

THE ENERGYFIRST SHAKE

SHAKE-MAKING GUIDE

The EnergyFirst Shake is the perfect meal. It is a 100% natural blend of the highest quality lean protein, good fats/oils (containing essential fatty acids omega 3 and 6), and high fiber fruit in the perfect balance for optimal health and energy. As distinguished from a ready-to-drink product such as Myoplex which contains artificial sweeteners, fillers, and preservatives, the EnergyFirst Shake uses only 100% natural ingredients in their purest form, and you can prepare it in under 2 minutes. All you need is a blender! The EnergyFirst Shake will help keep your blood sugar stable and cease hunger and cravings, increase energy, stimulate your metabolism, increase fat burning, lower triglycerides and cholesterol, and improve your performance. I recommend an EnergyFirst Shake for breakfast every day. The EnergyFirst Shake is also the perfect lunch, post-workout recovery drink, between-meal snack, and any time you are too busy to prepare a healthy, balanced meal.

To make an EnergyFirst Shake, follow these simple steps:

Step 1

Add to a blender:

Healthy Liquid: 1 1/2 cups of cold water, non-fat milk, or soy milk. DO NOT USE FRUIT JUICE!

Step 2

Add Lean Protein:

2 scoops of *EnergyFirst Whey Isolate Protein Powder (Vanilla or Chocolate)*

Step 3

Add Good Fat:

1 TBS. *EnergyFirst Omega Oil Blend* OR
1/4 cup *EnergyFirst Omega Seed Mix* (pre-ground)

Step 4

Add Unprocessed Carbohydrates:

1/2 to no more than 1 cup of fresh or frozen (unsweetened) fruit (strawberries, blueberries, raspberries, apples, etc.)

Step 5

Add Supplementation:

1 scoop of *EnergyFirst Greenergy* for extra energy; antioxidants, and immune system boost

Taste and Texture

Want a thicker shake?

Add ice

Use frozen fruit

Decrease liquid

Use half non-fat milk, soy milk, or almond milk, and half water.

Want even more flavor?

Add Vanilla Extract

Cinnamon

Almond Extract

Experiment! The flavors of the shakes are only limited by your imagination!

Blend on high until smooth and enjoy. This recipe makes about 28 ounces of shake. Drink the full shake for a complete meal. Drink half for a snack.

Take EnergyFirst Mega Multi+ACE supplements with your shake.