

# SHAKE RECIPES

## "GREEN" PROGRAM SHAKE RECIPES

If you are lactose intolerant, we recommend using rice milk or soymilk for your shakes if not juice.



*French Vanilla*

### **ALOHA DELIGHT**

2 Tbsp French Vanilla  
1 cup Skim Milk  
½ tsp Coconut extract  
½ tsp Pineapple extract  
1 Tbsp Orange Juice  
3 Ice cubes

### **MAUI MADNESS**

2 Tbsp French Vanilla  
1 Tbsp crushed pineapple  
1 Tbsp shredded coconut  
1 scoop Nonfat Van. Frzn Yogurt  
Orange juice  
3 Ice cubes

### **HAWAIIAN PUNCH SHAKE**

2 Tbsp French Vanilla  
8 oz. Hawaiian Punch  
3 Ice cubes

### **ROOT BEER FLOAT**

2 Tbsp French Vanilla  
4 oz. Skim Milk  
½ can Diet Root Beer  
3 Ice cubes

### **VERY BERRY SHAKE**

2 Tbsp French Vanilla  
8 oz. Flavored Sparkling Water  
6 Frozen Strawberries  
10-12 Frozen Raspberries  
3 Ice cubes

### **PEAR SHAKE**

2 Tbsp French Vanilla  
1 Small Pear  
1/3 Banana  
2 Drops Almond extract  
Dash Cinnamon

### **BANANA FRUIT SHAKE**

2 Tbsp French Vanilla  
4 oz. Nonfat Yogurt  
4 oz. Water  
½ cup Frozen peach slices  
½ Medium banana  
3 Ice cubes

### **PRUNE SHAKE**

2 Tbsp French Vanilla  
6 oz. Prune Juice  
2 oz. Herbal Aloe

### **ORANGE JULIUS & BANANA**

2 Tbsp French Vanilla  
8 oz. Orange Juice  
½ banana

### **AMERICAN APPLE PIE**

2 Tbsp French Vanilla  
8 oz. Apple Juice  
1-2 oz. Skim Milk  
½ tsp Nutmeg  
4 Apple slices  
½ tsp Cinnamon  
4-5 Ice cubes

### **THE CARROT THING**

2 Tbsp French Vanilla  
8 oz. Fresh Carrot juice  
3 Drops of Lemon Juice  
3 Ice cubes

### **P.B.A.B**

2 Tbsp French Vanilla  
8 oz. unfiltered Apple Juice  
½ Frozen Banana  
½ tsp Peanut Butter  
4-6 Ice cubes

### **THE YOGURT THING**

2 Tbsp French Vanilla  
6-9 oz. Vanilla Yogurt  
3-4 oz. Skim Milk  
1/3 cup Frozen Fruit

### **PASSIONATE PAPAYA SHAKE**

2 Tbsp French Vanilla  
½ Papaya  
6 oz. Apple Juice  
2 oz. Herbal Aloe  
Dash Cinnamon

### **HERBAL ALL-BRAN SHAKE**

2 Tbsp French Vanilla  
2 Tbsp All-Bran Cereal  
2 Tbsp Dry Skim Milk  
¼ cup warm water

### **ITALIAN SODA SHAKE**

2 Tbsp French Vanilla  
3 oz. Skim Milk  
3 oz. Orange juice  
3 oz. Soda Water  
2 Tbsp Herbal Aloe

### **KIWI QUENCHER**

2 Tbsp French Vanilla  
1 Kiwi Fruit  
8 oz. Water  
½ Banana  
2 Drops Green Chartreuse  
3 Ice cubes

### **MANGO TANGO**

2 Tbsp French Vanilla  
8 oz. Kearns Mango Nectar  
4-6 Ice cubes

**BANANA FOSTER**

2 Tbsp French Vanilla  
 8 oz. Skim Milk  
 ½ Frozen Banana  
 1 tsp Honey  
 Pinch of Cinnamon  
 ¼ tsp Rum extract  
 4-6 Ice cubes

**SODA FOUNTAIN SHAKE**

2 Tbsp French Vanilla or WB  
 5 oz. Skim Milk  
 3 oz. Diet Soda (bl. Cherry, straw., RB)  
 ½ Banana or ½ Peach (opt)  
 4-6 Ice cubes

**FRUITY JUICY SHAKE**

2 Tbsp French Vanilla  
 8 oz. Unsweetened Juice (OJ, Cran, GF)  
 4-5 Strawberries or ½ Banana  
 4-6 Ice cubes

**PINA COLADA**

2 Tbsp French Vanilla  
 8 oz. Water or Skim Milk  
 1-2 Tbsp Cream of Coconut  
 1/3 cup Frozen Pineapple chunks  
 ¼ tsp Rum extract (opt)  
 4-6 Ice cubes

**Wild Berry****FRUIT-JUICY SHAKE**

2 Tbsp Wild Berry  
 8 oz. Cranberry Juice  
 4 Strawberries  
 3 Ice cubes

**STRAWBERRY SENSATION**

2 Tbsp Wild Berry  
 8 oz. Water  
 1 cup Strawberries  
 3 Ice cubes

**WILD BERRY-ORANGE SHAKE**

2 Tbsp Wild Berry  
 8 oz. Orange juice  
 4 Strawberries  
 3 Ice cubes

**ORANGE BLOSSOM SHAKE**

2 Tbsp French Vanilla  
 8 oz. Skim Milk  
 ½ Orange  
 ½ tsp Orange Extract  
 4-6 Ice Cubes

**APPLE PIE A LA MODE**

2 Tbsp French Vanilla  
 8 oz. Apple Juice/Cider  
 ½ Apple  
 Dash Cinnamon  
 Dash Nutmeg  
 4-6 Ice cubes

**MELON MUSH**

2 Tbsp French Vanilla  
 8 oz. Favorite Sparkling Water  
 2/3 cup Fr Cantaloupe/Honeydew  
 4-6 Ice cubes

**VERY BERRY SHAKE**

2 Tbsp Wild Berry  
 8 oz. Flavored Sparkling Water  
 6 Frozen Strawberries  
 10-12 Frozen Raspberries  
 3 Ice cubes

**STRAWBERRIES & CREAM**

2 Tbsp Wild Berry  
 5-10 Strawberries  
 2 scoops Nonfat Fr. Van. Yogurt  
 Nonfat Milk

**BERRY BONZAI**

2 Tbsp Wild Berry  
 5-10 Strawberries  
 1 scoop Nonfat Fr. Van. Yogurt  
 Cranberry Juice  
 Ice cubes

**PEACHY KEEN**

2 Tbsp French Vanilla  
 8 oz. "Quest" Peach spklg water  
 ½ cup Frozen Peaches  
 4-6 Ice cubes

**IMITIATION DAIQUIRI**

2 Tbsp French Vanilla or ½ V ½ WB  
 8 oz. Apple Juice  
 4 Frozen Strawberries  
 1/3 Frozen Banana

**WHAT A PAIR!**

2 Tbsp French Vanilla  
 4 oz. Herbal Aloe Juice  
 1 small Ripe Pear  
 1/3 Banana  
 2 drops Almond extract  
 4-6 Ice cubes

**STRAWBERRY BANANA SHAKE**

2 Tbsp Wild Berry  
 8 oz. Skim Milk or Apple Juice  
 ½ Banana  
 5-6 Frozen Strawberries  
 3 Ice cubes

**HAWAIIAN PUNCH SHAKE**

2 Tbsp Wild Berry  
 8 oz. Hawaiian Punch  
 3 Ice cubes

**STRAWBERRY-ORANGE SHAKE**

2 Tbsp Wild Berry  
 8 oz. unsweetened Orange Juice  
 ½ tsp Pineapple extract  
 4-5 Strawberries  
 4-6 Ice cubes

**CRANBERRY COOLER (8 servings)**

8 Tbsp Wild Berry, Vanilla, or Choc  
 2 cups unsweetened Cranberry Juice  
 ½ cup chopped Tart Apple  
 ½ cup Mandarin Orange Slices  
 1 cup Pineapple jc. or White Grape jc.  
 4-6 Ice cubes

**Dutch Chocolate****CAPPUCCINO SHAKE**

2 Tbsp Dutch Chocolate  
 5 oz. Skim Milk  
 4 oz. Nonfat Frozen Vanilla yogurt  
 1 Tbsp Instant Coffee

**EXTRA CHOCOLATEY SHAKE**

2 Tbsp Dutch Chocolate  
 1 cup Skim Milk  
 ¼ tsp Vanilla extract  
 1 tsp Chocolate syrup  
 1 tsp Hershey's Cocoa  
 3 Ice cubes

**CHOCOLATE BANANA SHAKE**

2 Tbsp Dutch Chocolate  
 8 oz. Skim Milk or Water  
 1 cup Banana  
 2 Ice cubes

**MOCHA BONZAI**

2 Tbsp Dutch Chocolate  
 1 tsp Chocolate syrup  
 1 scoop Nonfat Frozen Vanilla Yogurt  
 Nonfat Milk  
 Ice cubes

**CHOCOLATE SODA**

2 Tbsp Dutch Chocolate or FV  
 8 oz. Cansfields Diet Choc. Fudge Soda  
 Splash Mocha mix or other creamer  
 4-6 Ice cubes

**TOOTSIE ROLL SHAKE**

2 Tbsp Dutch Chocolate  
 8 oz. Diet Root Beer  
 ¼ tsp Vanilla extract  
 4-6 Ice cubes

**JAMOCHA FUDGE SHAKE**

2 Tbsp Dutch Chocolate  
 8 oz. Cappo Bottled Cappuccino  
 ½ tsp Chocolate extract  
 Ice cubes

**RASPBERRY RAS MA TAZ**

2 Tbsp Dutch Chocolate  
 8 oz. Water  
 1/3 cup Raspberries  
 ½ Banana  
 3 Ice cubes

**MOCHA SHAKE**

2 Tbsp Dutch Chocolate  
 8 oz. Skim Milk  
 ½ tsp Inst. Decaffeinate Coffee  
 ½ Banana  
 4-6 ice cubes

**CHOCOLATE CHERRY**

2 Tbsp Dutch Chocolate  
 8 oz Bl. Ch. Spkgl. Water/Sk Milk  
 ½ cup Frozen black cherries  
 ½ tsp Chocolate extract (opt)  
 4-6 Ice cubes

**INT'L CHOCOLATE DRINK**

2 Tbsp Dutch Chocolate  
 2 cups OJ made w/ Hrbl Aloe Jc.  
 2 tsp Inst. Decaffeinated Coffee  
 1/8 tsp Vanilla  
 ½ tsp Nutmeg (opt)

**MOCHA JAVA SHAKE**

2 Tbsp Dutch Chocolate  
 1 Tbsp Inst. Cappuccino Powder  
 1 scoop Nonfat Fr. Van. Yogurt  
 Nonfat Milk

**BLACK FOREST**

2 Tbsp Dutch Chocolate  
 8 oz. Skim Milk  
 ½ tsp Black Walnut extract  
 ½ Banana  
 4-6 Ice cubes

**B.C.P.B.**

2 Tbsp Dutch Chocolate  
 8 oz. Skim Milk  
 ½ Tbsp Peanut Butter  
 ½ tsp Frozen Banana  
 ½ tsp Chocolate extract (opt)  
 4-6 Ice cubes

**RASPBERRY CORDIAL**

2 Tbsp Dutch Chocolate  
 8 oz. Raspberry Sparkling water  
 ½ cup Frozen Raspberries  
 4-6 Ice cubes

**CHOCOLATE BANANA**

2 Tbsp Dutch Chocolate  
 8 oz. Skim Milk  
 ¼ tsp Chocolate extract (opt)  
 ½ Frozen Banana  
 4-6 Ice cubes



### **Tropical Fruit**

#### **BRAIN FREEZE**

- 2 Tbsp Tropical Fruit
- ½ Banana
- ½ Peach
- 5 Strawberries
- 1 Tbsp Pineapple
- Cranberry Juice
- Orange juice
- 3 Ice cubes

#### **MELON MASTERPIECE**

- 2 Tbsp Tropical Fruit
- 8 oz. Water
- ½ cup Fresh Mango
- ½ cup Fresh Cantaloupe
- 3 Ice cubes

#### **TROPICAL PINA COLADA**

- 2 Tbsp Tropical Fruit
- 8 oz. Pineapple Juice
- 1-2 tsp Cream of Coconut
- 4-6 Ice cubes

### **"GOLD" PROGRAM SHAKE RECIPES**

\*Prepare the HPLC vanilla shake mix like pudding; add 1 chopped Chocolate Coconut Bar, blend well. Chill in freezer for icy-creamy dessert!! (Don't freeze solid - time may depend on freezer power!)

\*Use HPLC soup mix for cooking. You can create 5 star meals your family will enjoy.

\*Try marinating cucumbers with oily Italian Dressing; add garlic or chives for zest. Chill in refrigerator 4-6 hours for a great summer appetizer or side dish. The longer you chill, the better this will taste.

\*Fish marinade. I combine 2 Tbsp. Dijon Mustard to ¾ -1 cup mayo, 3 Tbsp. Lemon juice, 1-2 Tbsp. Minced garlic & lemon pepper & coarse black pepper. Mix well. Dip your favorite fish in this before wrapping in foil for grill, baking or broiling. Dill seasoning is also good in this list and contains 0-1 gram of carbohydrates per serving. (1tsp.)

\*Try using Parmesan cheese with your broccoli & cauliflower recipes. It is lower in fat and calories and blends more easily with a rich flavor. We love using it and garlic in everything!

\*If you're craving ice cream, freeze the shake to make it extra cold and frothy or stir it while freezing it until it's like the consistency of ice cream.

\*The Mango Peach Drink Mix or Wildberry Drink Mix combined with the Vanilla Powder are heavenly (plus ice and water.) Also great for the sweet tooth.

\*If you want a thicker shake, add an extra Tablespoon of Vanilla or Chocolate Powder (Green Formula 1) and/or 2 oz. less water, plus extra ice cubes. The result will be more like a malt.

\*Make the Cream of Chicken or Cream of Potato-Leek in advance (several servings.) Add lots of veggies, dried or fresh herbs, a pinch of chicken bouillon and chicken, etc. This saves time and gives more substance and variety.

\*The soups make a great sauce for veggies. Also try making a casserole using broccoli, cooked cubed chicken in the soup (use less water.)

\*Cut up the Chocolate Fudge bar or the Peanut Butter bar and mix with the Soy nuts for a crunchy snack.

\*Caesar salad is great topped with chicken and steak. Don't forget the fresh grates Parmesan cheese! Grilled peppers add flavor too!

\*Omelets are a favorite fill you up. Whisk with water or milk to make it fluffy.

\*Remember, on your program, you are to eat often with the suggested foods and snacks.

\*Try Thermo Gold tablets, one early in the morning, one mid-day and another later afternoon.

\*Thermo Gold tablets can be taken up to 2-3 times a day for maximum appetite control. Most do just fine on 2-3 times a day, if you are eating like you are supposed to do! More does not mean better.



### **Favorite Homemade Dressings**

#### **"Mock Caesar"**

- +1/4 cup Olive Oil
- +2 tsp Worcestershire Sauce
- +Juice from ½ fresh lemon
- +Fresh garlic minced to taste
- +Fresh grated Parmesan Cheese
- +Whisk together and toss with salad

#### **"Balsamic Dijon Dressing"**

- +2 tsp Olive Oil
- +2 tsp Vegetable Oil
- +2 tsp Balsamic Vinegar
- +1 tsp Dijon Mustard
- +Fresh grated Parmesan Cheese
- +Whisk together and toss with salad

### **RICH & CREAMY HOT CHOCOLATE**

2 Tbsp HPLCX Chocolate Shake Mix  
14 oz. Water

2 Tbsp Performance Protein Powder  
Thermo Raspberry Herbal Concentrate (opt)

Boil 10 oz. of water. In shaker, add 4 oz of cold water, HPLC Chocolate Shake Mix and Performance Protein Powder. Shake until combined and powder is dissolved. Pour into large mug. Add hot water and stir. If desired, add Raspberry Herbal Concentrate for extra flavor.

### **ORANGE JULIUS SHAKE**

2 Tbsp HPLC Vanilla Shake Mix  
2-3 Ice cubes

1 packet HPLC Peach Mango Drink Mix  
16 oz. Water

In a blender, add 16 oz of very cold water, 2 Tbsp HPLC Shake Mix, 1 packet of HPLC Drink Mix and ice cubes. Mix on high until ice is crushed and shake is rich and creamy.

### **PROTEIN BALLS**

1 cup V/C/B Powder (your choice)  
1 cup Nonfat Dry Milk Powder

1 cup Natural Peanut Butter  
1 cup Raw Honey

Use one or all:

Fresh roasted wheat germ, finely chopped nuts  
Graham Cracker Crumbs

Mix and form into small balls. Roll in graham cracker crumbs, chopped nuts or wheat germ. Store in refrigerator. Makes 8 meals.

### **SHAKE BARS**

1 cup Vanilla or Chocolate Powder  
¼ cup Wheat Germ (honey crunch) OR

1 cup Oats  
Sesame Seeds

Mix together and add:

1/3 cup Peanut Butter

½ cup Honey

Mix thoroughly. Press into 8x8 pan. Cut into 8 bars. Each bar equals one shake. Wrap in plastic wrap to store. Options: Add cinnamon to taste or Natural Peanut Butter.

## **HIGH PROTEIN LOW CARB RECIPES AND TIPS**

### **CREAMY BROCCOLI CHICKEN**

4-6 oz. Cooked, boneless, skinless chicken breasts, cubed, seasoned with garlic, lemon pepper and parsley flakes

2 cups Steamed Broccoli  
1 Tbsp Minced Garlic  
1-2 Tbsp Lemon Pepper

1 cup Shredded Parmesan Cheese  
1 tsp Coarse Black Pepper  
2 packets HPLC Chicken Soup Mix

Preheat oven to 350°. Place chicken in baking pan. Stir in broccoli. Using a fork, sprinkle 1 packet HPLC Chicken Soup Mix, lemon pepper, minced garlic and black pepper over mixture. Dissolve soup packet in 8 oz. hot water and pour over top of mixture. Combine with fork. You may need to add 1-2 oz. more water depending on how well the broccoli was drained. Bake 15 minutes or until mixture has thickened and center is hot. Sprinkle Parmesan Cheese on top. Bake 5 minutes or until cheese is slightly melted. Serves 2-4 depending on appetite. (Do not over cook broccoli prior to baking, you will have mushy broccoli.) Contains 5-6 Carbs.

### **OTHER SUGGESTIONS**

\*Lemon Bars - try them warm. 30 seconds in the microwave for that warm, comfort snack. Or you can do on all the bars. This really fills you up! Be prepared!

\*Protein Drink Mix (your choice) - try mixing with Diet 7-Up or carbonated water (stir slightly!). Add Aloe Concentrate and it tastes like wedding punch!

\*Mix Vanilla HPLC Shake Mix with Protein Mix (your choice). Chill until slightly slushy - like a smoothie!

## "GREEN" PROGRAM SNACK RECIPES

### FRUIT PUDDING

2 Tbsp V/C/B Powder (your choice)  
½ cup Low-Fat Cottage Cheese  
½ cup Fresh, Raw or Cooked Fruit  
2-3 oz. Orange Juice  
2 Tbsp Raw Honey  
Mix in blender, put in refrigerator until thick and serve cool. Great as topping for pancakes or waffles.

### FORMULA 1 BARS

1 cup V/C/B Powder (your choice)  
¾ cup Regular Oatmeal (not instant)  
¼ cup Sesame Seeds (opt)  
1/3 cup Reduced-Fat Crunchy Peanut Butter  
½ cup Honey  
3 Tbsp Water plus a few drops  
It will be really dry. Press into 8" square pan  
And refrigerate. Cut into 8 bars and wrap individually. Store in fridge.  
1 bar + tablets + water = a meal



## "GREEN" PROGRAM PIE RECIPES

### LOSE WEIGHT PIE

2 cups Skim Milk  
1 box fat-free, sugar-free pudding  
Mix all together and pour into low-fat graham cracker crust. Top with fat-free Cool Whip. Refrigerate. Cut into 7 slices: 1 slice = 1 meal.  
Vanilla Pudding – Vanilla Powder  
Pistachio Pudding – Vanilla Powder  
Chocolate Pudding – Chocolate Powder

1 cup Formula 1

### CHEWY-CRUNCHY SNACK BARS

1 cup any flavor Formula 1 Powder  
¼ cup Wheat Germ  
¼ Peanut Butter  
1 Tbsp Water  
Blend together powder, oatmeal, wheat germ and cereal. Then add peanut butter and honey. Press into an 8x8 pan, cut into 8 equal portions. Wrap individually and refrigerate.

¾ cup Old-fashioned Oatmeal  
1 cup Rice Crispies (or any dry cereal)  
½ cup Honey

### CINNAMON ROLL SHAKE

2 Tbsp Vanilla Powder  
½ tsp Cinnamon  
3 Ice cubes  
You won't even miss the real thing! This is so awesome!

8 oz. Soy Milk or regular Milk  
½ tsp Butter Buds or Molly McButter

### KEY LIME PIE SHAKE

2 Tbsp Vanilla Powder  
2 Tsp Frozen Limeade

8 oz. Soy Milk or regular Milk  
3 Ice cubes

### PEANUT BUTTER PIE

1 cup Formula 1 (vanilla or chocolate)  
2 ½ cups Skim Milk  
¼ cup Peanut Butter

1 pkg White Chocolate sugar-free pudding  
1 already made crust (Keebler Chocolate, etc.)

Mix Formula 1 and milk together then add the peanut butter, when mixed well, add the pudding. Pour into one crust and let chill for 1 hour. When chilled, add light Cool Whip then cut into 8 equal pieces. Each piece equals 1 shake and 50 calories.

**COCONUT PIE**

1 cup Formula 1 Vanilla  
1 pkg sugar-free Vanilla pudding  
1 capful Coconut extract  
2 ½ cups Skim Milk  
¼ cup Coconut  
1 ready made Graham Cracker Crust

Mix Formula 1 and milk together then add coconut extract, when well mixed, add the pudding and mix in the coconut. Pour into the crust and chill well. When chilled, add light Cool Whip then cut into 8 equal pieces. Each piece equals 1 shake and 50 calories.

**BANANA PIE**

1 cup Formula 1 (try ½ V and ½ TF)  
1 pkg Banana Pudding  
2 ½ cups Skim Milk  
1 ready made Keebler shortbread crust

Mix Formula 1 and milk together then add pudding and mix well. Pour into crust, chill one hour and add light Cool Whip. Cut into 8 equal pieces. Before you serve, you can add ½ of a banana on top! One piece equals 1 shake.

**CHOCOLATE PIE**

1 cup Formula 1 (Vanilla or Chocolate)  
1 pkg sugar-free chocolate pudding  
2 ½ cups Skim Milk  
1 ready made Chocolate Keebler crust

Mix Formula 1 and milk together, add pudding and mix well. Pour into crust, chill one hour and add light Cool Whip. Cut into 3 equal pieces. One piece equals one shake.

**VANILLA PIE**

1 cup Formula 1 Vanilla  
1 pkg Vanilla Pudding  
2 ½ cups Skim Milk  
1 ready made Chocolate Keebler crust

Mix Formula 1 and milk together. Add pudding, mix well, and pour into crust. Chill one hour and add light Cool Whip. Cut into 8 equal pieces. Each piece equals 1 shake.

**BUTTERSCOTCH PIE**

1 cup Formula 1 Vanilla  
1 pkg sugar-free Butterscotch Pudding  
2 ½ cups Skim Milk  
1 ready made Keebler Graham Cracker Crust

Mix Formula 1 and milk together. Add pudding, mix well, and pour into crust. Chill one hour, add light Cool Whip and cut into 8 equal pieces. Each piece equals 1 shake.

**PEANUT BUTTER FUDGE PIE**

1 cup Formula 1 (Vanilla or Chocolate)  
½ cup Honey  
½ cup Peanut Butter  
1 cup Nonfat Dry Milk

Mix Formula 1 and dry milk together. Mix peanut butter and honey together. Add dry ingredients to wet and mix well, pour into loaf pan. Refrigerate for 1 hour and cut into 8 equal pieces. Each piece equals 1 shake.