



Shaklee™

## FUEL YOUR DAY! RECIPES WITH A HEALTHY TWIST

Packed with delicious and nutritious ideas  
to boost your weight management transformation



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# Choco-Latte Dates Smoothie



## Ingredients:

3 scoops Life Cinch® Mixed Soy Protein (2 Cafe Latte + 1 Chocolate) Flavour

A handful seedless dates

1 cup low fat milk

1 cup ice cubes

## Directions:

1. Blend all ingredients until smooth and creamy.
2. Enjoy!





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# Mocha Magic Yogurt Toast

## Ingredients:

1 scoop Life Cinch® Mixed Soy Protein with Chocolate/Café Latte Flavour

2 tablespoons yoghurt

½ teaspoon vanilla extract

1 pinch cinnamon powder

1 egg

1 slice wholemeal bread

A handful of walnuts

## Directions:

1. Put all ingredients in a bowl and mix evenly.
2. Mould a “square-shaped hole” in the middle of your bread.
3. Put mixture on top of the bread.
4. Place your favourite nuts or seeds on top of the bread.
5. Bake for 10 minutes at 190-200°C and serve.



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# Hi-Protein Choco Mousse with Tofu

## Ingredients:

100g silken tofu

2 scoops Life Cinch® Mixed Soy Protein with Chocolate/Café Latte Flavour

5g cocoa powder

80g melted chocolate

## Directions:

1. Combine all ingredients into a blender and blend until smooth.
2. Pour the mixture into small cups and wrap with cling wrap, freeze for 4 hours.
3. Remove the cling wrap and dust with cocoa powder.
4. Serve cold!



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# Berry-Chocolatey Overnight Oat

## Ingredients:

1 tablespoon Life Cinch® Mixed Soy Protein with Chocolate/Café Latte Flavour (mixed with 25ml water)

2 tablespoons oats

1 tablespoon nuts of your choice

A handful of fresh strawberries

## Directions:

1. Layer all ingredients in a jar and place it in the fridge overnight.
2. Enjoy it the next morning!

