



EASY STEPS

to add a delicious twist to any Nutrimeal™ Shake

Tastes Like Cheesecake Shake

Why skip dessert when you don't have to? This easy-to-make shake will send cheesecake lovers straight to a heavenly place abundant with creamy strawberry flavors.

12 oz. water
3 scoops Wild Strawberry Nutrimeal
1/2 tsp. cheesecake flavoring



Coconut Breeze

One sip of this tempting shake will make you feel as if you're sun bathing on the sandy beaches of Tahiti.

12 oz. water
3 scoops French Vanilla Nutrimeal
1/2 tsp. coconut extract



Grasshopper

Mint and chocolate—two ingredients destined to be together. The flavor combination makes this shake completely refreshing and satisfying.

12 oz. water
3 scoops Chocolate Whey Nutrimeal
Mint extract to taste



Razzle Dazzle

One burst of raspberry flavoring mixed into your traditional Chocolate Nutrimeal will add a twist of fruity flawlessness to your day.

12 oz. water
3 scoops Dutch Chocolate Nutrimeal
1/2 tsp. raspberry extract



Whack n' Unwrap

If you look forward to breaking into a milk chocolate orange ball every fall, this is the shake for you!

12 oz. water
3 scoops Dutch Chocolate Nutrimeal
1/4 tsp. orange extract



Bobbing for Apples

Nothing adds to the refreshingly tart flavor of crisp apple like some sweet and delectable caramel. Bring these wonderful flavors together, blend with ice, and you won't believe your taste buds.

10 oz. water
3 scoops French Vanilla Nutrimeal
1/4 tsp. caramel extract
Red apple extract to taste
1/2 c. ice



Razz-A-Cran

Bring a smile to anyone's face with this mouth-watering mix of two fruit flavors, ice, and French Vanilla Nutrimeal.

10 oz. water
3 scoops French Vanilla Nutrimeal
1/4 tsp. cranberry extract
Red apple extract to taste
1/2 c. ice



Pumpkin Pie Smoothie

Why wait until the holiday season to enjoy one of fall's most popular pies? Now you can savor the delicious flavors of pumpkin pie anytime—without the guilt.

SERVINGS: 2
10 oz. water
3 scoops French Vanilla Nutrimeal
2 tsp. **Fibergy® Plus** (optional)
1/2 c. canned or fresh pureed pumpkin (unsweetened)
1/4 tsp. vanilla extract
1/2 tsp. pumpkin pie spice
1 c. ice
1 packet stevia (optional)



Cool Banana Chai

This particular shake is meant for those looking to give their early morning or dragging afternoon the energy boost it needs. It's also packed with the perfect flavor combination of banana and cinnamon.

12 oz. water
3 scoops French Vanilla Nutrimeal
1 banana
1 tbsp. cinnamon
1 **Rev3 Energy® Surge Pack**



*Recipe inspired by Associate Paul Rohatensky

The Joy of Almond

After you've chugged this blended shake, you'll be delighted to know you've discovered a healthy, low-glycemic alternative to one of your favorite candy bars.

- 10 oz. water
- 3 scoops Dutch Chocolate Nutrimeal
- 1/4 tsp. almond extract
- 1/2 c. ice



The Banana Stand

Who would've thought it'd be possible to recreate the flavors of a chocolate banana-split sundae in one of our traditional Nutrimeal shakes? USANA—that's who!

- 10 oz. water
- 3 scoops Dutch Chocolate Nutrimeal
- 1 banana
- 1/2 c. ice



Mounds of Joy

A spin off of the popular "The Joy of Almond" shake, this Nutrimeal combination shares the same flavors with the addition of yummy coconut.

- 10 oz. water
- 3 scoops Chocolate Whey Nutrimeal
- 1/4 tsp. almond extract
- 1/2 tsp. coconut extract
- 1/2 c. ice



Orange Creamsicle

This shake holds true to the classic summer favorite by tasting just as creamy and delicious as the original.

- 10 oz. water
- 3 scoops French Vanilla Nutrimeal
- 1/2 tsp. orange extract
- Vanilla extract to taste
- 1/2 c. ice



Berry Berrylicious

Take the opportunity to throw some fresh, nutritious fruit into your Strawberry Nutrimeal to give it that extra "kick" of berry goodness.

- 10 oz. water
- 3 scoops Wild Strawberry Nutrimeal
- 1/2 c. frozen or fresh berries
- 1/2 c. ice



Aloha Pineapple

The addition of crushed ice and yogurt in this shake balances out the acidity and tartness of the juicy pineapple.

- 10 oz. water
- 3 scoops French Vanilla Nutrimeal
- 4 oz. low-sugar plain yogurt
- 1/2 c. crushed pineapple
- 1/2 c. ice



Root Beer Float

Everyone loves the classic combination of root beer and vanilla ice cream, but who needs the excessive amount of sugar and calories that come with it? This shake is your solution!

- 10 oz. water
- 3 scoops French Vanilla Nutrimeal
- 1 1/2 tsp. root beer extract
- 1/2 c. ice



Morning, Sunshine

Do you turn to a latte or cappuccino for the morning "pick me up" you so desperately need? Avoid the extra sugar and calories by trying this tasty shake instead.

- 10 oz. water
- 3 scoops French Vanilla Nutrimeal
- 1 tsp. instant coffee crystals
- 1 tsp. sweetened condensed milk
- 1/2 c. ice



Fudgy Wudgy Shake

For all the chocolate lovers out there—this should be your first stop when choosing which shake to dive into first.

- SERVINGS: 2**
- 1 c. low-fat evaporated milk
 - 3 scoops Chocolate Whey Nutrimeal
 - 2 tbsp. malted milk powder
 - 1 c. ice



Ginger Snap

Take that fattening cookie loaded with sugar and throw it straight in the trashcan! Instead, combine these ingredients to create a healthy and scrumptious alternative.

- SERVINGS: 2**
- 8 oz. water
 - 3 scoops French Vanilla Nutrimeal
 - 1 tbsp. molasses
 - 1 tsp. ginger powder
 - 1 c. crushed ice



Hog the Nog

Eggnog is a favorite holiday treat for many of us, but it's important to remember just how much fat is packed into every glass of it. Avoid holiday weight gain by making this shake your go-to treat for the winter season.

- SERVINGS: 2**
- 1 c. low-fat milk or dairy alternative (such as soy or rice milk)
 - 4 scoops French Vanilla Nutrimeal
 - 1/2 tsp. nutmeg
 - 1 tsp. cinnamon extract
 - 1 tsp. Fibergy Plus (optional)
 - 1 c. crushed ice



Piña Colada Sunrise

Try and stop yourself from adding a tiny umbrella to this delicious shake once you taste how close the flavors come to its original counterpart.

- 10 oz. water
- 3 scoops French Vanilla Nutrimeal
- 1/2 tsp. coconut extract
- 4.5 oz. fresh pineapple
- 1/2 c. ice



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Purchase many of the natural flavorings, concentrates, and extracts found in these recipes at www.naturesflavors.com.