



# Free Holiday Gift



## NOT ONE BUT **TWO** PRO-FIT SHAKES RECIPES!





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## PEPPERMINT MOCHA SHAKE

- 1 scoop chocolate protein powder
- ½ cup Almond or Coconut Milk
- ½ to 1 cup coffee or Instant coffee (Nescafe)
- 1 cup ice
- 1 tsp Peppermint Extract

*Get your holiday kick  
with this pro-shake!  
Better than Starbucks  
and only 160 calories!*





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## PUMPKIN PIE OR CARROT CAKE SHAKE



*Put all ingredients in Blender  
and BLEND...Enjoy!*

- **1 scoop Vanilla or Greek Yogurt Protein Smoothie powder from Optimum Nutrition**
- **1 cup Almond or Coconut Milk**
- **½ cup Organic Pure Pumpkin Puree OR ½ cup pure organic Carrot Juice**
- **1 cup Ice**
- **½ tbsp. ground flax meal**
- **1 tsp Vanilla extract**
- **A Pinch of cinnamon or Pumpkin Pie spice mix**