

# SHAKES



## CHOCOLATE PEANUT BUTTER PROTEIN SHAKE **SERVINGS: 1**

1 cup chocolate soy milk, light	1/2 banana, frozen
1/2 cup vanilla yogurt, non-fat	1 cup ice
2 Tbsp peanut butter (reduced fat)	2 scoops ProThin Meal Replacement

Mix all ingredients except for the ProThin Meal Replacement. After everything is blended well, add ProThin Meal Replacement, and blend for just a quick second. Pour into tall glass. Makes about 12 oz.

### Per Serving Nutritional Information

Calories (kcal):	545.5	Dietary Fiber (g):	8.4
Total Fat (g):	17.0	Protein (g):	40.4
Carbohydrate(g):	63.2		

## CRANBERRY CRAZE PROTEIN SHAKE **SERVINGS: 1**

1 cup cranberry juice	1/2 cup ice	2 scoops ProThin Meal Replacement
1/2 cup blueberries, frozen	1/2 cup vanilla yogurt, non-fat	
1/2 cup strawberries, frozen	1/2 cup soy milk, can use light	

Mix all ingredients except for ProThin Meal Replacement. Once all mixed add ProThin Meal Replacement and blend for a second. Pour into a large cup, makes about 12 oz.

### Per Serving Nutritional Information

Calories (kcal):	480.2	Dietary Fiber (g):	9.7
Total Fat (g):	5.0	Protein (g):	28.3
Carbohydrate(g):	87.2		

## LUSCIOUS LIME SMOOTHIE **SERVINGS: 1**

1 cup raspberries, frozen	1/2 cup raspberry juice	1 tsp lime juice
1/2 cup sherbet, lime	1/2 cup strawberries, frozen	2 scoops ProThin Meal Replacement
1/2 cup ice	6 oz vanilla yogurt, non-fat	

Mix all ingredients together except for ProThin Meal Replacement. Blend well, then add ProThin Meal Replacement blending for a second. Pour into large glass.

### Per Serving Nutritional Information

Calories (kcal):	532.8	Dietary Fiber (g):	16.1
Total Fat (g):	6.7	Protein (g):	29.4
Carbohydrate(g):	105.0		

**RASPBERRY CREAM PROTEIN SHAKE SERVINGS: 1**

1 cup raspberries, frozen  
6 oz vanilla yogurt, non-fat  
1/2 cup soy milk, light

2 scoops ProThin Meal Replacement  
1/2 cup banana, frozen

Mix all ingredients together except for the ProThin Meal Replacement. Once all ingredients are well blended, add ProThin Meal Replacement and blend for a second. Serve in a large glass.

**Per Serving Nutritional Information**

Calories (kcal):	487.5	Dietary Fiber (g):	17.1
Total Fat (g):	5.5	Protein (g):	32.5
Carbohydrate(g):	85.6		

**STRAWBERRY CREAM PROTEIN SHAKE SERVINGS: 1**

1 cup strawberries, frozen  
6 oz vanilla yogurt, non-fat  
1/2 cup soy milk, light

2 scoops ProThin Meal Replacement  
1/2 banana, frozen

Mix all ingredients together except for the ProThin Meal Replacement. Once shake is blended, add ProThin Meal Replacement. Mix for a second. Pour into a large glass.

**Per Serving Nutritional Information**

Calories (kcal):	421.6	Dietary Fiber (g):	10.8
Total Fat (g):	5.1	Protein (g):	31.7
Carbohydrate(g):	69.0		

