

LEAN RECIPES

8 day challenge LEAN recipes (These are your only options during 8 day)

1 scoop Lean mixed with 8 ounces water or milk (skim, 1 %, almond or soy).

Options:

*Fruity flavor: add SUPER FRUIT GLOBAL BLEND/ XYP STIX

*Chocolate: 1 Tbsp of non sweetened baking cocoa

*Coffee: 1 tsp-1 Tbsp instant coffee crystals

* Mocha: combination of coffee crystals and baking cocoa

*Spice it up: cinnamon, nutmeg, cloves or your other favorites

Shake well in Xyng shaker bottle or add ice and put in blender to make a smoothie.

Lifestyle LEAN recipes (Recipes for anytime other than the 8 day challenge)

These are to be used with the lifestyle plan, Core4 30 Day plan, everyday use)

1 scoop LEAN mixed with water or milk (skim, 1%, almond or soy milk), OJ or other juices

*Orange Julius: 1 scoop Lean, 4 oz. milk, 4 oz orange juice

*Tutti Fruitti: strawberry, blueberry, mango, peach, pineapple, coconut, banana, mixed fruit

*Spice it up: cinnamon, nutmeg, clove, pumpkin pie spice, cayenne pepper

*Feelin' Crunchy: Add a few nuts as a garnish (pecan, peanuts, almonds, etc)

*For thicker shakes: Add nonfat plain Greek yogurt

Cookies and cream: 1-2 scoops Lean, milk and 1 Oreo. Add ice and blend.

PB cup: 1-2 scoops Lean, milk and 1 pb cup. Add ice and blend

Fruit Cup: 1-2 scoops Lean, milk/juice, 1 cap global blend juice (optional), frozen fruits. add ice/blend

Banana-nana: 1-2 scoops Lean, milk and or juice, 1/2 banana. Add ice and blend.

Banana Strawberry: 1-2 scoops Lean, milk, 1/2 banana, fresh or frozen strawberries. Add ice and blend

PB and Banana: 1-2 scoops Lean, milk, 1/2 banana, 2 Tbsp peanut butter/peanut butter powder. Add ice and blend.

Chocolate: 1-2 scoops Lean, milk, 1 tsp to 1 Tbsp cocoa powder. Add ice and blend

Choco PB: 1-2 scoops Lean, milk, 1 tsp to 1 Tbsp cocoa powder and 1-2 Tbsp. pb/pb powder. Add ice and blend.

Mocha: 1-2 scoops Lean, milk, cocoa powder and 1tsp-1Tbsp instant coffee crystals, shake or ice and blend

Coffee chip: 1-2 scoops Lean, milk, 1 tsp-1 Tbsp. instant coffee crystals, 5-6 choco chips. Add ice and blend.

Chocolate Chip: 1-2 scoops Lean, milk, 10 choco chips. Add ice and blend.

Fave cookie/candy: 1-2 scoops lean, milk, 1 cookie/candy (your favorite--Snickers, Thin Mint, etc). Add ice and blend.

Orange Julius: 1-2 scoops Lean, 1/2 milk and 1/2 OJ, frozen peaches (optional). Add ice and blend.

Choco Orange: 1-2 scoops Lean, 1/2 milk and 1/2 OJ, chocolate chips. Add ice and blend.

Green Tea/Peach: 1-2 scoops Lean, water/green tea, frozen peaches. Add ice and blend/

V8 Fusion: 1-2 scoop Lean, v8 fusion juice, 1 c frozen fruits. Add ice and blend.

Choco Cheesecake: 1 scoop Lean, milk, 1/2 tsp cocoa powder, 1 tsp sugar free cheesecake Jell-O instant pudding mix. Add ice and blend.

Pumpkin Pie: 1 scoop Lean, milk, 2 drops vanilla, 1-2 Tbsp. canned pumpkin, 1 low fat graham cracker. Add ice and blend.

Tropical: 2 scoop Lean, 3 oz super fruit global blend (or Xypstix), coconut water, 1 banana. Add ice and blend.

Peach Dessert: 1 scoop Lean, 1 fresh peach chopped, 1 pkg sugar free vanilla pudding, Blend. Fold in light whipped cream. Serve in dessert cup

Lean on the Beach: 1 scoop lean, pineapple juice, coconut rum...shake or blend with ice...umbrella optional