

# *Essanté ORGANICS*



## Ingredient, Guide & Recipe Book

### LOOK INSIDE

*FREE pH Food Chart*

*FREE Shake Recipes (at end of book)*

*FREE Meal Plans & More*



## What Is 7.365 pH SHAKE?

Essanté ORGANICS 7.365 pH SHAKE is an outrageously delicious & nutritious meal replacement shake that makes it easy to **alkalize, energize & metabolize!** 7.365 pH SHAKE targets and incinerates fat faster while amplifying your energy & balancing your pH levels! How? It's easy because with 7.365 pH SHAKE you'll ENJOY ALL OF THE GREAT ingredients & AVOID ALL OF THE BAD ones. One of the reasons we gain weight is when we consume toxins, our body protects us by creating fat cells and storing those toxins within. Essante' ORGANICS 7.365 pH SHAKE is 100% chemical free AND has all the nutrition & the perfect pH balance your body needs to be healthy. Our 7.365 pH SHAKE uses a groundbreaking high-quality vegan protein formulation proven to facilitate weight loss in 3 ways: ALKALIZE, ENERGIZE & METABOLIZE "7.365" 7 days a week, 365 days a year!



Vanilla Ice Cream Rave!

## WIN CASH & PRIZES



### TAKE THE 12-WEEK TRANSFORMATION!

1. Ask yourself, "Do I want moderate or aggressive weight loss" and depending on your answer...
2. Enjoy one or two 7.356 pH SHAKES a day & incorporate sensible meals & snacks
3. Submit your rockin' before & after photos & you could win BIG CASH & PRIZES!
4. ENTER TO WIN! See The 12-Week Transformation Contest below & GO FOR IT!

What would YOU do with all that extra cash?!

Visit THE TRANSFORMATION tab at [www.EssanteOrganics.com](http://www.EssanteOrganics.com) / \_\_\_\_\_ for contest details & submit the easy on-line entry form.

## ALKALIZE, ENERGEIZE & METABOLIZE!



**ALKALIZE:** We Need Alkaline pH levels to live a healthy life. Source: Consumer Health Organization.

Alkalizing means to bring your body away from an acidic state toward a pH balanced state. An *aquarium* without proper pH balance is hazardous to the fish. *Soil* without

proper pH balance causes plants to wither & die because they cannot process nutrients. This is true for ALL organic matter including YOUR HUMAN BODY. Proper pH (Potential Hydrogen) for humans is 7.365. A pH balance of 7.365 is ideal to optimize health because, to function properly; our cells must be alkaline, also known as pH balanced. Viruses, bacteria, disease and even fat cells tend to thrive in a more acidic environment, yet struggle to survive in an alkaline environment. Essanté ORGANICS 7.365 pH SHAKE is perfectly alkalized and pH balanced, so each time you enjoy a nutritious and outrageously delicious 7.365 pH SHAKE you are assisting your body in becoming pH balanced, thus allowing your self to experience optimal health.

**ENERGIZE:** Balancing the pH level in the body creates a foundation for anti-aging, optimal health and off-the-chart energy levels. As you enjoy a creamy rich 7.365 pH SHAKE you'll be so energized people will look at you and say, "Hey, whatever they're having, I want THAT!"

It has been proven that an acidic body stores fat and toxins and often acidity creates an environment for disease. Acidic bodies are often tired, run-down, exhausted or fatigued.



It is also agreed among scientists that by balancing your body's pH level you allow your body to: function as it was designed to, optimize your ability to achieve and maintain your ideal weight, experience all-day energy and enjoy true health. And you can do all this simultaneously with Essanté ORGANICS 7.365 pH SHAKE!



**METABOLIZE:** Super-charge your metabolism with Essanté ORGANICS 7.365 pH SHAKE! Our ingredients are specifically designed to increase your metabolism so you incinerate fat faster! You'll naturally burn off unwanted pounds because our organic & wild crafted ingredients are scientifically proven to kick-start your metabolism & keep it optimized for hours!

## HOW TO ORDER & SAVE MONEY

7.365 pH SHAKE is **only \$2.80 per meal!** You can't get a Subway Sandwich for that. So go for it! Start saving money on your food bill and start incinerating fat faster by enjoying one of the most nutritious, delicious, easiest, inexpensive meals possible!

Order yours today, by visiting the website of your Essanté ORGANICS Executive. Choose Vanilla Ice Cream Rave, Chocoholic Kiss, or both. Your shakes will be delivered directly to your front door.

Retail Price: \$102.63

Wholesale Member Price: \$78.95

Servings: 28 servings per container / \$2.81 a meal

## LABEL FACTS

Directions: Add 1 level or rounded scoop to 8 oz of water, almond milk, etc. Blend well.

Servings per container: 28

Calories: Chocolate: 105 Vanilla: 93

Glycemic Index (GI): Low

Total Fat: Chocolate: 1.1g Vanilla: 0.7g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0g

Total Carbohydrate: Chocolate: 8g Vanilla: 6g

Dietary Fiber: Chocolate: 5g Vanilla: 3.6g

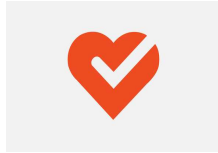
Sugars: 0g

Protein: Chocolate: 18.6g Vanilla: 18g

Folate: Chocolate 31g Vanilla 27.5g

Vitamins, Minerals, Omegas & Antioxidants: Extremely rich in an extensive array of vitamins, minerals & omegas, derived from live, whole foods making them immeasurable yet more absorbable.

ENJOY THE GOOD!



Essanté ORGANICS is committed to the highest quality standards for our entire product line. That means our products are better... including our 7.365 pH SHAKE; it's science! We're kind of a big deal! Let us count the ways 7.365 pH SHAKE and ALL of our products deliver! With Essante' ORGANICS you'll always ENJOY THE GOOD:

### **ORGANIC**

Organic means raised or manufactured without the use of drugs, hormones, pesticides, or synthetic chemicals. Simply put it means healthful, wholesome, essential and close to nature. Here at Essante Organics, we understand and promote the importance of putting only pure certified organic ingredients into and on your body. 7.365 pH SHAKE is 100% organic and wild crafted.

### **CHEMICAL FREE**

**I'M ABOVE  
AVERAGE**

*Oh, Yes. YOU can definitely say that! The **AVERAGE** person is exposed to 125 chemicals & toxins each & every day, before they leave in the morning.*

*Essante' ORGANICS customers are **NOT AVERAGE**.*

Living chemical free is vital to your health and it's a key factor to weight loss. Did you know as your body ingests chemicals, it surrounds the chemicals with fat as a protection mechanism? So, if you're consuming other foods or shakes with chemicals you may have a next-to-impossible time losing weight long-term. This is one reason why 7.365 pH SHAKE and all of our products are 100% chemical free.

### **WILD CRAFTED**

One of the wisest women we know, Mother Nature, creates wild crafted ingredients. Wild crafting is the process of harvesting plants from their natural or "wild" habitat, for food or medicinal purposes. It applies to uncultivated plants wherever they may be found. Ethical considerations are often involved, such as protecting endangered



species. Generally only the fruit, flowers or branches from plants are taken and the living plant is left or, if it is necessary to take the whole plant, seeds of the plant are placed in the empty hole from which the plant was taken. Care is taken to only remove a few plants, flowers, or branches, so plenty remains to continue the supply. In the USA wild crafted plants are regulated by the Organic Food Protection Act: Harvesters must designate the area they are harvesting and provide a three-year history of the area showing no prohibited substances have been applied there and no prohibited substances can be added by processors.

## **VEGAN**

Essanté ORGANICS 7.365 pH SHAKE is vegan. We never test our products on animals nor are animal products or bi-products found in any of our product line including Essanté ORGANICS 7.365 pH SHAKE. With 7.365 you will always enjoy a completely whey free, dairy free, soy free, gluten free meal.

## **INCREASED ENERGY & LOW GLYCEMIC INDEX (GI)**

Low GI foods also create energy. The theory and value behind low glycemic foods, including 7.365 pH SHAKE, is they slowly release sugar into the blood, providing you with a steady supply of energy, plus they leave you feeling satisfied longer so you're less likely to snack. In contrast, foods with a high GI value cause a rapid and short-lived rise in blood sugar, leaving you sapped of energy and feeling hungry within a short time, with the likely result you'll reach for the snack cupboard in record time. If this pattern is frequently repeated, you're likely to gain weight. Essanté ORGANICS 7.365 pH SHAKE is a low glycemic meal replacement that will keep your energy levels UP, your cravings DOWN, and it will insure a FAST PATH to your ideal weight!

## **Inulin**

We believe Inulin, one of our all-natural, low carbohydrate food ingredients, will become known as: The Natural Energy Fiber! Here's why... Inulin provides steady energy up to four hours on the low end and up to twelve hours on the high end, depending on your individual metabolism! Inulin does not require insulin for digestion and therefore does not produce an energy depression before or after digestion as sucrose and glucose do. Instead it provides steady blood-glucose to the mind and muscles over sustained periods of time. THIS MEANS EXCEPTIONAL ENERGY!

## **Stevia**

Stevia increases energy levels and promotes an overall feeling of well-being. In some cultures, Stevia is used to balance blood sugar levels.

### Millet

Millet creates energy because it contains phosphorus, an essential component and precursor to energy in your body.

## HEART HEALTHY

### Flax Seed

Flax Seed is recognized as the richest source of essential fatty acids such as alpha-linolenic acid (ALA), Omega 3 and Omega 6 fatty acids. Omegas are vital oils; imperative to optimal physical, neurological & heart health and they facilitate weight loss! Essanté ORGANICS 7.365 pH SHAKE contains Flax Seed because it promotes: heart health, increased immunity, healthy kidney function, balanced emotions and moods, increased strength & stamina, normal growth development, healthy skin & hair, bone health, proper metabolism, a healthy reproductive system, healthy cholesterol levels and weight loss.

### Inulin

Inulin, a heart healthy, low carbohydrate food ingredient in 7.365 pH SHAKE supports a healthy circulatory system because it can lower total cholesterol and triglycerides.

### Quinoa (keen-wah)

Quinoa contains high levels of Magnesium and this vital nutrient helps relax your muscles and blood vessels and can positively affect your blood pressure.

### Amaranth

Amaranth is a vegetable containing oils that have been shown in studies to help prevent hypertension and cardiovascular disease. Additional studies have shown regular consumption of Amaranth can reduce cholesterol levels and lower blood pressure. 7.35 pH SHAKE is a HEART HEALTHY FOOD because of key ingredients like Flax Seed, Inulin, and Amaranth.

### Yellow Chick Pea Protein

Yellow Chick Pea is extremely good for the Heart and it has been proven to repair kidney issues.

## pH BALANCED WITH AN ACTIVE CHARGE

Many of our health products, including our 7.365 pH SHAKE, carry the strongest active charge and frequencies to allow alkaline nutrient dense "LIVE" whole-food nutrition to micro-cluster to your cells, immediately allowing adults and kids alike to experience strength, vitality and optimal health and weight maintenance results.

The ingredients in your 7.365 pH SHAKE are some of the most pH-balanced ingredients on earth including: Organic Millet, Alfalfa, Stevia, Vegetable Cellulose (plant fiber) and more!

### Inulin

Inulin is a prebiotic that develops a low pH level in the large intestine, which kills bad bacteria.

### Millet

Millet is alkaline & digests easily. It does not feed pathogenic yeast.

### Stevia

The Stevia herb is the most alkaline sweetener in the world, there's nothing better!

## **VITAMINS, MINERALS & ANTIOXIDANTS FOR INCREASED IMMUNITY, CELLULAR & DNA PROTECTION**

Essanté ORGANICS 7.365 pH SHAKE is densely packed with nutrients and antioxidants that protect your cells and DNA and increase your immunity. Antioxidants counteract and neutralize free radicals and they stop their destructive effects on our cells and tissues... dead in their tracks. We're sure you've heard Vitamin C and E are good antioxidants, and that's true yet many more nutrients have potent antioxidant properties and we take full advantage of them! Super-foods (foods extremely high in antioxidants) and organically grown foods have higher levels of vitamins, minerals and antioxidants than conventionally grown foods. So as you supplement with 7.365 pH SHAKE, you'll know it's a MEGA meal replacement that doesn't just deliver THE GOOD... it does the body GREAT!

### Quinoa (Keen-wah)

Quinoa is a seed rich in manganese and copper, minerals that act as antioxidants in your body to get rid of dangerous cancer and disease-causing substances. Quinoa is higher in calcium, phosphorus, magnesium, potassium, iron, copper, manganese, and zinc than wheat, barley, corn and most other grains and seeds. In its whole grain form, many studies have shown it may be effective in assisting with atherosclerosis, breast cancer, diabetes and Insulin resistance. Quinoa is close to one of the most complete foods in nature because it contains amino acids, enzymes, vitamins and minerals, fiber, antioxidants, and phytonutrients. Researchers attribute the health benefits of quinoa to its complete nutritional makeup.

### Alfalfa

Alfalfa is a plant that sends its roots 20 feet underground thus brining up rich minerals into it. Alfalfa is an Arabic word meaning "father of plants". Alfalfa contains amazing amounts of vitamins, minerals and other nutrients that play a vital role in the strength and growth of our bones and in the maintenance of a healthy body. Alfalfa



contains protein, vitamin A, vitamin B1, vitamin B6, vitamin C, vitamin E, and vitamin K, calcium, potassium, carotene, iron, and zinc. Alfalfa is considered the richest land source of trace minerals. Rich in vitamins, minerals and other nutrients Alfalfa is an exceptional supplement.

### Amaranth

Amaranth, a key vegetable in Essanté ORGANICS 7.365 pH SHAKE, has been noted to help boost the body's immune system. Amaranth is highly vitamin-rich and is a good source of vitamin A, vitamin B6, vitamin K, vitamin C, folate and riboflavin. Amaranth includes numerous minerals such as calcium, potassium, iron, copper, magnesium, phosphorus and especially manganese. Amaranth is also a healthy source of dietary fiber and essential amino acids, including lysine, which has clinically shown potential for cancer treatment.

### Inulin

Inulin not only strengthens the immune system, it's also been proven, as it passes through your small intestine, to increase the absorption of vitamins and minerals from other foods.

### Millet

Millet is a prebiotic grain-like seed that contains intense nutrients including: Magnesium, Calcium, Manganese, Tryptophan, Niacin (vitamin B3), Phosphorus, Fiber, B vitamins, Antioxidants and that's not all. Many studies have been conducted on millet to identify its benefits. Here are some of the findings: Magnesium in millet can help reduce the affects of migraines and heart attacks. Niacin (vitamin B3) in millet can help lower cholesterol. Phosphorus in millet helps with fat metabolism, body tissue repair and creating energy (phosphorus is an essential component of *adenosine triphosphate* or ATP, a precursor to energy in your body). Millet can help lower risk of type 2 diabetes. Fiber from whole grains has been shown to protect against breast cancer. Whole grains have been shown to protect against childhood asthma.

### Flax Seed

Flax Seed is a whole grain containing high levels of lignans (natural compounds) plus soluble & insoluble fiber, which have been recognized by the National Cancer Institute as an essential part of your diet for the prevention of many cancers.

### Cocoa

Cocoa derives its health benefits from flavonoids, which are plant pigments capable of acting as antioxidants to counteract cellular damage that can lead to chronic diseases. Cocoa powder has also been shown to lower blood pressure and improve blood flow in humans. A cup of cocoa has almost three times the antioxidants of a cup of green tea. With all of the antioxidant capabilities of cocoa it may seem like a

no-brainer to add dark chocolate and cocoa to your diet. So why not do it with at least one rich, delicious Chocoholic Kiss 7.365 pH SHAKE a day!

### Vanilla

The active compound in vanilla is vanillin, a polyphenol with strong antioxidant activity. This strong antioxidant activity may offset oxidative damage by keeping brain cells healthy & preventing disease. Not only may it prevent damage to brain cells, it also may pack a wallop against cancer. Laboratory studies show vanillin stops cancer growth in laboratory mice. It also has shown to slow down cancer cell metastasis – the means by which cancer spreads. Wouldn't it be exciting if the vanillin found in vanilla could one day be used not only to treat cancer, but to prevent it as well? The studies are ongoing.

### WHOLE FOOD

When you eat whole foods, and products containing whole foods, like Essanté' ORGANICS 7.365 pH SHAKE, you're getting the food in its natural state; intact with all of the vitamins, minerals, and other nutrients within. Basically, it's the healthy whole food, rather than the bits that remain after refinement and processing. We derive dense nutrients and minerals from live whole foods because it allows the vitamins and minerals to be more bio-available and more absorbable.

### STEVIA

Did you know the Stevia herb is the most alkaline sweetener on the planet? It's even more alkaline than raw honey! Stevia really is a miraculous little plant. The sweet leaf herb scores a perfect zero on the glycemic index chart, has zero calories and suppresses sweet cravings. Used medicinally for centuries, its sweet taste is not due to carbohydrate-based molecules, but to several non-caloric molecules called glycosides. Indigenous South American tribes use Stevia leaves and extract to combat diabetes and lower high-blood-sugar levels. Stevia's glycosides have been proven to be good for your teeth, fighting tooth decay, eliminating plaque and cavities, and strengthening your gums. It's good for your digestive system because it curbs Candida. It inhibits the growth of all sorts of bacteria. It helps with an upset stomach too, soothing acidity. It increases energy levels and promotes an overall feeling of well-being. We use all-natural Stevia because Essanté ORGANICS and Mother Nature agree... it's the best choice, period.

### 18 GRAMS OF HIGH QUALITY PROTEIN

#### Sprouted Brown Rice Protein

The brown rice protein powder used in Essanté ORGANICS 7.365 pH SHAKE delivers many health and fitness benefits. It provides a convenient source of vegan protein nutrients that everyone absolutely loves. Brown rice is a grain that contains natural

starches and proteins, yet unlike white rice it still contains its bran and natural fiber content. Since brown rice protein powder is considered hypoallergenic, it's an excellent choice for individuals with dairy, soy and/or gluten allergies.

### Yellow Chick Pea Protein

The yellow chickpea protein in Essanté ORGANICS 7.365 pH SHAKE packs a big punch! These legumes help to lower cholesterol levels & they contain phytochemicals called saponins, which act as antioxidants. Plus chickpeas are a great source of protein & folate. It has been proven to assimilate into the system faster than any other protein on the market.

### Quinoa (Keen-wah)

Quinoa, a grain-like seed, is a complete protein containing all 9 essential amino acids that are required by the body as building blocks for muscles. Quinoa is close to one of the most complete foods in nature because it contains amino acids, enzymes, vitamins and minerals, fiber, antioxidants, and phytonutrients.

### Amaranth

The vegetable Amaranth contains large amounts of protein, up to 30% more than wheat flour, rice and oats! The protein contained in Amaranth is also unusually complete when compared to other plant sources, containing a complete set of amino acids. Therefore you don't need different sources to obtain your daily-recommended dose of protein. Plus, Amaranth lacks gluten, which is a problematic protein contained in many grains.

### NON-GMO

What does GMO mean? Genetically Modified Organism. In other words, man-made or altered by man in a laboratory somewhere. Essanté ORGANICS is committed to never using GMOs. Other companies use GMOs. Genetic engineering is a radical technology that forces genetic information across the protective species barrier in an unnatural way. Should that concern you? Well, it concerns us... one reason is these laboratory-created mutations are unlabeled, unregulated, virtually untested and they are on grocery shelves everywhere. Frankly the tomato in your salad tonight could be a GMO tomato... again labeling is not required. Essanté ORGANICS says NO to GMOs. There are no regulations regarding GMOs. We believe because there are no long-term independent safety tests on GMOs, damage to the consumer may occur, as a result of the irresponsible introduction of GMOs into our food supply and environment.

## **LOW CARBOHYDRATE**

There are oodles-and-oodles of commonly reported benefits and scientific evidence in regard to consuming a low carb diet. The first two benefits are by far the most commonly reported and usually happen by THE END OF THE FIRST WEEK! Here they are: increased energy, cravings for sweets are gone or decreased significantly, better mental concentration, improved moods & emotions, compulsive or emotional eating eliminated, improved dental hygiene including less plaque & improved gum health, less or eliminated joint, muscle and head pain. And guess what?! You can even enjoy improved gastrointestinal function and improved skin appearance when you make 7.365 pH SHAKE a part of your low carbohydrate diet!

### **Inulin**

Inulin on a gram-for-gram basis has 62.5% FEWER calories than other carbohydrates such as starches, fructose, glucose, and sucrose.

## **BURN FAT & SUPPRESS APPETITE**

### **Inulin**

Inulin curbs appetite since it is not digested in the stomach or small intestine but gives a feeling of fullness in both places. Oh yeah, by now, after reading this latest blurb on Inulin we know... it's your new best friend!

### **Millet**

Phosphorus in millet helps burn fat by increasing metabolism.

### **Vegetable Cellulose**

Eating plenty of cellulose from vegetables can help you maintain a healthy weight because fiber slows digestion, thus helping to keep blood sugar levels more regular, which can increase the metabolic rate. Also, you feel full longer, which can help prevent you from eating more calories than you need at any one time.

## **FIBER**

### **Amaranth**

Amaranth is a vegetable so it's a natural fiber.

### **Millet**

Millet is an alkaline whole grain fiber that digests easily. Millet helps hydrate your colon to keep you regular.

### Quinoa (keen-wah)

Quinoa is rich in fiber so it's a wonderful way to ensure ease of elimination and it will tone your colon.

### Guar Gum

Guar gum is a soluble fiber because of its ability to absorb water. Just 1 teaspoon contains 6 grams of fiber! Guar Gums come from plant sources, including seeds, bean shrubs and seaweed. Because the intestinal tract does not absorb it completely, Guar Gum provides one to two calories per gram, making it a perfect choice for low-fat products.

### Vegetable Cellulose

Cellulose is a kind of fiber, and although it's an important component of a diet, you can't digest it, and it contains no calories. However, cellulose helps maintain normal digestive function, and also slows your digestive processes, which in turn helps you maintain a more stable blood sugar level and a healthy weight.

### Flax Seed

This whole grain, and contains high levels of both soluble and insoluble fiber, which has been recognized by the National Cancer Institute as an essential part of your diet for the prevention of many cancers.

### Inulin

This dietary fiber, feeds the beneficial bifid bacteria in the large intestine. Thus inulin, by definition, is a prebiotic. A low pH is developed in the large intestine, which kills bad bacteria such as e-coli and salmonella. Inulin decreases the tendency for diarrhea, overcomes lactose intolerance and eliminates constipation.

## AVOID THE BAD!

Essanté ORGANICS is committed to never allowing BAD or harmful things into any of our products. Did you know there are shakes and other “health products” out there that contain toxins, artificial ingredients, chemicals, pesticides, genetically modified organisms and even worse, carcinogens (ingredients proven to cause cancer)? AVOID THE BAD with Essanté ORGANICS products including 7.365 pH SHAKE:

### NO WHEY OR DAIRY

We say NO WAY to whey! Are you curious why? Whey has been linked to a drop in kidney & liver function. Over the years the extra proteins in whey, can accumulate in the kidneys & liver causing them to shut down. In abundance whey protein can change the pH balance in your bloodstream, making the blood too acidic, which in turn makes the body and the blood “enemies”. This can lead to overall system dysfunction throughout the entire body. And THAT’S why we say “NO WAY” to whey and dairy.

### NO SOY

Feeding an infant soy formula is the equivalent of giving him or her 5 birth control pills every day, yet if that doesn’t get you to wear the SOY STINKS T-shirt... read what it does to brain size and hemm, hemm other things too...

Even though many of us were taught to eat soy protein bars, and plug babies mouths with soy formula, it turns out soy actually contains a very high number of harmful substances. The 1913 US Department of Agriculture (USDA) listed soy as an industrial product, not a food. Things that make you go, “hmmmm?” Yet we all eat it like it’s going out of style. It’s in baby formula, bread, cheese, hot dogs, ice cream, yogurt and more. Soy is present in over 70% of the food we buy in the supermarket. That’s right, 7 out of 10 items in your cart scream, “I’m full of SOY!”

“So what”, you say? Here are just a few facts: soy contains high levels of aluminum, phytoestrogens and soflavone, the later two can mimic the female sex hormone estrogen. Do we really want our young men eating this stuff? It has been shown to cause infertility (any wonder why so many infertility clinics have popped up – that clinic thing is a full blown opinion by the way). Soy contains a clot promoting substance called hem agglutinin, which causes red blood cells to stick together, and can inhibit oxygen uptake and stunt growth. Soy may increase breast cancer in women and it has been shown to cause smaller genital size and decreased sperm count in men. Long-term studies have shown it shrinks your brain size too.



Doctors will flat out tell you... if your pregnant don't consume soy. Infant soy formula has also been directly linked to autoimmune thyroid disease. And for mom, well, it's not so hot either (unless you're into hot flashes) because soy can alter her menstrual cycle.

Soy is a cyclone that wreaks chaos inside the digestive system, causing gas, bloating and abdominal pain. Soy can block the absorption of minerals and it actually leaches calcium from bones (so the point of Soy Milk is?) Soy is linked to thyroid cancer, abnormalities in children, pancreatic disorders, and it's responsible for many major food allergies. Oh, and by the way, it has the highest percentage of pesticide contamination of any other food we eat. So you won't find soy at Essanté ORGANICS.

### **NO GLUTEN**

A gluten-free diet is genuinely healthy and may benefit your cholesterol levels, digestion, and energy levels. So we say, "GOOD-BYE" to gluten!

### **NO CHEMICALS OR ADDITIVES**

Many OTHER "healthy" shakes and food products actually contain chemicals and additives to make their products appear thicker or to assist with stabilization, emulsification, gelling, coagulating, anti-caking, etc. Personally, we're SHOCKED because many of these chemicals and additives have been scientifically proven to make you fatter, be detrimental to your health and are directly linked to serious diseases. Read labels and Google search the following harmful food additives and chemicals and rest assured Essante Organics never uses: Carrageenan, Camauba Wax, Tragacanth, Acacia, Karaya, Polyxyethylene Stearate, Polyxyl Stearate, Polyoxyethylene Sorbitan Monostearate, Polysorbate, Gelatine, Sodium CarboxyMethyl Cellulose, Hydrochloric Acid, Magnesium Sulphate, Potassium Ferrocyanide, Talc, MSG Monosodium Glutamate, Glutamic Acid, all Glutamates.

### **NO PRESERVATIVES**

Preservatives can be found in many OTHER shakes and foods, yet you won't find any in Essante' ORGANICS 7.365 pH SHAKE! Many preservatives have been scientifically linked to weight gain, lethargy, cancer and other diseases. Avoiding the following synthetic and often dangerous preservatives can help you live a healthier life and lose weight faster: Aluminium, Latol Rubine, Pigment Rubine, Potassium & Calcium Sorbates, Sorbic Acid, Benzoic Acid, Sodium Benzoate, Potassium Benzoate, Calcium Benzoate, Ethyl Para Hydroxybenzonate, Sodium Ethyl Para Hydroxybenzonate, Propyl P Hydroxybenzonate, Propylparaben, Sulphur/Sulfur Dioxide, Sodium Sulfite/Sulphite, Sodium Bisulfite/Bisulphite, Sodium Metabisulfite/Metabisulphite, Potassium Metabisulphite/Metabisulfite, Potassium Sulfite/Sulphite, Calcium Sulfite/Sulphite, Calcium Hydrogen Sulphite/Sulfite, Potassium Bisulfite, Potassium

Hydrogen Sulphite, Potassium Bisulphite, Potassium Hydrogen Sulphite, Diphenyl, Biphenyl, Orthophenyl Phenol, Formic Acid, Hexamine, Hexamethylene Tetramine, Potassium Nitrate, Sodium Nitrite, Acetic Acid, Glacial, Calcium or Potassium or Sodium Propionates, Propionic Acid.

### Inulin

Inulin serves as an all-natural preservative inside Essanté ORGANICS 7.365 pH SHAKE. As a side note: We had a buddy of our teenager over one day and he LOVES our bread. He asked his mom to buy it and he came back ranting, "it went moldy in like 5 days!" We said, "Yes, preservatives keep things from *going bad*... everything except your body that is. What do you think preservatives, that cannot be broken down and eliminated by your body do to your insides?" He now LOVES preservative free foods. Would someone please call the major bread companies and ask them to use inulin instead? Oh, wait, they'll tell you it's too expensive. Really? How much is health worth these days? Our thought is; if you don't have that, you've got nothing.

### NO PESTICIDES

A study funded by the U.S. Environmental Protection Agency (EPA) and published in the September 2005 issue of Environmental Health Perspectives shows eating organic foods provides adults and children with "dramatic and immediate" protection from exposure to pesticides that have been linked to harmful neurological effects in humans. As you live chemical free with Essanté ORGANICS 7.365 pH SHAKE, you can add peace of mind (and the physical mental and neurological stability) to the long list of benefits.

### NO HORMONES

Hormones cause HAVOC and that's why Essanté ORGANICS takes a stand against the use of hormones. rBHG & rBST, are genetically engineered growth hormones used in cows. These synthetic hormones increase milk production and cause cattle to increase in size up to 20 percent. Growth hormones increase a cow's chances of udder infection, severe reproductive problems, and digestive disorders. Growth hormones can also make humans sick by lowering the strength of their immune system and increasing their susceptibility to getting sick, according to the "NCC-134 conference on Applied Commodity Price Analysis Forecasting, and Market Risk Management" in 2007. With plants, the same growth hormones are used to produce infection-resistant crops yet can also lead to sickness in humans. When these modified foods are consumed, antibiotic resistant bacteria can proliferate in your body & can cause health concerns according to the "2009 Critical Reviews in Food Science and Nutrition."

So, as an FYI... we recommend using organic almond milk or pH balanced water when blending your 7.365 pH SHAKE.

### **NO ARTIFICIAL COLORS**

It's sad yet true. The colors of shakes or food often come from "shady" chemical dyes. The FDA turns a blind eye to colors. Citrus Red 2, Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2 and Green 3 are some of the most commonly used artificial food colorings (and they all have different code names) yet they have all been identified as being potential cancer-causing chemicals, according to The Center for Science in the Public Interest. The Center also shares that Blue 1, Red 40, Yellow 5, and Yellow 6 are known to trigger severe allergic reactions. 7.365 pH SHAKE contains absolutely no artificial colors or dyes so the only reaction you'll have to our addictively delicious shake is increased energy, fewer cravings, healthy nutrition and fast weight loss! Sadly, the FDA does not require manufacturers to list color or flavor additives on ingredient labels. We love the color of our shake... it's the color of health!

### **NO ARTIFICIAL FLAVORS**

Believe it or not, most artificial flavorings are derived from petroleum and worse, they've been shown to affect the RNA, thyroid, and enzymes. Most have never even been studied for safety or toxicity. They are all synthesized chemicals and most actually contain volatile chemical ingredients. Artificial flavor additives get a "pass" from the FDA... they don't regulate them whatsoever. Because YOU are now one of our many beautifully educated consumers, it's up to YOU to prevent these often-dangerous culprits from entering your pantry and ultimately your family.

### **NO SUGAR, SUCRALOSE OR ARTIFICIAL SWEETENERS**

Sucralose was discovered while trying to create a new *insecticide*. The presence of chlorine is the most dangerous component of Sucralose because it's considered a carcinogen. It has been used in poisonous gas, disinfectants, pesticides, and plastics. The long-term effects of the digestion and absorption of Sucralose is not clear. Alleged symptoms associated with Sucralose are bloating (do you REALLY want that in a weight loss product – it's in many!), nausea, joint pain, back pain, kidney pain, skin irritations (rash, hives, redness, itching, swelling), wheezing, coughing, runny nose, chest pains, palpitations, anxiety, angry moods swings, depression, and itchy eyes. For safety reasons Essante' Organics avoids all artificial ingredients and sweeteners including: Sucralose, Saccharine, Potassium Acesulphame, Aspartame, Cyclamate, Cyclamic Acid and others. Check yourself before you wreck yourself.... okay at least check your labels.

## **NO HIGH FRUCTOSE CORN SYRUP**

It's no secret that high fructose corn syrup is detrimental to your health. Unfortunately, it's also no secret that it has replaced other forms of sugar in a disturbingly large number of manufactured foods. Even worse, most high fructose corn syrup is made from genetically modified corn (GMO Corn). According to 100s of studies these are the top 5 risks and dangers of high fructose corn syrup: 1. Significant weight gain and obesity.... So why oh why do they put this in other weight loss shakes? Because it's a cheap and often times an addictive sweetener. 2. Increased Risk of Developing Type-2 Diabetes 3. Hypertension and Elevated "Bad" Cholesterol Levels. So, now you know, high-fructose doesn't just make your body fat it makes your heart fat too. 4. Long-Term Liver Damage and... we promise to stop after #5 so we don't totally freak you out... 5. Mercury Exposure.

## **NO MALTODEXTRIN**

Maltodextrin is a famous artificial sweetener and sugar substitute used in so many other "healthy" products we felt a responsibility to create its own paragraph so we could share a few facts. It causes some crazy side effects considering it's often used in weight loss products. Maltodextrin has been scientifically linked to weight gain, increased cholesterol, hypoglycemia, bloating and asthma – the exact opposite of what you want when you're getting healthy and fit. So peek at your current weight loss product(s) and if Maltodextrin is present... We say PITCH IT ...if you're looking to LOSE weight.

## **NO CAFFEINE**

We're not sure why so many energy products use caffeine. Research shows caffeine can cause insomnia, nervousness, restlessness, stomach irritation, nausea, vomiting, increased heart rate & respiration, headaches, anxiety, agitation, chest pain, ringing in the ears.... And if all that isn't bad enough it may also make diabetes, high blood pressure, glaucoma, heart conditions and other disorders worse. So we really are baffled why other weight loss and energy companies use so much of it. We know better... we understand there are superior choices to increase energy ... and, now that you've read the section titled, ENJOY THE GOOD, you know we use them!

# BOOST Your Results!



## MEASURE YOUR RESULTS

### pH TEST STRIPS

Measure your pH results because seeing is believing! How pH balanced are you? Are you acidic or alkaline or somewhere in-between? There's only one way to find out. And remember, it's more difficult to lose weight if you are acidic. Testing can be done with saliva or your first morning stream.

pH TEST STRIPS: Item# SA400    100 Tests                    \$10.00



## CLEANSING, DETOX & IMMUNITY BOOST

### EARTH GREENS POWDER OR CAPSULES

- Are you fatigued or tired?
- Are you overweight or bloated?
- Do you have cravings or are you continually snacking?
- Do you have digestive issues, joint issues or allergies?
- Do you experience frequent sick days, anxiety, depression or mood swings?

If you answered yes to any of these questions you should know these are ALL reasons to cleanse. Plus cleansing facilitates weight loss! Add one tiny scoop of Earth Greens Powder to your 7.365 pH SHAKE and you're adding the equivalent of 5 ½ pounds of green organic vegetables into your daily diet! Enjoy a minty green tea taste while cleansing, detoxing, alkalizing & enhancing your immunity!

EARTH GREENS POWDER: Item # 410    100 Servings    R: \$65.00    W: \$50.00

EARTH GREENS CAPSULES: Item #415    270 capsules    R: \$72.50    W: \$55.80



## ENERGY, IMMUNITY & ANTIOXIDANT BOOST

### SUPER REDS POWDER

Amplify yourself! You deserve off-the-chart energy! Now you can have it while increasing your immunity too! Antioxidants are a vital key to increased cellular energy & DNA protection. Who needs the fountain of youth when you have antioxidants... tons of them?! One small scoop of Super Reds delivers the nutritional equivalent of 5 ½ pounds of organic fruit into your daily diet! Warn your kids now, they'll need some too if they plan on keeping up with you, so you'd best order two!

SUPER REDS POWDER: Item # 400    30 servings    R: \$61.00    W: \$47.00



### **AKALIZING BOOST** **SUPREME pH DROPS**

eye catching blue vile fits in a pocket or hand bag so it can go everywhere with you. Just add 12 tiny drops to any beverage & enjoy a perfect pH drink. Add to 7.365 to enhance and Mega-boost the pH level. Add to coffee and spirits... two of the most acidic things you and drink. Most of us even add it to our pet's water bowl... what can we say... once you know the powerful health benefits of pH balancing you'll have a hard time not sharing it with all your loved ones, even t1he furry ones. You remember the fish aquarium analogy from page 2, right? Great! Every beverage is just 12 drops from perfect pH with Supreme pH Drops.

SUPREME pH DROPS Item # 60 ml

R: \$50.00

W: \$38.50

## **We Pay For Referrals**

We pay for referrals! For every referral you send us... we'll send YOU money! We will pay you \$7-\$100 for every referral. Ask your Essanté Executive for details.

Why not invite 1 or 2 people with you on your path to getting slim and sexy? It's hard not to bring someone along on your journey to becoming healthier because this shake tastes so good! Besides, you'll be more likely to stay on track if a friend or family member is taking the 12-week transformation with you. And EVERYBODY wants to lose at least 10 ponds.... They're just waiting for you to do it first. A little healthy completion can keep us off the couch and on our toes. As you and your friend hold each other accountable it will be a SURE-FIRE way for the two of you to wake up and have a shake (not a donut). Make it a fun contest between the two of you (or a contest among a group)! **Why not share Essanté ORGANICS 7.365 pH SHAKE just by forwarding this FREE booklet to them? Say, "DOES THIS MAKE SENSE? LET'S DO THIS!"**

And if you can do that, why not think about this... what would it feel like to really make a difference in people's lives? Would life be better if you had a REWARDING mission... to get a handful of people healthier? Ask your Essanté Executive how you can easily become a promoter. Your very own e-commerce website is ready ... the question is, are YOU ready to make money on-line just by showing off the product and results you love?





### Party People In The House Tonight – Go on Shake That!

Throw a SMOOTHIE PARTY at your home, your place of business, or your favorite spot! 1st, call everyone & offer to serve FREE lunch/dinner (remember, it's a meal replacement shake!) AFTER you make personal-touch, save-the-date *phone calls*... THEN send a great post-card invitation! Everybody LOVES a party.

SMOOTHIE PARTIES are easy, fun & profitable! Get your party pants on!

## FREE Meal Plans

Do you want 2 tricks to facilitating your weight loss? Eat smaller amounts (lower calorie amounts) & eat more often! Portions are important and there's an easy guideline to knowing what an appropriate portion of food is. Anytime you're eating protein or carbs, look at the palm of your hand first. A chicken breast, for example, should be no larger than the palm of your hand. Or you can look at your closed fist. A serving of brown rice, for example should be about the same size as your closed fist. Compare every item you eat to your palm or your closed fist, because each is about the size of your stomach. Frequency of meals is also important. Eat 6 times a day to get that SPEED RACER metabolism! For example eat at: 7a.... 10a.... 1p.... 4p.... 7p.... 10p....

#### **Meal Plan #1**

Breakfast: Scrambled Eggs with ham on whole-wheat toast

Snack: Deli Turkey with crackers and fruit

Lunch: Barbecued Chicken Sandwich on whole wheat with cucumber salad

Snack: 7.356 pH SHAKE

Dinner: Grilled Salmon with Spinach and Cinnamon Baked Sweet Potato

Dessert: 7.365 pH SHAKE

#### **Meal Plan #2**

Breakfast: Six egg-white omelet, 1/2 cup (dry measure) oatmeal cooked

Snack: 7.365 pH SHAKE

Lunch: Grilled fresh tuna with broccoli and roasted new potatoes

Snack: 7.365 pH SHAKE

Dinner: Eye of round steak with sweet potato, green beans, Cottage cheese & berries

Snack: Nuts & fruit

**Meal Plan #3**

Breakfast: Egg white pancakes (six egg whites, 1/2 cup oatmeal, 1/2 Tbs whole grain pancake mix, mix in blender)

Snack: 7.365 pH SHAKE

Lunch: Grilled chicken wrap (breast & vegetables inside a whole wheat wrap)

Snack: 7.365 pH SHAKE

Dinner: Sushi made w/ brown rice wrapped in seaweed, green salad, cottage cheese

**Meal Plan #4**

Breakfast: Six egg-white omelet, oatmeal

Snack: 7.365 pH SHAKE

Lunch: Turkey burger on whole-wheat bun with lettuce and tomato

Snack: 7.365 pH SHAKE

Dinner: Grilled salmon with cucumber-dill dressing, green salad and baked potato

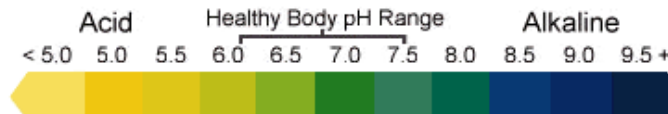
Dessert/Snack: Cottage cheese with 1 sliced apple

## FREE Substitution Chart

Replace this fattier choice:	With this slimmer choice:
½ & ½ or whole milk	Organic almond milk
Cheese	Organic mozzarella (1 of the least fattening cheeses)
Alfredo or butter sauce	Organic marinara or olive oil sauce
Bacon or sausage	Lean organic ham, organic turkey sausage or turkey bacon
Whole eggs	Organic egg whites or eggs by omega-fed chickens
White bread	Preservative free or organic whole wheat
Mayonnaise	Organic mustard, hot sauce, cottage cheese, or olive oil mayonnaise
Regular salad dressings	Dressings with fewer calories, vinegar or lemon juice
Guacamole	Organic salsa (make your own, you'll be hooked)
Cream-based soups	Organic broth-based soups with less sodium
Add Your Personal Items substitutions & Notes here:	

# FREE pH Chart

For us to experience optimal health and rapid weight loss, it is important to understand which foods & sweeteners are acidic and which are alkaline. Use this free chart to optimize your diet. Notice how Essanté ORGANICS always has your back. As an example we use Stevia to sweeten our products because it's the most alkaline sweetener on the planet.



Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Equal, Aspartame, Sweet 'N Low	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blueberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS SEEDS	Chestnuts	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Spelt, Brown Rice	GRAINS CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

## See & Be Seen: My Fitness Pal & Facebook



### GET THE FREE APP: MY FITNESS PAL

My Fitness Pal will help you stay on target. It's so easy, just key in your current weight, your goal weight and your goal date! It will share how many calories you can eat per day. You can also scan your food items in and it will automatically track the calories you're truly eating. And the best part is IT'S FUN & EASY!

You'll see what other shake drinkers are experiencing! And they will see how you're doing too! It's a happy way to stay connected with others who share your mission and there's nothing more motivational than having everybody up on everybody else's progress. Use this app because participation and posting your thoughts and progress on My Fitness Pal and Essanté ORGANICS Official Corporate Facebook Page are 2 key factors to winning CASH & PRIZES!

Post your thoughts, favorite recipes, progress photos, goals and targets reached on Essanté ORGANICS Official Corporate Facebook Page, your Facebook page and on My Fitness Pal! Submit your entries on the TRANSFORMATION ENTRY FORM at [www.EssanteOrganics.com](http://www.EssanteOrganics.com) - TRANSFORMATION

## eBodyNow.com/your domain name

Would you like a fun video and lead capture page that shares the shake for you? The video shows people THE BIG SECRET TO LOSING WEIGHT FAST! eBodyNow.com walks a person from entering their contact information into your logbook all the way to ordering the shake and YOU earn referral money! It's a fun, sexy, simple lead capture tool that will work for you 24/7, even while your sleeping! Check it out at [www.EssanteOrganic.com](http://www.EssanteOrganic.com) - TRANSFORMATION

*The FDA has not evaluated the Statements within 7.365 pH SHAKE Ingredient, Guide & Recipe Book. Essanté ORGANICS products are not intended to diagnose, treat, cure or prevent any disease. Consult your physician before engaging in any weight loss regime.*

# FREE Recipes



## Creamy Dreamy Vanilla

8 oz. organic vanilla almond milk  
1 Scoop 7.365 pH SHAKE Mix  
4 tbsp. Organic vanilla yogurt  
1-teaspoon real organic vanilla extract  
1-tablespoon organic nutmeg (optional)  
3 ice cubes. Blend Well.  
Grab your favorite book and prepare to escape!



## Strawberry Pina Colada

8 oz. organic almond milk  
1 scoop 7.365 pH SHAKE Mix  
4 large chunks fresh/frozen organic pineapple  
4 fresh/frozen organic strawberries  
1/2 tsp. organic coconut extract  
3 ice cubes  
Blend well in blender & put on a hula skirt!



## Cookies & Cream

4 oz. organic almond milk  
4 tbsp. plain organic frozen yogurt  
1 Scoop 7.365 pH SHAKE Mix  
3 organic chocolate cream filled cookies crumbled  
3 ice cubes  
Blend well in blender  
Layer and top with cookie crumbles  
Watch the crowd climb over each other to get it!



## Mind Blowing Mint

1-cup organic almond milk  
4 tbsp instant cocoa  
½ tsp vanilla extract  
Peppermint extract to taste  
1 Scoop 7.365 pH SHAKE Mix  
Blend well and imagine you're in the Swiss Alps





### Sunrise Smoothie

6 oz. organic orange juice  
2 oz. organic pineapple juice  
1 oz. Coconut Syrup  
1 scoop **7.365** Shake Mix  
1 Tsp banana extract or ½ frozen or fresh banana  
6 ice cubes  
Blend well  
Step outside & toast to a beautiful sunrise. Raise your glass to the first moment of a beautiful energized day!



### Snicker Doodle Shake

8 oz. light organic vanilla almond milk  
1 scoop **7.365** Shake mix  
1 tsp. cinnamon  
1 Tbsp. Honey  
5 ice cubes  
Blend well in blender  
Rim the glass with a cinnamon/sugar mixture  
Tell the kids old school cinnamon sugar toast is for sissies!



### Triple Berry Blitz

12 oz. unsweetened organic almond milk  
1/3c blueberries  
1/3c raspberries  
1/3c blackberries  
1 scoop **7.365** Shake mix  
4 ice cubes  
Blend well in blender  
Close your eyes and imagine it's summer time & you're in a field of fresh berries, no picking necessary!



### Pistachio Go-Nuts Shake

8 oz. of organic almond milk  
1 scoop of **7.365** Shake mix  
1 tbsp. of pistachio dry pudding mix  
5 ice cubes  
Blend well in a blender  
Top with 1 tsp. crushed Pistachios





Pistachios are the lowest calorie nut, so go nuts!

#### Candy Apple Shake

1 scoop 7.365 Shake mix

3 apple slices cubed (peeled if you prefer)

8 oz. organic vanilla almond milk

1/2 tsp cinnamon

1 tsp caramel or sugar free caramel coffee flavoring

2 tbsp. oatmeal (optional)

4 – 5 cubes of ice

Blend in blender

Enjoy a brisk fall walk on an autumn-leave covered road any time of year!



#### Pecan Pie Paradise

8 oz. organic almond milk

1 scoop 7.365 Shake mix

1/4 c Pecans (finely chopped)

1 Tbsp Pancake Syrup

1/4 Tsp Cinnamon

6 ice cubes

Blend well & enjoy!

Like a slice of grandma's old fashioned pie!



#### Death By Chocolate

8 oz. organic dark chocolate almond milk

1 scoop Chocolate 7.365 Shake Mix

1 Tbsp. Cocoa Powder

1 Tbsp. chocolate pudding mix

4 ice cubes

Blend well in a blender

This is a one-way ticket to chocoholic heaven. When the craving hits... this hits back!



#### Peppermint Pattie On Ice

8oz Silk Pure Almond Milk  
1 scoop 7.365 Chocoholic Kiss Shake Mix  
1/4 Tsp peppermint extract  
1 diced peppermint Pattie &/or  
1 crushed mini candy cane  
6 ice cubes  
Blend in the blender



#### Butterfinger Bliss

8 oz. organic almond milk  
1 scoop 7.365 Shake Mix  
2 Tbsp Butterscotch Pudding Mix  
1 Tbsp reduced fat Peanut Butter  
6 ice cubes  
Blend well in blender



#### Blueberry Tart

8 oz. unsweetened organic almond milk  
1 scoop 7.365 Shake Mix  
1/2c blueberries  
1 TBS. graham cracker crumbs  
2 oz. fat-free cream cheese  
2 tsp. honey  
5-6 ice cubes  
Blend well in blender



#### S'mores Shake

8 oz. organic almond milk  
1 scoop 7.365 shake mix  
4tsp graham cracker crumbs  
1 Tbsp. cocoa powder  
4 ice cubes  
Blend all well in blender  
Add marshmallows, chocolate chips for garnish



#### Root Beer Float

2 scoops 7.365 Shake Mix  
4 oz. Root Beer  
4 oz. organic almond milk  
4-6 ice cubes  
Blend in blender  
Top with a dollop of frozen yogurt or  
low calorie whipped topping



#### Lemon Mango Freeze

4 oz. organic almond milk  
1 scoop 7.365 Shake Mix  
1 cup frozen mango  
1 6 oz. frozen fat free lemon yogurt  
3 ice cubes  
Blend well in blender



#### Plum Crazy Cooler

8 oz. organic almond milk  
1 scoops 7.365 Shake Mix  
1 plum (pitted)  
Juice of 1 lemon  
4 ice cubes  
Blend well in blender

1

#### I'm Just Peachy

8 oz. purified water  
1 scoop 7.365 Shake Mix  
½ peach or 6 frozen peach slices  
6 fresh or frozen strawberries  
4 ice cubes  
Blend well in blender





### Vanilla Caramel Frappuccino

1 Cup Ice  
8 oz. organic almond milk  
1 Scoop 7.365 Shake Mix  
2 Tsp Maxwell House Vanilla Caramel Latte Mix  
Blend in blender until smooth



### Birthday Cake

8 oz. organic almond milk  
1 scoop Chocoholic Kiss 7.365 Shake Mix  
½ tsp. butter  
½ tsp. vanilla extract  
6 ice cubes  
Blend well in blender  
Garnish with happy sprinkles!



### Angel Food Cake

8 oz. organic almond milk  
1 scoop 7.365 Shake Mix  
1 oz. Coconut Syrup or 1/2 Tsp Coconut Extract  
1/2 Tsp. Vanilla Extract  
4 ice cubes  
Blend in blender  
Top with a fluffy sliver of angel food cake



### Chocolate Peanut Butter Cup

8 oz. organic almond milk  
1 scoop 7.365 Shake Mix  
1 Chocolate flavor pudding packet or 1 Tbsp cocoa powder  
1 Tbsp Reduced Fat Peanut Butter or powdered peanut butter  
6 ice cubes  
Blend in blender and top with 1 small diced peanut butter cup



### Pumpkin Spice

8 oz. organic almond milk  
1 Scoop 7.365 Shake Mix  
2 oz. Canned Pumpkin  
1/8 Tsp Vanilla Extract  
1/8 Tsp Cinnamon  
1/8 Tsp Nutmeg  
4 ice cubes  
Blend well in blender and top with  
1 Tbsp of whipped cream



### Lemon Raspberry Fizz

4 oz. organic almond milk  
4 oz. sparkling water  
1 scoop 7.365 Shake Mix  
1 Squeezed Lemon  
20 frozen Raspberries  
3 ice cubes  
Blend (do not shake)



### Blue Banana

8 oz. organic almond milk  
1 scoop 7.365 Shake Mix  
1/3 cup small frozen blueberries  
1/2 frozen banana  
5 ice cubes  
Blend well in blender



### Almond Joy

8 oz. organic chocolate almond milk  
1 Scoop 7.365 Shake Mix  
1 oz. Coconut Extract  
1 Chocolate flavor pudding packet or 1Tbsp cocoa powder  
6 ice cubes  
Blend well in blender and garnish with coconut flakes