
















# BE MERRY. DRINK STRAWBERRY!

NEW tasty treats for every day of the month.  
Just add Shakeology®



“Shakeology gives me more energy, has helped with my weight loss, helped balance out my mood swings, and it helped to improve my workouts. I feel like I’m a happier person in general because my brain and body are getting the nutrition it needs.”  
—Elaine Z.

<p><b>1</b> <b>Greek Strawberry-Banana</b> 1 cup water ½ cup nonfat plain Greek yogurt ½ medium banana</p>	<p><b>2</b> <b>Strawberry Pecan Cream</b> 1 cup nonfat milk 2 Tbsp. chopped raw pecans</p> 	<p><b>3</b> <b>Strawberry-Pomegranate</b> ¾ cup water ¼ cup 100% pomegranate juice</p> 	<p><b>4</b> <b>Strawberry Sea Salt</b> 1 cup nonfat milk 1 dash sea salt</p> 	<p><b>5</b> <b>Strawberry-Avocado Dream</b> 1 cup unsweetened almond milk ¼ cup mashed avocado</p> 	<p><b>6</b> <b>Coco Berry</b> 1 cup coconut water 2 Tbsp. canned lite coconut milk</p> 	<p><b>7</b> <b>Tropical Craze</b> 1 cup water ¼ cup pineapple chunks ¼ medium banana 1 Tbsp. unsweetened shredded coconut</p>
<p><b>8</b> <b>Strawberry Walnut and Oats</b> 1 cup unsweetened almond milk 2 Tbsp. rolled oats 1 Tbsp. chopped raw walnuts</p>	<p><b>9</b> <b>Honey Peanut Heaven</b> 1 cup unsweetened almond milk 1 Tbsp. all-natural chunky peanut butter 1 tsp. raw honey</p>	<p><b>10</b> <b>Strawberry Ginger</b> 1 cup nonfat milk 1 tsp. pure vanilla extract 1 thin slice fresh ginger, peeled, finely chopped (or 1 tsp. ground ginger)</p>	<p><b>11</b> <b>Double Berry</b> 1 cup unsweetened almond milk 1 cup fresh or frozen raspberries</p> 	<p><b>12</b> <b>Strawberries and Cream</b> 1 cup unsweetened almond milk ¼ cup low-fat ricotta cheese</p>	<p><b>13</b> <b>Mayan Blast</b> 1 cup unsweetened almond milk 1 tsp. ground cinnamon 1 dash cayenne pepper</p> 	<p><b>14</b> <b>Berry Spice</b> ¾ cup water ¼ cup unsweetened 100% cranberry juice ½ tsp. ground cinnamon ¼ tsp. ground cloves</p>
<p><b>15</b> <b>Agua Fresca</b> ¾ cup water (or club soda) ½ medium cucumber, peeled, chopped 1 Tbsp. fresh lime juice</p> 	<p><b>16</b> <b>Strawberry-Cherry Bomb</b> ½ cup water ½ cup unsweetened almond milk ½ cup frozen unsweetened black cherries, pitted</p>	<p><b>17</b> <b>Strawberry Basil Delight</b> 1 cup water ¼ cup chopped fresh basil 1 Tbsp. fresh lime juice</p> 	<p><b>18</b> <b>Strawberry Lemonade</b> 1 cup water 2 Tbsp. fresh lemon juice 1 tsp. pure maple syrup</p> 	<p><b>19</b> <b>Strawberry-Watermelon Surprise</b> ½ cup water ½ cup diced watermelon 2 Tbsp. chopped fresh mint</p>	<p><b>20</b> <b>Strawberry-Kiwi</b> 1 cup water 1 medium kiwifruit, peeled, cut into chunks</p> 	<p><b>21</b> <b>Strawberry Date</b> 1 cup unsweetened almond milk 1 medium date, pitted, coarsely chopped</p> 
<p><b>22</b> <b>Strawberry Mojito</b> 1¼ cup water 2 Tbsp. fresh lime juice 2 Tbsp. chopped fresh mint 1 tsp. raw honey</p>	<p><b>23</b> <b>Carrot-Strawberry Energizer</b> ¾ cup fresh carrot juice ⅓ cup water</p> 	<p><b>24</b> <b>Dark Moon</b> 1 cup unsweetened almond milk ½ cup blackberries 2 Tbsp. chopped raw pecans</p>	<p><b>25</b> <b>Strawberry Beet</b> 1 cup unsweetened almond milk 1 small cooked beet, chopped</p> 	<p><b>26</b> <b>Strawberry Garden</b> 1 cup unsweetened almond milk 1 cup fresh spinach 2 Tbsp. fresh lime juice 1 tsp. raw honey</p>	<p><b>27</b> <b>Peaches and Berries</b> 1 cup unsweetened almond milk ½ cup strawberries ½ cup peaches 1 Tbsp. fresh lemon juice</p>	<p><b>28</b> <b>Strawberry Chia</b> 1 cup coconut water 1 tsp. chia seeds</p> 
<p><b>29</b> <b>Strawberry Kale</b> 1 cup unsweetened almond milk 1 cup chopped raw kale, stems removed ½ medium banana</p>	<p><b>30</b> <b>Almond Strawberry Dream</b> 1 cup unsweetened almond milk 2 tsp. all-natural almond butter ½ tsp. pure almond extract</p>	<p><b>HERE'S HOW TO MAKE IT</b> For each of these delicious recipes, add 1 scoop of Strawberry Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy. Then enjoy!</p> <p><b>YOU'VE GOT CHOICES</b> Fresh or frozen fruit. Almond, rice, hemp, coconut, or nonfat milk (the more milk you add, the creamier it gets). And almond butter instead of peanut butter—use whichever you like better. Then savor its flavor!</p>		<p><b>shakeology®</b> THE HEALTHIEST MEAL OF THE DAY™</p> <p>For more recipes, visit <a href="http://Shakeology.com">Shakeology.com</a></p>		