



Banana Cucumber Breeze

- 1 frozen banana (small)
- ½ cup cucumber
- 8 ounces freshly brewed and chilled organic green tea
- 1 tablespoon chia seeds
- 8 cubes of ice
- 1 level scoop *BODYKEY™ Meal Replacement Shake, Rich Creamy Vanilla with Stevia* (76-1516)

Exchanges: 1 fat, 1 free, 1 fruit,
2 protein, 2 vegetable
245 calories

Peach Delight

- 1 peach (medium) or ½ cup canned light peaches
- 2 cups chopped kale
- 8 ounces water
- 8 cubes of ice
- 1 level scoop *BODYKEY Meal Replacement Shake, Rich Creamy Vanilla with Stevia* (76-1516)

Exchanges: 1 fruit, 2 protein, 3 vegetable
225 calories





Chocolate Raspberry Refreshment

- ½ cup frozen raspberries
- 1/2 ounce (14 g) raw cocoa nibs
- 8 ounces (1 cup) water
- 8 ice cubes (optional)
- 1 level scoop *BODYKEY™ Meal Replacement Shake, Rich Dutch Chocolate with Stevia* (76-1490)

Exchanges: 1 fat, 1 fruit, 2 protein, 2 vegetable
245 calories

Banana Supreme

- 1 frozen banana (small)
- 1 tablespoon chia seeds
- 8 ounces (1 cup) water
- 8 ice cubes
- 1 level scoop *BODYKEY Meal Replacement Shake, Rich Dutch Chocolate with Stevia* (76-1490)

Exchanges: 1 fat, 1 fruit, 2 protein, 2 vegetable
245 calories

