



A Very Berry Delight

for every day of the month.
Just add Shakeology®.

Here's how to make it: For each of these delicious shakes, add 1 serving of GreenBerry Shakeology and water (see just below) for a thicker shake or in the ingredients listed. Mix it together and enjoy.

You've got the shakes! Fresh or frozen (apple, pineapple, kiwi, banana) or mix with the food that you add. The smoother, the better!

<p>1 Orange Sunrise ½ cup orange juice ½ cup water</p> 	<p>2 Strawberry Peach Paradise ½ cup strawberries ½ cup peaches 1 cup water</p>	<p>3 Strawberry Tango ½ cup strawberries ½ cup mango 1 cup water</p> 	<p>4 Citrus Berry ½ cup strawberries ½ cup orange juice 1 cup water</p>	<p>5 Lemonade ½ cup organic lemonade ½ banana ½ cup skim milk</p> 	<p>6 Strawberry Lemonade Juice of ½ small lemon ½ cup strawberries 1 cup water</p>	<p>7 Mangoes ½ cup mango ½ banana 1 Tbsp. plain nonfat yogurt 1 Tbsp. honey 1 cup water</p>
<p>8 Very Berry Squares ½ cup strawberries ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p>9 Pineapple n Go Go ½ cup pineapple juice ½ banana ½ cup water</p>	<p>10 Fraggy Berry ½ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>11 Banana Sunshine ½ banana ½ cup orange juice ½ cup water</p> 	<p>12 Red Mango Hurricane ½ cup mango ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>13 Berry Extreme ½ cup blackberries ½ cup raspberries ½ cup blueberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p>14 Blackberry Storm ½ cup blackberries 1 cup water</p> 
<p>15 Rose Berry 1 cup strawberries ½ cup plain nonfat yogurt 1 Tbsp. honey 1 cup skim milk</p>	<p>16 Almond Honey-Limeade 1 cup almond milk 1 Tbsp. honey</p> 	<p>17 Tea Berry Zinger 1 cup cold unsweetened green tea 1 cup strawberries</p> 	<p>18 Pineapple Cream ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p>19 Key Lime Dream Juice of 1 lime 1 Tbsp. honey 1 cup skim milk</p> 	<p>20 Berry with a Twist Juice of ½ lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water</p>	<p>21 Citrus Pucker Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water</p>
<p>22 Red Berry 1 cup strawberries 1 cup skim milk</p> 	<p>23 Cherry Berry ½ cup milk ½ cup cherries (pitted) ½ cup unsweetened cranberry juice ½ cup water</p>	<p>24 Raspberry Rascal Juice of ½ small lime ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p>25 Mango Tango ½ cup mango ½ cup pineapple juice ½ cup water</p>	<p>26 Apple Breeze ½ cup apple juice ½ cup raspberries ½ cup water</p>	<p>27 Papaya Splash ½ cup papaya ½ cup orange juice ½ cup water</p> 	<p>28 Cranberry Chiller ½ cup unsweetened cranberry juice ½ cup water</p>
<p>29 Strawberry Kiwi Delight 1 cup strawberries ½ kiwifruit (pitted) ½ cup skim milk ½ cup water</p>	<p>30 Pineapple Sunset ½ cup strawberries ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p>Try a healthy dessert recipe too. Here's one for a special occasion.</p>		<p>Key Lime Shakeology Pie</p> <ol style="list-style-type: none"> 1 medium GreenBerry Shakeology® 1 medium kiwi, sliced or fresh jalapeno, 1 slice 1 cup Raspberry Juice 1 Tbsp. sugar-free lime gelatin 1 Tbsp. orange juice 1 cup skim milk 1 cup of "Shakeology"® or Juice For Green Berry Milk Shake up on your health. Add other fresh whole-food garnish: crushed blueberries, 200 mg good for you! 	<p>Preparation: Place into GreenBerry Shakeology and 50% organic sweetener (stevia, and organic cane or turbinado sugar with smooth processing. Place into one quart blender jar and fill with 1 liter of water.</p>	

90 Day Meal Plan Template

Michal Rosen-Zvi



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The Computer Diet - Metric Edition Vincent Antonetti, PhD, 2018-02-12

Family Meal Solution, The Allie Gaunt, Jessica Beaton, 2022-07-05 Wouldn't it be amazing to feel organised and inspired about the week's meals and confident that family members big and small are getting the nourishment they need every day all while not breaking the bank Is this too much to ask The One Handed Cooks don't think so Try their flexible and thoroughly tested system and recipes and you'll feel in control in your life and kitchen Forget a strict meal plan and hours of food prep The secrets actually lie in making the most of the freezer and slow cooker preparing multiple meals while you're in the kitchen being clever with leftovers and embracing fast meals Individual preferences and common allergies and intolerances are easily catered for too allowing everyone in the family to eat together

Ageless fitness Pankaj Patil, 2025-05-17 Turning 40 doesn't mean slowing down it's the perfect time to take control of your health build strength and feel your best *Ageless Fitness At 40 and Beyond* is more than just a book it's a blueprint for your fitness journey equipping you with the knowledge and tools to become your own fitness guide Covering everything from calorie balance and strength training to sleep hydration movement and supplements this book simplifies fitness science into practical easy-to-follow steps You'll learn how to design a personalized plan track progress effectively debunk common myths and make sustainable choices that fit into your lifestyle track progress without stress and develop the right mindset to stay motivated Although designed for those 40 and beyond the principles in this book apply at any age whether you're starting fresh at 30 50 or beyond the fundamentals remain the same Plus a companion website offers workout guides meal planners and additional resources to keep you on track *Ageless Fitness* helps you break barriers and redefine what's possible at any age Your fittest years are still ahead let's get started

[High-Performance Nutrition for Masters Athletes](#) Lauren A. Antonucci, 2021 This book provides current credible nutrition guidance for athletes who are 35 years old or older The content which includes charts meal plans and expert interviews applies across all sports with emphasis on endurance sports

Health Care Food Service Systems Management Catherine F. Sullivan, Courtney Atlas, 1998 This practical text offers a systems approach to health care foodservice management Part I introduces the reader to the principles of the systems approach to management Part II presents foodservice systems in sequential order to correspond with the flow of resources through the various departments Each chapter contains behavioral objectives keywords suggested classroom and clinical assignments and test items for developing evaluation tools An instructor's manual is provided

Gaylor Technical Survey, 1970-07

The Epilepsy Diet Treatment John Mark Freeman, Millicent T. Kelly, Jennifer B. Freeman, 1996 Describes the high fat low protein vegetables and sugar diet used under medical supervision to control epilepsy in children Includes comments from parents children and medical personnel

Journal of the American Dietetic Association, 2002

Prairie Farmer ,1913 **The Lancet** ,1922 **Practical Farmer** ,1917 The American School Board Journal William
George Bruce,William Conrad Bruce,Susanna Cocroft,1922 A periodical of school administration **Standard Daily Trade**
Service ,1919 **Hoard's Dairyman** ,1913 **Kimball's Dairy Farmer** ,1915 *New South Wales Government Gazette*
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