



## A Very Berry Delight

for every day of the month.  
Just add Shakeology®.

Here's how to make it: For each of these delicious shakes, add 1 serving of GreenBerry Shakeology and water (see just below) for a thicker shake. In the ingredients listed, like a banana and cream.

You've got the shakes! Fresh or frozen fruit, frozen, milk, almond, or soy milk (the food that you add, the creamier, the better).

<p><b>1</b> <b>Orange Sunrise</b> ½ cup orange juice ½ cup water</p> 	<p><b>2</b> <b>Strawberry Peach Paradise</b> ½ cup strawberries ½ cup peaches 1 cup water</p>	<p><b>3</b> <b>Strawberry Tango</b> ½ cup strawberries ½ cup mango 1 cup water</p> 	<p><b>4</b> <b>Citrus Berry</b> ½ cup strawberries ½ cup orange juice 1 cup water</p>	<p><b>5</b> <b>Lemonade</b> ½ cup organic lemonade ½ banana ½ cup milk</p> 	<p><b>6</b> <b>Strawberry Lemonade</b> Juice of ½ small lemon ½ cup strawberries 1 cup water</p>	<p><b>7</b> <b>Mangoes</b> ½ cup mango ½ banana 1 Tbsp. plain yogurt 1 Tbsp. honey 1 cup water</p>
<p><b>8</b> <b>Very Berry Squares</b> ½ cup strawberries ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p><b>9</b> <b>Pineapple n Go Go</b> ½ cup pineapple juice ½ banana ½ cup water</p>	<p><b>10</b> <b>Fraggy Berry</b> ½ cup blueberries ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>11</b> <b>Banana Sunshine</b> ½ banana ½ cup orange juice ½ cup water</p> 	<p><b>12</b> <b>Red Mango Hurricane</b> ½ cup mango ½ cup raspberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>13</b> <b>Berry Extreme</b> ½ cup blackberries ½ cup raspberries ½ cup blueberries ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>14</b> <b>Blackberry Storm</b> ½ cup blackberries 1 cup water</p> 
<p><b>15</b> <b>Rose Berry</b> 1 cup strawberries ½ cup plain nonfat yogurt 1 Tbsp. honey 1 cup skim milk</p>	<p><b>16</b> <b>Almond Honey-Lime</b> 1 cup almond milk 1 cup honey</p> 	<p><b>17</b> <b>Tea Berry Zinger</b> 1 cup cold unsweetened green tea 1 cup strawberries</p> 	<p><b>18</b> <b>Pineapple Cream</b> ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p><b>19</b> <b>Key Lime Dream</b> Juice of 1 lime 1 Tbsp. honey 1 cup skim milk</p> 	<p><b>20</b> <b>Berry with a Twist</b> Juice of ½ lemon 1 cup raspberries ½ cup plain nonfat yogurt 1 cup water</p>	<p><b>21</b> <b>Citrus Pucker</b> Juice of ½ small lemon Juice of ½ small lime 1 Tbsp. honey 1 cup water</p>
<p><b>22</b> <b>Red Berry</b> 1 cup strawberries 1 cup skim milk</p> 	<p><b>23</b> <b>Cherry Berry</b> ½ cup milk ½ cup cherries (pitted) ½ cup unsweetened cranberry juice ½ cup water</p>	<p><b>24</b> <b>Raspberry Rascal</b> Juice of ½ small lime ½ cup raspberries ½ cup orange juice ½ cup water</p>	<p><b>25</b> <b>Mango Tango</b> ½ cup mango ½ cup pineapple juice ½ cup water</p>	<p><b>26</b> <b>Apple Breeze</b> ½ cup apple juice ½ cup raspberries ½ cup water</p>	<p><b>27</b> <b>Papaya Splash</b> ½ cup papaya ½ cup orange juice ½ cup water</p> 	<p><b>28</b> <b>Cranberry Chiller</b> ½ cup unsweetened cranberry juice ½ cup water</p>
<p><b>29</b> <b>Strawberry Kiss Delight</b> 1 cup strawberries ½ blueberry (pitted) ½ cup skim milk ½ cup water</p>	<p><b>30</b> <b>Pineapple Sunset</b> ½ cup strawberries ½ cup pineapple juice ½ cup plain nonfat yogurt ½ cup water</p>	<p><b>Try a healthy dessert recipe too.</b> Here's one for a special occasion.</p>		<p><b>Key Lime Shakeology Pie</b></p> <ol style="list-style-type: none"> <li>1 medium GreenBerry Shakeology®</li> <li>1 medium pie, either in pie pan or 9" dish</li> <li>1 cup Raspberry Juice</li> <li>1 Tbsp. sugar-free lime gelatin</li> <li>1 Tbsp. orange juice</li> <li>1 cup "Philadelphia"® 100% Fat Free Cream Cheese Milk</li> <li>Shred pie crust (fresh, not store-bought) into pieces, garnish outside rim pie with ½ cup gelatin-free pie</li> </ol>	<p><b>Preparation:</b> Shake into GreenBerry Shakeology and ½ cup water, almond, coconut, and organic soy or flaxseed-based milk with smooth processing. Place into one quart jar with lids and fill at least 1 inch.</p>	

# 90 Day Meal Plan Template

**R Bogdan**



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## **Table of Contents 90 Day Meal Plan Template**

1. Understanding the eBook 90 Day Meal Plan Template
  - The Rise of Digital Reading 90 Day Meal Plan Template
  - Advantages of eBooks Over Traditional Books
2. Identifying 90 Day Meal Plan Template
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an 90 Day Meal Plan Template
  - User-Friendly Interface
4. Exploring eBook Recommendations from 90 Day Meal Plan Template
  - Personalized Recommendations
  - 90 Day Meal Plan Template User Reviews and Ratings
  - 90 Day Meal Plan Template and Bestseller Lists
5. Accessing 90 Day Meal Plan Template Free and Paid eBooks
  - 90 Day Meal Plan Template Public Domain eBooks
  - 90 Day Meal Plan Template eBook Subscription Services
  - 90 Day Meal Plan Template Budget-Friendly Options

6. Navigating 90 Day Meal Plan Template eBook Formats
  - ePub, PDF, MOBI, and More
  - 90 Day Meal Plan Template Compatibility with Devices
  - 90 Day Meal Plan Template Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of 90 Day Meal Plan Template
  - Highlighting and Note-Taking 90 Day Meal Plan Template
  - Interactive Elements 90 Day Meal Plan Template
8. Staying Engaged with 90 Day Meal Plan Template
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers 90 Day Meal Plan Template
9. Balancing eBooks and Physical Books 90 Day Meal Plan Template
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection 90 Day Meal Plan Template
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine 90 Day Meal Plan Template
  - Setting Reading Goals 90 Day Meal Plan Template
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of 90 Day Meal Plan Template
  - Fact-Checking eBook Content of 90 Day Meal Plan Template
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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