

Banana and Oats TrimShake

8 oz. skim milk

1 banana

1/2 c. of oats

2 scoops of Vanilla TrimShake

Banana Bread Shake

2 scoops Vanilla TrimShake

1 banana

1/2 c. Quaker oatmeal (cook with boiling water)

3/4 c. Kellogg's Bran Flakes

1 bottle of water

Sugar, brown sugar or artificial sweetener to taste

Berries & Cream Shake

1 scoop of vanilla TrimShake

1 scoop of ice

1 small can of pineapple juice (cook
with boiling water)

1 handful of mixed berries

Blend and enjoy!

Cinnamon Roll Protein Shake

2 scoops Vanilla TrimShake

1 Tbsp. sugar-free instant vanilla pudding

1/4 tsp. cinnamon

1/2 tsp. imitation vanilla (or 1/4 tsp. extract)

1 packet artificial sweetener

A few dashes butter flavor sprinkles or extract

8 oz. water (or low-fat milk)

3 ice cubes

Dreamsicle Shake

2-3 Scoops vanilla TrimShake
Seeds from half a length of real vanilla bean
1 tsp. Vanilla extract (real not imitation)
4 oz. water
6 oz. Orange juice + zest from half orange
3 Tbsp. whipping cream (heavy cream, not from can)
1/2-c. vanilla yogurt (or frozen vanilla yogurt)
Ice cubes at end to add desired consistency

Fruit Punch

1 scoop vanilla TrimShake
1 c. low fat Almond milk
3-4 frozen whole strawberries
1 drop dōTERRA lime essential oil
Mix in blender till smooth

Key Lime TrimShake

1 c. almond milk
1 Tbsp. lime juice
6 ice cubes
1-2 drops lime essential oil
1 scoop vanilla TrimShake
Mix together until ice is crushed and enjoy :)
Optional: garnish with whipped cream and crushed
cookie or graham cracker crumbs and a twist of lime.

Orange Dream Machine

1 scoop vanilla TrimShake
1 c. low fat almond milk
2-3 drops of doTERRA wild orange essential oil
Shake well in shaker

Peanut Butter & Banana TrimShake

1 scoop vanilla TrimShake

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

1 medium sized banana

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

1 c. of ice

Blend all ingredients in the blender until
ice is chopped.

Enjoy!

Peanut Butter Banana TrimShake

1 scoop of vanilla TrimShake

2 Tbsp. PB2 (powdered peanut butter with less fat)

1/2 Banana

1/4 c. of Ice

1/2 c. of Unsweetened Almond Milk

Blend and Enjoy!

Peach Smoothie

1/2 c. almond milk

1/2 c. nonfat plain or Greek yogurt

1 scoop vanilla TrimShake

1/2 tsp. agave nectar

1/4 c. fresh peach, peeled and chopped

1 drop of doTERRA wild orange essential oil.

4 ice cubes

Blend ingredients until smooth consistency.

Pineapple Crush

4 ice cubes

12 oz. water

2 scoops vanilla TrimShake

1/2 c. pineapple chunks

Pineapple Pumpkin Smoothie

3/4 c. Coconut Dream unsweetened coconut drink

1 scoop vanilla TrimShake

2 Tbsp. pumpkin (canned or fresh cooked)

2 Tbsp. nonfat plain or Greek yogurt

Frozen pineapple (to desired consistency)

Sweeten to taste w/ stevia or agave (if desired)

Blend until smooth. Serve immediately.

Makes 1 serving

Pumpkin Pie Shake

1 scoop vanilla TrimShake

1 c. milk or water (liquid of choice)

1/2 c. pumpkin puree

1-2 drops of doTERRA cinnamon essential oil

1 drop doTERRA cassia essential oil

1 Tbsp. nuts (pecan or walnuts)

1 c. ice

Blend all ingredients until smooth and enjoy!

Root Beer Float (Low Carb)

12 oz. can of diet Root Beer (we like A&W)

2 scoops vanilla TrimShake

4-6 ice cubes

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

Blend carefully! Blend whipping cream, 4-6 ice cubes and enough water to make a paste out of protein, and then add a little A&W at a time.

Your blender will explode if you add it all at once!

Strawberry Banana Shake

1 scoop Vanilla TrimShake

1 c. Milk or water (or liquid of choice - almond/soy milk)

1/2 c. strawberries

1/2 banana

1 c. ice

Blend all ingredients until smooth. Enjoy!

Strawberry Cheesecake

10 oz. pure water

8 frozen strawberries

4 Tbsp. low fat sour cream

10-15 drops liquid stevia (optional)

1.5 oz. vanilla TrimShake

Strawberry Nutty Shake

2 Scoops of vanilla TrimShake

1 c. of fat-free Greek strawberry yogurt

6 shredded macadamia nuts

Strawberry with a splash of Wild Orange

1 scoop of vanilla TrimShake

1/2 c. Frozen Strawberries

1/2 c. of Unsweetened Almond Milk

1-2 drops of Wild Orange oil

Blend and enjoy the wonderful aroma and taste!

The Hulk

2 scoops Vanilla TrimShake

1/2 Tbsp. sugar-free pistachio pudding mix

1 mint leaf or a few drops peppermint oil

1 drop of green food coloring (optional)

8 oz. cold water or low-fat milk

3-5 ice cubes

Tropical Breeze

1 c. unsweetened vanilla almond milk

1 c. frozen pineapple

1 tsp. shredded coconut or coconut milk

1/2 c. frozen blueberries

1 scoop vanilla TrimShake

Mix in a blender for 30 seconds.

Tropical Dream

3/4 c. Coconut Dream unsweetened coconut drink

1/4 c. nonfat plain or Greek yogurt

1 scoop vanilla TrimShake

2 Tbsp. fresh chopped pineapple

1/4 banana

1 c. frozen strawberries

Blend until smooth consistency.

Serve immediately. Makes 1 serving

Wild Berry Boost

2 scoops vanilla TrimShake

8 raspberries

4 strawberries

15 blueberries

16 oz. nonfat milk

1/2 c. ice cubes

Wild Orange & Berry TrimShake

1 c. almond milk

1/2 c. frozen mixed berries

1 scoop vanilla TrimShake

2 drops wild orange essential oil

Blend well until berries are crushed. You can substitute wild orange with other citrus oils for a different flavor.

You're Nutty! Chocolate Shake

1 scoop vanilla TrimShake

2 Tbsp. nutella

1 c. milk (or liquid of your choice)

1 oz. pecans

1 c. of ice

Blend all ingredients until smooth.

Enjoy!
