

THE LADY SHAKE



**BELINDA'S
SHAKES N SNACKS
RECIPES**





As a busy working mum of two little kids, I know the biggest challenge to being healthy is a lack of time. That's why I created the Lady shake.

The Lady shake is the healthy meal in a shake. Yes, it tastes great and has everything your body needs to be your best.

Belinda MacDougall
Founder & CEO, The Lady Shake

SEVEN REASONS WHY LADIES LOVE THE LADY SHAKE

- 1 LOSE WEIGHT.** Our specially designed formulation gives your body exactly what it needs to shed those extra kilos fast. High quality whey protein, probiotics, prebiotics, a natural fat burning formula, the list goes on.
- 2 FEEL GREAT.** The Lady Shake makes you feel great on the inside and out. Each Shake contains over 25 essential vitamins and minerals plus collagen protein for healthy skin and probiotics for a healthy tummy.
- 3 FULLER FOR LONGER.** The Lady Shake will keep you satisfied with our high-quality protein, super food, and fibre blend so you will not be hungry.
- 4 NO NASTIES.** The Lady Shake does not contain any artificial colorings, preservatives or sweeteners. Plus it is gluten free, fructose free and is low in sugar.
- 5 SPECIFICALLY FORMULATED FOR WOMEN.** The Lady shake is designed especially for women with its unique fat blasting, vitamin and mineral formula to assist faster weight loss.
- 6 QUICK, EASY, CONVENIENT.** Just add water, shake and go. No need to add milk or anything else.
- 7 UNIVERSITY & YOU TESTED.** We are proud to say that the Lady shake has been university tested, has a 5-star health rating and is low GI, plus 9/10 women recommend The Lady Shake.

What you eat is the most important thing when it comes to your health. So take your health and day back now with the tasty and smart way with the Lady shake.-

SHAKES AND SNACKS

STRAWBERRY RIPE

INGREDIENTS

- 1 scoop strawberry Lady Shake
- 1 scoop chocolate Lady Shake
- 350-450mls water

METHOD

1. Add 350-450mls of water into shaker or blender
2. Add 1 scoop Strawberry Lady Shake powder then add 1 scoop Chocolate Lady Shake powder
4. Shake or Blend!

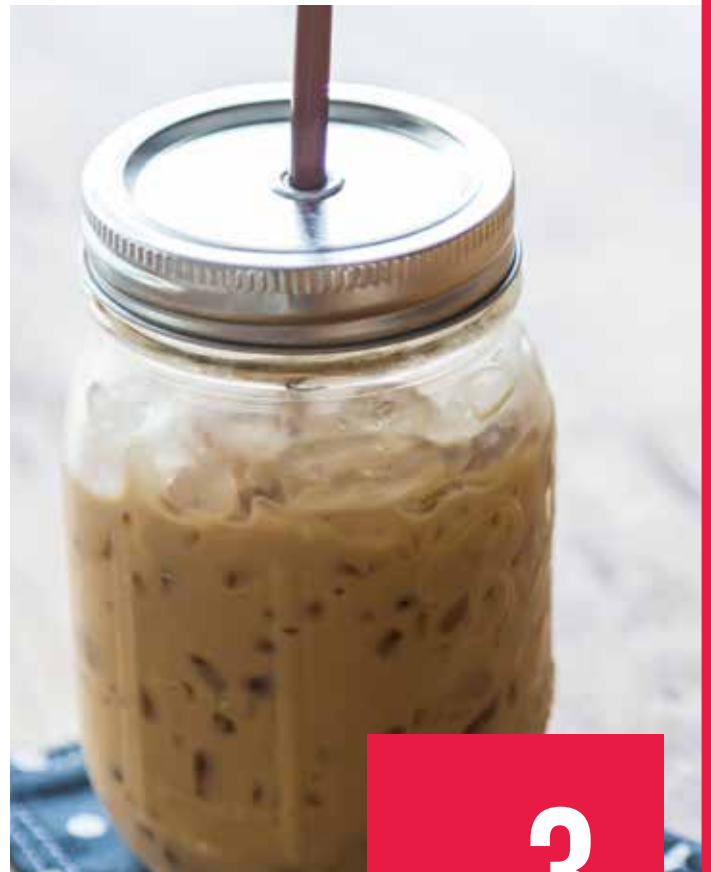
Espresso Coffee

INGREDIENTS

- 1 shot of coffee
- 2 scoops of vanilla Lady Shake
- 350-450mls water

METHOD

1. 1 teaspoon of your favourite coffee dissolved in a dash of hot water
2. Add to 350-450mls of water into shaker or blender with shot of coffee
2. Add 2 scoops Vanilla Lady Shake powder
4. Shake or Blend!



Strawberries n Cream

INGREDIENTS

- 1 scoop strawberry Lady Shake
- 1 scoop vanilla Lady Shake
- 350-450mls water

METHOD

1. Add 350-450mls of water into shaker or blender
2. Add 1 scoop Strawberry Lady Shake powder
3. Add 1 scoop Chocolate Lady Shake powder
4. Shake or Blend!

Caramel Latte

INGREDIENTS

- 1 scoop caramel Lady Shake
- 1 scoop coffee Lady Shake
- 350-400mls water

METHOD

1. Add 350-450mls of water into shaker or blender
2. Add 1 scoop Caramel Lady Shake powder
3. Add 1 scoop Coffee Lady Shake powder
4. Shake or Blend!



Caramel Lady Balls

Makes 4 Serves (serving size: max 2 balls)

INGREDIENTS

- 10 pitted dates
- 1/2 cup raw almonds
- 1/2 cup caramel Lady Shake
- 1 tablespoon coconut oil
- 1/4 cup either almond, coconut or skim milk

METHOD

1. Blend dry ingredients in food processor or blender till crushed
2. Place dry ingredients in a bowl and add 1 tablespoon coconut oil, and 1/4 cup milk
3. Mix and roll up into approx. 8 balls
4. Shredded coconut to roll (approx. 1/4 Cup)
5. Roll over coconut
6. Put in fridge for approx. 1 hour

Golden Coconut slice

INGREDIENTS

- 2 cups of loosely packed desiccated coconut
- 2 tablespoons raw cacao powder
- 1 tablespoon of chocolate Lady Shake
- 100g or about 6 Medjool dates (pitted & chopped)
- 45g of coconut milk

METHOD

1. Put all your ingredients into a blender and mix until combined.
2. Press mixture evenly into a tray about 20cm x 20cm and put it in the fridge for 2 hours
3. Cut into small squares ready to serve!



HEALTHY BANANA BREAD

INGREDIENTS

- 2 x medium ripe bananas, mashed
- 2 x scoops banana Lady Shake
- 170g wholemeal spelt flour
- 2 tsp baking powder
- 2 x egg whites, 1 tsp cinnamon
- 150ml water, Pinch of salt
- A handful of chopped walnuts

METHOD

1. Preheat oven to 180°C and line bread tin with baking paper.
2. Mix the Lady Shake, flour, baking powder, a pinch of salt and cinnamon into a large bowl.
3. In a separate bowl, mix the egg whites, water, and mashed banana then pour them into the larger bowl with the dry ingredients
4. Mix well and add your chopped walnuts just before you pour the mixture into the bread tin
5. Bake for 45 – 50 mins

CHOCOLATE & COCONUT BALLS

Makes 4 Serves (serving size: max 2 balls)

INGREDIENTS

- 10 pitted dates
- 1/2 cup raw almonds
- 1/2 cup chocolate Lady Shake (can use vanilla if you prefer)
- 1 tablespoon raw cocoa
- 1 tablespoon coconut oil
- 1/4 cup either almond, coconut or skim milk

METHOD

1. Blend dry ingredients in food processor or blender till crushed
2. Place dry ingredients in a bowl and add 1 tablespoon coconut oil, and 1/4 cup milk
3. Mix and roll up into approx. 8 balls
4. Shredded coconut to roll (approx. 1/4 Cup)
5. Roll over coconut
6. Put in fridge for approx. 1 hour



Choc Coffee

INGREDIENTS

- 1 scoop chocolate Lady Shake
- 1 scoop coffee Lady Shake
- 350-450mls water

METHOD

1. Add 350-450mls of water into shaker or blender
2. Add 1 scoop chocolate Lady Shake powder
3. Add 1 scoop coffee Lady Shake powder
4. Shake or Blend!

Tooty Fruity

INGREDIENTS

- 1 scoop Banana Lady Shake
- 1 scoop Strawberry Lady Shake
- ½ cup frozen Mango

METHOD

1. Add 350-450mls of water and mango into a blender
2. Add 1 scoop strawberry Lady Shake powder
3. Add 1 scoop Banana Lady Shake powder
4. Blend and enjoy!



SHAKES AND SNACKS

Frozen Mocha

INGREDIENTS

- 1 scoop chocolate Lady Shake
- 1 scoop coffee Lady Shake
- 1 espresso shot
- 350-400mls water & 4 ice cubes

METHOD

1. Add 350-400mls of water, ice cubes and espresso shot into shaker or blender
2. Add 1 scoop chocolate Lady Shake power
3. Add 1 scoop coffee Lady Shake powder
4. Shake or Blend!

Choc Banana Boost

INGREDIENTS

- 1 scoop chocolate Lady Shake
- 1 scoop banana Lady Shake
- 350-450mls water
- 1/2 fresh or frozen banana

METHOD

1. Add 350-450mls of water and half banana into a blender
2. Add 1 scoop chocolate Lady Shake power
3. Add 1 scoop banana Lady Shake powder
4. Blend and enjoy!



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SHAKE**

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IN A SHAKE

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