

## Protein Shake Recipes

Combine 1 scoop of ProteinVite and/or 1 scoop of ClearVite to each of the following recipes to create a healthy and delicious meal replacement. ProteinVite is a quality protein source loaded with amino acids. ClearVite is a quality detoxification powder.

### Berry Delight Shake

½ cup fresh or frozen raspberries  
½ cup fresh or frozen blueberries  
½ cup unsweetened rice or almond milk  
pinch of cinnamon

### Tropical Shake

1 cup unsweetened coconut milk  
1 cup frozen pineapple  
¼ cup shredded unsweetened coconut  
Xylitol or stevia (optional)

### Cherry Zinger Shake

½ cup frozen blackberries  
½ cup frozen cherries  
½ cup unsweetened rice milk  
1 teaspoon freshly grated ginger

### Southern Style Shake

½ cup fresh or frozen organic peaches  
½ cup fresh or frozen blueberries  
½ cup unsweetened almond milk  
pinch of cinnamon



Consider adding 1 to 2 tbs. ground flax or Nourish Greens to your shakes.

Fiber helps with:

- Removing toxins from the gut
- Improving the consistency of your shakes
- Keeping you fuller longer