

RECIPES

SHAKE IT UP! FOREVER LITE SHAKE RECIPES



Give your body the nutrients it needs with two daily Forever Lite shakes, which provide 100% of the RDI (Reference Daily Intake) of vitamins and minerals, as well as proteins for body building and cell growth and repair. Each shake contains 18 amino acids (including 8 essentials) and trace elements including iron, selenium, chromium and iodine, providing your body with soluble and insoluble fiber. We've also added the antioxidant Beta Carotene and vitamins A and E to help protect against free radicals. Forever Lite is a great-tasting, nutritionally sound meal replacement.

2 Forever Lite shakes have 100% of the RDI of vitamins and minerals. Shake your way to fitness with this assortment of healthy, tasty meal replacements that your whole family can enjoy!

Taste of Freedom

1 scoop Vanilla Forever Lite
4 oz. Forever Freedom
4 oz. orange juice
Crushed ice
Blend until smooth
180 calories

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Oatmeal Delight

1 scoop Vanilla Forever Lite
1 tbsp. Forever Bee Honey
or brown sugar
2 tbsp. instant oats
1/2 tsp. cinnamon
10 oz. skim milk or water
Blend
300 calories

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Just Peachy

1 scoop Vanilla Forever Lite
10 oz. skim milk
1 fresh peach
1/2 tsp. peach extract
Crushed ice
Blend until smooth
240 calories

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Peaches n' Berries

1 scoop Vanilla Forever Lite
4 oz. Aloe Bits n' Peaches
5 oz. skim milk
1/2 cup frozen raspberries or strawberries
Crushed ice
Blend
225 calories

Spicy Double Dutch Chocolate

1 scoop Chocolate Forever Lite
10 oz. hot skim milk
1/4 tsp. ginger
1/2 tsp. cinnamon
1/2 tsp. cloves
1 tbsp. unflavored gelatin
Blend until smooth
200 calories

Dream Cream

1 scoop Vanilla Forever Lite
6 oz. fresh orange juice
4 oz. natural sparkling
mineral water
Crushed ice
Blend until smooth
175 calories

Berry Strawberry

1 scoop Vanilla Forever Lite
6 oz. natural sparkling mineral water
4-6 strawberries
Crushed ice
Blend until smooth
140 calories

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Almond Mocha Creme

1 scoop Vanilla Forever Lite
10 oz. skim milk
2-3 drops almond extract
2-3 drops rum extract
Blend until smooth
200 calories

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Forever Colada

1 scoop Vanilla Forever Lite
10 oz. skim milk
1/2 tsp. coconut extract
1/2 tsp. rum extract
1/2 tsp. Forever Bee Honey
Crushed ice
Blend until smooth
235 calories

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Forever Fruit

1 scoop Vanilla Forever Lite
10 oz. skim milk
1/2 banana
3 fresh strawberries
1 tsp. crushed pineapple
1 tsp. orange juice
Crushed ice
Blend until smooth
290 calories

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Choco-Nana Chunk

1 scoop Chocolate Forever Lite
8 oz. cold skim milk
1/2 banana
Crushed ice
Blend until smooth
255 calories

Buttery Mint

1 scoop Vanilla Forever Lite
10 oz. skim milk
1 tsp. Forever Bee Honey
2-3 drops butter extract
2-3 drops mint extract
Crushed ice
Blend until smooth
225 calories

After Eight

1 scoop Chocolate Forever Lite
8 oz. skim milk
Fresh mint leaf
Crushed ice
Blend until smooth
200 calories

Banana Nut Creme

1 scoop Vanilla Forever Lite
10 oz. skim milk
1-2 drops banana extract
1-2 drops black walnut extract
Crushed ice
Blend until smooth
200 calories



Hawaiian Style

1 scoop Vanilla Forever Lite
 4 oz. Aloe Vera Gel or Freedom
 4 oz. Pineapple juice
 1/2 c. fresh or frozen pineapple, berries, or other fruit
 Crushed ice
 Blend until smooth
 230 calories

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Tropical Blast

1 scoop Vanilla Forever Lite
 4 oz. skim milk
 1 tsp. Forever Bee Honey
 1/2 banana
 1/4 cup shredded coconut
 Crushed ice
 Blend until smooth
 340 calories

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Nut Fudge Drink

1 scoop Chocolate Forever Lite
 10 oz. skim milk
 1 tsp. Forever Bee Honey
 1-2 drops black walnut extract
 Crushed ice
 Blend until smooth
 225 calories

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Holiday Eggnog

1 scoop Vanilla Forever Lite
 10 oz. hot or cold skim milk
 1 tsp. Forever Bee Honey
 1-2 drops eggnog extract
 1-2 drops brandy extract
 1-2 drops rum extract
 1-2 drops vanilla extract
 Crushed ice
 Blend until smooth
 225 calories

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Fruit n' Honey

1 scoop Vanilla Forever Lite
 8 oz. apple juice
 1/2 c. frozen or fresh fruit
 1 tsp. Forever Bee Honey
 Crushed ice
 Blend until smooth
 250 calories

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Orchard Morning

1 scoop Vanilla Forever Lite
 1 cup apple juice
 1/2 cup in-season fresh fruit
 1 cup low-fat, plain yogurt
 1 tsp. Forever Bee Honey
 1 Forever Bee Pollen tablet, crushed
 Crushed ice
 Blend until smooth
 370 calories

Vanilla Coconut

1 scoop Vanilla Forever Lite
 10 oz. skim milk
 2-3 drops coconut extract
 or shredded coconut* 2-3 drops vanilla extract
 Crushed ice
 Blend until smooth
 200 calories
 * add 45 calories per 1 1/2 tbsp.
 shredded coconut

Chocolate Almond Fudge

1 scoop Chocolate Forever Lite
 10 oz. skim milk
 2-3 drops coconut extract
 or shredded coconut
 2-3 drops almond extract
 Crushed ice
 Blend until smooth
 200 calories

Smooth n' Fruity

1 scoop Vanilla Forever Lite
 1 cup apple or orange juice
 1/2 banana
 1 cup lowfat plain yogurt
 Crushed ice
 Blend until smooth
 355 calories

Red Cherry Delight

1 scoop Vanilla Forever Lite
 10 oz. skim milk
 1 tsp. cherry extract
 Dash of nutmeg
 Crushed ice
 Blend until smooth
 200 calories

Cherry Brandy Creme

1 scoop Vanilla Forever Lite
10 oz. skim milk
1 tsp. Forever Bee Honey
1-2 drops cherry extract
1-2 drops brandy extract
Crushed ice
Blend until smooth
225 calories

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Chocolate-Covered Orange

1 scoop Chocolate Forever Lite
10 oz. skim milk
1-2 drops chocolate extract
1-2 drops orange extract
Crushed ice
Blend until smooth
200 calories

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Choco-Berry Nut

1 scoop Chocolate
Forever Lite
10 oz. skim milk
3-4 strawberries
1 tsp. peanut butter
Crushed ice
Blend until smooth
300 calories

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All-Spiced Up

1 scoop Chocolate Forever Lite
10 oz. skim milk
Dash of all-spice
1/2 banana
Crushed ice
Blend until smooth
255 calories

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Tropical Dream

1 scoop Vanilla Forever Lite
8 oz. orange juice
1/2 cup crushed pineapple
1/2 banana
Crushed ice
Blend until smooth
300 calories

Mocha De-Lite

1 scoop Vanilla Forever Lite
10 oz. skim milk
Instant coffee powder or syrup
1/2 banana
Crushed ice
Blend until smooth
255 calories

Butterscotch Swirl

1 scoop Vanilla Forever Lite
10 oz. skim milk
2 tsp butterscotch flavoring
Crushed ice
Blend until smooth
200 calories

Peanut Butter Power Treats

1/2 cup Chocolate or Vanilla Forever Lite
1 cup natural peanut butter
1/2 cup of your choice:

- fresh coconut
- granola or oatmeal
- raisins

Mix and roll into 1" balls for a handy
snack-on-the-go!
Calories will vary per added ingredients.