

Smoothies with Meal Replacement Packets

Energy Smoothie

¾ c. cold water
1 cup ice
1 Vanilla Meal Replacement Shake
1 Scoop Mandarin Orange Spark

Blend: Makes Approx. 16 oz

Fruit Smoothie

½ c frozen Fruit
½ c ice
¾ c cold water
1 Vanilla Meal Replacement Shake

Blend: Approx. 16 oz.

Banana Split Smoothie

½ Banana (frozen if possible)
½ - 2/3 c cold water
1 c ice
1 Chocolate Meal Replacement Shake
Opt. Add 1 T. Peanut Butter or a few frozen cherries

FrappeCoffecino

1 c. ice
¾ c cold water
½ pack of Cofficino
1 Vanilla Meal Replacement Shake (or 1 Chocolate MRS)