

Looking for a Different Taste?

Try any of these delicious
[REAL MEALS™ Protein Shake](#) recipes or
(23 to choose from)
[REAL MEALS™ Protein Frosty Freeze](#) recipes
(6 to choose from)

REAL MEALS™ Protein Shake Recipes

BANANA BLAST PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add 1/2 - 1 ripe banana
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

COOL CHOCOLATE PEANUT BUTTER PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water
- Add 2 tablespoons of reduced fat peanut butter
- Add 1.5 level scoops (30g protein) of **chocolate REAL MEALS** and blend

STRAWBERRY CHEESECAKE PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add 4 frozen strawberries - no added syrup , just pure frozen strawberries
- Add 2 tablespoons of reduced fat cream cheese
- Add 1/4 teaspoon almond extract
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

ICY ALMOND DELIGHT PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz fat free milk or cold water
- Add 1/2 teaspoon almond extract
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

MAGNIFICENT MOCHA PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz fat free milk
- Add ½ teaspoon instant coffee
- Add 1.5 level scoops (30g protein) of **chocolate REAL MEALS** and blend

CREAMY ALMOND CAPPUCCINO PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz fat free milk
- Add ½ teaspoon instant coffee
- Add ½ teaspoon almond extract
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

STRAWBERRY BANANA PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add 3 frozen strawberries - no added syrup, just pure frozen strawberries
- Add ½ ripe banana
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

COOKIES 'N CREAM PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz fat free milk
- Add 2 low fat or fat free chocolate cream cookies
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

CHERRIES JUBILEE PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 4 -5 pitted fresh cherries
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

PINA COLADA PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 4 oz water
- Add 2 ½ oz sugar free or low sugar pina colada mix
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

EGG NOG PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 1½ oz. fat free egg nog mix
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

CREAMY CINNAMON PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add ¼ teaspoon cinnamon
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

ICE CREAM MILK PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 1 scoop of your favorite fat free sugar free ice cream
- Add 1.5 level scoops (30g protein) of **vanilla or chocolate REAL MEALS** and blend

BERRILICIOUS PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 4- 6 blueberries or raspberries
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

CHOCOLATE ALMOND PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add ¼ - 1/2 teaspoon almond extract
- Add 1.5 level scoops (30g protein) of **chocolate REAL MEALS** and blend

CHOCOLATE RASPBERRY PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 6-10 raspberries
- Add 1.5 level scoops (30g protein) of **chocolate REAL MEALS** and blend

BANANA NUT PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add ½ ripe banana
- Add ¼ teaspoon almond extract
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

CREAMY DREAMY COCONUT PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add 1- 1½ tablespoon of shredded coconut
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

CHOCOLATE MINT PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz fat free milk
- Add 2 low fat or fat free chocolate mint cookies
- Add 1.5 level scoops (30g protein) of **chocolate REAL MEALS** and blend

PEACHES 'N CREAM PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 4 peach slices packed in their own juice – no added sugar
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

AROMATIC APPLE PIE PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 4 baking apple slices
- Add ¼ teaspoon of cinnamon
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

CHOCOLATE BANANA PROTEIN SHAKE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add ½ - 1 ripe banana
- Add 1.5 level scoops (30g protein) of **chocolate REAL MEALS** and blend

REAL MEALS™ Protein Frosty Freeze Recipes

ORANGE CREAMSICLE PROTEIN FROSTY FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz orange juice (no added sugar)
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

FRUIT PUNCH PROTEIN FROSTY FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz fruit punch juice (no added sugar)
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

GROOVY GRAPE PROTEIN FROSTY FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz grape juice (no added sugar)
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

POWERFUL PINEAPPLE PROTEIN FROSTY FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz pineapple juice (no added sugar)
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

CHERRY BERRY PROTEIN FROSTY FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz cherry juice (no added sugar)
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend

APPLE CINNAMON PROTEIN FROSTY FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz apple juice (no added sugar)
- Add a pinch of cinnamon
- Add 1.5 level scoops (30g protein) of **vanilla REAL MEALS** and blend