

Vanilla BREAKFAST REPLACEMENT

"A Breakfast for Seniors"

Drink me for breakfast to boost your metabolism & stay full longer. I make losing weight not only easy, but tasty! I'm designed to give your body the nutrients it craves in the morning. Packed with 18 grams of plant-based protein, Vitamin D3, Calcium, Iron, and Potassium...Think of me as a breakfast made specifically for seniors. You can also use me after your workouts to help replenish your muscles & reduce soreness and cramps.

FACTS

- 18g of plant-based protein per serving
- Only 108 calories per shake & 0g of sugar
- Stevia 100% natural sweetener used
- Calcium & D3 added for improved Bone Health
- No Gluten, No Dairy, & Soy Free
- Non-GMO & 3rd Party Tested for Purity
- Safely made in USA



HOW IT WORKS



Pea Protein

- Easily-digested
- Great for skin & heart health



Iron

- Eliminate fatigue
- Boosts immunity



Vitamin D3

- Increases calcium absorption
- Boosts immunity & enhances mood



Calcium

- Strengthens bones
- Reduces risk of fractures



Flaxseed

- High in fiber
- May lower blood pressure & cholesterol



Potassium

- Reduces cramps
- May prevent strokes

DID YOU KNOW?

Breakfasts high in protein help boost our metabolism all day long & keep us full longer. This makes weight loss easy! This shake also contains only 5g of carbs, making the effect on Blood Glucose Levels minimal.

Vanilla BREAKFAST REPLACEMENT

"A Breakfast for Seniors"

ORIGINAL

Ingredients:

- 1 scoop of vanilla BREAK FAST
- 12-16 oz cold water*

Directions:

1. Combine in a glass or shaker bottle and mix well.

💡 TIP: Add to oatmeal or baked goods.

💡 TIP: Powdered supplements mix best using Blenders, Shaker Bottles, or Frothers.

RECIPES



BLUEBERRY MUFFIN SHAKE

Ingredients:

- 1 scoop of vanilla BREAK FAST
- 8 oz water*
- 1/4 cup fresh or frozen blueberries
- 1 Tbsp nut butter or powder
- 1/8 cup rolled oats (optional)
- 1/2 frozen banana (optional for thicker texture)
- 4-6 ice cubes



Directions:

1. Combine ingredients in a blender and blend until smooth.

OATMEAL COOKIE SHAKE

Ingredients:

- 1 scoop vanilla BREAK FAST
- 8 oz water*
- 1/2 cup rolled oats
- 1 1/2 tsp cinnamon
- 1 tsp vanilla extract
- 4-6 ice cubes

Directions:

1. Combine ingredients in a blender and blend until smooth.



Water can be substituted with fat free milk, unsweetened coconut milk, unsweetened almond milk or another non-dairy alternative

Chocolate BREAKFAST REPLACEMENT

"A Breakfast for Seniors"

Drink me for breakfast to boost your metabolism & stay full longer. I make losing weight not only easy, but tasty! I'm designed to give your body the nutrients it craves in the morning! Packed with 19 grams of plant-based protein, Vitamin D3, Calcium, Iron, and Potassium...Think of me as a breakfast made specifically for seniors. You can also use me after your workouts to replenish your muscles & reduce soreness and cramps.

FACTS

- 19g of plant-based protein per serving
- Only 118 calories per shake & 0g of sugar
- Stevia 100% natural sweetener used
- Calcium & D3 added for improved Bone Health
- No Gluten, No Dairy, & Soy Free
- Non-GMO & 3rd Party Tested for Purity
- Safely made in USA



HOW IT WORKS



Pea Protein

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Iron

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Vitamin D3

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Flaxseed

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DID YOU KNOW?

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Chocolate BREAKFAST REPLACEMENT

"A Breakfast for Seniors"

ORIGINAL

RECIPES

Ingredients:

- 1 scoop of chocolate BREAKFAST
- 12-16 oz of cold water*

Directions:

1. Combine in a glass or shaker bottle and mix well.



💡 TIP: Adjust the amount of liquid to augment the taste & consistency.

💡 TIP: Powdered supplements mix best using Blenders, Shaker Bottles, or Frothers.

CHUNKY MONKEY SHAKE

Ingredients:

- 1 scoop of chocolate BREAKFAST
- 8 oz water*
- 1/2 frozen banana
- 1 Tbsp nut butter or powder
- 4-6 ice cubes



Directions:

1. Combine ingredients in a blender and blend until smooth.

CHOCOLATE BANANA OATMEAL

Ingredients:

- 1 scoop chocolate BREAKFAST
- 4 oz unsweetened almond milk
- 1/2 cup old-fashioned rolled oats
- 1/2 banana sliced
- 1/2 serving Lily's Dark Chocolate baking chips (optional)



Directions:

1. Whisk milk & protein powder together in a small pot over medium heat for ~3 minutes.
2. Stir in rolled oats and continue to cook for 3-4 more minutes.
3. Pour oatmeal into a bowl, top with sliced banana & baking chips, and enjoy!

***Water can be substituted with fat free milk, unsweetened coconut milk, unsweetened almond milk or another non-dairy substitute.**