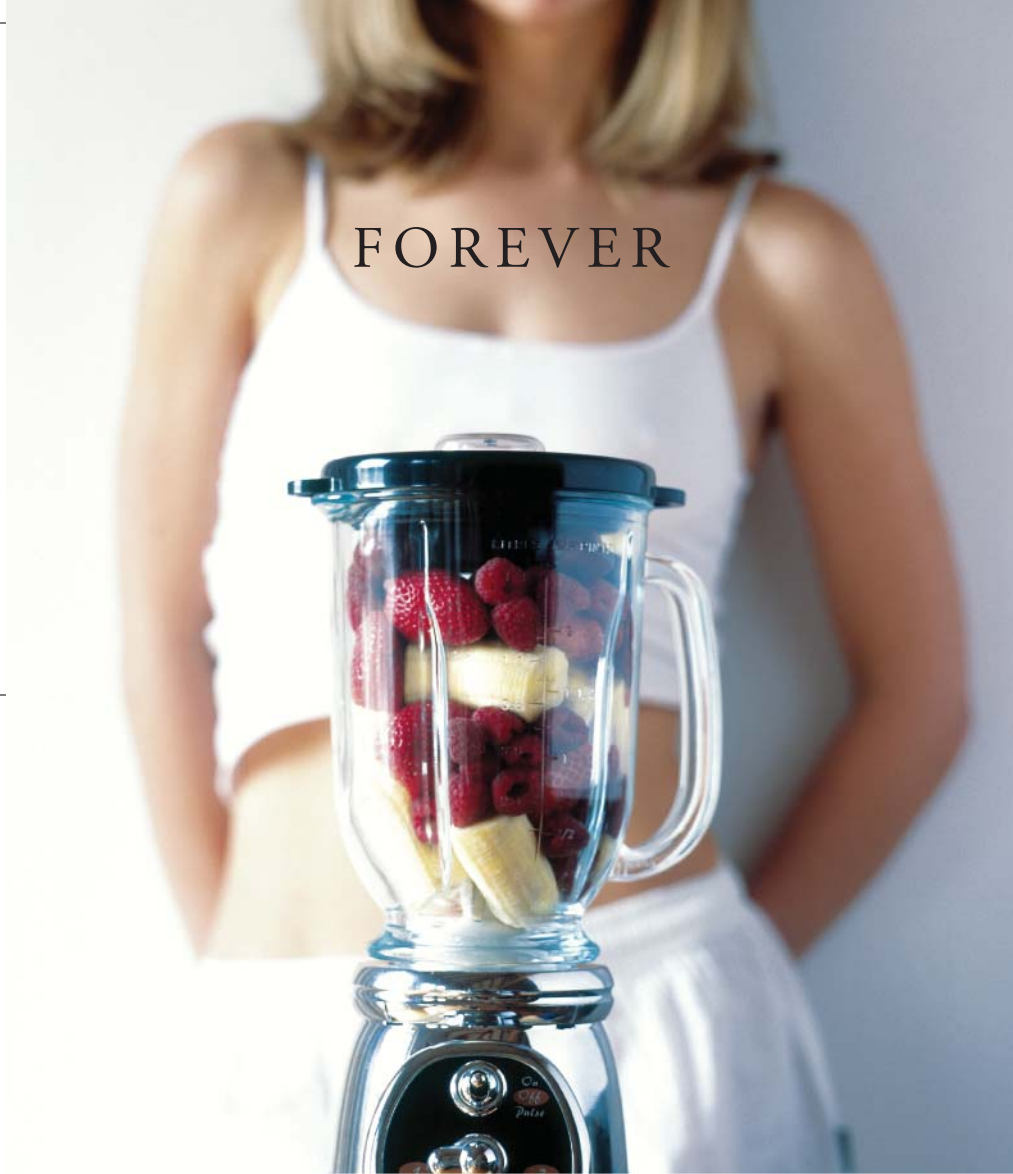


FOREVER



**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  
½ tsp. 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 tsp.  
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

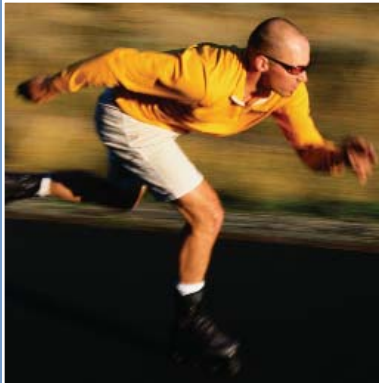


### Peanut Butter Power Treats

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