



Formula 1 (Vanilla, Chocolate, Wild Berry) Meal Replacements

<p>ALEXANDER'S ORANGE DREAMSICLE 1 serving French Vanilla 10 fl oz lite orange juice</p>	<p>ALOHA DELIGHT SHAKE 1 serving French Vanilla 8 fl oz nonfat milk ½ tsp Coconut extract ½ tsp Pineapple extract 1 tbsp Orange juice</p>	<p>APPLE SHAKE 1 serving French Vanilla 8 fl oz apple juice 1/8 tsp cinnamon</p>
<p>APPLE – COCONUT 1 serving French Vanilla ¼ cup apple juice 1 tbsp coconut milk ½ banana ¼ tsp ginger</p>	<p>APRICOT SHAKE 1 serving French Vanilla 6 oz apricot yogurt</p>	<p>APRICOT-NECTARINE 1 serving French Vanilla 4 fl oz crystal light lemonade 6 oz light (reduced sugar-fat free) peach yogurt, frozen ½ apricot ½ nectarine</p>
<p>ARCTIC FOREST (2 servings) 2 servings French Vanilla ½ cup nonfat milk 1 peach, frozen 10 blueberries, frozen ½ tsp crushed pecan ½ tsp salt ¼ tsp vanilla extract 1 cup light vanilla frozen yogurt</p>	<p>BANANABERRY SHAKE 1 serving French Vanilla or Wildberry 8 fl oz nonfat milk ½ banana ¼ cup fresh or frozen blueberries/strawberries</p>	<p>BANANA BERRY SMOOTHIE 1 serving French Vanilla 8 oz berry flavored yogurt 1 med. banana ½ cup water</p>
<p>BANANA FRUIT SHAKE 1 serving French Vanilla 4 oz nonfat yogurt 4 fl oz water ½ cup frozen peach slices ½ medium banana</p>	<p>BANANA PEACH FREEZE 1 serving French vanilla ½ envelope peach flavored gelatin (sugar free) 8 fl oz boiling water 1 banana 1 cup plain vanilla yogurt Dissolve Jell-O in water Then mix all ingredients in blender until smooth Freeze until slightly firm</p>	<p>BLACK FOREST SHAKE 1 serving French Vanilla 8 fl oz nonfat milk ½ tsp Black walnut extract ½ banana</p>
<p>BLACK & BLUE 1 serving French Vanilla ½ cup apple juice ¼ cup blueberries ¼ cup blackberries ½ banana 1/3 cup raspberry sherbet</p>	<p>BLUEBERRY SHAKE 1 serving French Vanilla 4 fl oz nonfat milk 1/4 cup blueberries (fresh) 6 oz light (reduced sugar/fat free) peach yogurt</p>	<p>BLUEBERRY ORANGE SMOOTHIE 1 serving French Vanilla ½ cup blueberries ½ cup vanilla nonfat yogurt ¼ cup orange juice ¼ cup skim milk 1 tsp vanilla extract</p>
<p>BOUNTY 1 serving Dutch chocolate 6 oz coconut yogurt 3 fl oz nonfat milk</p>	<p>BUTTER PECAN FREEZE 1 serving French Vanilla 2 fl oz nonfat milk 2 oz butter pecan coffee creamer Lots of ice cubes (8+)</p>	<p>CAPPUCINO SHAKE 1 serving Dutch chocolate 4 fl oz nonfat milk 4 oz vanilla frozen yogurt 1 tbsp Instant decaf coffee</p>



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<p>CARROT SHAKE 1 serving French vanilla 1 cup carrot juice ½ cup apple juice 6 oz nonfat vanilla or plain frozen yogurt 1/2 banana</p>	<p>CHOCNANA SHAKE 1 serving Dutch chocolate 1 banana 8 fl oz nonfat milk</p>	<p>CHOCOLATE CHERRY SODA 1 serving Dutch chocolate 8 fl oz nonfat milk or water ¼ tsp Cherry extract</p>
<p>CHOCOLATE MINT 1 serving Dutch chocolate 5 fl oz nonfat milk 3 fl oz herbal aloe juice Mint extract</p>	<p>CRANRASPBERRY DELIGHT 1 serving Dutch chocolate 8 fl oz cran-raspberry juice 1/2 banana</p>	<p>CRAZY ADDICTION 1 serving French Vanilla ½ banana ½ cup crushed pineapple ½ cup nonfat yogurt 1 tbsp honey Dash of coconut extract</p>
<p>DELICATESSEN SHAKE 1 serving French Vanilla 6 oz lemon yogurt</p>	<p>EXOTIC 1 serving Dutch chocolate 6 oz pineapple yogurt</p>	<p>EXTRA CHOCOLATEY SHAKE 1 serving Dutch chocolate 8 fl oz nonfat milk ¼ tsp Vanilla extract ¼ tsp Chocolate syrup 1 tsp Hershey's cocoa</p>
<p>FIVE FRUIT CRUSH (2 servings) 2 servings French Vanilla ¾ cup sliced ripe banana ½ cup chopped mango 1 cup whole strawberries ¾ cup pineapple juice ½ cup orange juice</p>	<p>FLORIDA FIZZ 1 serving French Vanilla 3 fl oz fresh Florida orange juice 2-5 ice cubes 4 oz orange crush blend first 3 ingredients then add orange crush And stir...</p>	<p>FRUIT FIZZ (2 servings) 2 servings Wild Berry 8 fl oz unsweetened orange juice 1/2 banana 4 tbsp Strawberry yogurt 4-6 oz diet 7-up</p>
<p>FRUIT JUICY SHAKE 1 serving Wild Berry 8 fl oz unsweetened juice 4-5 fresh strawberries 1/2 banana</p>	<p>FRUITY COCONUT 1 serving French Vanilla 4 fl oz nonfat milk 1 - 6 oz container nonfat coconut yogurt 1 tbsp crushed pineapple ½ banana</p>	<p>GREEN FOR TWO (2 servings) 2 servings French Vanilla 1 kiwi fruit 1 banana 3 tbsp Crushed pineapple 2 fl oz herbal aloe juice</p>
<p>HAWAIIAN SMOOTHIE (2 servings) 2 servings French Vanilla 1 banana 1 cup frozen strawberries 1 cup orange juice ½ cup orange sherbet coconut shavings</p>	<p>ITALIAN SODA SHAKE 1 serving French Vanilla 3 fl oz orange juice 3 fl oz soda water 3 fl oz nonfat milk 2 tbsp Herbal aloe juice</p>	<p>KAPALUA CRUSH 1 serving Wild Berry 2 fl oz herbal aloe juice 2 tbsp Crushed pineapple 1 tbsp Coconut milk 4 fl oz orange juice</p>



<p>STRAWBERRY BANANA SMOOTHIE 1 serving French Vanilla 1/2 banana 1/2 cup frozen strawberries 1 1/2 cup orange juice</p>	<p>STRAWBERRY FIZZ 1 serving Wild Berry 8 fl oz 7 UP or Slice (diet) 4 strawberries 1/2 banana</p>	<p>STRAWBERRY-PINEAPPLE PARADISE (2 servings) 2 servings French Vanilla 1/2 cup whole strawberries 1 cup dole pineapple juice 1/2 cup orange juice 1/2 cup low fat vanilla frozen yogurt</p>
<p>SUNNY VITAMIN C SIPPER (2 servings) 2 servings French Vanilla 1 medium banana 1 ripe peach (peeled, halved, pitted, & diced) 1 cup raspberries 1 1/2 cup orange juice</p>	<p>SUZAN'S STRAWBERRY SENSATION 1 serving Wild Berry 8 fl oz unsweetened juice 1/4 cup fresh strawberries 1/4 fresh apricot</p>	<p>TANGY SUMMER BLEND 1 serving French vanilla 1/2 cup dole pine-orange juice 1/2 cup crystal light lemonade 1 nectarine 6 oz light (reduced sugar-fat free) peach yogurt</p>
<p>WATERMELON SHAKE 1 serving French Vanilla 1 cup watermelon</p>	<p>YOGURT SMOOTHIE 1 serving French Vanilla 5 HUGE tbsp nonfat yogurt 1/2 cup frozen fruit 1/2 banana 1 tbsp honey</p>	