

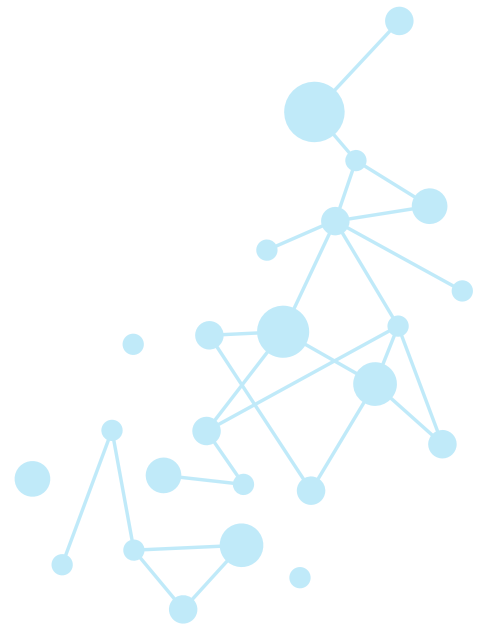


LifeVantage®

PHYSIQ™

PROTEIN SHAKE

smoothie + meal recipes





TRIPLE *berry*

- **8-10 OZ** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/3 CUP** frozen strawberries
- **1/4 CUP** frozen raspberries
- **1/4 CUP** frozen blackberries

BLEND WELL AND ENJOY

BERRY *peach*

- **1 CUP** water
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/2** ripe peach (peeled)
- **6** frozen strawberries
- **1 TBSP** flaxseed oil

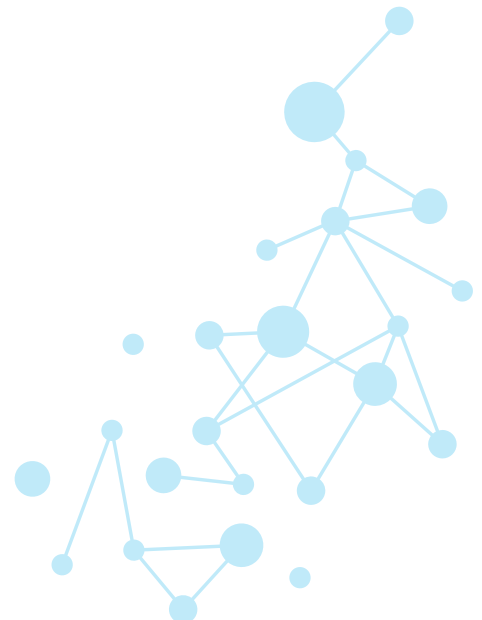
BLEND WELL AND ENJOY

tropical

- **8-10 OZ** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/2** frozen banana
- **1/3 CUP** frozen pineapple

BLEND WELL AND ENJOY

- * May be substituted with any unsweetened milk alternative
- TIP** Add 1 scoop of LifeVantage Vanilla Protein to increase protein
- TIP** Add 1/3 cup oatmeal to any smoothie to increase fiber
- TIP** Add flax seed for additional omega 3's





POWER *pineapple*

- **1 CUP** pineapple juice
- **1 SCOOP** LifeVantage Vanilla Protein
- **3** strawberries
- **1** banana
- **1 TBSP** greek yogurt

BLEND WELL AND ENJOY

POWER *greens*

- **8-10 OZ** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/2** frozen banana
- **1/2 CUP** spinach

BLEND WELL AND ENJOY

SWEET *spinach*

- **1 CUP** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1 LARGE HANDFUL** of organic baby spinach
- **1/4 CUP** frozen mango chunks
- **1/4 CUP** frozen pineapple
- **1/2** banana (fresh or frozen)
- **1 TBSP** flax meal
- **1 TBSP** chia seeds

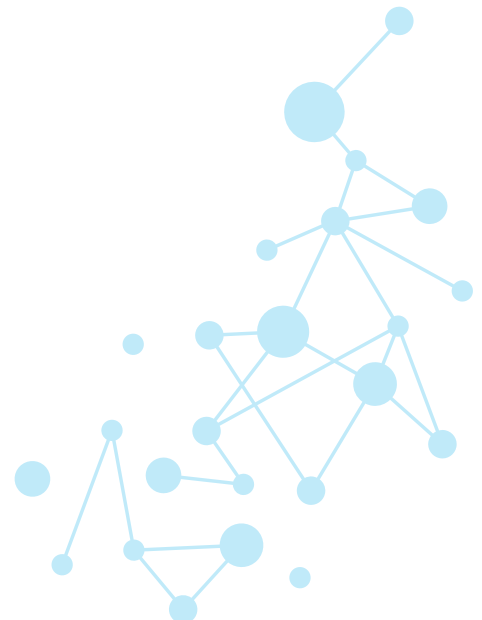
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strawberries AND CREAM

- **8-10 OZ** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/3 CUP** frozen strawberries

BLEND WELL AND ENJOY

banana ALMOND CREAM

- **1/2 CUP** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1** frozen banana
- **10** almonds
–or 1 teaspoon of Almond Butter

BLEND WELL AND ENJOY

VANILLA *coffee cream*

- **8-10 OZ** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/3 CUP** coffee
–freeze left over coffee in ice cube trays and you can use this for future shakes
- **ADD** ice

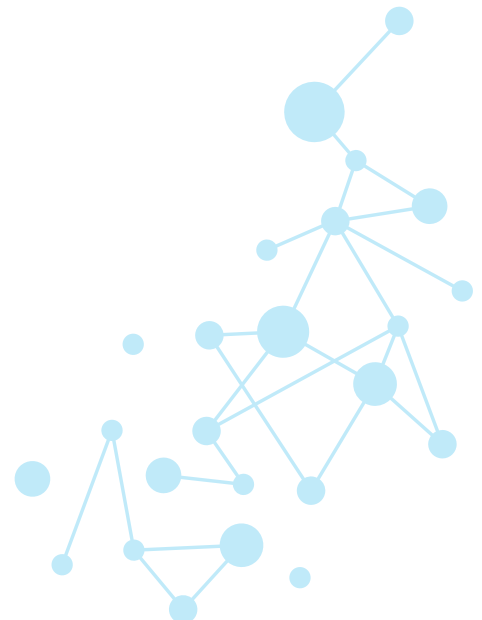
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almond butter CHIA

- **1** CUP skim milk*
- **1** SCOOP LifeVantage Vanilla Protein
- **1** LARGE ripe banana
- **1** TBSP unsweetened almond butter
- **1** TBSP chia seeds

OPTIONAL

Add in ground cinnamon, maca powder, cacao powder, blueberries (or fruit of choice), spinach (or green of choice).

BLEND WELL AND ENJOY

pb+j

- **1** CUP skim milk*
- **1** SCOOP LifeVantage Vanilla Protein
- **1** CUP frozen berries
- **1** TBSP all-natural peanut or almond butter
- **2** TBSP rolled oats

BLEND WELL AND ENJOY

peanut butter CHOCOLATE

- **1** CUP skim milk*
- **1** SCOOP LifeVantage Vanilla Protein
- **1** LARGE frozen banana
- **1** TSP peanut butter
- **10** chocolate chips

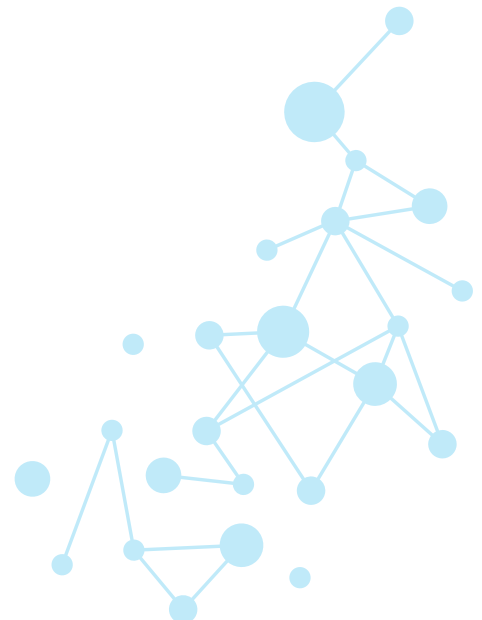
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strawberry NUT

- **1 SCOOP** LifeVantage Vanilla Protein
- **1 CUP** fat-free strawberry greek yogurt
- **4** strawberries
- **6** chopped macadamia nuts

BLEND WELL AND ENJOY

pumpkin PIE

- **8-10 OZ** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/2 CUP** pumpkin puree
- **ADD** cinnamon or pumpkin pie spice to taste
- **ADD** ice

BLEND WELL AND ENJOY

key lime PIE

- **1 CUP** skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1** frozen banana
- **1 TBSP** key lime juice
- **ZEST** of one key lime
- **1 TEASPOON** maple syrup
- **1 CUP** ice cubes

OPTIONAL

Top with a dollop of greek yogurt and graham cracker crumbs.

BLEND WELL AND ENJOY

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oatmeal COOKIE

- **1-1/2** CUP water or skim milk*
- **1** SCOOP LifeVantage Vanilla Protein
- **1** CUP dry oatmeal
- **1/2** TEASPOON cinnamon
- **1/8** CUP sugar-free maple syrup
- **1** TBSP chopped almonds

BLEND WELL AND ENJOY

french TOAST

- **1** CUP water
- **1** SCOOP LifeVantage Vanilla Protein
- **1/2** CUP fat free cottage cheese†
- **1** TSP cinnamon
- DASH of nutmeg or pumpkin pie spice
- **3-5** PACKETS of Stevia or sweetener of choice to taste
- ADD ice

OPTIONAL

Top with light whipped cream and a dash of cinnamon.

+ Cottage cheese gives the shake a thicker consistency.
If you are sensitive to dairy, use tofu instead.

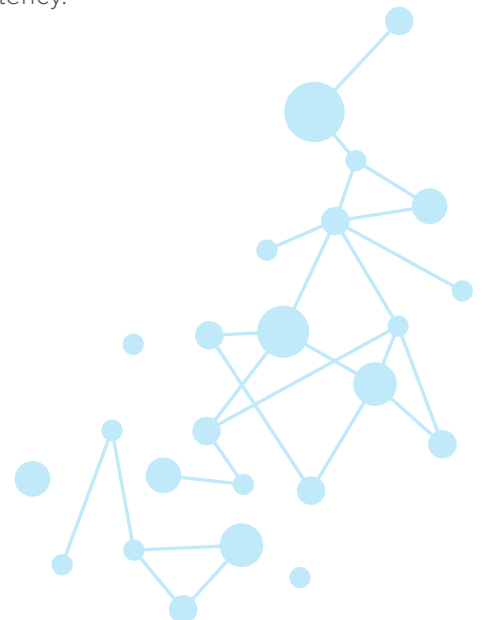
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berry OATMEAL

- **1** SCOOP LifeVantage Vanilla Protein
- **1** CUP oats
- **1/2** CUP skim milk*
- **1** CUP blueberries (fresh)

Microwave oats and milk for 2 ½ - 3 minutes.
Thoroughly mix protein powder into the oats.
Add blueberries on top.

ENJOY

vanilla PANCAKES

- **1** SCOOP LifeVantage Vanilla Protein
- **1/2** CUP oats
- **1** TBSP skim milk*
- **1** TSP baking powder
- **1** egg white
- **1/4** CUP plain nonfat greek yogurt

- 1** Blend oats in a blender.
- 2** Stir dry ingredients together.
- 3** Add wet ingredients (batter will be thick).
- 4** Heat pan on medium heat, slowly spoon or ladle batter into pan.
- 5** Flip after about a minute and a half to the other side.

OPTIONAL

Top with fruit, greek yogurt and/or pure maple syrup.

ENJOY

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TIP Add 1 scoop of LifeVantage Vanilla Protein to increase protein

TIP Add flax seed for additional omega 3's





vanilla almond GRANOLA

- **1 SCOOP** LifeVantage Vanilla Protein
- **1/4 CUP** crunchy almond butter
- **1/4 CUP** honey
- **1 TEASPOON** pure vanilla extract
- **1 TBSP** cinnamon, ground
- **1/4 TEASPOON** salt

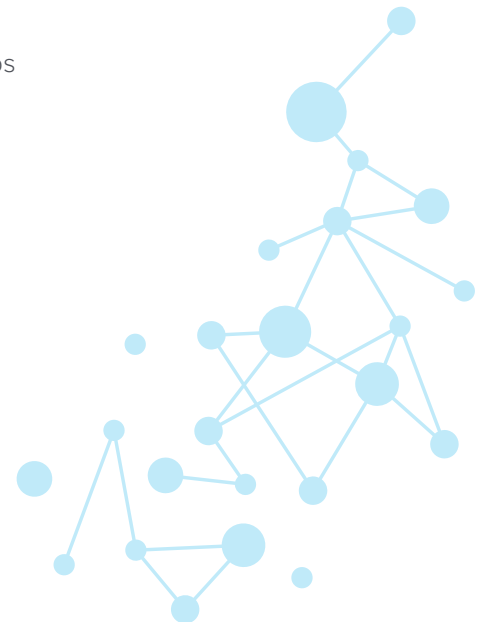
- 1** Preheat oven to 325F and spray a baking sheet with cooking spray or line it with parchment paper or a non-stick baking mat. Set aside.
- 2** In a small saucepan over medium-low heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey.
- 3** Stir in vanilla extract.
- 4** Remove from heat and add oats, protein powder, flax, cinnamon and salt.
- 5** Mix well and use a spatula to ensure that all of the oats are well coated.
- 6** Spread the granola mixture over a baking sheet, leaving as many clusters as you want, and bake for 8 minutes.
- 7** Stir and bake for another 8 minutes, or until lightly golden.
- 8** Let cool completely before adding chocolate chips and transferring to a storage container.

ENJOY

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TIP Add 1 scoop of LifeVantage Vanilla Protein to increase protein

TIP Add flax seed for additional omega 3's





cinnamon APPLES

- **1** SCOOP LifeVantage Vanilla Protein
- **3** apples of your choice
- **1** TBSP cinnamon, ground

- 1** Cut the three apples into chunks or slices and place them into a plastic bag.
- 2** Add the cinnamon and the protein powder into the bag. Seal the bag and shake vigorously.
- 3** Serve now or place in the refrigerator to chill for a few minutes.

ENJOY

peanut butter BANANA

- **1** SCOOP LifeVantage Vanilla Protein
- **1** medium banana
- **1** TBSP peanut butter
- **4-5** DROPS of water

- 1** Slice the banana in half lengthwise.
- 2** Mix peanut butter and protein powder together in a small bowl. Add a few drops of water, and mix until a soft dough forms.
- 3** Smear nut butter mixture on one half of the banana, and top with the other half.

ENJOY

* May be substituted with any unsweetened milk alternative

TIP Add 1 scoop of LifeVantage Vanilla Protein to increase protein

TIP Add flax seed for additional omega 3's

