



# NutraStart<sup>®</sup>

## R e c i p e s



ShapeRite<sup>®</sup>  
by 4Life<sup>®</sup>



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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.**