



A chocolate 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 Chocolate 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). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

<p>1 Gingerbread Man ½ tsp. cinnamon ½ tsp. ginger 1 tsp. vanilla extract 1 cup skim milk</p> 	<p>2 Chocolate Fig Pudding 6 ripe figs 8 walnut halves 1 cup water</p>	<p>3 "Frostie" the Snowman 1 tsp. natural peanut butter 1 banana 1 cup water</p>	<p>4 Candy Cane Surprise ¼ tsp. peppermint extract 1 cup water</p> 	<p>5 Chocolate Spice 1 tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk</p>	<p>6 Maple Buttercup 1 Tbsp. peanut butter 1 Tbsp. maple syrup 1 cup water or skim milk</p> 	<p>7 Almond Holiday 1 banana 1 tsp. almond extract 1 cup skim milk</p>
<p>8 Peanut Butter Cup Cheesecake ¼ cup fat-free ricotta cheese ¼ cup plain fat-free yogurt 2 Tbsp. peanut butter ¼ cup water ½ cup skim milk</p>	<p>9 Almond Joy-to-the-World 1 Tbsp. peanut or almond butter ½ cup light coconut milk ½ cup water Add water (to thin if necessary)</p> 	<p>10 Holiday Eggnog 1 egg white ½ tsp. allspice 1 tsp. rum extract ½ cup skim milk</p>	<p>11 Mulled Cranberry 1 tsp. cinnamon ½ cup unsweetened cranberry juice ½ cup orange juice</p> 	<p>12 Maple Nut 1 tsp. pure maple syrup 1 tsp. peanut butter ½ cup milk ½ cup water</p>	<p>13 Cinnamon Roll 1 tsp. cinnamon 1 tsp. vanilla extract 1 cup skim milk</p>	<p>14 Banana-Nog ½ tsp. allspice ½ tsp. rum extract ½ banana 1 cup skim milk</p> 
<p>15 Minty Mocha Chiller ½ tsp. peppermint extract ½ cup almond milk ½ cup cold coffee</p> 	<p>16 Mexican Chocolate 1 tsp. cinnamon 1 cup skim milk</p>	<p>17 Chocolate Chai 1 cup chilled unsweetened chai tea</p> 	<p>18 Chocolate Date Pudding 2 large pitted dates ½ tsp. vanilla extract ½ tsp. rum extract 1 cup water</p>	<p>19 Almond Yule Log ½ tsp. vanilla extract ½ tsp. cinnamon ½ tsp. almond extract 1 Tbsp. almond butter ½ cup pitted black cherries 1 cup vanilla almond milk</p>	<p>20 Chocolate Pecan Pie 8 pecans ½ tsp. butterscotch extract 1 cup skim milk</p> 	<p>21 Snowstorm ½ tsp. almond extract ½ tsp. rum extract ½ cup cold coffee ½ cup skim milk</p>
<p>22 Gingerbread Latte 1 tsp. ginger ½ tsp. cinnamon ½ cup skim milk ½ cup cold coffee</p> 	<p>23 Cranberry-Nut 1 tsp. peanut butter ½ cup non-sweetened cranberry juice ½ cup water</p>	<p>24 Mayan Cocoa 3 to 4 dashes cayenne pepper 1 cup water</p>	<p>25 Apple-Maple ½ tsp. cinnamon ½ tsp. nutmeg 1 Tbsp. pure maple syrup ½ cup apple juice ½ cup water</p>	<p>26 Berry Christmas 1 cup strawberries ½ cup blueberries 1 cup water</p> 	<p>27 Chocolate Vanilla Bean 1 tsp. vanilla extract 1 cup water</p>	<p>28 Creamy Candy Cane 2 to 3 drops peppermint extract 1 cup almond milk</p> 
<p>29 Apple Pie ½ cup diced apples ¼ tsp. cinnamon ½ cup water ½ cup apple juice</p> 	<p>30 Snowflake 1 tsp. vanilla extract 1 cup skim milk Crushed sugar-free candy canes (for garnish)</p>	<p>Here are 2 healthy dessert recipes. They're great for special occasions.</p> 				

Chocolate Mousse

- 1 scoop Chocolate Shakeology
- 1 Tbsp. instant coffee
- ¼ cup blueberries
- 2 egg whites
- ½ cup water

Preparation:

Mix water, blueberries, 1 scoop of Chocolate Shakeology, and instant coffee in a blender. Beat egg whites (with a whisk or electric beater) until stiff. Fold chocolate mixture slowly into egg whites, keeping as light and airy as possible. Pour into small bowl, garnish with more blueberries, and eat with a spoon. (Serves 1.)

Goey Shakeology Oatmeal Bar

- 4 scoops Chocolate Shakeology
- 3 cups dry oatmeal
- ½ cup natural peanut butter
- 1 cup skim milk
- 1 dash cinnamon
- ½ tsp. vanilla extract
- 1 tsp. unsweetened cocoa powder

Preparation:

Mix all dry ingredients together, then add skim milk and vanilla to blend flavors. Add peanut butter and mix together really well with hands. After it's all mixed, put mixture in an 8" x 8" pan. Place plastic wrap or wax paper on top of mixture and push evenly into pan to flatten. Refrigerate for 3 hours, then cut into squares. (Makes 9 bars.)

For more recipes visit
www.shakeology.com



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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 Cinnamon Apple Cider 1 tsp. cinnamon ½ cup apple cider ½ cup water</p> 	<p>2 Cran-Apple Pie ½ tsp. cinnamon ½ tsp. nutmeg ½ cup apple juice ½ cup unsweetened cranberry juice</p>	<p>3 Berry Yule Log ½ tsp. cinnamon ½ tsp. almond extract ½ cup pitted black cherries 1 cup vanilla almond milk</p> 	<p>4 Mulled Strawberry 1 tsp. cinnamon ½ cup strawberries ½ cup pineapple juice ½ cup water</p>	<p>5 Pineapple Frost 1 tsp. honey ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p>6 Orchard Pear 1 tsp. cinnamon ½ cup all-natural pear juice ½ cup water</p> 	<p>7 Rustic Apple 1 tsp. cinnamon 1 tsp. nutmeg Juice of ½ small lemon ½ cup apple juice ½ cup water</p>
<p>8 Peach Crisp 1 tsp. cinnamon 1 cup peaches ½ cup orange juice ½ cup water</p>	<p>9 Strawberry Tart 1 tsp. lime juice 1 cup strawberries 1 cup water</p>	<p>10 Cinna-Pomegranate 1 tsp. cinnamon ½ cup unsweetened pomegranate juice ½ cup water</p> 	<p>11 Winter Sunshine 1 tsp. honey ½ tsp. lime juice ½ cup plain nonfat yogurt ½ cup water ½ cup pineapple juice</p>	<p>12 Harvest Moon ½ cup blackberries ½ cup orange juice ½ cup water</p> 	<p>13 Cranberry Chiller ½ cup unsweetened cranberry juice ½ cup water</p>	<p>14 Strawberry Valentine 1 cup strawberries 1 cup skim milk</p> 
<p>15 Berry with Cupid's Twist Juice of ½ small lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water</p> 	<p>16 Berry Bliss ¼ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>17 Chai Green Tea 1 cup water ¼ cup instant chai tea mix</p>	<p>18 Holiday Spice 1 dash of cloves ½ cup cranberry juice ½ cup orange juice</p>	<p>19 Peppermint Surprise 1 tsp. peppermint extract 1 cup almond or skim milk</p> 	<p>20 Gingersnap 1 Tbsp. ground ginger 1 orange ½ cup organic frozen mixed berries 1 cup water</p>	<p>21 Cranberry Relish Surprise 2 cups unsweetened cranberry juice 7 segments mandarin orange ¼ cup cold water</p>
<p>22 Citrus Pucker-Up Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water</p>	<p>23 Santa Baby ½ cup pitted black cherries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>24 Blue Christmas ½ cup combined frozen blueberries and blackberries 1 teaspoon orange juice 1 tablespoon nonfat blueberry yogurt ¾ cup water</p> 	<p>25 Creamy Icicle ¼ banana ½ mango ½ cup milk ¼ cup water ¾ cup water 1 Tbsp. nonfat yogurt 1 Tbsp. honey</p>	<p>26 Jingle Berry Rock ½ cup strawberries ½ cup raspberries ½ cup orange juice ¼ cup water</p>	<p>27 Red Berries 'n' Cream ¼ cup sliced strawberries ¼ cup skim, rice, or almond milk ½ cup water</p>	<p>28 Snowed In ½ cup frozen pineapple ½ tsp. coconut extract 1 cup water</p> 
<p>29 Sweets for My Sweet 1 cup strawberries ½ cup nonfat plain yogurt 1 Tbsp. honey 1 cup skim milk</p> 	<p>30 Peaches and Cream 1 cup peaches 1 cup skim milk</p>	<p>Try a healthy dessert recipe too. Here's one for a special occasion.</p>		<p>Protein Dream Creamsicle ½ scoop Greenberry Shakeology ½ scoop vanilla Beachbody Whey Protein Powder 1 cup skim milk</p> <p>Preparation: Mix in blender, pour into 4 frozen-pop molds, and freeze.</p> 	<p>shakeology THE HEALTHIEST MEAL OF THE DAY™ For more recipes, visit www.shakeology.com</p>	