

Vanilla MEAL REPLACEMENT

"A Healthy Meal made Easy"

Feel & look your best by using me as a meal replacement for lunch or dinner. Real food like carrots, broccoli, wheatgrass, turkey tail mushrooms, and flaxseed make me a nutritious & well-rounded meal. These ingredients also help me reduce inflammation & bloating in your body. I'm packed with 20 grams of plant-based protein making me a great pre or post workout shake! By replacing lunch or dinner with me regularly, you can expect to not only feel 10 years younger, but get the weight loss results you've been wishing for! Don't need to lose weight? Drink me in addition to your regular diet for all the benefits!

FACTS

- 20g of plant-based protein per serving
- Includes Probiotics & Greens
- Only 96 calories per meal and 0g of sugar
- Stevia 100% natural sweetener used
- Includes organic ingredients & super foods
- 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



Carrots

- Reduces risk of Cardiovascular disease
- Loaded with antioxidants & vitamin A



Probiotic Blend

- Reduces bloating & flattens belly
- Helps break down and digest nutrients



Wheatgrass

- Helps lower cholesterol
- Promotes weight loss



Flaxseed

- High in fiber
- May lower blood pressure & cholesterol



Broccoli

- Rich in vitamins, minerals, fiber, and antioxidants



Turkey Tail Mushrooms

- Packed with antioxidants
- Reduces inflammation



DID YOU KNOW?

Consuming at least 20 grams of protein after workouts helps nourish muscles resulting in less soreness & more strength!

At only 96 calories a serving you can cut your caloric intake by 50% making weight loss easier!

Vanilla MEAL REPLACEMENT

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ORIGINAL

RECIPES

Ingredients:

- 1 scoop of vanilla MEAL REPLACEMENT
- 10-16 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.

SUPER COFFEE BEAN SHAKE



Ingredients:

- 1 scoop of vanilla MEAL REPLACEMENT
- 1 scoop of COFFEE + COLLAGEN
- 10-16 oz of water*
- 3-6 ice cubes

Directions:

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

STRAWBERRY BANANA POWER SHAKE

Ingredients:

- 1 scoop of vanilla MEAL REPLACEMENT
- 1/4 cup fresh or frozen strawberries
- 1/2 fresh or frozen banana
- 4 Tbsp Oikos Triple Zero Vanilla Greek Yogurt (optional)
- 8-16oz water*
- 3-6 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 MEAL REPLACEMENT

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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 MEAL REPLACEMENT

"A Healthy Meal made Easy"

ORIGINAL

RECIPES


Ingredients:

- 1 scoop of chocolate MEAL REPLACEMENT
- 10-16 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.

CHOCOLATE PB CUP SHAKE

Ingredients:

- 1 scoop of chocolate MEAL REPLACEMENT
- 1 tsp - 1 Tbsp natural peanut butter
- 1/2 frozen banana (optional for thicker texture)
- 8-12 oz water*
- 3-6 ice cubes

Directions:

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



CHOCOLATE "NICE" CREAM

Ingredients:

- 1 scoop of chocolate MEAL REPLACEMENT
- 1/2 - 1 frozen banana
- 1 Tbsp almond butter
- 1 Tbsp organic cacao powder
- 1 cup milk or non-dairy alternative
- 5-6 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