

Shake It for Life

Shake Recipes

All recipes are made with a combination of 8 oz of liquid, 8 oz of ice, and 2 scoops (4 tablespoons) of Formula 1 (16 oz shake).
 All puddings are Sugar Free, Fat Free and usage is 1 tablespoon unless specified differently. (Don't make the pudding, use it as powder)
 Protein Drink Mix (PDM) usage is 1 scoop (2 tablespoons) except with Workout Shakes where usage is 1/2 scoop (1 tablespoon).
 * PDM is recommended but Skim Milk, Soy Milk or Water can be used instead, resulting in lower protein amount.
 * Light Orange Juice (1/2 Calorie, 1/2 Sugar) is recommended for shakes requiring orange juice.
 All syrups used are Torani Sugar Free Syrups and usage is 1 tablespoon (1 Squirt from Pump) unless specified differently.
 * Most flavors can be purchased at World Market other can be purchased online at www.torani.com.
 Pre-Workout & Immunity Drinks use NRG tea, but Herbal Tea Concentrate can be substituted to increase calorie burn.
 Other:
 * PB2 (Peanut Butter Power) www.bellplantation.com is used but can be substituted with Peanut Butter increasing calories.
 * Use Old Fashion Oats, do not use Quick Oats

Latte Shakes					
Shake	Formula 1 (2 Scoops/4 TBSP)	PDM (1 Scoop/2 TBSP)	Pudding (1 TBSP)	Syrup (1 Tbsp/1 Squirt)	Other
Caramel Café Latte	Café Latte	Vanilla	None	Caramel	None
Hazelnut Café Latte	Café Latte	Vanilla	None	Hazelnut	None
Chocolate Caramel Café Latte	Café Latte	Chocolate	None	Caramel	None
Chocolate Hazelnut Café Latte	Café Latte	Chocolate	None	Hazelnut	None

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Chocolate Shakes					
Shake	Formula 1 (2 Scoops/4 TBSP)	PDM (1 Scoop/2 TBSP)	Pudding (1 TBSP)	Syrup (1 Tbsp/1 Squirt)	Other
Butter Finger	Cookies & Cream	Chocolate	Butterscotch	Chocolate	½ Tbsp PB2
Reese's	Dutch Chocolate	Chocolate	Chocolate	Chocolate	1 Tbsp PB2
Turtle Cheesecake	Cookies & Cream	Chocolate	Cheesecake Chocolate	Caramel	1 Tbsp Pecans ½ Graham Cracker
German Chocolate Cake	Dutch Chocolate	Chocolate	Chocolate	2 Tbsp Coconut	None
Mint Choc. Chip	Dutch Chocolate	Chocolate	Chocolate	Chocolate	5 Junior Mints
Fudgesicle	Dutch Chocolate	Chocolate	White Chocolate	None	None
Banana Fudge Pop	Dutch Chocolate	Chocolate	Banana Cream	Chocolate	½ Banana
Snickers	Cookies & Cream	Chocolate	Vanilla	Caramel Chocolate	½ Tbsp PB2
Chocolate Cookies & Cream	Cookies & Cream	Chocolate	None	None	None
Black Forest Cherry	Dutch Chocolate	Chocolate	Chocolate	2 Tbsp Black Forest Cherry	5 Cherries
Banana Split	Cookies & Cream	Vanilla	Banana Cream	Chocolate Strawberry	4 Strawberries
Chocolate Orange	Dutch Chocolate	Chocolate	None	None	2 Scoops Orange H30

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Fruit Shakes					
Shake	Formula 1 (2 Scoops/4 TBSP)	PDM (1 Scoop/2 TBSP)	Pudding (1 TBSP)	Syrup (1 Tbsp/1 Squirt)	Other
Banana Cream Pie	French Vanilla	Vanilla	Banana Cream	Vanilla	2 Wafers ¼ Banana
Lemon Blueberry	French Vanilla	Vanilla	Lemon	None	½ Cup Blueberry
Blueberry Muffin	French Vanilla	Vanilla	Pistachio	None	½ Cup Blueberry
Strawberry Banana	Wild Berry	Vanilla	Banana Cream	Strawberry	2 Strawberries ¼ Banana
Strawberry Cheesecake	Wild Berry	Vanilla	Cheesecake	Strawberry	3 Strawberries Graham Cracker
Orange Creamsicle	French Vanilla	Vanilla	None	None	2 Scoops Orange H30
Mango Tango	Wild Berry	Vanilla	Vanilla	Mango	2 Strawberries ¼ Banana
Orange Julius (Orange Juice NOT Water)	French Vanilla	Vanilla	None	None	None
Orange Banana (Orange Juice NOT Water)	French Vanilla	Vanilla	None	None	½ Banana
Berry Blast	Wild Berry	Vanilla	None	Strawberry	½ Cup Blueberry 4 Strawberries
Pina Colada	Pina Colada	Vanilla	None	Coconut	3 Pineapple Chunks
Banana Pina Colada	Pina Colada	Vanilla	Banana Cream	Coconut	¼ Banana 3 Pineapple Chunks
Blueberry Banana	French Vanilla	Vanilla	None	None	¼ Banana ½ Cup Blueberry
Lemon Berry	French Vanilla	Vanilla	None	None	4 Strawberries 1 Scoop Lemon H30

Specialty Shakes					
Shake	Formula 1 (2 Scoops/4 TBSP)	PDM (1 Scoop/2 TBSP)	Pudding (1 TBSP)	Syrup (1 Tbsp/1 Squirt)	Other
Butter Brickle	French Vanilla	Vanilla	Butterscotch	Caramel	½ Tbsp Butter Buds
Butter Pecan	French Vanilla	Vanilla	Butterscotch	None	1 Tbsp Pecans ½ Tbsp Butter Buds
Pralines & Cream	French Vanilla	Vanilla	Butterscotch	Caramel	1 Tbsp Pecans ½ Tbsp Butter Buds
Oatmeal Cookie	Cookies & Cream	Vanilla	Vanilla	None	1 Tbsp Oats ¼ Tsp Cinnamon
Original Cookies & Cream	Cookies & Cream	Vanilla	None	None	None
Cinnabon	Cookies & Cream	Vanilla	Butterscotch	None	4 Dashes Cinnamon ½ Tbsp Butter Buds
French Toast	French Vanilla	Vanilla	Vanilla	Brown Sugar	1 Dash Cinnamon ½ Tbsp Butter Buds
Vanilla Caramel Cheesecake	French Vanilla	Vanilla	Cheesecake	Caramel	None
Wedding Cake	Cookies & Cream	Vanilla	White Chocolate Cheesecake	None	None
Snicker Doodle	Cookies & Cream	Chocolate	None	Caramel	1 Tbsp Oats ½ Tbsp PB2
Root Beer Float	French Vanilla	Vanilla	None	None	4 Root Beer Barrels
Pumpkin Pie	French Vanilla	Vanilla	Vanilla	Vanilla	2 Tbsp Pumpkin Filling ½ Tsp Pumpkin Pie Spice 2 Graham Crackers
Candy Cane	French Vanilla	Vanilla	None	2 Tbsp Peppermint	3 Peppermints

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Workout Shakes					
Shake	Muscle Strength & Recovery (½ Cup)	PDM (½ Scoop/1 TBSP)	Pudding (1 TBSP)	Syrup (1 Tbsp/1 Squirt)	Other
Bench Press	Vanilla Muscle Strength & Recovery	Vanilla	None	Caramel	2 Tbsp PB2 2 Tbsp Oats
Banana Bench Press	Vanilla Muscle Strength & Recovery	Vanilla	None	Caramel	2 Tbsp PB2 ½ Banana 2 Tbsp Oats
Chocolate Bench Press	Chocolate Muscle Strength & Recovery	Chocolate	None	Caramel	2 Tbsp PB2 2 Tbsp Oats
Chocolate Banana Bench Press	Chocolate Muscle Strength & Recovery	Chocolate	None	Caramel	2 Tbsp PB2 ½ Banana 2 Tbsp Oats

Pre-Workout & Immunity Specialty Drinks				
Volcano	1 Tsp NRG Tea	1 Lemon-Lime Blast Liftoff	1 Scoop Lemonade H30	1 Scoop Niteworks
Latin Passion	1 Tsp NRG Tea	1 Ignite-Me Orange Liftoff	1 Scoop Orangeade H30	1 Scoop Niteworks
Immune Booster	1 Tsp NRG Tea	1 Orange Boost Best Defense	4 Oz Aloe (Half Serving)	1 Scoop Niteworks