



WEIGHT LOSS
SOLUTION



**TLS® NUTRITION SHAKE
RECIPES**

TLS[®] NUTRITION SHAKE RECIPES

MINT CHOCOLATE CHIP

2 scoops TLS Chocolate Delight Nutrition Shake
1 tsp. mint extract
½ cup unsweetened dark chocolate
(broken up, 70% cocoa or higher)
1 cup skim milk

ALMOND MOCHA

2 scoops TLS Creamy Vanilla Nutrition Shake
1 tsp. almond extract
1 tbsp. instant coffee
1 cup unsweetened almond milk

CHOCOLATE RASPBERRY

2 scoops TLS Chocolate Delight Nutrition Shake
1 cup raspberries
1 tsp. vanilla extract
1 cup skim milk

PINA COLADA

2 scoops TLS Creamy Vanilla Nutrition Shake
½ banana
½ cup pineapple juice
¼ cup unsweetened coconut
(or 1 tsp. coconut extract)
½ cup skim milk

VERY BERRY

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup raspberries
½ cup blueberries
½ cup blackberries
½ cup strawberries
1 cup skim milk

BLACK CHERRY BERRY

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup black cherries (pitted)
½ blackberries
1 cup skim milk

SPICE CAKE

2 scoops TLS Creamy Vanilla Nutrition Shake
1 tbsp. almond butter
1 tsp. vanilla extract
½ tsp. cinnamon
1 tsp. nutmeg
1 cup skim milk

ORANGE TWIST

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup strawberries
½ cup unsweetened orange juice
½ cup water

STRAWBERRY BLAST

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup strawberries
½ cup mango
1 cup skim milk

LEMONADE BURST

2 scoops TLS Creamy Vanilla Nutrition Shake
Juice of 1 small lemon
1 cup strawberries
1 cup skim milk

BLACKBERRY CREAMSICLE

2 scoops TLS Creamy Vanilla Nutrition Shake
1 cup blackberries
1 cup unsweetened almond milk

RASPBERRY CHAI

2 scoops TLS Creamy Vanilla Nutrition Shake
1 cup unsweetened green tea
1 cup raspberries

KEY LIME PIE

2 scoops TLS Creamy Vanilla Nutrition Shake
Juice of 1 lime
1 tbsp. agave
1 cup skim milk

NOTE: To give your shake a thicker consistency, add 5 ice cubes.

TLS[®] NUTRITION SHAKE RECIPES

CRASHING CRANBERRY

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup unsweetened cranberry juice
½ cup water

GREEN DREAM

2 scoops TLS Creamy Vanilla Nutrition Shake
1 cup strawberries
2 kiwifruits (peeled)
½ cup skim milk
2 scoops Complete Greens[®]
½ cup water

BANANA BREAD

2 scoops TLS Creamy Vanilla Nutrition Shake
1 cup unsweetened vanilla almond milk
1 banana
½ cup (dry measure) rolled oats
1 tsp. cinnamon

APPLE-BANANA CINNAMON

2 scoops TLS Creamy Vanilla Nutrition Shake
1 cup unsweetened almond milk
1 apple (cored, sliced)
½ banana
1 tsp. cinnamon

CHOCOLATE PEANUT BUTTER

2 scoops TLS Chocolate Delight Nutrition Shake
1 cup unsweetened almond milk
1 tbsp. reduced fat peanut butter
1 tbsp. dark cocoa powder

BROWNIE CHEESECAKE

2 scoops TLS Chocolate Delight Nutrition Shake
1 cup unsweetened almond milk
1 tsp. dark chocolate cocoa powder
1 tsp. JELL-O instant sugar-free Cheesecake
 Pudding mix

BLUEBERRY-PEACH COBBLER

2 scoops TLS Creamy Vanilla Nutrition Shake
1 cup unsweetened almond milk
½ cup blueberries
1 cup sliced peaches
1 tsp. vanilla extract
2 graham crackers

COFFEE MOCHA LATTE

2 scoops TLS Chocolate Delight Nutrition Shake
1 cup unsweetened almond milk
1 tsp. instant coffee
1 tsp. cocoa
1 tsp. vanilla extract

BLACKBERRY-LEMON COOLER

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup blackberries
1 cup unsweetened almond milk
1 tsp. lemon zest

APPLE CINNAMON

2 scoops TLS Creamy Vanilla Nutrition Shake
½ tsp. cinnamon
¼ cup Greek yogurt
¼ cup unsweetened applesauce
1 cup skim milk

CARDAMOM VANILLA

2 scoops TLS Creamy Vanilla Nutrition Shake
1 tsp. ground cardamom
¼ cup Greek yogurt
1 cup skim milk

LIME

2 scoops TLS Creamy Vanilla Nutrition Shake
½ lime, juiced
1 tsp. agave
1 cup skim milk

NOTE: To give your shake a thicker consistency, add 5 ice cubes.

TLS® NUTRITION SHAKE RECIPES

PINEAPPLE

2 scoops TLS Creamy Vanilla Nutrition Shake
¼ cup pineapple
¼ cup Greek yogurt
1 cup skim milk

CHOCOLATE STRAWBERRY

2 scoops TLS Chocolate Delight Nutrition Shake
1 cup strawberries
1 cup skim milk

STRAWBERRY BANANA

2 scoops TLS Creamy Vanilla Nutrition Shake
1 banana
1 cup strawberries
1 cup skim milk

CHOCOLATE BANANA

2 scoops TLS Chocolate Delight Nutrition Shake
1 banana
1 cup skim milk

VANILLA LATTE

2 scoops TLS Creamy Vanilla Nutrition Shake
1 tsp. instant coffee
1 tsp. agave
1 cup skim milk

CHOCOLATE COCONUT

2 scoops TLS Chocolate Delight Nutrition Shake
¼ cup coconut
1 tsp. agave
1 cup skim milk

FALL FITNESS

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup cooked sweet potato or ½ cup
canned pumpkin
½ tsp. cinnamon
¼ tsp. ginger
1 cup skim milk

BLUEBERRY

2 scoops TLS Creamy Vanilla Nutrition Shake
¼ cup blueberries
1 cup skim milk

GO GREEN

2 scoops TLS Creamy Vanilla Nutrition Shake
½ cup spinach
½ cup gently steamed broccoli
1 tsp. lemon zest
½ cup Greek yogurt

CAKE BATTER

2 scoops TLS Creamy Vanilla Nutrition Shake
1 cup unsweetened almond milk
½ cup low-fat cottage cheese
½ tsp. pure vanilla extract

PEANUT BUTTER & JELLY

2 scoops TLS Creamy Vanilla Nutrition Shake
1 tbsp. reduced fat peanut butter
½ cup strawberries
1 cup unsweetened almond milk

NOTE: To give your shake a thicker consistency, add 5 ice cubes.