



NutraStart[®]

R e c i p e s



ShapeRite[®]
by 4Life[®]



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NutraStart® Frozen Berry Blast

2 scoops NutraStart vanilla flavor
1 cup frozen berries
1 cup nonfat vanilla yogurt (Greek yogurt works best)
1 cup milk (coconut, almond, or skim)

**Put above ingredients into a blender and blend well.
Pour ingredients into bar molds and freeze.**

1

NutraStart® Berry Blast

2 scoops NutraStart vanilla flavor
1 cup fresh berries
1 cup nonfat vanilla yogurt (Greek yogurt works best)
1 cup milk (coconut, almond, or skim)

Put above ingredients into a blender and blend well.

2

3

NutraStart® Frozen Mocha Blast

2 scoops NutraStart chocolate flavor
1 teaspoon instant decaf coffee granules
2 teaspoons cocoa powder
1 cup nonfat vanilla yogurt (Greek yogurt works best)
1 cup almond milk (unsweetened)

**Put above ingredients into a blender and blend well.
Pour ingredients into bar molds and freeze.**

NutraStart® Mocha Blast

2 scoops NutraStart chocolate flavor
1 teaspoon instant decaf coffee granules
2 teaspoons cocoa powder
1 cup nonfat vanilla yogurt (Greek yogurt works best)
1 cup almond milk (unsweetened)

Put above ingredients into a blender and blend well.

4





5

NutraStart® Peanut Butter Cup

2 scoops NutraStart chocolate flavor
1 tablespoon peanut butter
1 cup milk (coconut, almond, or skim)
Optional: Add ½ cup ice.

Put above ingredients into a blender and blend well.

6

NutraStart® Chocolate Banana

2 scoops NutraStart chocolate flavor
½ banana
1 cup almond milk (unsweetened)
Optional: Add a tablespoon of peanut butter or almond butter.

Put above ingredients into a blender and blend well.

NutraStart® Apple Pie

2 scoops NutraStart vanilla flavor
1 apple sliced, peeled, and cored (or ½ cup applesauce)
½ teaspoon cinnamon
½ cup ice
1 cup milk (coconut, almond, or skim)

Put above ingredients into a blender and blend well.

7

8

NutraStart® Strawberry Lemonade

2 scoops NutraStart vanilla flavor
½ cup fresh strawberries
1 cup almond milk (unsweetened)
1 teaspoon fresh lemon juice (can also grate small amount of peel into the blend for a burst of lemon)
½ cup ice
Optional: Switch the lemon for a lime.

Put above ingredients into a blender and blend well.

9

NutraStart® Pumpkin Pie

2 scoops NutraStart vanilla flavor
½ cup pumpkin puree
¼ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup ice
1 cup milk (coconut, almond, or skim)

Put above ingredients into a blender and blend well.

NutraStart® Chocolate Pistachio

2 scoops NutraStart chocolate flavor
½ cup pistachios
½ cup ice
1 cup milk (coconut, almond, or skim)

Put above ingredients into a blender and blend well.

10



11

NutraStart® Orange Cream Energy

2 scoops NutraStart vanilla flavor
1 stick Energy Go Stix® citrus flavor
½ cup ice
1 cup milk (coconut, almond, or skim)
Optional: Replace Energy Go Stix citrus flavor with
Energy Go Stix® berry flavor.

Put above ingredients into a blender and blend well.

12

NutraStart® Berry Energy

2 scoops NutraStart vanilla flavor
1 stick Energy Go Stix berry flavor
½ cup ice
1 cup milk (coconut, almond, or skim)
Optional: Replace NutraStart vanilla flavor with NutraStart
chocolate flavor.

Put above ingredients into a blender and blend well.

13

NutraStart® Cranberry Craze

2 scoops NutraStart vanilla flavor
1 cup cranberry juice (100% juice or unsweetened)
½ cup frozen blueberries
½ cup frozen strawberries
½ cup nonfat vanilla yogurt (Greek yogurt works best)
½ cup milk (coconut, almond, or skim)

Put above ingredients into a blender and blend well.