

# FIVE DAY **RE**SET

## RECIPE BOOK



# Contents

- 3 Life Shake™ Recipes
- 5 Protein Oats Recipes
- 7 Protein Veggie Broth Recipes

# Life Shake™ Recipes



# Pomegranate-Berry Life Shake

## INGREDIENTS

2 scoops French Vanilla Life Shake™

½ cup frozen raspberries

½ cup pomegranate juice

10 oz water

## DIRECTIONS

Combine all ingredients in a blender and blend until smooth.

Protein **21g**  
Fiber **12g**  
Calories **237**





# Orange-Mango Life Shake

## INGREDIENTS

2 scoops French Vanilla Life Shake™

1 mandarin orange, peeled

½ cup frozen mango chunks

10 oz ice cold water

Slice of ginger (optional)

1 dash of turmeric (optional)

## DIRECTIONS

Combine all ingredients in a blender and blend until smooth.

Protein **21g**  
Fiber **9g**  
Calories **257**

# Piña Colada Life Shake

## INGREDIENTS

2 scoops French Vanilla Life Shake™

Juice from ½ lemon

1 cup frozen pineapple chunks

8 oz unsweetened coconut milk

Rum flavoring (if desired)

## DIRECTIONS

Combine all ingredients in a blender and blend until smooth.

Protein **21g**  
Fiber **8g**  
Calories **292**





# Cranberry-Apple Life Shake

## INGREDIENTS

2 scoops French Vanilla Life Shake™

½ medium apple

1 cup frozen cranberries

10 oz cold water

Cinnamon and ginger  
(to your preference)

## DIRECTIONS

Combine all ingredients in a  
blender and blend until smooth.

Protein **21g**  
Fiber **12g**  
Calories **237**

# Protein Oats Recipes





# Apple-Maple Cinnamon Oats

## INGREDIENTS

- 1 packet Protein Oats
- 1 apple slice cut into small pieces
- 1 tsp maple syrup
- 1 dash of cinnamon
- 2 oz hot water

## DIRECTIONS

Place Protein Oats, sliced apple, and maple syrup into container. Pour hot water over contents and cover for up to 5 minutes to allow apple to soften. Stir and sprinkle with cinnamon.

Protein **12g**  
Fiber **9g**  
Calories **297**





# Lemon-Blackberry Oats

## INGREDIENTS

- 1 packet Protein Oats
- 1 tsp lemon zest
- 1 handful of blackberries
- 3 oz hot water

## DIRECTIONS

Place Protein Oats and lemon zest in container. Pour hot water over contents and cover for a few minutes to allow lemon oil to infuse the oats. Uncover, add blackberries, and enjoy.

Protein **13g**  
Fiber **7g**  
Calories **235**

# Lemon-Poppyseed Oats

## INGREDIENTS

1 packet Protein Oats  
1 tsp lemon zest  
1 tsp poppy seeds  
3 oz hot water

## DIRECTIONS

Place Protein Oats, lemon zest, and poppy seeds in container. Pour hot water over contents and cover for a few minutes to allow lemon oil to infuse the oats. Uncover and enjoy.

Protein **12g**  
Fiber **6g**  
Calories **237**





# Overnight Oats

## INGREDIENTS

- 1 packet Protein Oats
- ½ banana mashed
- ½ tsp vanilla extract (optional)
- 3 oz unsweetened almond milk
- 1 dash of cinnamon or nutmeg (optional)

## DIRECTIONS

Combine Protein Oats, mashed banana, almond milk, and optional vanilla extract in an airtight container. Cover and place in refrigerator for a minimum of 45 minutes or overnight.

Protein **13g**  
Fiber **7g**  
Calories **308**

# Protein Veggie Broth Recipes



# Cream of Cauliflower Base

## INGREDIENTS

1 packet Protein Veggie Broth

1 cup steamed cauliflower

1 garlic clove

4 oz hot water

## DIRECTIONS

Combine Protein Broth, steamed cauliflower, garlic clove, and hot water in blender and blend until smooth.

Protein **10g**  
Fiber **3g**  
Calories **78**





# Mushroom Soup

## INGREDIENTS

Cream of Cauliflower Base  
(see recipe)

2 or 3 cremini mushrooms, sliced

Dash of olive oil

## DIRECTIONS

Lightly sauté or air fry sliced mushrooms in oil until slightly golden. Pour Cream of Cauliflower Base into serving bowl and top with sautéed mushrooms.

Protein **10g**  
Fiber **3g**  
Calories **123**

# Cream of Asparagus Soup

## INGREDIENTS

Cream of Cauliflower Base  
(see recipe)

2 or 3 spears of steamed asparagus

Squeeze of fresh lemon (optional)

## DIRECTIONS

Combine Cream of Cauliflower Base and steamed asparagus in blender and blend until smooth.

Protein **11g**  
Fiber **4g**  
Calories **89**







# Parmesan Cauliflower Soup

## INGREDIENTS

Cream of Cauliflower Base  
(see recipe)

1 Tbsp grated parmesan cheese

1 dash of black pepper to taste

## DIRECTIONS

Pour Cream of Cauliflower Base into serving bowl and top with parmesan cheese.

Protein **11g**  
Fiber **3g**  
Calories **100**

# Green Curry Soup

## INGREDIENTS

1 packet Protein Veggie Broth  
3 oz silken tofu  
1 tsp green curry paste  
2-3 oz hot water

## TOPPING OPTIONS

3-4 steamed Japanese eggplant slices  
2-3 cherry tomatoes  
4-5 sugar snap peas  
1 sprig of fresh basil

## DIRECTIONS

Combine Protein Broth, silken tofu, curry paste, and hot water in a blender and blend until smooth. Pour into serving bowl and add toppings of choice.

Protein **12g**  
Fiber **2g**  
Calories **122**





# Pumpkin Curry Soup

## INGREDIENTS

- 1 packet Protein Veggie Broth
- 3 oz silken tofu
- 1 tsp red curry paste
- ½ cup cooked winter squash or pumpkin
- 2-3 oz hot water
- 1 sprig of fresh basil, chopped (optional topping)
- Squeeze of fresh lemon (optional)

## DIRECTIONS

Combine Protein Broth, silken tofu, curry paste, squash or pumpkin, and hot water in a blender and blend until smooth. Pour into serving bowl and sprinkle with basil.

Protein **12g**  
Fiber **3g**  
Calories **131**

# Butternut Squash Soup

## INGREDIENTS

1 packet Protein Veggie Broth  
1/2 cup cooked butternut squash  
2-3 oz hot water

## DIRECTIONS

Combine Protein Broth, cooked squash, and hot water in a blender and blend until smooth.

Protein **8g**  
Fiber **3g**  
Calories **86**





# Miso Soup

## INGREDIENTS

- 1 packet Protein Veggie Broth
- 1 tsp white miso
- 1 tsp fresh or frozen ginger, minced or crushed

## TOPPING OPTIONS

- 1 cup scallion or green onion, chopped
- 3 oz silken tofu, cubed
- ½ cup cooked bok choy (optional)

## DIRECTIONS

Combine Protein Broth, ginger, and white miso in a blender and blend until smooth. Pour into serving bowl and add toppings of choice.

Protein **12g**  
Fiber **1g**  
Calories **100**