Vi-Shape®
Recipe Book

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Banana Cream

2 scoops Vi-Shape® Shake Mix

1 packet Banana Energy Charge Health Flavor

½–1 c. Low Fat Yogurt (vanilla, plain, or flavored)

½ tsp. Vanilla Extract

8 oz. Water

4–6 Ice Cubes

Café Latte

2 scoops Vi-Shape® Shake Mix

½–1 tsp. Instant Coffee, or 8–10 oz. Cold Coffee

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Café Mocha

2 scoops Vi-Shape® Shake Mix

1 packet Chocolate Cardia Care Health Flavor

½–1 tsp. Instant Coffee or 8–10 oz. Cold Coffee

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Chai Latte

2 scoops Vi-Shape® Shake Mix

1 packet Banana Energy Charge Health Flavor

3 tbsp. Ice Tea Mix (powder)

Cinnamon to taste

Dash of Ginger, Clove, and Black Pepper

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Frozen Chocolate Banana

2 scoops Vi-Shape® Shake Mix

1 packet Banana Energy Charge Health Flavor

1 packet Chocolate Cardia Care Health Flavor

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Lemon Lift

2 scoops Vi-Shape® Shake Mix

1 packet Lemon Lift NEURO™

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Raspberry Boost

2 scoops Vi-Shape® Shake Mix

1 packet Raspberry Boost NEURO™

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Sunrise Smoothie

2 scoops Vi-Shape® Shake Mix

1 packet Orange Everyday Defense Health Flavor

1 packet Banana Energy Charge Health Flavor

1 packet Strawberry Phyto-Power Health Flavor

4 oz. Low Calorie Vanilla Yogurt

4–6 Ice Cubes

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Apple Pie

2 scoops Vi-Shape® Shake Mix

1 Small Apple (seeded), or ¼ c. Applesauce

½ tsp. Cinnamon

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

Berry Blast

2 scoops Vi-Shape® Shake Mix

1 packet Strawberry Phyto-Power Health Flavor

1 c. Frozen Berries (mixed, or any of your favorites)

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Chocolate Covered Cherry

2 scoops Vi-Shape® Shake Mix

1 packet Chocolate Cardia Care Health Flavor

10–12 Frozen Cherries

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

Cran-Blueberry

2 scoops Vi-Shape® Shake Mix

½ c. Cranberry Juice (low calorie)

1 c. Frozen Blueberries

4 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Orange Cream

2 scoops Vi-Shape® Shake Mix

1 packet Orange Everyday Defense – Health Flavor

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Orange Dream

2 scoops Vi-Shape® Shake Mix

1 packet Orange Everyday Defense Health Flavor

8–10 oz. Orange Juice, Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Peach Cream

2 scoops Vi-Shape® Shake Mix

1 packet Peach Complexion Care Health Flavor

½–1 c. Low Fat Yogurt (vanilla, plain, or flavored)

½ tsp. Vanilla Extract

8 oz. Water

4–6 Ice Cubes

Peach Dream

2 scoops Vi-Shape® Shake Mix

1 packet Peach Complexion Care Health Flavor

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Peach Strawberry Cream

2 scoops Vi-Shape® Shake Mix

1 packet Peach Complexion Care Health Flavor

1 packet Strawberry Phyto-Power Health Flavor

4 oz. Low Fat Peach Yogurt

6–8 slices Frozen Peaches

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Rise & Shine

Blueberry Banana Muffins by Aly

2 c. Vi-Shape® Shake Mix
1 c. Red Mill Gluten Free Baking Flour
1 tsp. Baking Powder
1 tsp. Baking Soda
½ tsp. Salt
2 c. Dry Oatmeal
1 Egg
½ c. Unsweetened Applesauce
1–4 oz. OIKOS Greek Yogurt, Vanilla
3 Ripe Bananas
¼ c. Flax Seed Meal (ground flax)
¼ c. Wheat Germ
1 c. Frozen Blueberries(unsweetened)

Mix all ingredients except blueberries (use a potato masher to help mash the bananas). When well blended, stir in blueberries. Using ¼ cup per muffin tin, distribute evenly into 12 muffins. Bake at 350° for 25 minutes.

Each muffin contains approximately 200 calories, 11.5g protein, 7.5g fiber, and 3.5g fat.

Cran-Apple Spice Bars by Tony

2 c. Vi-Shape® Shake Mix
3 c. Dry Oatmeal
1 c. Dried Apples (cut in small pieces)
1 c. Unsweetened Applesauce
4 Ripe Bananas
½ c. Wheat Germ
½ c. Flax Seed Meal (ground flax)
½ c. Red Mill Gluten Free Baking Flour
1 c. Craisins
2 tsp. Cinnamon

Mix dry ingredients. Dice bananas into small pieces. Add bananas & applesauce to dry mix. Mash & mix together. Pour mixture into greased 9"x13" pan (grease with olive oil spray). Cook for approx 25 minutes at 325°. Cool on a wire rack for 10 minutes, cut into 18 pieces and store in air tight container.

Each bar contains approximately 195 calories, 9g protein, 7.5g fiber, 4g fat.

Chocolate Banana Oat Smoothie

2 scoops Vi-Shape® Shake Mix
1 packet Chocolate Cardia Care Health Flavor
1 scoop Oatmeal
½ Banana
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
4 Ice Cubes

Blend and enjoy

Strawberry Granola Parfait

2 scoops Vi-Shape® Shake Mix
8 oz. Low Calorie Strawberry Yogurt
½ c. Fresh Berries
¼ c. Granola
Slivered Almonds

Mix shake mix into yogurt. Layer into a glass: yogurt, strawberries, and granola. Repeat layers. Top with almonds.

Ultra Oatmeal

2 scoops Vi-Shape® Shake Mix
1 serving Cooked Oatmeal Cereal
1 packet Chocolate Cardia Care Health Flavor
Dash of Cinnamon

Mix & Enjoy

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Drink Specials

Pina Colada

2 scoops Vi-Shape® Shake Mix

2 tbsp. Sugar Free Vanilla Pudding Mix

Dash Coconut Flavoring

¼ c. Frozen or Canned Pineapple

4 Ice Cubes

Root Beer Float

2 scoops Vi-Shape® Shake Mix

4–8 oz. Diet Root Beer

4–6 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Strawberry-Lemonade Smoothie

2 scoops Vi-Shape® Shake Mix

4 oz. Low Fat Lemon Yogurt

1 packet Strawberry Phyto-Power Health Flavor

4–6 Ice Cubes

Tropical Paradise

2 scoops Vi-Shape® Shake Mix

1 packet Strawberry Phyto-Power Health Flavor

1 packet Peach Complexion Care Health Flavor

1 packet Banana Energy Charge Health Flavor

¼ c. Frozen or Canned Pineapple

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4 Ice Cubes

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Sweet Treats

Apple Crisp
2 scoops Vi-Shape® Shake Mix
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
½ Apple, peeled
¼ c. Low Fat, Low Sugar Granola
1 tbsp. Sliced Almonds
½ tsp. Cinnamon (or to taste)

Banana Cream Pie
2 scoops Vi-Shape® Shake Mix
1 packet Banana Energy Charge Health Flavor
4 oz. Non-Fat Vanilla Yogurt
4 Ice Cubes

Butterscotch Pecan Pie
2 scoops Vi-Shape® Shake Mix
2 tbsp. Sugar Free Butterscotch Pudding Mix
¼ c. Pecans
8 oz. Water
4 Ice Cubes

Carrot Cake
2 scoops Vi-Shape® Shake Mix
½ c. Sliced Carrots
1 tbsp. Fat-Free Cream Cheese
Dash of Cinnamon
Dash of Nutmeg
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
4 ice cubes

Chocolate Almond
2 scoops Vi-Shape® Shake Mix
1 packet of Chocolate Cardia Care Health Flavor
1 tsp. Almond Flavoring
¼ c. Almonds
4 Ice Cubes

Chocolate Peanut Butter
2 scoops Vi-Shape® Shake Mix
1 packet Chocolate Cardia Care Health Flavor
1 tbsp. Peanut Butter
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
4 Ice Cubes

German Chocolate Cake
2 scoops Vi-Shape® Shake Mix
1 tbsp. Cream Of Coconut
1 packet Chocolate Cardia Care Health Mix-in
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
4 Ice Cubes

Key Lime Pie
2½ scoops Vi-Shape® Shake Mix
1 Graham Cracker, processed (Use a blender or food processor to turn cracker into crumbs. Add to shake at the end.)
2 tsp. Lime Jello
¼ tsp. White Chocolate Pudding Mix
12 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
3 Ice Cubes

Pistachio Cream
2 scoops Vi-Shape® Shake Mix
2 tbsp. Sugar Free Pistachio Pudding Mix
1 Mint Leaf, or a Few Drops Mint Extract (Optional)
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
4 Ice Cubes

Strawberry Cheesecake
2 scoops Vi-Shape® Shake Mix
½–1 c. Frozen Strawberries (or mixed berries)
1 tbsp. Low Fat Cream Cheese
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk
½ Graham Cracker, processed (Use a blender or food processor to turn cracker into crumbs. Add to shake at the end.)

Strawberry Rhubarb Crisp
2 scoops Vi-Shape® Shake Mix
1/4–1/2 c. Frozen Strawberries
2 tbsp. Rhubarb Sauce*
1/4 c. Low Fat, Low Sugar Granola
1 tbsp. Sliced Almonds
8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

*Rhubarb Sauce: Slice several stalks of fresh rhubarb about ¼ inch thick, place in saucepan. Add 1/8 cup water and ½ teaspoon sweetner (like Splenda). Stir, cover, and simmer until very soft, about, 15–20 minutes. Stir every few minutes while cooking. Keep refrigerated.

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Holiday Favorites

Chocolate Mint

2 scoops Vi-Shape® Shake Mix

1 packet Chocolate Cardia Care Health Flavor

1 tsp. Mint Flavoring

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4 Ice Cubes

Gingersnap

2 scoops Vi-Shape® Shake Mix

½ tsp. Ground Ginger

¼ tsp. Cinnamon

Dash of Nutmeg

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4 Ice Cubes

Holiday Cheer

2 scoops Vi-Shape® Shake Mix

½ c. light Eggnog

¼ tsp. rum Extract

Dash Cinnamon and Nutmeg (to taste)

4 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

Pumpkin Spice

2 scoops Vi-Shape® Shake Mix

1/3 c. Canned Pumpkin

Drop vanilla Extract

Dash Cinnamon and Nutmeg

8–10 oz. Non-Fat Milk, or Soy, Rice or Almond Milk

4–6 Ice Cubes

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Flavor Variety *and* Health Benefits with Shape-Up™ Health Flavor Mix-Ins!

Chocolate Cardia Care Ⓤ

A concentrated blend of polyphenols from rich dark chocolate that have healthy heart benefits. Polyphenols are a potent form of antioxidants. Chocolate Cardia Care has the benefits of 6-8 bars of dark chocolate. It is creamy, rich, decadent chocolate flavor without the guilt.

Banana Energy Charge Ⓤ

Boost your energy with healthy, fresh tasting ingredients. Blended with Guarana that can provide a lift that lasts, and Green Tea which supports alertness combined with Siberian Ginseng and Cordyceps to help support stamina. Banana Energy Charge tastes like a fresh banana picked right off the tree!

Orange Everyday Defense

Supports a healthy immune function. Our unique formulation contains Astragalus Extract to support healthy immune system response, Turkey Tail, a unique mushroom with beneficial properties, Glisodin, a special melon extract, and OptiZinc®* (a highly bio-available form of zinc) to help support a healthy detoxification process.

*OptiZinc® brand Zinc Monomethionine (U.S. Patent 4,764,633) or OptiZinc® is a trademark of InterHealth N.I.

Peach Complexion Care

Promotes healthy, vibrant skin that glows from the inside out. A combination of Glucosamine Sulfate, Collagen and Biotin help provide healthy structure together with Grape Seed Extract and Pine Bark Extract promote healthy skin. Taste the creamy peach, with a hint of mango and passion fruit and Peach Complex Care can help you look and feel younger!

Strawberry Phtyo-Power

Packed with Phytonutrients, the powerful active parts of fruits, vegetables and plants. Once known as "Vitamin P', phytonutrients have many health protective properties. Each packet of Strawberry Phyto-Power has the equivalent of almost 50 strawberries of power. It tastes like a handful of rich, fresh strawberries, and includes wild blueberry, cherry, raspberry powder, grape seed extract and more.

What's in Vi-Shape® Nutritional Shake Mix?

A unique blend of proteins that work quickly and provide long–lasting nutrition to help you burn fat and build lean muscle.

Heart healthy non-GMO soy protein. (No Isoflavones)

Fibersol™, a new patented fiber blend that helps keep you feeling full, providing benefits of fiber without gas that can be caused by other types of fiber.

Aminogen™ to help your body maximize protein and nutrient absorption.

23 Vitamins and minerals, along with other ingredients that help you burn fat.

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