

What to Look for in a Shake

Replace a meal a day with a healthy shake to support fat loss, optimal nutrition and ideal body composition.

Choose a high quality protein base

- Vegan rice, pea or potato protein, or blends of these

If you suspect a dairy allergy after you reintroduce dairy in your diet, do not choose a whey protein product. If in doubt - stick with rice and/or pea protein. Once you are through the program, and if dairy IS NOT an issue for you, then you can also choose a high quality whey protein shake mix.

Avoid: Soy, egg or milk protein powders, artificial colors and sweeteners such as aspartame and sucralose.

Look for: GMO-free and hormone (rBGH) free. Your protein powder must be low in sugar - stick with a very small amount of natural sweetener or sugar alcohol (ie stevia, xylitol, rice syrup, evaporated cane juice syrup) 4-5 grams per serving max.

Look for shakes made with 5 grams or less of net carbs per serving.

Creating the Perfect Shake:

1. Select your protein
2. Add your fiber
3. Add your fruit
4. Add water, ice and blend!

Basic Shake Recipe

- 2 scoops Virgin Diet All-In-One Shake
- 1 serving Virgin Diet Extra Fiber
- 1 serving frozen fruit (we recommend organic berries)
- Liquid (water, unsweetened coconut water, or coconut milk*)

Add-ins:

- 1 tablespoon of nut butter
- Handful of fresh or frozen kale
- 1 tablespoon chia, hemp, or freshly ground flaxseed meal
- 1 scoop greens powder

**note we recommend So Delicious Unsweetened Coconut Milk. If you use the canned coconut milk, choose the light version and dilute 1/4 cup coconut milk with 3/4 cup water.*

Products may be purchased at www.TheVirginDiet.com/store