

Advocare Meal Replacement Shake Recipes ~ All under 280 Calories/ 38 Carbs. Can also use recipes with Muscle Gain for less calories and carbs. -- Laura Bee

1. Super Fudge Shake-

One packet of Chocolate Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tbsp. Sugar Free Hot Fudge (cold) -- 45 Cal/ 11.5 Carb

Total: 265 Cal/ 35.5 Carb

2. Peanut Butter/Chocolate Shake-

One packet of Chocolate Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tsp. Peanut Butter -- 30 Cal/ 1.5 Carb

**Can also add a tsp. instant coffee for a mocha flavor!

Total: 250 Cal/ 25.5 Carb

3. Cafe Mocha Shake-

One packet of Chocolate Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tsp. Instant Coffee -- 1 Cal/ Less than 1 Carb
1 Tbsp. Sugar Free Hot Fudge (cold) -- 45 Cal/ 11.5 Carb

Total: 266 Cal/ 36 Carb

4. Chocolate/Banana Shake-

One packet of Chocolate Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1/2 Fresh Banana -- 52 Cal/ 13.5 Carb

Total 272 Cal/ 37.5 Carb

5. Chocolate Mint Shake-

One packet of Chocolate Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tbsp. Sugar Free Hot Fudge (cold) -- 45 Cal/ 11.5 Carb
1 Tsp. Peppermint Extract -- 11.5 Cal/ 0 Carb

Total: 276.5 Cal/ 35.5 Carb

6. Chocolate Almond Shake-

One packet of Chocolate Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tsp. Almond Extract -- 11.5 Cal/ 0 Carb

Total: 231.5 Cal/ 24 Carb

7. Chocolate or Vanilla Caramel Shake-

One packet of Chocolate or Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb

1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tbsp. Sugar Free Caramel (cold) -- 45 Cal/ 11.5 Carb

Total: 265 Cal/ 35.5 Carb

8. Berry Creme Shake-

One packet of Vanilla or Berry Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tbsp. Simply Fruit (Choose 1: Blueberry, Strawberry,
Raspberry, Blackberry, or Cherry Jam) -- 40 Cal/ 0 Carb

Total: 260 Cal/ 24 Carb

9. Creamy Banana Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1/2 Fresh Banana -- 52 Cal/ 13.5 Carb

Total 272 Cal/ 37.5 Carb

10. Berry Banana Shake-

One packet of Berry Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1/2 Fresh Banana -- 52 Cal/ 13.5 Carb

Total 272 Cal/ 37.5 Carb

11. French Vanilla Coffee Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tsp. Instant Coffee -- 1 Cal/ Less than 1 Carb

Total: 221 Cal/ 24 Carb

12. Green Shamrock Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
2 Drops Green Food Coloring -- 0 Cal/ 0 Carb
1 Tsp. Peppermint Extract -- 11.5 Cal/ 0 Carb

Total: 231.5 Cal/ 24 Carb

13. Vanilla Almond Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tsp. Almond Extract -- 11.5 Cal/ 0 Carb

Total: 231.5 Cal/ 24 Carb

14. Key Lime Pie Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1/4 Tsp. Vanilla Extract -- 11.5 Cal/ 0 Carb
1/4 cup Lime Juice -- 15 Cal/ 5 Carb

Total: 246.5 Cal/ 29 Carb

15. Pinapple Cream Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tsp. Pineapple Juice -- 36 Cal/ 8 Carb

Total: 267.5 Cal/ 32 Carb

16. Coconut Cream Pie Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1/4 Tsp. Vanilla Extract -- 11.5 Cal/ 0 Carb
1 Tsp. Coconut Extract -- 11.5 Cal/ 0 Carb

Total: 245 Cal/ 24 Carb

17. Pina Colada Shake-

One packet of Vanilla Meal Replacement -- 220 Cal/ 24 Carb
10 ice cubes -- 0 Cal/ 0 Carb
1/2 cup H2O -- 0 Cal/ 0 Carb
1/8 cup Splenda -- 0 Cal/ 0 Carb
1 Tsp. Pineapple Juice -- 36 Cal/ 8 Carb
1 Tsp. Coconut Extract -- 11.5 Cal/ 0 Carb

Total: 279 Cal/ 32 Carb

**** May need to adjust flavorings/extracts to taste... might need LESS.**