

X PROTEINMEAL™ SHAKE RECIPES

X Mocha Frapp	
1 Cup	Cold Coffee (Black)
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1 Cup	Chopped Ice
Approximately 200 Calories	

X Mocha Raspberry Frapp	
1 Cup	Cold Coffee
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
4	Frozen Raspberries
1/4 Cup	Chopped Ice
Approximately 200 Calories	

X Vanilla Mocha Frapp	
1 Cup	Cold Coffee
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1 Cup	Chopped Ice
1 Teaspoon	Pure Vanilla Extract
Approximately 210 Calories	

Xo - Mint	
1 Cup	Water
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1 Ounce	Activ™
2 Fresh	Mint Leaves
1 Cup	Chopped Ice
Approximately 220 Calories	

Xo and Tell	
1 Cup	Water
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1/4 Cup	Frozen Blueberries
1/2	Frozen Banana
1 Cup	Chopped Ice
Approximately 260 Calories	

Xo - Case	
1 Cup	Water
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
3	Frozen Strawberries
1/2 Cup	Greek Yogurt
1 Teaspoon	Cinnamon
1/4 Teaspoon	Nutmeg
1/4 Cup	Chopped Ice
Approximately 275 Calories	

Xo - Time	
1 Cup	Water
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1 Cup	Greek Yogurt
1 Teaspoon	Honey
Approximately 280 Calories	

Chocolate Orange Cream-side	
6 Ounces	Water
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
2 Ounces	Almond Milk
1	Banana
1 Cup	Chopped Ice
2 Drops	Orange Essential Oil
Approximately 300 Calories	

X Factor	
1 Cup	Water
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
3	Frozen Strawberries
2 Chunks	Frozen Pineapple
1/2	Frozen Banana
1/4 Cup	Chopped Ice
Approximately 300 Calories	



X PROTEINMEAL™ SHAKE RECIPES

Xo - Joy	
1 Cup	Almond Milk
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1 Ounce	Coconut Milk OR Shredded Coconut
1/2 Cup	Chopped Ice
Approximately 300 Calories	

X ^e Protein	
8.4 Ounces	X ^e Energy Drink
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1 Cup	Chopped Ice
Approximately 335 Calories	

X Monkey	
1 Cup	Almond Milk (or water to reduce the calories)
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
1 Tablespoon	Chunky Peanut Butter
1/2	Frozen Banana
1 Cup	Chopped Ice
Approximately 375 Calories	

Provocado	
1/2 Cup	Almond Milk
1/2 Cup	Water
1/2 Cup or 2 Scoops	X ProteinMeal™ Shake
2	X Power Squares
1/2	Avocado
3-4 Cups	Chopped Ice
1 Packet	Splenda (Optional)
Approximately 385 Calories	

