana  
ice cubes (optional)

## MAUI MADNESS

2 Scoops. Vanilla MR  
1 Tbsp. crushed pineapple  
1 Tbsp. shredded coconut  
5 oz Regular or Low-fat milk  
3 oz. orange juice  
ice cubes (optional)

## PEACH PARFAIT TREAT

2 Scoops. Vanilla MR  
1 serving vanilla sugar free  
pudding, add a few sliced  
peaches. Mix well, chill and  
garnish w/ nonfat whip  
topping (sub any fruit for flavor)

## PUMPKIN DELIGHT

2 Scoops. Vanilla MR  
8 oz. Regular or low-fat milk  
1 tsp. pumpkin spice  
1/2-1 pkgs Stevia (1/2 -1 tsp)  
ice cubes (optional)

## APPLE PIE & ICE CREAM

2 Scoops. Vanilla MR  
1 Med. apple, cut up (or  
1/2 Cup applesauce)  
1 Cup unsweetened apple juice  
1/4 tsp. cinnamon  
dash of nutmeg, 1/2 cup ice

## GREEN GODDESS

2 scoops Vanilla MR  
1/2 cup nonfat plain Greek yogurt  
1 cup spinach  
1/3 cup frozen pineapple chunks  
1/4 cup frozen mango chunks  
1/3 medium banana  
2 slices average avocado  
8 oz unsweetened almond milk  
\* ice as desired

## BANANA CREAM SHAKE

2 scoops Vanilla MR  
1/3 cup low-fat cottage cheese  
8 oz unsweetened almond milk  
1/2 medium banana  
1 TBSP cream cheese  
1 tsp vanilla extract  
\* Liquid stevia drops, to taste  
Ice as desired

## FRUIT SMOOTHIE

2 scoop Vanilla MR  
1/2 cup nonfat plain Greek yogurt  
1/2 medium banana  
1/3 cup frozen berries  
1/4 medium avocado  
8 oz unsweetened almond milk  
\* Ice as desired

## BERRY PARFAIT

1 cup nonfat plain Greek yogurt  
1 scoop | Vanilla MR  
3/4 berries of choice  
1/2 cup strawberry halves  
1/4 medium banana (2 inch size)

## STRAWBERRY PARFAIT

3/4 cup nonfat plain Greek yogurt  
1 1/2 tablespoons all-natural peanut butter,  
2/3 cup strawberry halves taste 3  
tablespoons low-fat granola, \*Stevia to taste \*

## WAFFLES FOR WEIGHTLOSS

1 scoop vanilla MR powder  
1.5 TBSP almond milk or dairy free alt  
1 egg white  
1/2 tsp baking powder  
1 TBSP vanilla extract  
(*makes 1 pancake*)

Instructions: Combine all until smooth. Add to  
waffle iron until golden brown. Top with fruit  
light syrup or fat free whipped cream. 😊

## Banana Protein Muffin

2 scoops vanilla MR powder  
1 egg or 2 egg whites  
1 TBSP honey  
1 + 3/4 cup bisquick/ Kodiak Cakes  
1 CUP MASHED bananas  
(*makes 12 muffins*)

Instructions: Pre-heat oven 350: Mix all and  
combine until smooth. Bake 14-16 mins.

## Chocolate Recipes

### CREAMY CHOCOLATE MILK

2 Scoops Chocolate MR  
 8 oz. Regular or low-fat milk  
 2 Tbsp. non-fat chocolate pudding mix \* ice cubes (optional)

### FABULOUS CHOCOLATE FROSTY

2 Scoops Chocolate MR  
 1 tsp. instant Decaf. coffee  
 8 oz. Regular or low-fat milk  
 ice cubes (optional)

### COCOA TREAT

2 Scoops Chocolate MR  
 1 pkg. fat free chocolate  
 Pudding. Chill and Garish with non-fat cool- whip, serve and enjoy

### **CHOCOLATE BANANA FLOAT**

2 Scoops Chocolate MR  
 8 oz. Regular or low-fat milk  
 ½ Banana \* ice cubes (optional)

### **MOCHA JAVA**

2 Scoops Chocolate MR  
 1 Tbsp. instant decaffeinated cappuccino power, 8oz Regular or low-fat milk ~ ice cubes (optional)

### **ALMOND ANGEL**

2 Scoops Chocolate MR  
 8 oz. Regular or low-fat milk  
 1/8 tsp. almond extract  
 15 semi-sweet choc. chips  
 ice cubes (optional)  
 1 pkg. non-calorie sweetener

### **INTERNATIONAL CHOCOLATE**

2 Scoops Chocolate MR  
 1 cup orange juice  
 1 tsp. instant decaf coffee  
 1/8 tsp. vanilla extract  
 1/2 tsp. nutmeg (optional)  
 ice cubes (optional)

### REESE PIECE SHAKE

2 Scoops Chocolate MR  
 8 oz. Regular or low-fat milk  
 ½ TBSP low-fat Peanut butter  
 \*(substitute powder peanutbutter 2 tsp)  
 \* ice cubes (optional)

### **CHOCOLATE-BERRY SHAKE**

2 Scoops Chocolate MR  
 8 oz. Regular or low-fat milk  
 ¾ Cup Blue berries +ice cubes(optional)

### **BLACK FOREST SHAKE**

2 Scoops Chocolate MR  
 1/2 tsp. black walnut extract  
 8 oz. Regular or low-fat milk  
 1/2 banana (optional), ice cubes (optional)

### **CHOCOLATE-CHAI SHAKE**

2 Scoops Chocolate MR  
 7 oz. Regular or low-fat milk  
 1/8 Cup Chai concentrate  
 ½ Banana \*ice cubes (optional)

### **MOCHA BANANA SHAKE**

2 Scoops Chocolate MR  
 1/2 tsp. instant decaf coffee  
 8 oz. Regular or low-fat milk  
 1/2 banana \* ice cubes (optional)

### **COCONUT + ALMOND SHAKE**

8oz unsweetened almond milk  
 2 Scoops. Vanilla MR  
 1/2 cup NF plain Greek yogurt  
 1/2 medium banana, frozen  
 1 TBSP cocoa powder  
 1/2 TBSP unsweetened shredded coconut  
 1/2 TBSP almond butter  
 1/2 tsp vanilla extract  
 1/2 tsp coconut extract  
 4 ice cubes \*stevia to taste (optional)

### **CHOCOLATE COCONUT SHAKE**

8oz unsweetened almond milk  
 2 Scoops. Chocolate MR  
 1/2 cup NF plain Greek yogurt  
 1/2 medium banana, frozen  
 1/2 TBSP unsweetened shredded coconut  
 1/2 tsp vanilla extract  
 1/2 tsp coconut extract  
 4 ice cubes\* Stevia to taste (optional)

### **CHOCOLATE BANANA SPLIT**

2 Scoops Chocolate MR  
 8 oz. Regular or low-fat milk  
 ½ banana  
 ice cubes (optional)


### CHOCOLATE MINT

2 scoops chocolate MR  
 1 cup low-fat milk  
 ½ banana  
 1/8 tsp peppermint extract

### **CHOCOLATE CHERRY**

2 scoops chocolate MR  
 1 cup almond milk  
 ½ cup frozen cherries  
 ice cubes

### CHOCOLATE ALMOND JOY

2 scoops chocolate MR   
 1 cup almond milk  
 1 tsp almond extract  
 ice cubes \* optional  
 \* stevia to taste \* optional

### Chocolate Banana Protein Muffin

2 scoops vanilla MR powder  
 1 egg or 2 egg whites  
 1 TBSP honey  
 1 + 3/4 cup bisquick/ Kodiak Cakes  
 1 CUP MASHED bananas  
 (makes 12 muffins)

Instructions: Pre-heat oven 350: Mix all and combine until smooth. Bake 14-16 mins.

### Chocolate Berry Parfait

1 scoops vanilla MR powder  
 ¾ cup PLAIN Greek yogurt  
 ½ cup mixed berries of choice  
 ¼ cup granola to top – optional  
 ( \* Try crushed nuts on top for more fat and protein)

#### TIPS FOR MAKING SHAKES

1. Use a blender and ice!
2. Add powder, fruit, milk and blend first for 30 seconds.
3. Add ice & mix for 2 mins
4. Experiment: Try different recipes to keep variety
5. Substitutes for Cow's Milk:
  - Cow's milk (12 g sugar + 7 g protein)
  - Almond milk (unsweetened) 1g sugar 1g proteib
  - Cashew (unsweetened) 1g sugar 1g protein
  - Rice
  - Soy Milk ( 7g protein)
  - Oat Milk (higher fiber content)