



## Chocolate Cherry Delight

- ½ cup dark sweet cherries (frozen)
- 1 tablespoon whole flaxseed (ground)
- 4 ice cubes
- 8 ounces cold water
- 1 level scoop of **BODYKEY™ Meal Replacement Shake** – Rich Dutch Chocolate with stevia (76-1516)

Exchanges: 1 fat, 1 fruit, 2 protein (plant-based),  
1 vegetable  
Calories: 220

## Banana Peanut Butter Cup

- 1½ teaspoons peanut butter (no added sugar)
- 1 banana (small) – frozen is best
- 1 tablespoon whole flaxseed (ground) – optional
- 4 ice cubes
- 8 ounces cold water
- 1 level scoop of **BODYKEY Meal Replacement Shake** – Rich Dutch Chocolate with stevia (76-1516)

Exchanges: 2 fat, 1 fruit, 2 protein (plant-based),  
1 vegetable  
Calories: 265





## Mixed Berry Refreshment

- 1 cup mixed berries (frozen, unsweetened)
- 1 tablespoon whole flaxseed (ground) – optional
- 4 ice cubes
- 8 ounces cold water
- 1 level scoop of **BODYKEY™ Meal Replacement**

**Shake** – Rich Creamy Vanilla with stevia (76-1518)

Exchanges: 1 fat, 1 fruit, 2 protein (plant-based),  
1 vegetable

Calories: 220

## Green Goodness

- ¼ cup fresh papaya
- ¼ cup fresh pineapple
- ¼ cup kale
- 2 tablespoons avocado (mashed)
- 4 ice cubes
- 8 ounces cold water
- 1 level scoop of **BODYKEY Meal Replacement**

**Shake** – Rich Creamy Vanilla with stevia (76-1518)

Exchanges: 1 fat, 1 fruit, 2 protein (plant-based),  
1 vegetable

Calories: 220