



A Very Berry Delight

for every day of the month.
Just add Shakeology®.

Here's how to make it: For each of these delicious recipes, add 1 serving of Greenberry Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.

You've got the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). Enjoy!

<p>1 Orange Sunrise ½ cup orange juice ½ cup water</p> 	<p>2 Strawberry Peach Paradise ½ cup strawberries ½ cup peaches 1 cup water</p>	<p>3 Strawberry Tango ½ cup strawberries ½ cup mango 1 cup water</p> 	<p>4 Citrus Berry ½ cup strawberries ½ cup orange juice 1 cup water</p>	<p>5 Lemonana ¾ cup organic lemonade ½ banana ¼ cup rice milk</p> 	<p>6 Strawberry Lemonade Juice of 1 small lemon 1 cup strawberries 1 cup water</p>	<p>7 Mangonana ½ cup mango ½ banana 1 Tbsp. plain nonfat yogurt 1 Tbsp. honey 1 cup water</p>
<p>8 Very Berry Squeeze ½ cup strawberries ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p>9 Pineapple a Go Go ½ cup pineapple juice ½ banana ½ cup water</p>	<p>10 Happy Berry ¼ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p> 	<p>11 Banana Sunshine 1 banana ½ cup orange juice ½ cup water</p>	<p>12 Red Mango Hurricane ½ cup mango ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>13 Berry Extreme ½ cup blackberries ½ cup raspberries ¼ cup blueberries ½ cup unsweetened cranberry juice ½ cup water</p> 	<p>14 Blackberry Storm 1 cup blackberries 1 cup water</p>
<p>15 Yogo Berry 1 cup strawberries ½ cup plain nonfat yogurt 1 Tbsp. honey 1 cup skim milk</p>	<p>16 Almond Honey-Licious 1 cup almond milk 1 tsp. honey</p> 	<p>17 Tea-Berry Zinger 1 cup cold unsweetened green tea 1 cup raspberries</p> 	<p>18 Pineapple Cream ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p>19 Key Lime Dream Juice of 1 lime 1 Tbsp. honey 1 cup skim milk</p> 	<p>20 Berry with a Twist Juice of ½ lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water</p>	<p>21 Citrus Pucker Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water</p>
<p>22 Red Berry 1 cup strawberries 1 cup skim milk</p> 	<p>23 Cherry Berry ½ cup black cherries (pitted) ½ cup unsweetened cranberry juice ½ cup water</p>	<p>24 Raspberry Razzler Juice of ½ small lime ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p>25 Mango Tango ½ cup mango ½ cup pineapple juice ½ cup water</p>	<p>26 Apple Breeze ½ cup apple juice ½ cup raspberries ½ cup water</p>	<p>27 Papaya Splash ½ cup papaya ½ cup orange juice ½ cup water</p> 	<p>28 Cranberry Chiller ½ cup unsweetened cranberry juice ½ cup water</p>

29
Strawberry Kiwi Delight
1 cup strawberries
2 kiwifruits (peeled)
½ cup skim milk
½ cup water

30
Pineapple Sunset
½ cup strawberries
½ cup pineapple juice
½ cup plain nonfat yogurt
½ cup water

Try a healthy dessert recipe too.

Here's one for a special occasion.

Key Lime Shakeology Pie

- 2 scoops Greenberry Shakeology
- 1 container tofu, silken or firm (approx. 12 oz.)
- ¼ cup fresh lime juice
- 1 Tbsp. sugar-free lime Jell-O®
- 1 Tbsp. orange juice
- 2 1-¼ oz. Philadelphia® 1/3 Less Fat Cream Cheese Minis
- 1 premade pie crust (health food stores have whole-grain, graham cracker-like pie crusts that are great for this!)

Preparation:
Place tofu, Greenberry Shakeology, Jell-O, lime juice, cream cheese, and orange juice in blender; blend until smooth and creamy. Pour into pie crust and refrigerate until firm, at least 1 hour.

For more recipes, visit www.shakeology.com