



EASY STEPS

to add a delicious twist to any **Nutrimeal™** Shake

Tastes Like Cheesecake Shake

Why skip dessert when you don't have to? This easy-to-make shake will send cheesecake lovers straight to a heavenly place abundant with creamy strawberry flavours.

355 mL water
3 scoops Strawberry **Nutrimeal**
2.5 mL cheesecake flavouring



Coconut Breeze

One sip of this tempting shake will make you feel as if you're sun bathing on the sandy beaches of Tahiti.

355 mL water
3 scoops Vanilla **Nutrimeal**
2.5 mL coconut extract



Grasshopper

Mint and chocolate—two ingredients destined to be together. The flavour combination makes this shake completely refreshing and satisfying.

355 mL water
3 scoops Chocolate Whey **Nutrimeal**
mint extract to taste



Razzle Dazzle

One burst of raspberry flavouring mixed into your traditional Chocolate **Nutrimeal** will add a twist of fruity flawlessness to your day.

355 mL water
3 scoops Chocolate **Nutrimeal**
2.5 mL raspberry extract



Whack n' Unwrap

If you look forward to breaking into a milk chocolate orange ball every fall, this is the shake for you!

355 mL water
3 scoops Chocolate **Nutrimeal**
1.25 mL orange extract



Bobbing for Apples

Nothing adds to the refreshingly tart flavour of crisp apple like some sweet and delectable caramel. Bring these wonderful flavours together, blend with ice, and you won't believe your taste buds.

296 mL water
3 scoops Vanilla **Nutrimeal**
1.25 mL caramel extract
red apple extract to taste
118 mL ice



Razz-A-Cran

Bring a smile to anyone's face with this mouth-watering mix of two fruit flavours, ice, and Vanilla **Nutrimeal**.

296 mL water
3 scoops Vanilla **Nutrimeal**
1.25 mL cranberry extract
red apple extract to taste
118 mL ice



Pumpkin Pie Smoothie

Why wait until the holiday season to enjoy one of fall's most popular pies? Now you can savour the delicious flavours of pumpkin pie anytime—without the guilt.

SERVINGS: 2
296 mL water
3 scoops Vanilla **Nutrimeal**
10 mL **Fibery® Plus** (optional)
118 mL canned or fresh pureed pumpkin (unsweetened)
1.25 mL vanilla extract
2.5 mL pumpkin pie spice
236 mL ice
1 packet stevia (optional)



Cool Banana Chai

This particular shake is meant for those looking to give their early morning or dragging afternoon the energy boost it needs. It's also packed with the perfect flavour combination of banana and cinnamon.

355 mL water
3 scoops Vanilla **Nutrimeal**
1 banana
15 mL cinnamon
1 **Rev3 Energy™ Surge Pack**
15 mL **Optomega®**



*Recipe inspired by Associate Paul Rohatensky

The Joy of Almond

After you've chugged this blended shake, you'll be delighted to know you've discovered a healthy, low-glycemic alternative to one of your favourite candy bars.

- 296 mL water
- 3 scoops Chocolate Nutrimeal
- 1.25 mL almond extract
- 118 mL ice



The Banana Stand

Who would've thought it'd be possible to recreate the flavours of a chocolate banana-split sundae in one of our traditional Nutrimeal shakes? USANA—that's who!

- 296 mL water
- 3 scoops Chocolate Nutrimeal
- 1 banana
- 118 mL ice



Mounds of Joy

A spin off of the popular "The Joy of Almond" shake, this Nutrimeal combination shares the same flavours with the addition of yummy coconut.

- 296 mL water
- 3 scoops Chocolate Whey Nutrimeal
- 1.25 mL almond extract
- 2.5 mL coconut extract
- 118 mL ice



Orange Creamsicle

This shake holds true to the classic summer favourite by tasting just as creamy and delicious as the original.

- 296 mL water
- 3 scoops Vanilla Nutrimeal
- 2.5 mL orange extract
- vanilla extract to taste
- 118 mL ice



Berry Berrylicious

Take the opportunity to throw some fresh, nutritious fruit into your Strawberry Nutrimeal to give it that extra "kick" of berry goodness.

- 296 mL water
- 3 scoops Strawberry Nutrimeal
- 118 mL frozen or fresh berries
- 118 mL ice



Aloha Pineapple

The addition of crushed ice and yogurt in this shake balances out the acidity and tartness of the juicy pineapple.

- 296 mL water
- 3 scoops Vanilla Nutrimeal
- 118 mL low-sugar plain yogurt
- 118 mL crushed pineapple
- 118 mL ice



Root Beer Float

Everyone loves the classic combination of root beer and vanilla ice cream, but who needs the excessive amount of sugar and calories that come with it? This shake is your solution!

- 296 mL water
- 3 scoops Vanilla Nutrimeal
- 7 mL root beer extract
- 118 mL ice



Morning, Sunshine

Do you turn to a latte or cappuccino for the morning "pick me up" you so desperately need? Avoid the sugar and calories by trying this tasty shake instead.

- 296 mL water
- 3 scoops Vanilla Nutrimeal
- 5 mL instant coffee crystals
- 5 mL sweetened condensed milk
- 296 mL ice



Fudgy Wudgy Shake

For all the chocolate lovers out there—this should be your first stop when choosing which shake to dive into first.

- SERVINGS: 2**
- 236 mL low-fat evaporated milk
 - 3 scoops Chocolate Whey Nutrimeal
 - 30 mL malted milk powder
 - 236 mL ice



Ginger Snap

Take that fattening cookie loaded with sugar and throw it straight in the trashcan! Instead, combine these ingredients to create a healthy and scrumptious alternative.

- SERVINGS: 2**
- 236 mL water
 - 3 scoops Vanilla Nutrimeal
 - 15 mL molasses
 - 5 mL ginger powder
 - 236 mL crushed ice



Hog the Nog

Eggnog is a favourite holiday treat for many of us, but it's important to remember just how much fat is packed into every glass of it. Avoid holiday weight gain by making this shake your go-to treat for the winter season.

- SERVINGS: 2**
- 236 mL low-fat milk or dairy alternative (such as soy or rice milk)
 - 4 scoops Vanilla Nutrimeal
 - 1.25 mL nutmeg
 - 2.5 mL cinnamon extract
 - 2.5 mL Fibergy Plus (optional)
 - 236 mL crushed ice



Piña Colada Sunrise

Try and stop yourself from adding a tiny umbrella to this delicious shake once you taste how close the flavours come to its original counterpart.

- 296 mL water
- 3 scoops Vanilla Nutrimeal
- 1.25 mL coconut extract
- 133 mL fresh pineapple
- 118 mL ice



USANA
INDEPENDENT ASSOCIATE

USANA Canada Company, 80 Innovation Drive, Woodbridge, Ontario L4H 0T2 Canada

Purchase many of the natural flavourings, concentrates, and extracts found in these recipes at www.naturesflavors.com.