

# 20/20 SHAKE RECIPES



## RECIPE

## NUTRITION

### SNICKERDOODLE | STAGE 1

- Vanilla protein
- 1 Tbsp peanut butter
- 1/4 tsp cinnamon

#### HIGH PROTEIN

240 kcals, 27g pro, 20g carb, 8g fat, 290mg sodium, 7g fiber

#### VEGAN

200 kcals, 21g pro, 19g carb, 11g fat, 380mg sodium, 7g fiber

#### METABOLIC

230 kcals, 18g pro, 21g carb, 9g fat, 400mg sodium, 3g fiber

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### STRAWBERRY CHEESECAKE | STAGE 1

- Vanilla protein
- 1/2 cup strawberries
- 1 Tbsp almond butter
- 1/4 tsp cinnamon

#### HIGH PROTEIN

260 kcals, 26g pro, 27g carb, 10g fat, 310mg sodium, 8g fiber

#### VEGAN

270 kcals, 20g pro, 26g carb, 13g fat, 400mg sodium, 8g fiber

#### METABOLIC

260 kcals, 17g pro, 29g carb, 11g fat, 420mg sodium, 4g fiber

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### LEMON BLUEBERRY PIE | STAGE 1

- Vanilla protein
- 1/2 cup blueberries
- 1 Tbsp almond butter
- 1/4 tsp cinnamon
- 1 lemon wedge

#### HIGH PROTEIN

290 kcals, 26g pro, 33g carb, 9g fat, 310mg sodium, 9g fiber

#### VEGAN

300 kcals, 20g pro, 32g carb, 12g fat, 400mg sodium, 9g fiber

#### METABOLIC

290 kcals, 17g pro, 35g carb, 10g fat, 420mg sodium, 5g fiber

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### CHOCOLATE RASPBERRY | STAGE 1

- Chocolate protein
- 1/2 cup raspberries
- 1 Tbsp unsweetened cocoa powder

#### HIGH PROTEIN

190 kcals, 25g pro, 27g carb, 1g fat, 240mg sodium, 6g fiber

#### VEGAN

200 kcals, 19g pro, 28g carb, 5g fat, 330mg sodium, 9g fiber

#### METABOLIC

180 kcals, 16g pro, 29g carb, 1.5g fat, 350mg sodium, 2g fiber

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### COCOA DOODLE | STAGE 1

- Chocolate protein
- 1 Tbsp unsweetened cocoa powder
- 1/4 tsp cinnamon
- 1 Tbsp almond butter

#### HIGH PROTEIN

270 kcals, 26g pro, 23g carb, 10g fat, 310mg sodium, 8 fiber

#### VEGAN

270 kcals, 20g pro, 24g carb, 14g fat, 400mg sodium, 11g fiber

#### METABOLIC

250 kcals, 17g pro, 25g carb, 11g fat, 420mg sodium, 4g fiber

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### GREEN SHAKE | STAGE 4

- Vanilla protein
- 1/2 cup spinach
- 1/2 cup peaches
- 1/2 banana
- 1 oz pineapple juice

#### HIGH PROTEIN

230 kcals, 25g pro, 40g carb, 0g fat, 260mg sodium, 8 fiber

#### VEGAN

240 kcals, 19g pro, 39g carb, 3g fat, 350mg sodium, 8g fiber

#### METABOLIC

230 kcals, 16g pro, 42g carb, 1g fat, 370mg sodium, 4g fiber

# 20/20 SHAKE RECIPES



## RECIPE

## NUTRITION

### BANANA DOODLE | STAGE 4

- Vanilla protein
- 1/4 tsp cinnamon
- 1/2 banana
- 1 Tbsp almond butter

#### HIGH PROTEIN

290 kcals, 26g pro, 34g carb, 10g fat, 310mg sodium, 8g fiber

#### VEGAN

310 kcals, 20g pro, 35g carb, 14g fat, 400mg sodium, 11g fiber

#### METABOLIC

290 kcals, 19g pro, 36g carb, 11g fat, 420mg sodium, 4g fiber

### FUNKY MONKEY | STAGE 4

- Chocolate protein
- 1/2 banana
- 1 Tbsp peanut butter
- 1 Tbsp unsweetened cocoa powder

#### HIGH PROTEIN

310 kcals, 34g pro, 36g carb, 9g fat, 290mg sodium, 9g fiber

#### VEGAN

320 kcals, 35g pro, 35g carb, 13g fat, 380mg sodium, 12g fiber

#### METABOLIC

300 kcals, 19g pro, 36g carb, 10g fat, 400mg sodium, 5g fiber

### PINEAPPLE ORANGE & MANGO | STAGE 4

- Vanilla protein
- 1/2 cup mango
- 1 oz. pineapple juice
- 1 orange slice

#### HIGH PROTEIN

210 kcals, 23g pro, 38 carb, 1g fat, 241mg sodium, 6g fiber

#### VEGAN

220 kcals, 17g pro, 37g carb, 4g fat, 331mg sodium, 6g fiber

#### METABOLIC

210 kcals, 15g pro, 38g carb, 1.5g fat, 350mg sodium, 3g fiber

### CITRUS SUNSHINE | STAGE 4

- Vanilla protein
- 1/2 c pineapple
- 1 lemon wedge

#### HIGH PROTEIN

170 kcals, 24g pro, 25 carb, 0g fat, 240mg sodium, 6g fiber

#### VEGAN

180 kcals, 17g pro, 34g carb, 3g fat, 330mg sodium, 6g fiber

#### METABOLIC

170 kcals, 14g pro, 27g carb, 1g fat, 350mg sodium, 2g fiber

### POWER SNICKERDOODLE | STAGE 7

- High protein vanilla protein
- 1 Tbsp peanut butter
- 1/4 tsp cinnamon
- 1 scoop whey protein

#### HIGH PROTEIN

400 kcals, 59g pro, 23carb, 11g fat, 400mg sodium, 7g fiber

### JLO | STAGE 7

- Chocolate protein
- 1 Tbsp peanut butter
- 7 chocolate-covered espresso beans

#### HIGH PROTEIN

320 kcals, 27g pro, 29g carb, 13g fat, 290mg sodium, 6 fiber

#### VEGAN

330 kcals, 21g pro, 30g carb, 17g fat, 380mg sodium, 9g fiber

#### METABOLIC

310 kcals, 18g pro, 31g carb, 14g fat, 400mg sodium, 2g fiber

# 20/20 SHAKE RECIPES

## Seasonal

### RECIPE

#### PEANUT BUTTER CUP | STAGE 1

- Chocolate protein
- 1 Tbsp peanut butter
- 2 Tbsp powdered peanut butter
- 1 cup unsweetened almond milk

### NUTRTION

#### HIGH PROTEIN

330 kcals, 32g pro, 26g carb, 13g fat, 560mg sodium, 7g fiber

#### VEGAN

340 kcals, 26g pro, 26g carb, 17g fat, 650mg sodium, 10g fiber

#### METABOLIC

320 kcals, 23g pro, 23g carb, 13g fat, 670mg sodium, 3g fiber

#### EGG NOG | STAGE 1

- Vanilla protein
- ¼ tsp rum extract
- 1 cup unsweetened almond milk
- 1 Tbsp almond butter
- ¼ tsp cinnamon
- 1/4 tsp cloves/nutmeg

#### HIGH PROTEIN

270 kcals, 26g pro, 22g carb, 12g fat, 490mg sodium, 6 fiber

#### VEGAN

280 kcals, 20g pro, 21g carb, 15g fat, 580mg sodium, 6g fiber

#### METABOLIC

270 kcals, 17g pro, 21g carb, 13g fat, 600mg sodium, 2g fiber

#### SAMOA COOKIE | STAGE 1

- Chocolate protein
- 1 cup unsweetened vanilla almond milk
- 1 Tbsp unsweetened coconut flakes
- 1/2 tsp coconut essence
- 1/2 tsp caramel essence

#### HIGH PROTEIN

210 kcals, 24g pro, 17g carb, 7g fat, 410mg sodium, 7g fiber

#### VEGAN

220 kcals, 18g pro, 18g carb, 11g fat, 500mg sodium, 10g fiber

#### METABOLIC

200 kcals, 50g pro, 19g carb, 7g fat, 520mg sodium, 3g fiber

#### TROPICAL COCONUT | STAGE 4

- Vanilla protein
- 1/2 cup pineapple
- 1 Tbsp unsweetened coconut flakes
- 1/4 tsp coconut essence

#### HIGH PROTEIN

210 kcals, 24g pro, 26g carb, 4g fat, 240mg sodium, 7g fiber

#### VEGAN

220 kcals, 18g pro, 25g carb, 7g fat, 330mg sodium, 7g fiber

#### METABOLIC

210 kcals, 15g pro, 28g carb, 5g fat, 350mg sodium, 3g fiber

#### TROPICAL GREENS | STAGE 4

- Vanilla protein
- 1/2 banana
- 2 oz. pineapple juice
- 1 Tbsp almond butter

#### HIGH PROTEIN

310 kcals, 26g pro, 39g carb, 9g fat, 310mg sodium, 7 fiber

#### VEGAN

320 kcals, 20g pro, 38g carb, 12g fat, 400mg sodium, 7g fiber

#### METABOLIC

310 kcals, 17g pro, 41g carb, 10g fat, 420mg sodium, 3g fiber

#### GINGERBREAD | STAGE 4

- Vanilla protein
- 1/2 banana
- 1 cup unsweetened vanilla almond milk
- 1/4 tsp nutmeg & cinnamon
- 1/4 tsp ginger
- 3 drops maple essence

#### HIGH PROTEIN

220 kcals, 25g pro, 30g carb, 2.5g fat, 410mg sodium, 8g fiber

#### VEGAN

230 kcals, 19g pro, 29g carb, 6g fat, 500mg sodium, 8g fiber

#### METABOLIC

220 kcals, 16g pro, 32g carb, 3.5g fat, 520mg sodium, 4g fiber

# 20/20 SHAKE RECIPES

## Seasonal

### RECIPE

#### DOUBLE COCOA-STORM | STAGE 4

- 1/2 serving chocolate protein
- 1 square 20/20 Cocoa Almond protein bar, chopped
- 1 Tbsp almond butter
- 1/4 banana

### NUTRTION

#### HIGH PROTEIN

320 kcals, 22g pro, 29g carb, 15g fat, 250mg sodium, 6g fiber

#### VEGAN

320 kcals, 19g pro, 29g carb, 17g fat, 300mg sodium, 7g fiber

#### METABOLIC

310 kcals, 18 pro, 30g carb, 15g fat, 310mg sodium, 4g fiber

#### STRAWBERRY BANANA | STAGE 4

- Vanilla protein
- 1/2 cup strawberries
- 1/2 banana

#### HIGH PROTEIN

210 kcals, 24g pro, 34g carb, 0g fat, 240mg sodium, 8g fiber

#### VEGAN

220 kcals, 18g pro, 33g carb, 3.5g fat, 330mg sodium, 8g fiber

#### METABOLIC

210 kcals, 15g pro, 36g carb, 1.5g fat, 350mg sodium, 4g fiber

#### APPLE PIE | STAGE 4

- Vanilla protein
- 1/2 cup apple chunks
- 1 Tbsp almond butter
- 1/4 tsp cinnamon

#### HIGH PROTEIN

260 kcals, 26g pro, 26g carb, 9g fat, 310mg sodium, 7g fiber

#### VEGAN

270 kcals, 20g pro, 25g carb, 12g fat, 400mg sodium, 7g fiber

#### METABOLIC

260 kcals, 17 pro, 28g carb, 10g fat, 420mg sodium, 3g fiber

#### PINA COLADA | STAGE 4

- Vanilla protein
- 1/2 cup pineapple
- 1 cup unsweetened coconut milk
- Coconut essence

#### HIGH PROTEIN

210 kcals, 23g pro, 26g carb, 4g fat, 280mg sodium, 6g fiber

#### VEGAN

220 kcals, 17g pro, 25g carb, 7g fat, 370mg sodium, 6g fiber

#### METABOLIC

210 kcals, 14g pro, 28g carb, 5g fat, 390mg sodium, 2g fiber

#### PARISIAN PEAR-ALMOND | STAGE 5

- Vanilla protein
- 1/2 cup fat-free milk
- 1/2 cup pear
- 4 drops almond essence

#### HIGH PROTEIN

230 kcals, 28g pro, 33g carb, 0g fat, 310mg sodium, 7g fiber

#### VEGAN

240 kcals, 22g pro, 32g carb, 3g fat, 400mg sodium, 7g fiber

#### METABOLIC

230 kcals, 19g pro, 35g carb, 1g fat, 420mg sodium, 3g fiber

#### PUMPKIN PIE | STAGE 7

- Vanilla protein
- 1/2 cup pumpkin
- 1 tsp vanilla extract
- 1 Tbsp peanut butter
- 1 cup unsweetened vanilla almond milk
- 1/4 tsp cinnamon & nutmeg

#### HIGH PROTEIN

310 kcals, 30g pro, 29g carb, 11g fat, 470mg sodium, 12g fiber

#### VEGAN

320 kcals, 24g pro, 28g carb, 14g fat, 560mg sodium, 12g fiber

#### METABOLIC

310 kcals, 21g pro, 31g carb, 12g fat, 580mg sodium, 8g fiber