



FRESH START RECIPE

Healthy Eating Made Easy



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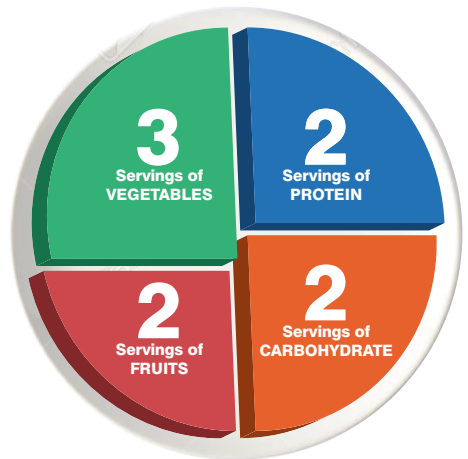
Making Healthy Eating Fun

Healthy eating can be fun yet nutritious when you mix-and-match a variety of healthy ingredients and nutritional supplements into your favorite food and drinks!

The easiest way to achieve healthy eating is by practicing the food portion control. Food portion control shows you the right amount of food that you need to eat for each meal to achieve a healthy body.

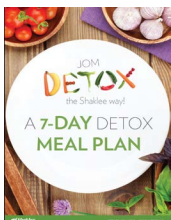
As part of the Shaklee Detox program, we encourage you to practice the 3:2:2:2 serving size (3 servings of vegetables, 2 servings of fruits, 2 servings of protein and 2 servings of carbohydrate) every day from day 8-30 as a detox maintenance plan.

Look out for the 3:2:2:2 icon in this Fresh Start Recipe Book to help you achieve the recommended serving size easily and to help you choose the right food for a nutritious and balanced diet.



You'll now feel good about healthy eating!

Let's Get Started!

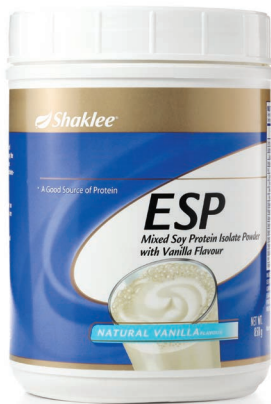


Want to know more?

Join our detox program to have a fresh start and live amazing everyday! Download the 7-Day Detox Meal Plan from Shaklee official website at www.shaklee.com.my now!

ESP Mixed Soy Protein Isolate Powder

Delivers Sustained Energy, With Plant-Based Protein Available



THE SHAKLEE DIFFERENCE

- Shaklee uses Non-genetically modified (Non-GMO) soy protein produced under Identity Preservation Program (IPP).
- Each serving provides 14grams of Low Glycemic Index plant based protein.
- Has PDCAAS (Protein Digestibility Corrected Amino Acid Score) score of 1.0- the highest rating possible and equal to that given animal proteins.
- Provides 9 essential amino acids.
- High in five essential B vitamins and 500mg calcium.
- Rich in calcium which aids in the development of strong bones and teeth.



Berry Frenzy Smoothie

A simple, yummy and pretty drink, packed with the benefits of antioxidants.

Here's a delicious smoothie for all you berry lovers. It is the antioxidant champion plus, it is simple, yummy and pretty!

Ingredients:

- 3 tablespoons ESP Mixed Soy Protein Isolate Powder
- ½ cup blueberries
- 4 medium strawberries
- 4 medium raspberries
- 1 cup water
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by

ESP Mixed Soy Protein Isolate Powder

Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium.



This recipe supports the



MEAL PLAN

Provides you with:

- 1** serving of
- 2** servings of

PROTEIN
FRUITS



*Honeydew Delight
Smoothie*



*Cooler Melon
Smoothie*



*Green Kiwi
Smoothie*

A cooling, refreshing and hydrating drink – a perfect treat for a hot sunny day. Loaded with vitamin C and provides you a long-lasting freshness.

- ✓ Rich in Vitamin C
- ✓ Keeps you full
- ✓ Replace with your favorite fruits for a twist!

Powered by
ESP Mixed Soy Protein Isolate Powder
Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium.



Ingredients:

- 3 tablespoons ESP Mixed Soy Protein Isolate Powder
- 1 slice honeydew OR 1 slice watermelon OR 1 medium kiwi
- 1 cup low fat milk
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

This recipe supports the



MEAL PLAN

Provides you with:

- 2** servings of
- 1** serving of

**PROTEIN
FRUITS**

Tropical Pine-O Smoothie



Packed with vitamin C and provides you a long-lasting freshness.

Ingredients:

- 3 tablespoons ESP Mixed Soy Protein Isolate Powder
- 1 slice pineapple
- 1 medium orange
- 1 cup low fat milk
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by

ESP Mixed Soy Protein Isolate Powder

Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium.



✓ Packed with vitamin C
✓ Refreshing

This recipe supports the



MEAL PLAN

Provides you with:

- 2 servings of
- 2 servings of

PROTEIN
FRUITS



Soothing Papaya Smoothie

Great for your digestive system

Great for your digestive system and a refreshing taste for a healthy tummy!

Ingredients:

- 3 tablespoons ESP Mixed Soy Protein Isolate Powder
- 2 teaspoon ginger (peeled and chopped)
- 1 slice papaya
- ½ cup lemon juice
- 1 cup ice cubes
- ½ cup water



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by
ESP Mixed Soy Protein Isolate Powder
Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium.



This recipe supports the



MEAL PLAN

Provides you with:

- 1 serving of
- 1 serving of

PROTEIN
FRUITS

Great Dates Smoothie



An excellent drink for you to break your fast for a healthy digestion and to keep you energized!

Ingredients:

- 3 tablespoons ESP Soy Mixed Protein Isolate Powder
- 1 cup low fat milk
- 4 seedless dates
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by

ESP Mixed Soy Protein Isolate Powder

Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium



This recipe supports the



MEAL PLAN

Provides you with:

- 2 servings of
- 1 serving of

PROTEIN
FRUITS

- ✓ Perfect to break your fast
- ✓ Keeps you energized

Mango Yogurt Smoothie

Shaklee
Creating Healthier Lives

This tropical-flavoured shake helps refresh your mind and body !

Ingredients:

- 3 tablespoons ESP Mixed Soy Protein Isolate Powder
- 1 medium mango
- 1 cup plain yogurt
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by

ESP Mixed Soy Protein Isolate Powder

Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium.



- ✓ Tropical-Flavoured
- ✓ Refreshing

This recipe supports the



MEAL PLAN

Provides you with:

- 2 servings of
- 1 serving of

PROTEIN
FRUITS

Nutritious Protein Balls

- ✓ Pre-Make some and store in fridge.
- ✓ Makes a great in between meal snack to keep the cravings away.
- ✓ Helps support healthy digestive system

Easy to make, phenomenally delicious and helps support your digestive health!

Ingredients:

- 3 tablespoons ESP Mixed Soy Protein Isolate Powder
- 3 pieces Digestive Biscuits (crushed)
- 1 medium banana
- ½ teaspoon vanilla essence

Directions:

1. Mix all ingredients together until the batter texture is similar to cookie dough.
2. Roll the dough into small balls and coat the balls with crushed Digestive Biscuits.
3. Chill for 30 minutes and it is ready to be served.

Powered by ESP Mixed Soy Protein Isolate Powder

Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium.



This recipe supports the

MEAL PLAN

Provides you with:

- 1 serving of
- 1 serving of
- 1 serving of

PROTEIN
FRUITS
CARBOHYDRATE

Yummy Protein Bars



A handy and nutritious snack to have when travelling.

Another fun way to up your protein intake with this quick, nutritious snack.

Ingredients: (serves 1 -2)

- 6 tablespoons ESP Soy Mixed Protein Isolate Powder
- ½ cup oatmeal
- ½ cup skimmed milk
- 1 tablespoon peanut butter
- 1 tablespoon melted chocolate
- A dash of cranberries and nuts

Directions:

1. Mix ESP Soy Protein Isolate Powder, oatmeal, peanut butter and milk until homogenized and flatten it in a container.
2. Freeze for 1 hour to set, then cut into several pieces .
3. Pour melted chocolate over the bars and top with cranberries and nuts for added crunch.

Powered by
ESP Soy Protein Isolate Powder

Delivers sustained energy with plant based protein available which is rich in protein, B-Vitamins and calcium.



This recipe supports the

MEAL PLAN

Provides you with:

- 2¹/₂ servings of
- 1/2 serving of
- 1/2 serving of

PROTEIN
CARBOHYDRATE
FRUITS

Cinch® Shake Mix

A Quick and Complete Shake



THE SHAKLEE DIFFERENCE

- Delivers 24 grams of protein per serving to help you feel satisfied and full.**
- High in fiber, with 6 grams per serving.
- Packed with nutrients - delivers 35% or more of the Daily Value for 21 essential vitamins and minerals.

**Delivers 24g of protein when prepared as directed



- ✓ Satisfying
- ✓ Filling
- ✓ Helps you achieve healthy weight

Choco Minty Milkshake

Turn your ordinary milkshake into an extraordinary peppermint chocolate treat! Satisfying, filling and helps you achieve a healthy weight!

Ingredients:

- 2 scoops Cinch® Shake Mix- Chocolate
- 3 tablets Peppermint-Ginger Plus (crushed)
- 1 cup low fat milk
- 1 medium banana
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by
Cinch® Shake Mix- Chocolate
Manage your weight effectively with this delicious, quick and nutritious meal replacement drink.



MEAL PLAN

Provides you with:

- 2** servings of
- 1** serving of
- 1** serving of

PROTEIN
FRUITS
CARBOHYDRATE

Purple Wonder MilkShake

Enjoy a little caffeine boost to stay alert the whole day while you shape up. It is also packed with antioxidants!

Ingredients:

- 2 scoops Cinch® Shake Mix-Café Latte
- 1 cup low fat milk
- 8 red grapes
- ½ cup blueberries
- 1 cup ice cubes

Directions:



Add all ingredients into your Shaklee Blender and blend until smooth.



- ✓ Caffeine boost to stay alert
- ✓ Shape up
- ✓ Packed with antioxidants

Powered by
Cinch® Shake Mix- Cafe Latte
Manage your weight effectively with this delicious, quick and nutritious meal replacement drink.



This recipe supports the



MEAL PLAN

Provides you with:

- 2** servings of
- 2** servings of
- 1** serving of

PROTEIN
FRUITS
CARBOHYDRATE

Apple Cinnamon MilkShake



✓ Satisfying
✓ Filling
✓ Helps you achieve healthy weight

If you love apple pie and crave for some sweetness yet afraid of the extra weight, then you will love this healthy shake that helps maintain a healthy weight

Ingredients:

- 2 scoops Cinch® Shake Mix- Vanilla
- 1 cup low fat milk
- 1 medium apple
- 1 cup ice cubes
- Cinnamon to taste



Directions:

1. Add all ingredients into your Shaklee Blender and blend until smooth.
2. Drizzle with honey for extra sweetness

Powered by
Cinch® Shake Mix- Vanilla
Manage your weight effectively with this delicious, quick and nutritious meal replacement drink.



This recipe supports the



MEAL PLAN

Provides you with:

- 2** servings of
- 1** serving of
- 1** serving of

PROTEIN
FRUITS
CARBOHYDRATE

Make these your detox buddies!



Milk Thistle

Helps Liver Renew, Recharge, Revitalize



Peppermint and Ginger

Soothes and Calms



Senna Leaves

For Occasional Irregularity



Alfalfa

Naturally Nutritious

Milk thistle helps your body detoxify to help restore and maintain your liver health while senna leaves help promote bowel movement. Alfalfa naturally provides you with many nutrients and minerals and you can say goodbye to bloating and gas with peppermint and ginger.

You are now one step closer to looking good, feeling light, starting fresh and becoming healthier!

Tangy Creamy Avocado Dressing



Great for:
Salad dressing
Vegetable sticks
Crackers
Bread
Nachos

This creamy and zesty dressing will be your all-time favorite healthy dressing !

Ingredients:

- 5 tablets Alfafa Complex (crushed)
- 1 ripe medium avocado
- Juice from 1/2 lemon
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons extra virgin olive oil



Directions:

1. Add crushed Alfafa Complex, avocado, lemon juice, salt and pepper into your Shaklee Blender.
2. Blend all ingredients until smooth and creamy.
3. Pour the mixture into a bowl and add in olive oil into the mixture. Stir until all ingredients are homogenized.

Powered by
Alfafa Complex



MAL10053686XC

This recipe supports the



MEAL PLAN

Provides you with:

1 serving of

FRUITS

Relaxing Tea-Tox

- ✓ Soothes your tummy
- ✓ Great after-dinner drink or detox drink



Soothing to the tummy and serves great as after-dinner or detox drink.

Ingredients:

- 5 tablets Alfalfa Complex (crushed)
- 3 tablets DTX[®] Complex (crushed)
- 3 tablets Peppermint-Ginger Plus
- 1 cup hot water
- 1 tablespoon honey
- 2 lemon slices (squeezed)


Directions:

Add all ingredients into a cup of hot water and mix until dissolved.

Powered by

<p>Alfalfa Complex</p>  <p>MAL10053686XC</p>	<p>DTX[®] Complex</p>  <p>MAL07090948TC</p>	<p>Peppermint-Ginger Plus</p>  <p>MAL11040031TC</p>
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This recipe supports the



MEAL PLAN

Provides you with:

1/2 serving of

CARBOHYDRATE



- ✓ Refreshing and cooling.
- ✓ To keep sipping all day long, refill water into your Multi-function Tumbler when its half full

Cucumber Cooler

Make your water flavorful and even more refreshing with cool cucumber and lemon!

Ingredients:

- 4 tablets Herb-Lax™ (crushed)
- 3 cucumber slices
- 3 lemon slices
- 1/2 handful mint leaves
- 600ml water
- 1 cup ice cubes or refrigerate



Directions:

1. Mix all ingredients into your Multi-function Tumbler and shake.
2. Infuse for 1-2 hours at room temperature or in the fridge for 3-4 hours to achieve potent flavor. Drinking the water on the same day is optimal.



MAL10080110TC



Vivix®

A Delicious Botanical Beverage

THE SHAKLEE DIFFERENCE

- Our scientifically advanced, proprietary blend is based on the muscadine grape - one of nature's rarest, most potent fruits.
- Muscadine grapes contain the full complement of polyphenols found in other grapes. Unlike other grapes, muscadine boasts superior concentrations of ellagic acid and ellagitannins that, when combined with other polyphenols, yield immense antioxidant power.
- At Shaklee, we harness this muscadine grape power in every bottle of Vivix® using a patented extraction process that concentrates and preserves bioactive polyphenols.

A powerful immune booster drink

Pink Velvet Smoothie

Drink your way to a stronger immune system with this pink velvet smoothie.

Ingredients:

- 1 teaspoon Vivix®
- 1 sachet NutriFeron®
- 3 tablespoons Performance®
- 1 /3 slice medium dragon fruit
- 1 cup water
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by

Vivix®

Rich in polyphenols, a plant-derived phytonutrient that keeps you rejuvenated and revitalized.



Collagen

Promote youthful looking skin from inside out with collagen and 7 key ingredients which has low molecular weight for excellent absorption.



Performance®

A proprietary OPTI-LYTE electrolyte blend plus unique mix of carbohydrates to deliver instant and sustained energy and support optimal hydration.



This recipe supports the

MEAL PLAN

Provides you with:

- 1 serving of
- 1 serving of

FRUITS
CARBOHYDRATE



Jingle all the way! Serve this high antioxidant mocktail and your guests will definitely love it!

Ingredients:


- 1 teaspoon Vivix®
- 1 slice watermelon
- 2 slices lime (squeezed)
- 1 handful mint leaves
- ½ cup water
- ½ cup sparkling water
- 1 cup ice cubes



Directions:

Add all ingredients (except mint leaves) into your Shaklee Blender and blend until smooth. Garnish with lime and mint leaves.

Powered by
Vivix®
Rich in polyphenols, a plant-derived phytonutrient that keeps you rejuvenated and revitalized.



This recipe supports the



MEAL PLAN

Provides you with:

1 serving of **FRUITS**

Performance®

A Refreshing Thirst Quencher



THE SHAKLEE DIFFERENCE

- Quench that thirst for winning. Bring out your best performance and keep the momentum going.
- With proprietary OPTI-LYTE™ electrolyte blend plus unique mix of carbohydrates to deliver instant and sustained energy and support optimal hydration.



- ✓ Refreshing
- ✓ Great substitute for sugary sodas

Fizzy Apple Ale

Refreshing fizzy sparkling drink with no guilt and so much better than sugary sodas!

Ingredients:

- 3 tablespoons Performance®
- 1 medium apple
- ½ inch ginger, peeled
- ½ squeezed lime
- 1 cup sparkling water
- 1 cup ice cubes



Directions:

Add all ingredients (except ice cubes) into your Shaklee Blender and blend until smooth. Top with ice.

Powered by Performance®

A proprietary OPTI-LYTE electrolyte blend plus unique mix of carbohydrates to deliver instant and sustained energy and support optimal hydration.



This recipe supports the

MEAL PLAN

Provides you with:

- 1 serving of
- 1 serving of

FRUITS
CARBOHYDRATE



NutriFeron®

Activate Your Shield



THE SHAKLEE DIFFERENCE

- NutriFeron® created by the discoverer of interferon, world-renowned immunologist Dr. Yasuhiko Kojima, dedicated 40 years of research to finding natural compounds.
- This exclusive patented formula is designed to naturally increase levels of interferon, providing immune support right at the cellular level.

Vinaigrette Dressing

Toss this healthy dressing with your salad for a refreshing tang of lime juice with a hint of sweetness from honey.

Ingredients:

- 1 stick NutriFeron®
- ¼ cup fresh lime juice
- 2 tablespoons honey
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 3 tablespoons extra virgin olive oil



Directions:

1. Add all ingredients (except olive oil) into your Shaklee Blender and blend until smooth.
2. Stream olive oil into the mixture while blending to emulsify the oil into the juice.

Powered by

NutriFeron®

A patented blend of 4 plant extracts to keep your body's defense in good working order, safely and naturally.



Healthy salad dressing

This recipe supports the



MEAL PLAN

Provides you with:

1 serving of

CARBOHYDRATE

- ✓ Healthy, satisfying, delicious
- ✓ Great for breakfast or lunch
- ✓ Add fresh vegetables such as lettuce, olive, cucumber or avocado



Immune Boosting Sandwich

Spice up your regular sandwich with this immune boosting sandwich which is healthy, satisfying and delicious as a breakfast or lunch.

Ingredients: (Serves 3)

- 2 sticks NutriFeron®
- 1 can tuna in olive oil
- 1 medium onion (chopped)
- 1 medium tomato (chopped)
- 1 tablespoon mayonnaise
- 6 slices wholemeal bread

Directions:

1. Add all ingredients (except bread) into your Rubbermaid Container and shake until well-mixed.
2. Spread the tuna mixture on bread and enjoy!

Powered by

NutriFeron®

A patented blend of 4 plant extracts to keep your body's defense in good working order, safely and naturally.



This recipe supports the



MEAL PLAN

Provides you with:

- 1/3** serving of
- 1/3** serving of
- 1** serving of

VEGETABLES
PROTEIN
CARBOHYDRATE

Collagen



THE SHAKLEE DIFFERENCE

- Shaklee Collagen Powder provides you with 4,000mg RSS (Red Snapper Scale) Collagen, a carefully selected collagen extracted from the scales of Red Snapper.
- Gives you more than collagen, with seven key ingredients including Camelia japonica seed extract and Pfaffia extract- fish collagen, shellfish extract and Lactobacillus acidophilus and Vitamin C and B.
- Low molecular weight for excellent absorption.
- Individual sachet for immediate consumption anytime, anywhere.



Your skin will love you for this!

Mango Tango Beauty Drink

Sip your way to a smoother, brighter and more youthful skin with this yummy mango beauty drink!

This recipe supports the



MEAL PLAN

Provides you with:

- 1 serving of
- 1 serving of
- 1 serving of

PROTEIN
FRUIT
CARBOHYDRATE

Ingredients:

- 1 sachet Collagen
- 3 tablespoons Performance®
- 1 medium mango
- 1 cup plain yogurt
- 1 cup ice cubes



Directions:

Add all ingredients into your Shaklee Blender and blend until smooth.

Powered by

Collagen

Promote youthful looking skin from inside out with collagen and 7 key ingredients which has low molecular weight for excellent absorption.



Performance®

A proprietary OPTI-LYTE electrolyte blend plus unique mix of carbohydrates to deliver instant and sustained energy and support optimal hydration.



Shaklee is here to Help And Support You

**YOU are supported by our friendly
and dedicated CUSTOMER SERVICE:**

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