



**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><b>1</b> <b>Chocolate Banana Nutter</b> 1 Tbsp. natural peanut butter 1 banana 1 cup water</p> 	<p><b>2</b> <b>Chocolate Minty</b> 1 tsp. mint extract 1 cup water</p>	<p><b>3</b> <b>PB and J</b> 1 Tbsp. natural peanut butter ½ cup strawberries 1 cup water</p>	<p><b>4</b> <b>Almond Mocha Chiller</b> 1 tsp. almond extract 1 cup cold coffee</p> 	<p><b>5</b> <b>Chocolate-Covered Strawberries</b> 1 cup strawberries 1 cup water</p>	<p><b>6</b> <b>Chocolate Raspberry</b> 1 cup raspberries 1 cup water</p> 	<p><b>7</b> <b>Maple Buttercup</b> 1 Tbsp. almond butter 1 cup skim milk 1 tsp. maple syrup</p>
<p><b>8</b> <b>Chocolate Bananas Foster</b> 1 banana ½ tsp. cinnamon ½ tsp. rum extract 1 cup skim milk</p> 	<p><b>9</b> <b>Choco Cherry-Licious</b> ½ cup black cherries (pitted) 1 cup vanilla almond milk</p>	<p><b>10</b> <b>Piña-Banana</b> ½ banana ½ cup pineapple juice ½ cup water</p> 	<p><b>11</b> <b>Chocolate Berry Blast</b> ½ cup raspberries ¼ cup blueberries ¼ cup blackberries 1 cup water</p>	<p><b>12</b> <b>Chocolate Spice</b> 1 tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk</p> 	<p><b>13</b> <b>Chocolate Twilight</b> 1 tsp. vanilla extract 1 cup water</p>	<p><b>14</b> <b>Choc-Orange</b> ½ cup orange juice ½ cup water</p> 
<p><b>15</b> <b>Choconana</b> 1 banana 1 cup water</p> 	<p><b>16</b> <b>Nuts for Chocolate</b> 1 Tbsp. almond butter ½ tsp. almond extract 1 cup almond milk</p>	<p><b>17</b> <b>Banana Honeymoon</b> ½ banana 1 Tbsp. peanut butter 1 Tbsp. honey 1 cup water</p>	<p><b>18</b> <b>Coconut Dream</b> 1 tsp. coconut extract ½ cup skim milk ½ cup water</p> 	<p><b>19</b> <b>Pumpkin Pie</b> ½ cup unsweetened canned pumpkin ½ tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk</p>	<p><b>20</b> <b>Strawberry Thunder</b> 1 cup strawberries ½ cup blueberries 1 cup water</p>	<p><b>21</b> <b>Orange U Happy</b> ½ cup raspberries ½ cup orange juice ½ cup water</p>
<p><b>22</b> <b>Cherry Monkey</b> ½ cup black cherries (pitted) ½ banana 1 cup skim milk</p> 	<p><b>23</b> <b>Fruit and Nutty</b> 1 Tbsp. peanut butter ½ cup raspberries ½ cup blackberries 1 cup almond milk</p>	<p><b>24</b> <b>Chocolate Bee</b> 1 tsp. honey 1 cup skim milk</p>	<p><b>25</b> <b>Cheeky Coconut</b> 1 tsp. coconut extract 1 banana 1 cup skim milk</p> 	<p><b>26</b> <b>Dark Blue Moon</b> 1 cup blueberries 1 cup water</p>	<p><b>27</b> <b>Mocha Chiller</b> 1 cup cold coffee</p> 	<p><b>28</b> <b>Vanilla Almond Fudge</b> 1 Tbsp. almond butter 1 tsp. vanilla extract ½ tsp. cinnamon 1 cup skim milk</p>
<p><b>29</b> <b>Breakfast at Hazel's</b> 1 tsp. hazelnut extract 1 cup water</p> 	<p><b>30</b> <b>Banana Split</b> ½ banana 2 fresh pineapple rings 2 large strawberries 1 cup water</p>	<p><b>Here are 2 healthy dessert recipes.</b> They're great for special occasions.</p>		<p><b>Chocolate Shakeology Pie</b> 2 scoops Chocolate Shakeology 1 container tofu, silken or firm (approx. 12 oz.) ½ cup natural peanut butter 2 Tbsp. skim milk 1 premade pie crust (health food stores have whole grain, graham cracker-like pie crusts that are great for this!)</p> <p><b>Preparation:</b> Place peanut butter, tofu, Chocolate Shakeology, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour into pie crust and refrigerate until firm, at least 1 hour.</p>	<p><b>Shakeology No-Bake Cookies</b> 1 cup reduced-fat or natural peanut butter 1 cup quick-cook oatmeal ½ cup honey or agave nectar 1 cup Chocolate Shakeology powder</p> <p><b>Preparation:</b> First, remove any rings you're wearing and wash your hands really well. Then combine ingredients in medium bowl. Mix well. Roll into balls (about a heaping teaspoon each).</p> <p><b>Optional:</b> Roll in crushed nuts, oatmeal mixed with a little cinnamon, whole-grain graham cracker crumbs, or unsweetened coconut flakes.</p>	

For more recipes visit [www.shakeology.com/fitscontagious](http://www.shakeology.com/fitscontagious)



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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><b>1</b> <b>Orange Sunrise</b> ½ cup orange juice ½ cup water</p> 	<p><b>2</b> <b>Strawberry Peach Paradise</b> ½ cup strawberries ½ cup peaches 1 cup water</p>	<p><b>3</b> <b>Strawberry Tango</b> ½ cup strawberries ½ cup mango 1 cup water</p> 	<p><b>4</b> <b>Citrus Berry</b> ½ cup strawberries ½ cup orange juice 1 cup water</p>	<p><b>5</b> <b>Lemonana</b> ¾ cup organic lemonade ½ banana ¼ cup rice milk</p> 	<p><b>6</b> <b>Strawberry Lemonade</b> Juice of 1 small lemon 1 cup strawberries 1 cup water</p>	<p><b>7</b> <b>Mangonana</b> ½ cup mango ½ banana 1 Tbsp. plain nonfat yogurt 1 Tbsp. honey 1 cup water</p>
<p><b>8</b> <b>Very Berry Squeeze</b> ½ cup strawberries ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p><b>9</b> <b>Pineapple a Go Go</b> ½ cup pineapple juice ½ banana ½ cup water</p>	<p><b>10</b> <b>Happy Berry</b> ¼ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>11</b> <b>Banana Sunshine</b> 1 banana ½ cup orange juice ½ cup water</p> 	<p><b>12</b> <b>Red Mango Hurricane</b> ½ cup mango ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>13</b> <b>Berry Extreme</b> ½ cup blackberries ½ cup raspberries ¼ cup blueberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>14</b> <b>Blackberry Storm</b> 1 cup blackberries 1 cup water</p> 
<p><b>15</b> <b>Yogo Berry</b> 1 cup strawberries ½ cup plain nonfat yogurt 1 Tbsp. honey 1 cup skim milk</p>	<p><b>16</b> <b>Almond Honey-Licious</b> 1 cup almond milk 1 tsp. honey</p> 	<p><b>17</b> <b>Tea-Berry Zinger</b> 1 cup cold unsweetened green tea 1 cup raspberries</p> 	<p><b>18</b> <b>Pineapple Cream</b> ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p><b>19</b> <b>Key Lime Dream</b> Juice of 1 lime 1 Tbsp. honey 1 cup skim milk</p> 	<p><b>20</b> <b>Berry with a Twist</b> Juice of ½ lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water</p>	<p><b>21</b> <b>Citrus Pucker</b> Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water</p>
<p><b>22</b> <b>Red Berry</b> 1 cup strawberries 1 cup skim milk</p> 	<p><b>23</b> <b>Cherry Berry</b> ½ cup black cherries (pitted) ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>24</b> <b>Raspberry Razzler</b> Juice of ½ small lime ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p><b>25</b> <b>Mango Tango</b> ½ cup mango ½ cup pineapple juice ½ cup water</p>	<p><b>26</b> <b>Apple Breeze</b> ½ cup apple juice ½ cup raspberries ½ cup water</p>	<p><b>27</b> <b>Papaya Splash</b> ½ cup papaya ½ cup orange juice ½ cup water</p> 	<p><b>28</b> <b>Cranberry Chiller</b> ½ cup unsweetened cranberry juice ½ cup water</p>
<p><b>29</b> <b>Strawberry Kiwi Delight</b> 1 cup strawberries 2 kiwifruits (peeled) ½ cup skim milk ½ cup water</p>	<p><b>30</b> <b>Pineapple Sunset</b> ½ cup strawberries ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p><b>Try a healthy dessert recipe too.</b> Here's one for a special occasion.</p>		<p><b>Key Lime Shakeology Pie</b> 2 scoops Greenberry Shakeology 1 container tofu, silken or firm (approx. 12 oz.) ¼ cup fresh lime juice 1 Tbsp. sugar-free lime Jell-O® 1 Tbsp. orange juice 2 1-¼ oz. Philadelphia® 1/3 Less Fat Cream Cheese Minis 1 premade pie crust (health food stores have whole-grain, graham cracker-like pie crusts that are great for this!)</p> <p><b>Preparation:</b> Place tofu, Greenberry Shakeology, Jell-O, lime juice, cream cheese, and orange juice in blender; blend until smooth and creamy. Pour into pie crust and refrigerate until firm, at least 1 hour.</p>		