

Enjoying Life Shake™ With Stevia:

Healthful Hints, Recipes, and Answers to Common Questions



WHAT IS STEVIA?

Stevia is a natural, zero-calorie sweetener derived from the leaves of the *Stevia rebaudiana* (Bertoni) plant, which is native to parts of South America, where it's been used for more than 1,500 years. Stevia is typically used as a substitute for sugar due to its many benefits – no calories chief among them. Unlike sugar, it doesn't raise blood sugar levels.

WHY DOES SHAKLEE USE STEVIA?

We chose stevia because we believe it's the best available zero-calorie sweetener. If you prefer sugar in your Life Shake, we offer a stevia-free soy protein formula in vanilla and chocolate flavours.

WHAT'S THE BEST WAY TO ENJOY A HEALTHFUL, DELICIOUS LIFE SHAKE?

Flavour is a matter of personal preference with all foods, and there's a small percentage of people who don't care for the taste of stevia. If this is true for you, we recommend Stevia-Free Soy Protein Life Shake. Or, here are a few healthful hints to help you enjoy our stevia-sweetened Life Shake formulas:

- Squeeze some lemon juice into your shake or add some orange juice
- Blend in tart berries such as raspberries or frozen cranberries
- If you like coffee, add a little to your Vanilla or Chocolate Life Shake
- Add 1 to 2 tablespoons of your favourite nut butter plus a pinch of salt
- For a hydrating hint of citrus, try Shaklee Performance™ Low-Calorie Electrolyte Drink – one stick pack per shake

We suggest these simple tips for a delicious-tasting Life Shake:

- Life Shake tastes best cold; we always recommend using cold liquids and ice
- If you enjoy a thicker, smoother shake, add 1/4 banana or a small slice of avocado

LIFE SHAKE RECIPES

CRAFTED FOR BOTH PLANT PROTEIN AND SOY PROTEIN LIFE SHAKES

ORANGE-MANGO

- 2 scoops Vanilla Life Shake
- 2 mandarin oranges (peeled)
- 1/2 cup frozen mango
- 10 oz. cold water
- Ginger (optional)

NUTRITION INFORMATION (PER SERVING) Calories: 270,* fat: 3 g, carbohydrate: 44 g, fibre: 11 g, sugars: 29 g (from fruit), protein: 21 g

BANANA-ORANGE

- 2 scoops Vanilla Life Shake
- 2 mandarin oranges (peeled)
- 1/2 banana
- 1/2 cup low-fat coconut milk
- 8 oz. cold water

NUTRITION INFORMATION (PER SERVING) Calories: 300,* fat: 6 g, carbohydrate: 46 g, fibre: 11 g, sugars: 26 g (from fruit), protein: 21 g

CRANBERRY-APPLE

- 2 scoops Vanilla Life Shake
- 1 tart apple, core removed
- 1 cup frozen cranberries
- 10 oz. cold water
- Ginger (optional)

Cinnamon (optional)

NUTRITION INFORMATION (PER SERVING) Calories: 270,* fat: 3 g, carbohydrate: 43 g, fibre: 14 g, sugars: 20 g (from fruit), protein: 20 g

*When prepared with Soy Protein Life Shake.

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CRANBERRY-ORANGE

2 scoops Vanilla Life Shake
2 mandarin oranges (peeled)
3/4 cup frozen cranberries
10 oz. cold water
Cinnamon (optional)

NUTRITION INFORMATION (PER SERVING) Calories: 260,* fat: 3 g, carbohydrate: 41 g, fibre: 12 g, sugars: 22 g (from fruit), protein: 20 g

PIÑA COLADA

2 scoops Vanilla Life Shake
Juice from 1/4 lemon
1 cup frozen pineapple
8 oz. low-fat coconut milk
4 oz. unsweetened almond milk
Rum flavouring (optional)

NUTRITION INFORMATION (PER SERVING) Calories: 280,* fat: 9 g, carbohydrate: 29 g, fibre: 9 g, sugars: 14 g (from fruit), protein: 22 g

APPLE PIE

2 scoops Vanilla Life Shake
1 tart apple, core removed
2 tbsp. rolled oats
Juice of 1/2 lemon
10 oz. water
Cinnamon (optional)
Nutmeg (optional)

NUTRITION INFORMATION (PER SERVING) Calories: 270,* fat: 4 g, carbohydrate: 40 g, fibre: 13 g, sugars: 17 g (from fruit), protein: 21 g

POMEGRANATE-BERRY

2 scoops Vanilla Life Shake
1/2 cup frozen mixed berries
1/2 cup pomegranate juice
10 oz. water
Cinnamon (optional)

NUTRITION INFORMATION (PER SERVING) Calories: 240,* fat: 3 g, carbohydrate: 36 g, fibre: 8 g, sugars: 22 g (from fruit), protein: 21 g

CHOCOLATE-RASPBERRY

2 scoops Chocolate Life Shake
1/2 cup frozen raspberries
10 oz. unsweetened almond milk

NUTRITION INFORMATION (PER SERVING) Calories: 206,* fat: 7 g, carbohydrate: 19 g, fibre: 10 g, sugars: 5 g (from fruit), protein: 22 g

CHOCOLATE-ORANGE

2 scoops Chocolate Life Shake
2 mandarin oranges (peeled)
1/3 cup low-fat coconut milk
8 oz. cold water

NUTRITION INFORMATION (PER SERVING) Calories: 240,* fat: 4 g, carbohydrate: 33 g, fibre: 9 g, sugars: 19 g (from fruit), protein: 20 g

CHOCOLATE-PEANUT BUTTER

2 scoops Chocolate Life Shake
2 tbsp. peanut butter (preferably natural)
Pinch of salt

10 oz. unsweetened almond milk

NUTRITION INFORMATION (PER SERVING) Calories: 370,* fat: 22 g, carbohydrate: 16 g, fibre: 9 g, sugars: 1 g, protein: 28 g

*When prepared with Soy Protein Life Shake.