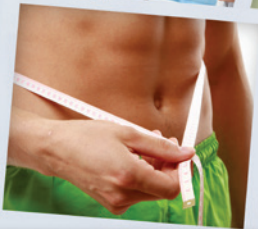


Delicious Recipes featuring...

SlenderFX Meal Replacement **SHAKE** by Youngevity®



Mix all ingredients in a blender with ice for all shake recipes. Adjust liquid for personal taste.



Key Benefits:

- *Highly nutritious energy and muscle recovery/rebuilding. †*
- *Enhances metabolism and promotes the use of excess calories. †*
- *Easily mixes with water or nonfat milk and tastes great.*

† This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Mochachino Delight

1 tbsp. brewed JavaFit® Coffee

2 tbsp. Cocogevity Plus™

¼ cup water

3 tbsp. French Vanilla Slender FX™

Meal Replacement Shake

DID YOU KNOW?

Cocoa has one of the highest concentrations of flavonoids, a powerful type of antioxidant.

Spiced Pumpkin Supreme

¼ cup canned pumpkin

1 tbsp. half and half*

1 tbsp. pumpkin spice

1 tbsp. Ultimate Youth™

Green Super Food

3 tbsp. French Vanilla Slender FX™

Meal Replacement Shake

*or fat-free half and half

If desired, top with Reddi-Wip® topping and a dash of pumpkin spice.



Mix all shake ingredients in a blender with ice. Adjust ingredients to personal taste.

White Chocolate Vanilla

- 1 tbsp. sugar-free white chocolate pudding (powder)
- 1 tbsp. half and half*
- 1 tbsp. sugar-free vanilla syrup (such as Torani®)
- 3 tbsp. French Vanilla Slender FX™ Meal Replacement Shake
- 1 cup water

*or fat-free half and half

Low-Carb Coffee Blast

- 1 cup brewed JavaFit® coffee
- 1 tbsp. half and half*
- 1 tbsp. sugar-free hazelnut or vanilla syrup
- 3 tbsp. French Vanilla Slender FX™ Meal Replacement Shake

*or fat-free half and half

DID YOU KNOW?

Low-fat diets high in fruit and vegetables are a rich source of disease-fighting antioxidants.



Berry Berry

- ½ cup mixed frozen berries
- ½ banana
- 1 cup water
- 3 tbsp. French Vanilla Slender FX™ Meal Replacement Shake
- 1 packet Splenda®

Coconut Cream

- 1/3 cup coconut cream pie filling
- 1 tbsp. coconut flakes
- 3 tbsp. French Vanilla Slender FX™ Meal Replacement Shake
- 1 cup water

Strawberry Cheesecake

- 1¾ scoop French Vanilla Slender FX™ Meal Replacement Shake
- 1 cup milk*
- 3 tbsp. Jell-O® NoBake® reduced fat cheesecake mix
- 3 low-fat vanilla wafers
- 4 frozen strawberries

*or 2% or skim milk

DID YOU KNOW?

The typical human body is comprised of 60% water, followed by protein (20%), fat (10%), minerals (5%) and carbohydrates (1%).



Outrageous Orange Kid's Shake

- 1¾ scoop French Vanilla Slender FX™ Meal Replacement Shake
- 1 cup fresh orange juice
- 1 ounce SupraLife™ Kid's Toddy™

DID YOU KNOW?

SupraLife™ Kid's Toddy™ provides the essential nutrients to support your child's development.†

Friday Night Treat

- 1 tbsp. sugar-free caramel syrup, (such as Torani®)
- 1 tbsp. sugar-free chocolate (such as Nestlé Nesquik®)
- 1 tbsp. crunchy natural peanut butter
- ½ cup milk*
- ½ cup water
- 3 tbsp. French Vanilla Slender FX™ Meal Replacement Shake

*or 2% or skim milk



PBCB (Peanut Butter Chocolate Banana)

1 $\frac{3}{4}$ scoop Chocolate Fudge Slender FX™

Meal Replacement Shake

1 cup vanilla soy milk*

1 tbsp. natural peanut butter

$\frac{1}{2}$ banana

*or 2% or skim milk



Low Carb Peanut Butter Delight

1 tbsp. natural

peanut butter

1 tbsp. half and half*

1 cup water

3 tbsp. French Vanilla Slender

FX™ Meal Replacement Shake

*or fat-free half and half

DID YOU KNOW?

Peanut butter is a great source of protein and other essential nutrients.

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Optional Ways to Enjoy Slender FX™

Slender FX™ Brownies

1 cup French Vanilla Slender FX™
Meal Replacement Shake

½ cup cocoa powder

¾ tsp. baking powder

1¼ cup Splenda®

¾ cup butter

1½ cup sugar-free chocolate chips

Mix all ingredients together and bake for 20 minute at 350 degrees. Remove from oven, let cool, cut into squares and enjoy!

Slender FX™ Apple Cake

- 1 cup water
- ½ cup Herbal Rainforest™
- 2 cups dehydrated apples
- 2 cups French Vanilla Slender FX™
Meal Replacement Shake
- 1 tsp. baking powder
- 1½ tsp. cinnamon
- ½ cup egg substitute
- ¾ cup melted butter

Soak apples in water and Herbal Rainforest™ until softened. Drain any excess water. Mix softened apples and remaining ingredients together. Bake for 17-20 minutes at 400 degrees. Remove from oven, let cool and enjoy!

Try Your Own Favorite Recipes*

Coming up with new recipes using Slender FX™ Meal Replacement Shakes can be fun and exciting, not only for your taste buds, but for your health as well! Why not experiment with your own favorite, healthy ingredients?

*Send your recipe ideas to:
Marketing@Youngevity.com



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