

Weight Loss Shake Recipes for Colorful Eating

1 cup of liquid = 250 mls

Ice cubes are optional...if you have a blender it is worth the effort!

Chocolate-Raspberry Shake

- 1 serving chocolate shake powder
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen raspberries
- 1/8 teaspoon orange extract
- 4 ice cubes



Pumpkin-Banana Smoothie

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1/4 cup canned pumpkin (not pumpkin pie mix)
- 1/2 medium banana
- A few drops vanilla extract
- Scant 1/8 teaspoon pumpkin pie spice
- 4 ice cubes

Very Berry Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1 cup low-calorie cranberry juice
- 1 cup frozen mixed berries
- A few drops vanilla extract
- 4 ice cubes

Strawberry-Kiwi Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1/2 cup frozen whole strawberries
- 1 very ripe kiwi, peeled
- 1/8 teaspoon lemon extract
- 4 ice cubes

Orange-Mango Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1/2 cup frozen mango chunks
- 1/2 cup canned mandarin oranges, drained
- 4 ice cubes

Chai Tea Latte Smoothie

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 3 tablespoons unsweetened liquid iced tea concentrate
- 1/2 medium banana
- Scant 1/8 teaspoon cinnamon
- A few dashes each ginger, clove, black pepper
- 4 to 5 ice cubes

Chocolate-Strawberry Shake

- 1 serving chocolate shake powder
- 1 cup nonfat milk or plain soy milk
- 1 cup frozen strawberries
- A few drops vanilla extract
- 4 ice cubes

Banana-Walnut Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1/2 very ripe banana
- 1/8 teaspoon black walnut flavoring
- Few drops vanilla extract
- Dash cinnamon
- 4 ice cubes

Orange Julius Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 3 tablespoons frozen orange juice concentrate
- 1/4 teaspoon vanilla extract
- 4 ice cubes

Pineapple-Orange-Coconut Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen pineapple chunks
- 1/8 teaspoon coconut extract
- 1/4 teaspoon orange extract
- 4 ice cubes

Apple Pie Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen apple slices
- A few dashes each cinnamon, nutmeg, cloves
- 1/4 teaspoon vanilla extract
- 4 ice cubes

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Peach-Almond Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen peach slices
- A few dashes ground ginger
- ¼ teaspoon almond extract
- 4 ice cubes



Café Mocha Shake

- 1 serving chocolate shake powder
- 1 cup plain soy milk or nonfat milk
- 2 teaspoons instant coffee crystals
- ½ medium banana
- Dash cinnamon
- 4 ice cubes

Blueberry-Cranberry Shake

- 1 serving vanilla shake powder
- 1/3 cup nonfat milk powder
- 1 cup low calorie cranberry juice
- 1 cup frozen blueberries
- A few drops orange extract
- 4 ice cubes

Pina Colada Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- ½ cup frozen pineapple chunks
- ¼ small banana
- ¼ teaspoon coconut extract
- 4 ice cubes

Watermelon Shake

- 1 serving vanilla shake powder
- 1 cup watermelon
- 1 cup cantaloupe (rock melon)
- 4-6 ice cubes

Kapalua Shake

- 1 serving berry shake powder
- 2 tablespoons crushed pineapple
- 1 tablespoon fat reduced coconut milk
- ½ cup orange juice
- 4 ice cubes

Chocnana Shake

- 1 serving chocolate shake powder
- 1 cup plain soy milk or nonfat milk
- 1 ripe banana
- 4 ice cubes

Apple-Cinnamon Shake

- 1 serving vanilla shake powder
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen apple
- Dash cinnamon
- 4 ice cubes

Strawberry Sensation

- 1 serving berry shake powder
- 1 cup skim milk
- 1 cup fresh strawberries
- 1 fresh ripe apricot
- 4 ice cubes

Brain Freeze

- 1 serving berry shake powder
- ½ banana
- ½ peach
- 5 strawberries
- 1 tablespoon pineapple
- ½ cup Cranberry juice
- ½ cup orange juice
- 4 ice cubes

Berry Bonzai

- 1 serving berry shake powder
- 5-10 strawberries
- 1 scoop non-fat frozen vanilla yoghurt
- 1 cup Cranberry juice
- 4 ice cubes

Melon Masterpiece

- 1 serving berry shake powder
- 1 cup water
- ½ cup mango pieces
- ½ cup rock melon
- 4 ice cubes

Berry-Orange Shake

- 1 serving berry shake powder
- 1 cup unsweetened orange juice
- ½ teaspoon pineapple extract
- 4-5 fresh strawberries
- 4 ice cubes

Fruit Juicy Shake

- 1 serving berry shake powder
- 1 cup unsweetened orange juice
- 4-5 fresh strawberries
- 4 ice cubes

Zapple

- 1 serving berry shake powder
- 1 cup pure apple juice
- Squeeze of lemon
- 5-6 strawberries
- 4 ice cubes

Melon Magic

- 1 serving berry shake powder
- Cut up pieces of fresh watermelon
- Squeeze of lemon
- 4 ice cubes

Berry Shake

- 1 serve berry shake powder
- 1 cup flavoured sparkling water
- 6 frozen strawberries
- 10-12 frozen blackberries or raspberries
- 4 ice cubes

Strawberries & Cream

- 1 serve berry shake powder
- 5-10 strawberries
- 2 scoops non-fat vanilla frozen yoghurt
- 1 cup skim milk
- 4 ice cubes

Berry Orange Shake

- 1 serve berry shake powder
- 1 cup unsweetened orange juice
- 1/2 teaspoon pineapple essence
- 4-5 strawberries
- 4 ice cubes

Kiwi Quencher

- 1 serve vanilla shake powder
- 1 cup water
- 1 kiwi fruit
- 1/2 banana
- 2 drops green chartreuse
- 4 ice cubes

Passion fruit Papaya Shake

- 1 serve vanilla shake powder
- 1 small pear
- 1/3 banana
- 1/2 cup Herbal Aloe
- 2 drops almond essence
- Dash of cinnamon



The Yogurt Thing

- 1 serve vanilla shake powder
- 180-270 g vanilla yogurt
- 90-120 ml skim milk
- 1/3 cup frozen fruit

Very Berry Shake

- 1 serve vanilla shake powder
- 1 cup flavored sparkling water
- 6 frozen strawberries
- 10-12 frozen raspberries or blackberries
- 3-4 ice cubes

Strawberry Banana

- 1 serve vanilla shake powder
- 1 cup skim milk or apple juice
- 5-6 frozen strawberries
- 1/2 banana
- 4 ice cubes

Maui Madness

- 1 serve vanilla shake powder
- 1 tablespoon crushed pineapple
- 1 tablespoon shredded coconut
- 1 scoop non fat vanilla frozen yogurt
- 200-1 cup orange juice
- 4 ice cubes

Vanilla Egg Nog

- 1 serving vanilla shake powder
- 1 cup skim milk or soy milk
- 1 spoonful low fat vanilla yoghurt
- Dash nutmeg
- Drizzle of honey
- 4 ice cubes

Banana Rama

- 1 serving vanilla shake powder
- 1 banana
- Drizzle of honey
- 1 tablespoon oat bran
- 1 cup low fat milk
- 4 ice cubes

Orange Blossom Shake

- 1 serving vanilla shake powder
- 1/2 teaspoon orange extract
- 1 cup skim milk
- 1/2 orange (optional)
- 4 ice cubes

Peach Shake

- 1 serving vanilla shake powder
- 1 cup skim milk
- 1 scant teaspoon brandy extract
- 1/2 fresh peach
- 4 ice cubes

Coffee Shake

- 1 serving vanilla shake powder
- 1 teaspoon instant decaff coffee
- 1 cup skim milk
- 1/2 banana (optional)
- 4 ice cubes

Cherry Berry Shake

- 1 serving vanilla shake powder
- 1 cup Cranberry juice
- 1 cup stones red cherries
- 4 ice cubes

Jaffa Shake

- 1 serving chocolate shake powder
- 1 cup fresh /pure orange juice
- 4 ice cubes

Chocolate Mint Shake

- 1 serving chocolate shake powder
- 1 cup skim milk
- 1 dash peppermint essence
- 4 ice cubes

Bounty Shake

- 1 serving chocolate shake powder
- 100 ml reduced fat coconut milk
- 100 ml skim milk

Mocha Java

- 1 serve chocolate shake powder
- 1 tablespoon instant decaf cappuccino powder
- 1 scoop non fat vanilla frozen yoghurt
- 1 cup skim milk
- 4 ice cubes

Raspberry Razzmatazz

- 1 serve chocolate shake powder
- 1 cup water
- 1/3 cup raspberries (fresh or frozen)
- 1/2 banana
- 4 ice cubes

