

## Banana Cheerio Quick Fast

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Great for a super-fast morning meal

1 to 2 scoops of chocolate TrimShake

6 to 8 oz. of water

4 to 6 ice cubes

1 banana

3/4 c. of original cheerios

Mix in a blender on medium for 1 minute.

Pour into a tall glass. Enjoy!

## Chocolate Banana Berry Protein Shake

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12 oz. of water

4 ice cubes

1 banana

1 oz. of your favorite fresh berry

2 scoops of chocolate TrimShake

## “Best Protein Shake Ever”

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2 scoops chocolate TrimShake

10 ice cubes

12 oz. fat free milk

2 Tbsp. fat free vanilla yogurt

1 Tbsp. reduced fat peanut butter

1/8 c. caramel ice cream topping

## Chocolate Apple Pie Shake

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1 scoop chocolate TrimShake

Half of 1 apple (peeled and cored) - add all if you want a strong apple taste.

1-2 drops of cinnamon essential oil

1 c. of milk or liquid of your choice

1 c. of ice

Blend all ingredients in a blender together until well combined. Enjoy!

## Chocolate Chip “Ice Cream”

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- 1 c. unsweetened chocolate almond milk
- 1 Tbsp. natural almond or peanut butter
- 1 frozen banana (peel before freezing)
- 1 Tbsp. cacao nibs
- 1 c. raw spinach
- 1 scoop chocolate TrimShake
- Dash of red pepper flakes (optional)
- Mix in a blender for 30 seconds.

## Chocolate Chocolate Shake

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(note\* this is not as healthy of a shake as others!)

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- 1 scoop chocolate TrimShake
- 1-2 Tbsp. of Nutella
- 1 c. milk or liquid of choice
- 1 drop peppermint oil (if desired)
- 1 c. ice
- Blend all ingredients until smooth.
- Enjoy!

## Chocolate Coconut Protein Shake

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- 1 scoop chocolate TrimShake
- 1 c. sugar free coconut milk
- 1 Tbsp. unsweetened baking cocoa
- 1 Tbsp. unsweetened, shredded coconut
- 1/2 c. ice
- Blend and enjoy!

## Chocolate Fudge Protein Shake

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- 2 Tbsps. cocoa
- 2 scoops chocolate TrimShake
- 2 Tbsps. sugar free instant chocolate fudge pudding mix
- 8 oz. water
- 5 ice (cubes)

## Chocolate Lovers

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12 oz. pure water

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1 tsp. pure cocoa powder

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2 Tbsp. low fat sour cream

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10-15 drops liquid stevia

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2 scoops chocolate TrimShake

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2 tsp. flaxseed oil

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## Chocolate Strawberry Blast

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1 to 2 scoops of chocolate TrimShake

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6 to 8 oz. of water

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4 to 6 ice cubes

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8 strawberries

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Mix in a blender on medium for 1 minute.

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Pour into a tall glass.

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Enjoy!

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## Chocolate Almond Delight

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10-12 oz. pure water

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15 raw almonds

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1/2 tsp. coconut extract

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1.5 scoops chocolate TrimShake

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Stevia to taste (optional)

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3-5 ice cubes (optional)

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## Frozen Chocolate Banana

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12 oz. Water

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4 to 5 ice cubes

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1 banana

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2 Tbsp. Greek yogurt

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2 scoops chocolate TrimShake

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## German Chocolate Cake

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(Lean Mass Gain)

12 oz. water

4 ice cubes

1 Tbsp. heavy cream

1 Tbsp. cream of coconut

2 scoops chocolate TrimShake

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## Heavy Gainer

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10-14 oz. pure water

1/2 c. raw almonds - blend with water

only until creamy smooth then add...

1/2 large frozen banana

2 scoops of chocolate TrimShake

Stevia to taste (optional)

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## Malted Milk Chocolate

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1 scoop chocolate TrimShake

1/2 c. Cottage cheese (or 1 cup plain yogurt)

2-3 Tbsp. Cocoa powder

2 Tbsp. Plain or chocolate malted milk powder

2-3 pkts Stevia or low cal. sweetener (to taste)

5-10 Ice cubes (to desired consistency)

4-6 oz. Water (to desired consistency)

Optional a few malted milk balls to garnish

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## Mint Chocolate Grasshopper

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2 Scoops Chocolate TrimShake

8 oz. water

3 Tbsp. whipping cream (heavy cream, not from a can)

3-6 drops mint extract or pure mint

4-6 ice cubes

Blend all ingredients. Add 4 oz. yogurt or 2% milk

to taste if above consistency isn't smooth

enough or enough volume.

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## Peanut Butter Banana TrimShake

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1 scoop chocolate TrimShake

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1 c. milk (or water or any other liquid you prefer)

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1 medium sized banana

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1-2 Tbsp. of peanut butter (to taste)

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1 c. of ice

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Blend all ingredients in the blender until smooth.

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Enjoy!

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## Peanut Butter Chocolate Truffle

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2 scoops chocolate TrimShake

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1 teaspoon creamy peanut butter

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16 oz. nonfat milk

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1/2 cup ice cubes

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## Peppermint Oatmeal Shake

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2 scoops of chocolate TrimShake

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1 c. sugar free vanilla ice cream

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1 c. oatmeal

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2 c. non-fat milk

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1/2 c. water

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A splash of peppermint extract!

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## Raspberry Chocolate Thick

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1 to 2 scoops of chocolate TrimShake

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6 to 8 oz. of whole (or 2%) milk

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6 ice cubes

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8 raspberries

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Mix in a blender on medium for 1 minute.

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Pour into a tall glass.

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Drink or eat with a spoon!

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## Reese's Pieces Shake!

1 c. skim milk

1 c. egg beaters

1 Tbsp. peter pan honey roasted peanut butter

2.5 scoops chocolate TrimShake

1 Tbsp. micronized creatine

A sufficient amount of Coffee mate sugar free

hazelnut flavoring!

Blend for 30-40 Seconds

## Strawberry Cheesecake Shake

10 oz. pure water

8 frozen strawberries

4 Tbsp. low fat sour cream

10-15 drops liquid stevia (optional)

1.5 scoops chocolate TrimShake

## Triple Chocolate Protein Shake

2 scoops of chocolate TrimShake

½ avocado

½ a banana

1 Tbsp. unsweetened cocoa powder

1 Tbsp. raw honey (optional)

Handful of ice cubes

Add all ingredients into a blender or

food processor.

## Turtle TrimShake

1 c. almond milk

6 ice cubes

1 scoop chocolate TrimShake

1 tsp. caramel flavor

1 Tbsp. chopped nuts

1 Tbsp. coconut

Mix all ingredients until smooth.

Pour into glass and enjoy!

## Wild Chocolate Orange

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1 scoop chocolate TrimShake

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1 c. low fat Almond milk

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2-3 drops wild orange doTERRA essential

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oil. Shake in shaker

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