

# Joe Dillon Shares . . .

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## ***Energy First Shake***

### **Benefits:**

- ◆ The ideal way to start your day with stable blood sugar
- ◆ Quick, easy and perfect every time
- ◆ Clean, balanced, and complete meal

### **Recipe:**

Set up your blender

#### **Liquid:**

Pour in 16 ounces of cold liquid: water, non-fat milk or 1% milk

#### **Lean, Complete Protein:**

Add 2 to 3 scoops of ***Energy First*** whey protein powder

#### **Good Fat:**

Add 1 tablespoon of raw flax seed oil or ¼ cup of raw flax seeds  
(grind raw flax seeds in your coffee grinder)

OR better yet our omega 3/6 blend which is a perfect balance of  
omega 3 and 6 fats.

#### **Good Carbohydrate:**

Add 1-2 piece(s) of raw fruit or 1-2 cup(s) of frozen unsweetened fruit

**Supplementation:** (some like to mix this in a separate container of non fat  
(Optional) milk or water and drink separately)

Add 1 teaspoon or up to 1 tablespoon of **GREENERGY**

Put the lid on tight

Blend for 30 to 45 seconds

Enjoy a truly healthy, perfectly balanced, effective and efficient meal

## ENERGY FIRST SHAKE RECIPES

### Energy First Shake Favorites:

1. *Strawberry Delight*  
Follow steps 1 to 3  
4) Core 1 apple and place in blender  
Add 6 – 8 oz frozen strawberries  
Add 1 – 2 oz frozen mangos  
Note: best with Veree Vanilla Energy First Powder
2. *Bombastic Banapple*  
Follow steps 1 – 3  
4) Core and add 1-2 small apples  
Add 1 frozen banana (you must peel and freeze banana first)  
Note: good with Veree Vanilla or Classic Chocolate Protein Powder
3. *Chocolate Cherry Surprise*  
Follow steps 1 – 3  
4) Core and add 1 small apple  
Add 8 – 12 oz frozen cherries  
Note: use Classic Chocolate Energy First for best taste
4. *Rumbling Rhubarb*  
Follow steps 1 – 3  
4) Core and add 1 small apple  
Add 6 – 8 oz frozen rhubarb  
Add 1 – 2 oz frozen mangos  
Add ½ frozen banana  
Note: semi sweet/tart with Veree Vanilla or Classic Chocolate

Send us your Shake Recipes. Each month we will publish the best with your name as a credit and we will send you a complimentary case of Energy First Vanilla or Classic Chocolate Energy First Protein Powder.