

**SKINNY-SICLE**

Yield: 16 oz. finished beverage

3 oz. water
5 oz. Dr. Smoothie Orange Tangerine Concentrate
½ (70cc) scoop Smoothie-Ceuticals Whey or Soy Protein
1 (14.7cc) scoop Smoothie-Ceuticals Weight Loss Blend
4 oz. – 6 oz. cup of ice

* Add the ingredients in the order listed above and blend.

Option: For an additional citrus burst, pulse in 1/8 of an orange slice with the peel for two seconds.

Calories: 355 Carbs: 70 Sugar: 90 Protein: 15 Fat: 0

**DOC'S ENERGIZER**

Yield: 16 oz. finished beverage

2 oz. water
3 oz. Dr. Smoothie Strawberry Concentrate
2 oz. Dr. Smoothie Orange Tangerine Concentrate
½ (70cc) scoop Smoothie-Ceuticals Whey or Soy Protein
1 (5cc) scoop Smoothie-Ceuticals Sustained High Energy Blend
8 oz. – 10 oz. cup of ice

* Add the ingredients in the order listed above and blend.

Calories: 325 Carbs: 65 Sugar: 60 Protein: 10 Fat: 0

**THE ULTIMATE ANTIOXIDANT**

Yield: 16 oz. finished beverage

2 oz. water
4 oz. Dr. Smoothie Açai Plus Concentrate
1 oz. Dr. Smoothie Strawberry Concentrate
1 (5cc) scoop Antioxidant Immune Blend
14 oz. – 16 oz. cup of ice

* Add the ingredients in the order listed above and blend.

Option: For an additional berry burst, pulse in 2 ounces of your favorite berries for two seconds.

Calories: 290 Carbs: 60 Sugar: 60 Protein: 0 Fat: 0

**THE BODY BUILDER**

Yield: 20 oz. finished beverage

4 oz. water
½ (70cc) scoops of Cafe Essentials Chocoholic's Choice
1 (70cc) scoop Smoothie-Ceuticals Whey or Soy Protein
1 (5cc) scoop Smoothie-Ceuticals Multi-Vitamin & Mineral Blend
1 tbsp. peanut butter
10 oz. – 12 oz. cup of ice

* Add the ingredients in the order listed above and blend.

Calories: 540 Carbs: 80 Sugar: 50 Protein: 30 Fat: 15