



Meal Replacement Shake Recipes

Raise a glass to your **healthier self**

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Drink to your Health with Herbal Magic.

You're no doubt familiar with the tempting creations brought to you by your favourite coffee shops: delicious drinks that are loaded with extra fat and calories. But you don't have to give up taste to enjoy healthy, lower-calorie drinks. That's why Herbal Magic created these recipes to make your already great-tasting shakes and drinks even more appealing!

The shaker bottle is the perfect companion for this book, making it easier than ever before to concoct the delicious drinks. It's a handy, portable bottle that can be used anywhere – no mess, no fuss!

At Herbal Magic, we know that variety is the spice of life – it can keep you from getting bored with your program and help you stay on track. I hope you will enjoy drinking these as much as I do.

Cheers!

– **Carmen, Strathmore, Alberta**
Lost 33 pounds

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English Toffee Shake

Serves 1

1 serving =

1 Protein & 1 Starch

Ingredients

- ✓ 3 English toffee tea bags
- ✓ 2 oz. Boiling water
- ✓ 1 pkg. VHP, Vanilla
- ✓ 12 oz. Ice water
- ✓ 5 Ice cubes

Instructions

Prepare tea with boiling water; let steep 3 minutes. Cool. Place tea, VHP, ice water and ice cubes in blender and blend until smooth.

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Chai Tea Shake

Serves 1

1 serving =

1 protein & 1 starch

Ingredients

- ✓ 3 Chai tea bags
- ✓ 2 oz. Boiling water
- ✓ 1 pkg. VHP, Vanilla
- ✓ 12 oz. Ice water
- ✓ 5 Ice cubes

Instructions

Prepare chai tea with boiling water; let steep 3 minutes. Cool. Place tea, VHP, water and ice cubes in blender; blend until smooth.



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Meal Replacement Shake Recipes

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*Please note photos are not an exact representation of the prepared recipe.



Tropical Blast Shake

Serves 4

1 serving =
1/2 protein, 1/2 starch
& 1 fruit

Ingredients

- ✓ 2 pkgs. VHP, vanilla
- ✓ 1 medium Banana
- ✓ 1 cup Pineapple, chopped
- ✓ 64 oz. Water
- ✓ 5 Ice cubes

Instructions

Place VHP, banana, pineapple, water and ice cubes in a blender; blend until smooth.



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Cappuccino Smoothie

Serves 4

1 serving =
1 protein, 1 starch
& 1 dairy

Ingredients

- ✓ 4 pkgs. VHP, Vanilla
- ✓ 32 oz. Milk (1% or skim)
- ✓ 8 tsp. Instant coffee
- ✓ 4 pkgs. Artificial sweetener
- ✓ 18 Ice cubes
- ✓ Cinnamon, to taste

Instructions

Place VHP, milk, instant coffee, sweetener and ice cubes in blender; blend until smooth. Garnish with cinnamon.



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Iced Cappuccino

Serves 4

1 serving =
1 protein & 1 starch

Ingredients

- ✓ 4 pkgs. VHP, Chocolate
- ✓ 20 Ice cubes
- ✓ 56 oz. Water
- ✓ 8 tsp. Instant coffee
- ✓ 4 pkgs. Artificial sweetener

Instructions

Place VHP, ice cubes, water, coffee and sweetener in blender; blend until smooth.



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Vanilla Grapefruit Shake

Serves 4

1 serving =
1/2 protein, 1/2 starch
& 1 fruit.

Ingredients

- ✓ 28 oz. Water
- ✓ 2 pkgs. VHP, Vanilla
- ✓ 10 Ice cubes
- ✓ 2 Cans diet grapefruit soda
- ✓ 2 Cups pineapple, chopped

Instructions

Place water, VHP, ice cubes, soda and pineapple in a blender; blend until smooth.



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Banana Split Shake

Serves 4

1 serving =
1 protein, 1 starch,
1 fruit & 1 dairy

Ingredients

- ✓ 4 pkgs. VHP, Chocolate
- ✓ 2 medium Bananas
- ✓ 4 tsp. Vanilla extract
- ✓ 32 oz. Water
- ✓ 32 oz. Milk (1% or skim)

Instructions

Combine VHP, bananas, vanilla extract, water and milk in a blender; blend until smooth.



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Root Beer Float Shake

Serves 1

1 serving =
1 protein & 1 starch

Ingredients

- ✓ 1 pkg. VHP, Vanilla
- ✓ 1 tsp. Root beer extract
- ✓ 8 oz. Ice water
- ✓ 5 Ice cubes

Instructions

Place VHP, root beer extract, water and ice cubes in blender; blend until smooth.



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Pumpkin Pie Shake

Serves 1

1 serving =
1 protein, 1 starch
& 1 vegetable.

Ingredients

- ✓ 1 pkg. VHP, Vanilla
- ✓ 1/2 cup Pumpkin, pureed
- ✓ 1/2 tsp. Nutmeg
- ✓ 12 oz. Ice water

Instructions

Place VHP, pumpkin, nutmeg and water in blender; blend until smooth.



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Creamsicle Shake

Serves 1

1 serving =
1 protein, 1 starch
& 1/2 dairy.

Ingredients

- ✓ 1 pkg. VHP, Vanilla
- ✓ 1 tsp. Orange extract
- ✓ 3 oz. Yogurt (fat-free, plain or stirred)
- ✓ 1 cup Ice water
- ✓ 5 Ice cubes

Instructions

Place VHP, orange extract, yogurt, water and ice cubes in blender; blend until smooth.



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Lemon Meringue Shake

Serves 1

1 serving =
1 protein & 1 starch.

Ingredients

- ✓ 1 pkg. VHP, Vanilla
- ✓ 1 tsp. Lemon extract
- ✓ 8 oz. Ice water
- ✓ 3 Ice cubes

Instructions

Place VHP, lemon extract, water and ice cubes in blender; blend until smooth.



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Pina Colada Shake

Serves 1

1 serving =
1 protein, 1 starch
& 1 fruit.

Ingredients

- ✓ 1 pkg. VHP, Vanilla
- ✓ 1/2 cup Frozen pineapple chunks
- ✓ 1 tsp. Coconut extract
- ✓ 12 oz. Ice water
- ✓ 3 Ice cubes

Instructions

Place VHP, pineapple, coconut extract, water and ice cubes in a blender; blend until smooth.



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