

Shakeology Tips to getting started

Here is your guide for getting started on Shakeology.

It is important to commit 90 days to yourself for implementing your new plan for nutrition and fitness.

When to drink it:

I like it during the day it really boosts my energy so take it right before your toughest part of the day- the time that you drag and you will perk up quick!

- A.M- great way to start the day
- Afternoon- great way to avoid the 3:00 crash or grazing before dinner time
- Dinner- great meal replacement if you don't have a meal planned or on the go

Tips for starting:

- Start with ½ scoop (½ packet) once a day for the first few days then progress to 1 full scoop once a day
- Don't chug it too fast! take your time in drinking your shake so it settles well
- if you have 1 scoop every day you will start to notice changes (see 10 reasons to drink Shakeology)

Tips for making:

- if you are use to really sweet foods then remember to make your shake so you enjoy it and slowly reduce the sweeteners (fruit, stevia, flavored milk etc.)
- if you like it creamy use a milk source (almond or coconut milk rock!) or add yogurt (greek preferably)
- if you want more protein- best natural source is greek yogurt- plain, vanilla or a flavor you like- use 1/2 cup adds a lot of protein & calcium
- if you are using it as a meal replacement then don't be afraid to add a few calories (yogurt, banana, fruit, milk, peanut butter, spinach, berries etc.)
- if you like it thick like a milk shake use frozen fruit, (frozen bananas rock) and add lots of ice and no more than 8oz liquid

For a complete FAQ on Shakeology go to: <http://faq.shakeology.com/>

If you are interested in doing a Shakeology Cleanse, please ask me for the 3-10 day Cleanse instructions as these tips do not apply for cleanse days.

Schedule a FREE coaching call today <https://www.vcita.com/v/coachmj>

Find me on Facebook join our online private groups: <http://www.facebook.com/CoachMaryJane>



More recipes or facts- go to our website at <http://www.ShakeforMoms.com> <http://www.LiveLoveFitness.com>

Shakeology Recipes



Chocolate Recipes

Almond Joy

1 scoop Choc Shakeology
1 cup coconut milk or water
1 tbs peanut butter or PB2
1/4 cup coconut meat (optional)
1/2 banana (optional)
ice to taste

Breakfast Blast......awesome breakfast and great way to sneak in extra grains

1 scoop Shakeology
1 cup water or your favorite liquid
1/2 banana (or berries)
1/2 cup cooked grain (oats, quinoa etc.)
1 tbs peanut butter (optional)
1 tsp maple syrup, maple extract or honey

Salted Caramel Chocolate:

1 scoop Chocolate Shakeology
1 cup milk (your choice type)
1 tsp. caramel extract
1 dash sea salt or Himalayan salt
Ice to taste

Pecan Cinnamon Roll Shakeology:

1 scoop Chocolate Shakeology
1 cup almond milk
1/2 tsp cinnamon
1/2 tsp vanilla extract
8 pecan halves (optional)
Ice to taste

No bake energy bites:

1 cup oatmeal
1/2 cup peanut butter (or nut butter)
1/3 cup honey or agave
1 cup coconut flakes
1/2 cup ground flaxseed
1/2 cup chopped nuts
1 scoop Chocolate Shakeology
1 tsp vanilla
Roll into balls or put into a pan, freeze & cut
(store in freezer or fridge)

HOT COCOA RECIPE

1. Heat your milk choice (almond/coconut)
2. Add to blender any items you would like in your hot cocoa Ideas: cinnamon, 1/2 banana to sweeten, coffee, extracts like caramel or peppermint
3. add 1 scoop choc or vanilla Shakeology
BLEND and ENJOY

Tropical Strawberry Greenberry or Vanilla Recipes

Strawberry Cheesecake

1 scoop Shakeology
1 cup vanilla almond milk
1/2 cup frozen or fresh strawberries
1 Tbsp Sugar free instant pudding
1 square graham cracker
A dash of cinnamon (to taste)

Tropical Strawberry Breeze

1 scoop Shakeology
1/2 cup fresh OJ & 1/2 cup water
1/2 cup frozen berries
1/2 cup plain greek yogurt
Ice to taste

Frozen Lemon Breeze

1 scoop Shakeology
1/2 cup Lemonade(I like Simply Lemon Raspberry)
1/2 cup water
Frozen raspberries
Ice to taste

CLEANSE / RESET RECIPE OPTIONS:

1 scoop Shakeology
1 cup of water
1/2 cup frozen berries
Ice to taste
** for flavor add cinnamon, vanilla extract, other extracts or seasonings (no sugar)



Why Shakeology?!

This amazing whole food source has changed our family's health and we don't go a day without it! Our testimonial is only one of thousands and we would love to hear your story! I get asked every day for specifics about Shakeology...even with pictures, videos, research and over 100 Dr's that talk about the amazing ingredients and success of Shakeology.

You ask.." Why should I invest in a \$4 a day meal?" This is your Best Meal of the Day! Consider how great you will feel if you invest in PREVENTION and not Prescriptions! Find out more : <http://www.CoachMaryJane.com>

10 Reasons to make Shakeology a part of your everyday!

1. Can help to eliminate symptoms of disease you may already be experiencing
2. Whole food sources of fiber, prebiotics, and digestive enzymes help your body gently eliminate toxins more efficiently and promote better absorption of all nutrients
3. Contains anti-inflammatory foods that your body is craving to reduce pain and inflammation you may be experiencing
4. More than 20 different antioxidants and phytonutrients help reduce free radical damage that can lead to heart disease, heart attacks, high blood pressure, and stroke.
5. Full of 70 ingredients you may not have time to buy or chew...a smoothie is absorbed immediately where food has to be chewed then digested. This whole-food sources deliver the daily vitamins, minerals & nutrients your body needs.
6. Easier to digest thus gentle on your digestive track allowing your body to use that extra energy for other activities
7. Can greatly reduce your risk of disease (heart disease, cancers, auto immune, IBS, Alzheimer's and many more!)
8. Can assist you in weight loss, reaching and maintaining your natural body weight
9. Great place to get your vitamins, minerals, omegas, prebiotics, fiber, grains, protein, and antioxidant super foods without refined sugar, artificial sweeteners, gluten or soy!
10. You may also notice the following perks and amazing benefits as well....
 - a very noticeable and significant reduction in pain by reducing inflammation
 - improved sleep for those that experience restless nights, needing less sleep
 - decrease in PMS and menopause symptoms
 - your hair may be longer, shinier and dandruff disappears
 - blood sugar stabilization- this is key for those suffering from cravings or diabetes
 - improved digestion and regular bowel movements- this is so important for avoiding disease
 - decrease in cravings for sweets, carbohydrates & processed foods
 - higher energy levels sustained throughout the day
 - lower cholesterol and blood pressure
 - increase in sex drive- if this doesn't make you run to the blender, I don't know what will!
 - improved skin tone, fewer blemishes, less acne, reduced redness and rosacea
 - faster growing and stronger finger nails- no more chipping and peeling tips



What have you experienced from this list or what would you like to see improvements in??

When you enjoy Shakeology daily, you will dramatically improve your level of health. Try it risk free for 30 days. Make a note of the changes you see/ feel & you might find you are addicted to the great taste of Shakeology and to the results!

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More recipes or facts- go to our website at <http://www.ShakeforMoms.com> <http://www.LiveLoveFitness.com>