

*** * VANILLA SHAKE RECIPES! * ***

ORANGE JULIUS

6 oz orange juice, ½ cup plain Greek yogurt, 1/2 cup 1% cow's milk/DF alt, 1.5 scoops Vanilla MR, ice cubes, 1 tsp vanilla. BLEND WELL.



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 to top)

LEMONADE ICEE

8 oz Simply lemonade, 1.5 scoops Vanilla, MR, 2oz milk of choice, 1 Cup Ice-optional—but don't skip it! Blend well. Additional Lemon slices for garnish, and you can squeeze into the ice.



ORANGE CREAMSCICLE

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

VANILLA CAFFE LATTE'

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

DRAGON DELIGHT

2 scoops Cornerstone MR, 12 oz unsweet almond milk, 1/2 cup fresh/frozen dragon fruit, Ice, Blend & enjoy



VANILLA CHAI

2 Scoops Vanilla MR,
8 oz. Regular or low-fat milk, ½ Banana, 1/8 cup Chai concentrate, liquid or one tsp. powder, ice cubes



STRAWBERRY LEMONADE ICEE

1.5 scoops vanilla MR, 6 ounces Simply Lemonade, ¾ cup frozen strawberries halved, ½ cup ice, 4 oz coconut water, 1 TBSP hemp seed. BLEND WELL!

BANANA CREAM

2 scoops Vanilla MR , 1/3 cup low-fat cottage cheese, 8 OZ unsweet almond milk, ½ banana, 1 TBSP cream cheese, 1 tsp vanilla extract, ice. Blend well add* Liquid stevia drops, to taste

TOASTED COCONUT CREAM

1.5 scoops vanilla MR, 6 ounces cow's milk, 4 ice cubes, 2 TBSP coconut extract. Blend well. Top with 1 tbsp cool whip, and toasted unsweetened coconut flakes

MAUI MADNESS

2 Scoops. Vanilla MR
1 Tbsp. crushed pineapple
1 Tbsp. shredded coconut
5 oz Regular/ Low-fat milk
3 oz. orange juice, ice cubes

GREEN GODDESS

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

PEACHY BEACH PARADISE

2 heaping scoops Cornerstone vanilla powder, 10-12 oz unsweetened almond milk, 1/2 banana, 1/2 cup fresh/frozen peaches, Ice, Blend & enjoy

OREO COOKIE BLIZZARD

1.5 scoops vanilla MR, 6 ounces frozen almond milk into ice cube tray (4 CUBES), 2TBSP fat-free vanilla pudding, 1/3 cup liquid almond milk, 1 tsp butter extract. BLEND WELL! Add 1 oreo and blend again. Add 1 more oreo break into crumbs to top of the shake! ENJOY!

CAKE BATTER

2 scoops vanilla protein powder, 1.5 Tablespoons vanilla pudding mix sugar free/fat-free, 1 tsp butter extract, 1 tsp vanilla extract, 8 oz unsweetened almond milk, 1/2 cup ice. BLEND WELL. Top with 1 TSP sprinkles and cool whip.



PINEAPPLE MANGO TROPICALE

2 scoops vanilla MR powder
10oz unsweet almond milk, 1/2 cup fresh/ frozen pineapple, 1/2 cup fresh/frozen mango, Ice, Blend & enjoy.



* * **VANILLA SHAKE RECIPES!** * *

PUMPKIN SPICE

1.5 scoop vanilla MR, 2/3 cup unsweet almond milk, 1/4 cup pumpkin purée, 1/4 cup plain nonfat Greek yogurt, 1 tbsp maple syrup, 1/2 tsp cinnamon, 1/2 tsp pumpkin pie spice, or apple pie spice, 3-5 cubes ~Optional: top with cinnamon sugar or cool whip topping.



KEY LIME PIE

5.3 oz Chobani key lime Greek yogurt, 1 scoop Vanilla MR, 1/2 TBSP lime juice, 1/2 tsp lime zest, 1/2 cup unsweet vanilla almond milk/cow's milk, 8-10 ice cubes. Blend well



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 unsweet almond milk* Ice as desired

CHERRY BERRY

1/2 orange, (skin removed) cut in small pieces, 1/4 banana- (I like frozen), 1/4 cup Frozen Strawberries, 1/4 cup Frozen Cherries, 3/4 cup Plain Greek Yogurt- (low fat or non-fat), 1 Very Small Beet, without ends, cut up, 1 teaspoon Vanilla, 1/4 cup or milk of choice (I use 1% milk) Sweetener: honey to taste (optional~ blend well!)

APPLE PIE

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

FRUIT JUICY

2 Scoops. Vanilla MR, 8 oz. Orange juice (cranberry, cran-apple, grapefruit) juice, 4-5 strawberries, 1/2 banana, ice cubes

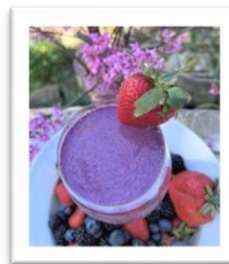
STRAWBERRY CHEESECAKE

1 cup frozen strawberry, 3/4 cup plain fat-free Greek yogurt (low-fat or NF), 1/2 cup low-fat milk (I use 1% milk), 2 ounces low-fat cream cheese, 1 tablespoon vanilla extract, 1+ 1/2 tablespoons agave nectar, or sweetener of choice! Blend well!



BERRY SURPRISE

2 scoops vanilla MR powder, 10 oz unsweet almond milk, 1 cup frozen/fresh mixed berries, Ice, Blend & enjoy!



METABOLISM BOOSTING GREEN TEA SMOOTHIE

1.5 scoop Vanilla MR, 1/2 cup strongly brewed green tea, 1/4 cup coconut milk canned, full fat, 2 cups spinach fresh or frozen, 1 banana peeled and frozen, 1 grapefruit peeled, frozen, 1 cup pineapple chopped, frozen, 5 pieces of ice! BLEND WELL!



STRAWBERRY BANANA

1/2 cup strawberries frozen, 1/2 medium banana, 1/2 cup nonfat plain Greek yogurt, 1/2 cup milk-, 1 scoop cornerstone protein shake meal replacement, 1 tsp chia seed, 1/4 teaspoon vanilla extract, 4 ice cubes



VANILLA BEAN FRAPPE'

2 Scoops. Vanilla MR, ice, 8-10 oz milk of choice, 1tsp vanilla extract, 1/2 cup plain Greek yogurt, 1/2 cup ice cubes, 1/2 banana. BLEND WELL



FRUITY SHAKE

2 Scoops. Vanilla MR, 8 oz. orange juice, 1/2 banana, ice cubes

~ CHOCOLATE SHAKE RECIPES! ~

CREAMY CHOCO-MILK

2 Scoops Chocolate MR, 8 oz. low-fat milk, 2 Tbsp. non-fat chocolate, pudding mix * ice cubes

DUTCH COCOA FROSTY

2 Scoops Chocolate MR, 1 tsp. instant Decaf. Coffee, 8 oz low-fat milk, ice cubes

CHOCOLATE FRAPPE'

2 Scoops
Chocolate MR, 1
Tbsp. instant decaff
cappuccino power,
1 oz chilled
espresso, 8oz
Regular or low-fat,
milk ~ ice cubes



DUTCH COCOA PUDDING

2 Scoops Chocolate MR, + 2 cups cow's milk and blend 45 seconds. Add 1 pkg. sugar free chocolate Pudding and Mix well, and Chill. Garish with non-fat cool- whip, serve and enjoy- Nut butter is yummy too! 😊

Makes 4 servings 😊

ALMOND FRAPPE'

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

INTERNATIONAL COCOA

2 Scoops Chocolate MR, 8 oz orange juice, 1 tsp. instant decaf coffee, 1/8 tsp. vanilla extract, 1/2 tsp. nutmeg, ice cubes

REESE PIECE

2 Scoops Chocolate MR 8 oz., Regular or low-fat milk, 1/2 TBSP Peanut butter, * (sub: powder peanut butter 2 tsp) * ice cubes!

CHOCO-BERRY

2 Scoops Chocolate MR 8 oz. Regular or low-fat milk
3/4 Cup Blueberries +ice cubes

CHUNKY MONKEY

2 Scoops Chocolate MR
8 oz. Regular or low-fat milk, 1/2 banana, ice cubes

BLACK FOREST

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

CHOCOLATE-CHAI

2 Scoops Chocolate MR, 8 oz. low-fat milk, 1/8 Cup Chai concentrate, 1/2 Banana *ice cubes

BANANA MOCHA SHAKE

2 Scoops Chocolate MR, 1/2 tsp. instant decaf coffee, 8 oz. low-fat milk, 1/2 banana * ice cubes

ALMOND COCONUT

8oz unsweet almond milk
2 Scoops. Vanilla MR, 1/2 medium banana, frozen, 1/2 TBSP unsweet shredded coconut, 1/2 TBSP almond butter, 1/2 tsp vanilla extract, 1/2 tsp coconut extract, 4 ice cubes * stevia to taste

CHOCOLATE COCONUT

8oz unsweet almond milk, 2 Scoops. Chocolate MR, 1/2 medium banana, frozen, 1/2 TBSP unsweet shredded coconut, 1/2 tsp vanilla extract, 1/2 tsp coconut extract, 4 ice cubes* Stevia to taste Top with toasted coconut & cool whip!

CHOCOLATE COVERED CHERRY

2 scoops chocolate MR, 1 cup almond milk, 1/2 cup frozen cherries, ice cubes.

ALMOND JOY

2 scoops chocolate MR, 1 cup almond milk, 1 tsp almond extract, 1/4 cup coconut milk (or 1tsp coconut extract), ice cubes, * stevia to taste-optional

RED VELVET

2 scoops chocolate MR, 8-10 oz almond milk, 1 tsp butter extract, 1/8 cup red velvet dry mix, ice cubes, * stevia to taste- BLEND WELL. Top with cool whip 😊

BROWNIE BATTER

2 scoops chocolate MR
1 medium banana, 1/8 cup brownie batter dry mix, ice cubes, * stevia to taste-optional * *
ADD TOASTED COCONUT FOR A FUN FLAVOR TO TOP!



THIN MINT

2 scoops chocolate MR, 8oz low-fat milk, 1/2 banana, 1/8 tsp peppermint extract. BLEND WELL!



TIPS FOR MAKING SHAKES

1. Use a blender & ice!
2. Add liquid in blend first, then powder, fruit, milk. Blend until smooth.
3. Add ice & mix again!
4. Experiment: Try different recipes to keep variety 😊

5. MILKS: some have no protein!

Cow's milk: 7g protein
Almond: (unsweetened) 1g protein
Cashew: (unsweetened) 1g protein
Soy: (unsweetened) 7g protein
Oat: (unsweetened) 4g protein
Coconut: (unsweetened) 1g protein
Lactose-free: works too! 7g protein

FUN RECIPES: USING PROTEIN POWDER

WAFFLES FOR WEIGHTLOSS

(makes 1 pancake)

20g protein@ 180cals ~ 1 scoop vanilla MR powder
1.5 TBSP almond milk or dairy free alt, 1 egg white
½ tsp baking powder, 1 TBSP vanilla extract ~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

1 muffin=10g protein;190cals!
(Makes 12 muffins)
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 ~
Instructions: Pre-heat oven 350: Mix all and combine until smooth. Bake 14-16 mins

CHOCO-BANANA PROTEIN MUFFIN

(makes 12 muffins)
2 scoops vanilla MR powder, 1 egg or 2 egg whites, 1 TBSP honey, 1 + 3/4 cup bisquick/ Kodiak Cakes, 1 CUP MASHED banana ~Instructions: Pre-heat oven 350: Mix all and combine until smooth. Bake 14-16 mins.

CHOCOLATE BERRY PARFAIT

300cals; 30GPROTEIN
1 scoop 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 +protein)

APPLE PEANUT DIP

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

PB&J PARFAIT

Mix together, 1 cup Greek yogurt well with 1 scoop protein powder. Layer ½ cup nonfat plain Greek yogurt into



bottom of jar, add 1 + TBSP all-natural peanut butter, + 2/3 cup strawberry halves taste,(any fruit works) + remaining ½ cup nonfat plain Greek yogurt. Top with 3 tablespoons low-fat granola, *Stevia to taste

STRAWBERRY/BANANA PARFAIT

1 cup nonfat plain Greek yogurt
1 scoop Vanilla MR- mix together well. Layer ½ cup nonfat plain Greek yogurt into bottom of jar. Top with FRUIT: 1/2 cup strawberry halves, 1 small banana, add second layer yogurt mix, and top with remaining fruit 😊 eat it up!

BANANA PROTEIN PANCAKES

(makes 4 cakes)
2 pancakes = 1 serving
300 cals: 25g protein
1/2 cup rolled oats, uncooked,
1small ripe banana, 1 egg, 1/4 cup egg whites, ½ tbsp baking powder, 1/8 tsp ground cinnamon, 1/4 cup vanilla MR. Blend all ingredients until smooth. Cook in pan with 1 tbsp coconut oil, for cooking. Add sliced banana, or other fruit for garnish to top!

NO BAKE PROTEIN BAR!

(makes 10 bars); 250cals; 12g protein
3/4 cup almond butter/peanut butter (room temperature), and 1/2 cup honey & mix in a bowl. + 1.5 cups rolled oats mix well. Then 1/2 cup protein powder. Press 1/4 cup chocolate chips last. . Press into 8×8 pan lined with parchment paper. Freeze 10 mins; cut into 10 bars! (flax/chia seed can be added)



HIGH PROTEIN BLUEBERRY MUFFINS-

1 muffin=10g protein;190cals!
1 cup all-purpose flour, ½ cup vanilla protein powder, ¾ cup Greek yogurt, ½ cup olive oil, 2 tablespoons honey, 1 egg, 1 teaspoon baking powder, 1 teaspoon baking soda, 1 teaspoon vanilla extract. Fold in blueberries. Fill muffin tins ¾ way high. Bake 350, 25-30 mins.

PEACH PARFAIT

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)
swap any fruit to make a parfait



😊 Head to the website for more recipes! Scan the QR code on your phone camera!