



SHAKE IT UP!

FOREVER LITE SHAKE RECIPES

Give your body the nutrients it needs with two daily **Forever Lite Ultra shakes**, which provide 100% of the RDI (Reference Daily Intake) of vitamins and minerals, as well as proteins for body building and cell growth and repair. Each shake also contains 18 amino acids, including essential, non-essential, and the branch-chain amino acids. We've also added the antioxidant Beta Carotene and vitamins A and E to help protect against free radicals. Forever Lite Ultra is an integral part of Forever's Clean 9 + Lifestyle 30 programs, with each shake providing a great-tasting, nutritionally sound meal replacement.



In fact, Forever Lite Ultra contains 55% more protein and less than 1/2 the carbohydrates of regular Forever Lite powder!

Just 2 Forever Lite Ultra shakes have 100% of the RDI of vitamins and minerals



Shake your way to fitness with this assortment of healthy yet tasty meal replacements your whole family can enjoy!

Taste of Freedom

1 scoop Vanilla Lite Ultra
4 oz. Forever Freedom
4 oz. orange juice
Crushed ice
Blend until smooth
180 calories



Peaches n' Berries

1 scoop Vanilla Lite Ultra
4 oz. Aloe Bits n' Peaches
5 oz. skim milk
½ cup frozen raspberries or strawberries
Crushed ice
Blend
225 calories



Oatmeal Delight

1 scoop Vanilla Lite Ultra
1 tbsp. Forever Bee Honey or brown sugar
2 tbsp. instant oats
½ tsp. cinnamon
10 oz. skim milk or water
Blend
300 calories

Spicy Double Dutch Chocolate

1 scoop Chocolate Lite Ultra
10 oz. hot skim milk
¼ tsp. ginger
½ tsp. cinnamon
½ tsp. cloves
1 tbsp. unflavored gelatin
Blend until smooth
200 calories



Just Peachy

1 scoop Vanilla Lite Ultra
10 oz. skim milk
1 fresh peach
½ tsp. peach extract
Crushed ice
Blend until smooth
240 calories



All of these recipes can be modified to taste and may be used with Forever Lite Ultra or regular Forever Lite powder. Soy milk or water may be substituted for skim milk. For optimum nutritional benefits, use fresh instead of frozen fruit or fruit flavoring extracts; add Forever Bee Honey as an excellent sweetener. All calorie totals are approximate.



Berry Strawberry

1 scoop Vanilla Lite Ultra
6 oz. natural sparkling
mineral water
4-6 strawberries
Crushed ice
Blend until smooth
140 calories

Dream Cream

1 scoop Vanilla Lite Ultra
6 oz. fresh orange juice
4 oz. natural sparkling
mineral water
Crushed ice
Blend until smooth
175 calories



Choco-Nana Chunk

1 scoop Chocolate Lite Ultra
8 oz. cold skim milk
½ banana
Crushed ice
Blend until smooth
255 calories

Almond Mocha Creme

1 scoop Vanilla Lite Ultra
10 oz. skim milk
2-3 drops almond extract
2-3 drops rum extract
Blend until smooth
200 calories



Buttery Mint

1 scoop Vanilla Lite Ultra
10 oz. skim milk
1 tsp. Forever Bee Honey
2-3 drops butter extract
2-3 drops mint extract
Crushed ice
Blend until smooth
225 calories



Forever Colada

1 scoop Vanilla Lite Ultra
10 oz. skim milk
½ tsp. coconut extract
1/2 tsp. non-alcoholic rum extract
½ tsp. Forever Bee Honey
Crushed ice
Blend until smooth
235 calories



After Eight

1 scoop Chocolate Lite Ultra
8 oz. skim milk
Fresh mint leaf
Crushed ice
Blend until smooth
200 calories

Forever Fruit

1 scoop Vanilla Lite Ultra
10 oz. skim milk
½ banana
3 fresh strawberries
1 tsp. crushed pineapple
1 tsp. orange juice
Crushed ice
Blend until smooth
290 calories

Banana Nut Creme

1 scoop Vanilla Lite Ultra
10 oz. skim milk
1-2 drops banana extract
1-2 drops black walnut
extract
Crushed ice
Blend until smooth
200 calories



Hawaiian Style

1 scoop Vanilla Lite Ultra
4 oz. Aloe Vera Gel or Freedom
4 oz. Pineapple juice
½ c. fresh or frozen pineapple,
berries, or other fruit
Crushed ice
Blend until smooth
230 calories



Orchard Morning

1 scoop Vanilla Lite Ultra
1 cup apple juice
1/2 cup in-season fresh fruit
1 cup low-fat, plain yogurt
1 tsp. Forever Bee Honey
1 Forever Bee Pollen tablet, crushed
Crushed ice
Blend until smooth
370 calories

Tropical Blast

1 scoop Vanilla Lite Ultra
4 oz. skim milk
1 tsp. Forever Bee Honey
½ banana
¼ cup shredded coconut
Crushed ice
Blend until smooth
340 calories

Vanilla Coconut

1 scoop Vanilla Lite Ultra
10 oz. skim milk
2-3 drops coconut extract
or shredded coconut*
2-3 drops vanilla extract
Crushed ice
Blend until smooth
200 calories
**add 45 calories per 1 ½ tbsp.
shredded coconut*

Nut Fudge Drink

1 scoop Chocolate Lite Ultra
10 oz. skim milk
1 tsp. Forever Bee Honey
1-2 drops black walnut extract
Crushed ice
Blend until smooth
225 calories



Chocolate Almond Fudge

1 scoop Chocolate Lite Ultra
10 oz. skim milk
2-3 drops coconut extract
or shredded coconut*
2-3 drops almond extract
Crushed ice
Blend until smooth

200 calories

*add 45 calories per 1 ½ tbsp.
shredded coconut

Holiday Eggnog

1 scoop Vanilla Lite Ultra
10 oz. hot or cold skim milk
1 tsp. Forever Bee Honey
1-2 drops eggnog extract
1-2 drops brandy extract
1-2 drops rum extract
1-2 drops vanilla extract
Crushed ice

Blend until smooth
225 calories



Smooth n' Fruity

1 scoop Vanilla Lite Ultra
1 cup apple or orange juice
½ banana
1 cup lowfat plain yogurt
Crushed ice
Blend until smooth
355 calories

Fruit 'n' Honey

1 scoop Vanilla Lite U
8 oz. apple juice
¼ c. frozen or fresh f
1 tsp. Forever Bee H
Crushed ice
Blend until smooth
250 calories

Red Cherry Delight

1 scoop Vanilla Lite Ultra
10 oz. skim milk
1 tsp. cherry extract
Dash of nutmeg
Crushed ice
Blend until smooth
200 calories



Cherry Brandy Creme

1 scoop Vanilla Lite Ultra
10 oz. skim milk
1 tsp. Forever Bee Honey
1-2 drops cherry extract
1-2 drops brandy extract
Crushed ice
Blend until smooth
225 calories



Tropical Dream

1 scoop Vanilla Lite Ultra
8 oz. orange juice
½ cup crushed pineapple
½ banana
Crushed ice
Blend until smooth
300 calories

Chocolate-Covered Orange

1 scoop Chocolate Lite Ultra
10 oz. skim milk
1-2 drops chocolate extract
1-2 drops orange extract
Crushed ice
Blend until smooth
200 calories



Mocha De-Lite

1 scoop Vanilla Lite Ultra
10 oz. skim milk
Instant coffee powder or syrup
½ banana
Crushed ice
Blend until smooth
255 calories



Choco-Berry Nut

1 scoop Chocolate Lite Ultra
10 oz. skim milk
3-4 strawberries
1 tsp. peanut butter
Crushed ice
Blend until smooth
300 calories

Butterscotch Swirl

1 scoop Vanilla Lite Ultra
10 oz. skim milk
2 tsp butterscotch flavoring
Crushed ice
Blend until smooth
200 calories

All-Spiced Up

1 scoop Chocolate Lite Ultra
10 oz. skim milk
Dash of all-spice
½ banana
Crushed ice
Blend until smooth
255 calories

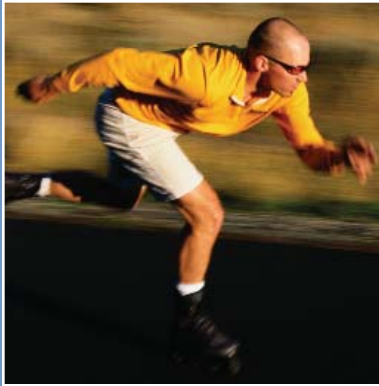


Peanut Butter Power Treats

½ cup Chocolate or Vanilla Lite Ultra
1 cup natural peanut butter
½ cup of your choice:

- fresh coconut
- granola or oatmeal
- raisins

Mix and roll into 1" balls for a handy snack-on-the-go!
Calories will vary per added ingredients.



Follow the chart below for a list of healthy suggestions to replace possible "calorie culprits" lurking in your diet!

HEALTHY SUBSTITUTIONS

INSTEAD OF:

- Sugar or Syrup
- White Flour or Bread
- Packaged Foods
- Animal fat shortening
- Soda Pop or Kool-Aid
- Coffee, tea
- Artificial flavor enhancers
- Sugar-coated cereals
- Foods containing dyes
- Sugary jellies or preserves
- Candy
- Chocolate
- Artificial sweeteners
- 3 large meals

SUBSTITUTE WITH:

- Forever Bee Honey
- Whole Wheat Flour or Bread
- Freshly prepared foods
- Vegetable shortening
- Fruit juice with sparkling mineral water
- Aloe Blossom Herbal Tea
- Natural spices and flavorings
- Plain, natural cereal with honey or molasses
- Foods with no dyes
- Jellies & preserves with no added sweeteners
- Fruit, Fast-Break Bars, or Royal Jelly tablets
- Carob
- Naturally sweet foods & drinks
- 5- 6 smaller meals consisting of fresh fruits, vegetables, whole grains, lean protein and low-fat dairy