

TRANSFORM

**28
Weight Loss
Shakes &
Smoothies**



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A Must-Read from Chris + Heidi

Hey guys,

Chris and Heidi here. We couldn't be more excited you've downloaded our *28 Weight Loss Shakes & Smoothies* eBook. We've created some absolutely amazing meal replacement shake recipes with our delicious Chris + Heidi Low Carb Meal Replacement Shakes. Trust us when we say our meal replacement shakes, by themselves, as well as in these tasty recipes, are going to crush your cravings and help you reduce calories to support your weight loss!

We're going to cut right to the chase: We love meal replacement shakes, and we're going to tell you why throughout this eBook.

Over the past 3 decades of combined transformation experience, we have seen the same types of problems get in the way of peoples' weight loss results. Here are the BIG problems we've seen consistently:

- **Not being able to effectively reduce calories and create a calorie deficit:** If you want to lose weight, you **HAVE** to consume fewer calories than you burn.
- **Not being able to feel full and satisfied while reducing calories:** This is a **BIG** one. If you can't control hunger, you're not going to be able to stick to your weight loss goal.
- **Thinking there isn't enough time to eat healthy meals:** When life gets busy, time is of the essence. If you don't have a quick and easy meal, it will be hard to stay on track.
- **Believing that eating healthy is just too expensive:** It's hard to want to eat healthy when you think it's going to break the bank!

- **Not knowing how to eat healthy, balanced meals:** If you're not sure which meals are balanced and will support your weight loss, it can be overwhelming and intimidating.

That's exactly why we created our Chris + Heidi Low Carb Meal Replacement Shakes and these delicious recipes in this eBook to help you solve these problems and achieve results.

Because at the end of the day, not just any meal replacement shake will do, and not every weight loss program is created equal.

The meal replacement shake you use needs to do several very important things for you, and the weight loss program you follow needs to set you up for real, lasting results.

In this eBook, we're going to give you 28 delicious shake and smoothie recipes to help curb your hunger, reduce your calories, and satisfy your cravings.

But first, we're going to cover what makes a meal replacement shake great and why we designed ours the way we did.

Let's get to it!

Chris & Heidi

A handwritten signature in black ink, appearing to read "Chris & Heidi". The signature is written in a cursive, flowing style.

Chapter 1

40% of American Adults are
Replacing Breakfast with Nutritional
& Performance Drinks

Did you know that 40% of American adults are replacing their breakfast with nutritional and performance drinks? [1]

That's right. Almost half of adults in the U.S. are turning to nutritional and performance drinks to start off their day.

And guess what? Of the 40% using these drinks for breakfast, almost 58% are using these drinks as a COMPLETE meal, meaning just the shake by itself. [1]

The other 42% put add-ins into their drink or eat a small amount of food with their drink. [1]

From our own surveys and research we've collected, we know that our average customer has tried over 15 "diets." This means it's likely you've been on some sort of a "diet" that was based on, or supplemented with, a meal replacement shake.

And to be quite honest, we're not surprised that meal replacement shakes are so widely consumed. In fact, using a meal replacement shake to replace 1 to 2 meals (and/or snacks) per day has been thoroughly researched.

What's more, meal replacement shakes have been found to be **more effective for weight loss and weight maintenance than a complete food-based diet!** [2] [3] [4]

Amazing, right?!

And going back to that research we just mentioned above, of the 40% of American adults using these drinks: [1]

70% say these drinks are a more effective source of nutrition

80% say these drinks are more convenient

90% say these drinks can help them maintain a healthy lifestyle

80% say these drinks serve as a great guilt-free drink

And this seems to be in agreement with analysts working within the food and drink industry. In fact, Beth Bloom, a Senior Food and Drink Analyst at Mintel, says, "Nutritional and performance drinks are the apex of convenience for the modern American lifestyle and diet, as consumers are moving away from three meals per day and are snacking more often. **These beverages deliver on convenience, affordability and efficacy, a trio of positive advantages that appeal to today's on-the-go consumers that are simply too busy to eat a sit-down breakfast at home.**" [1]

So with all that being said, should you just run to the nearest nutrition shop/grocery store and pick up the first meal replacement shake you see?

No, definitely don't do that! As we mentioned earlier, not all meal replacement shakes are the same. While they may share the same name of "meal replacement," we're going to show you what a great meal replacement should do to help you accelerate your results.

Chapter 2

What Makes a Meal Replacement Shake Great?

We're going to come right out of the gate and say it: Not every meal replacement shake is created equal.

But why? What sets a great meal replacement shake apart from the rest?

Let's explain what you should be looking for in a meal replacement shake.

1. A Meal Replacement Shake Must Deliver a Complete Meal that is LOWER in Calories

First things first. A meal replacement shake must be nutritious, provide a complete meal, and be lower in calories so you can effectively create a calorie deficit.

Creating a caloric deficit that your mind and body can live with is the ONLY way to lose weight.

A great meal replacement shake should reduce the calorie amounts in a typical American breakfast by 40% and in the typical American lunch by 50% or more. [5]

And for those of you who exercise in the morning, a great meal replacement shake can be used before or after your workout.

Just think how nice it would be to start your day with a 500-750 calorie deficit after enjoying exercise and a delicious meal replacement shake.

Your endorphins and the neurotransmitters released during exercise are firing, you've just had a tasty shake to help control hunger and satisfy cravings, and you're feeling amazing.

That sounds like an incredible win to kick the day off with and accelerate your weight loss efforts!

2. A Great Meal Replacement Needs to Make You Feel Full

The #1 cause of failing with any weight loss program is **HUNGER**. Plain and simple. If you can't control hunger, it's going to be extremely tough to stay on track with creating a calorie deficit for weight loss.

That's why a great meal replacement shake has to keep you feeling comfortably full until your next snack or meal, **or else** all you've done is cut calories. If that's all you've done, then you'll have to fight the terrible hunger battle alone. And we're sad to say, but from the research we've seen, you'll eventually end up losing this battle!

A great meal replacement shake needs to give you proven ingredients that will help you fight off hunger.

Here's what your meal replacement shake should do in order to keep you feeling comfortably full:

1. It should provide protein at the quantity that has been proven by research to keep your hunger in control for up to 3 hours. [5]

2. It should also provide fiber at the quantity that has been proven by research to keep your hunger in control for up to 3 hours. [5]

Some meal replacement shake companies will shout from the rooftops that they have “special” ingredients to curb hunger. But if we’re being completely honest, from our combined decades of experience in the weight loss world, we just don’t believe these “special” ingredients and blends work as they are advertised.

We have researched ingredients for our meal replacement shakes for years, and you can bet if there was a “special sauce” that was thoroughly tested and proven to undeniably curb hunger, we would have put it in our shakes!

Sure, a quick search on the internet reveals 100s of ways to reduce hunger and appetite. They have to work because they are on the internet, right?!

Check out some internet search results to help you learn interesting ways to reduce hunger and appetite:

- Eat on a smaller plate
- Reduce your stress
- Visualize eating the foods you crave
- Spice up your meals
- Eat mindfully
- Eat slowly—don’t rush your meals
- Enjoy some soy
- Get a massage
- Stay away from temptation

Sure, you can find hundreds of ways to reduce your hunger and appetite that may help in a very small way, other ways may be bordering on stupidity, and others ways—like “reduce your stress,” don’t have an off switch, so it may take months or years for that to happen.

But a **LITTLE HELP** is not all you need if you want to see incredible weight loss results.

You need real hunger control and appetite control when you are trying to lose weight. And here’s our not-so-secret secret for you:

Protein and fiber are the only two nutrients that have been thoroughly researched and—in the right amounts—proven to provide hunger control for 3 hours.

Let’s talk about protein first.

The Power of Protein: Proven to Help You Feel Full

Many articles and companies recommend that an adequate amount of protein for hunger control in a meal replacement shake is 15 grams. [6]

Our own research indicates that 20 grams of protein has a much better track record for sustained hunger control, especially because we are looking for a 3 hour range!

Simply put, studies using 15 grams or less of protein per serving of meal replacement shake just don't seem to provide the same level of lasting hunger control that we are looking for.

And quite honestly, this amount just doesn't meet the standards we have established as transformation experts.

Note: If your current meal replacement shake doesn't have 20 grams of protein per serving, then you'll want to consider a change!

What Transform does differently is to include 3 types of protein in our meal replacement shakes.

It is very costly for companies who produce meal replacement shakes to use these 3 types of protein, so you don't see the combination of these proteins very often.

The Transform blend contains these proteins:

- Instantized Whey Protein Isolate
- Instantized Whey Protein Concentrate
- Micellar Casein

What does this combination of protein do for you?

Each of these proteins has a different time where its digestion is at its peak. [7]

Whey Protein Isolate has a very quick digestive peak, Whey Protein Concentrate a medium digestive peak, and Micellar Casein is digested and absorbed much more slowly than the others.

So what does this mean? **Essentially, this means longer lasting hunger control.**

There are so many amazing weight loss benefits of protein, but right now we're focused on hunger control. So let's move on to the other researched and tested nutrient for lasting hunger control.

The Power of Fiber: Proven to Help You Feel Full

"Eat more fiber!"

You have probably heard this saying before, especially in conjunction with relieving or preventing constipation.

But the benefits of a high fiber diet are remarkable!

Here are some amazing fiber benefits: [8]

- Normalizes bowel movements
- Helps maintain bowel health (lowers the risk of colorectal cancer)
- Lowers cholesterol levels
- Helps control blood sugar levels
- Helps you live longer (reduces the risk of dying from cardiovascular disease and all cancers)
- **Aids in achieving a healthy weight**

Notice that last benefit? We've highlighted that one for you!

High fiber foods tend to be more filling than low fiber foods, so you're likely to eat less and stay satisfied longer, and that is a win-win when it comes to weight loss.

What's more, high fiber foods tend to take longer to eat and be less "energy-dense," which means they have fewer calories for the same amount of food.

So, how much fiber do you need each day? Check out this chart below. [9]

	Age 50 years or younger	Age 51 years or older
Men	38 grams	30 grams
Women	25 grams	21 grams

Here are some tips to help you increase your fiber so you can experience the hunger control benefits and help boost your weight loss:

Tip #1: Track your fiber intake for 3 days.

First things first, you need to figure out how much fiber you are actually consuming regularly.

There are 2 types of fiber. Soluble fiber is a fiber that dissolves in water, and it is found in oats, peas, beans, apples, citrus fruits, carrots, barley, psyllium, and other foods.

Insoluble fiber is a fiber that moves through your digestive system relatively intact, and it is found in whole wheat flour, wheat bran, nuts, beans, cauliflower, potatoes, and other foods.

For tracking purposes, you don't need to pay attention to the types of fiber you are eating. Just focus on tracking the total daily fiber amounts you consume.

Tip #2: Determine how close you are to the recommended fiber amount and make up the difference.

After you've tracked your daily fiber consumption for three days, it's time to supercharge your hunger control.

We recommend adding 5-6 more grams of insoluble/dietary fiber to your daily nutrition. It's not really a coincidence that our meal replacement shake contains 5-6 grams of insoluble fiber.

As we went through the studies to figure out how much fiber we should add to each serving of our shakes to make a statistical difference in your hunger, we decided to add 5-7 grams per serving.

And because we're all about research and the science behind weight loss, here are the conclusions to a study that discusses both protein and fiber:

"A diet that promotes increased fiber and lean protein intake demonstrates the feasibility and high acceptability ratings, which resulted in calorie and weight reductions and improvement of dietary quality." [10]

3. A Great Meal Replacement Shake Provides the Nutrition of A Full Meal

It is a fact that typical American adults lack an appropriate amount of vitamins and minerals.

According to the U.S. Department of Agriculture (USDA), American adults do not typically get enough of the following nutrients: [11]

- calcium
- potassium
- **fiber**
- magnesium (from high fiber foods)
- vitamins A (in part, from high fiber foods), C, D, and E

Our meal replacement shake vitamin blend starts you off right, and it even puts you over 100% of the Daily Value (DV) of some of the nutrients most Americans are lacking.

And if you follow our suggestions for fiber and use our Low Carb Meal Replacement Shake, that should take care of your magnesium and a part of your Vitamin A daily amounts!

4. A Great Meal Replacement Shake Needs to Taste Absolutely Delicious

We recently came across this headline:

Meal Replacements Still Don't Taste Good [12]

The fact of the matter is that the global meal replacement market is growing at nearly 7% annually. [12]

But as the weight loss world and other companies start to focus heavily on making meal replacement shakes more nutritious and easier to use, are they forgetting about taste?

If you haven't already noticed by reading this eBook, because we wanted to make the best meal replacement shakes ever, we've done quite a bit and continue to do a tremendous amount of data and research collection surrounding meal replacement shakes.

And the overwhelming #1 response we see is that in order for a person to use a meal replacement shake, it **MUST BE DELICIOUS!**

Not just, "Oh, that doesn't taste bad." We're talking, "Wow, this is AMAZING!"

No one wants to drink or consume something consistently that just doesn't taste good. Meals should always taste good!

Over the years, we've literally tried over 50 different meal replacement shakes, and quite frankly, most of them didn't taste very good.

So we set out to create our own meal replacement shake. One that would literally stand above the rest. One that we could stand behind and back 100%. One that people would LOVE.

And trust us when we say we put our shakes through the wringer. We wanted the best tasting, the best mixing, the best formula, the best texture, ingredients, nutrition... you get the gist.

We went through what seemed like countless flavor profile variations and a variety of testers to get each flavor just right.

We understand that most of our customers and potential customers have likely already tried multiple meal replacement shakes and didn't have a good experience.

We realized we REALLY had to WOW the socks right off of our customers with the taste before they could experience all the benefits of our meal replacement shake.

So that's exactly what we did. We created what we think are the BEST meal replacement shakes...ever! And from the feedback we've been getting, and from the thousands and thousands of shakes sold, our customers would agree!

HEAVEN IN A SHAKE

"Wow!!!! Stop the presses!!! This is absolutely the best shake I've ever had! Even just using water-it's creamy and tastes like a milkshake!!!! Holy moly!!!! I rate this 100 billion stars!!!! Best on the planet!!!" - Mara A.

CHOCOLATE HEAVEN

"I am not a protein powder fan due to many reasons...HOWEVER, this shake is like drinking chocolate, it smells and tastes like chocolate no matter what you use to mix it with. I have this on subscribe monthly." - Nicole W.

BEST PROTEIN SHAKE

“No lies! When you open the canister it smells absolutely incredible, like brownie batter, or cake mix. It is super creamy/smooth, there have even been a few times I mixed it with a spoon, no shaking or blending required! It tastes incredible, like hot chocolate and no funky protein powder aftertastes like you get with so many others. Delish!” - Desha M.

And just for fun, here’s a little behind the scenes secret look into our company. Our accountants have built in a percentage for meal replacement returns based on the industry average and told us that we can’t exceed that percentage.

We’re never going to lose any sleep worrying about even getting close to that percentage as our meal replacement shakes are so delicious and they actually do their job!

They cut calories, curb hunger, and provide the nutrition of a meal, all in the tastiest way possible!



HONESTY CHECK

Having been around the meal replacement shake business for many years, there are only two major reasons why meal replacement shakes are returned. We already discussed one above, and that’s flavor.

The other reason is that meal replacement shakes can cause bloating and digestive distress. It makes sense as many weight loss programs will increase your protein and fiber dramatically overnight. Your body needs time to make that kind of adjustment.

That’s why when we created our Low Carb Meal Replacement Shake, we used fiber and a combination of fats to minimize the adjustment in your diet and leave you feeling good starting on day one!

5. A Great Meal Replacement Needs to be Quick and Easy to Make

When it comes to eating tasty, nutritious meals, convenience is everything!

Here are some quick stats: [13] [14]

- 10% of Americans love cooking
- 45% of Americans hate cooking
- 45% of Americans are on the fence (In other words, they do it because they have to).

Which group do you fall in?

In some fast food restaurants, you don’t even have to talk to anyone. You simply order online or on a device, pay, and pick it up!

It’s no wonder almost 60% of your daily calories can come from ultra-processed foods, or as we sometimes refer to them: fast food. [15]

Ultra-processed meals are just too convenient and easy. In fact, ultra-processed food is everywhere. Couple that with the fact that our lives can get SO busy. Heck, even popular TV shows have adapted to reflect how times (and our meals) have changed!

In *Young Sheldon*, a series that is set to take place in the late 1980s and early 1990s, a common event you see on the show is a family sitting around the breakfast or dinner table and having what appears to be a very nutritious and balanced meal.

However, in *The Big Bang Theory*, with an older Sheldon, a common event on the show is everyone sitting around eating fast food, or having lunch in the cafeteria, or eating at the restaurant where the character Penny was a server.

Our eating habits have definitely changed in the past few years.

With our Low Carb Meal Replacement Shake, you can whip up a calorie-controlled, satisfying, nutrient-rich, delicious shake in a matter of seconds, feel wonderful about your food choices, and stay on your weight loss program!

6. A Great Meal Replacement Needs to Be Low in Sugar and Salt

A great meal replacement cuts back dramatically on the sugars you would normally consume, especially at breakfast.

The American Heart Association recommends that “added sugars” be no more than 100 calories for women and 150 calories for men in a given day. [16]



So, what are added sugars? They are those sugars or syrups that are not naturally found in foods but are put in foods during processing, preparation, or at the table.

Our meal replacement shake contains 8 calories of naturally occurring sugar and NO added sugars.

Just a note on sugars: The body needs a relatively low amount of sugars to function. In fact, in a good diet, the amount of sugar the body needs can come from naturally occurring sugars.

Calories in sugar are considered empty. This means the calories have no nutritional value; however, they still impact your calorie count.

And if you'll look back on what we said earlier, weight loss comes down to creating a calorie deficit.

Now that we've talked a little bit about sugar, let's move on to salt!

The American Heart Association recommends consuming no more than 2,300 milligrams (about 1 teaspoon) of salt daily. [17]

However, the American Heart Association also says the **IDEAL TARGET** for most adults is no more than **1,500 milligrams** (about $\frac{2}{3}$ of a teaspoon) per day. [17]

Unfortunately, most adults consume **FAR too much salt per day**. The Centers for Disease and Control and Prevention estimate that the average American eats **3,400 milligrams** every day! [17]

As you can see, our salt consumption can really sneak up on us fast, especially when we are consuming ultra-processed foods.

One example of salt sneaking up fast is Subway's Fresh Fit Choice 6" Turkey Breast Sandwich, which has 640 milligrams of salt. [18]

For most of us, 6" might not be enough to get full, so we opt for the 12" sandwich, which just put us very near to the IDEAL amount of salt we should consume in one day in just one sandwich.

Using a great meal replacement shake eliminates the sugar and salt problem for one or two meals.

Our Low Carb Meal Replacement Shake contains 285 milligrams of salt, so if you have 3 meals and 2 snacks a day at 285 milligrams, you will be just **under the IDEAL** 1,500 milligrams of salt per day.

And because there is such a dramatic difference in sugar and salt consumption between a normal meal and a meal replacement shake, you may have just cured your excess sugar and salt consumption for the day with a delicious meal replacement shake!

7. A Great Meal Replacement Needs to Be Affordable

You would be absolutely stunned at how many times a day we see in a social media post or email where people mention how eating healthy just isn't affordable, that it breaks the bank.

And depending on where you shop, what foods you purchase, what meal plans you follow, and what supplements you use, this can be totally true!

That's exactly why we are flipping the script and doing things completely different with Transform, from our Transform App, to the meal plans and recipes inside the app, to our supplements.

We're making things affordable, from the convenient shakes to the app meal plans with cost-effective food items!

Speaking of our supplements, let's solve the affordability problem for one or two of your meals and snacks.

Are you ready?

Use a meal replacement shake like our Low Carb Meal Replacement!

With 28 servings (meals) per tub, your cost is just \$2.14 a serving. That's right, a whole, balanced, nutritious meal for less than three dollars!

And it gets even better. If you are on our Subscribe and Save program, your price per serving of shake comes to about just \$1.29!

Compare either of those prices to the price of a fast food meal. Talk about a real money saver!

8. A Great Meal Replacement Needs to Help Maximize Muscle Protein Synthesis

Alright, this may sound a little nerdy, but helping maximize protein synthesis is VERY relevant to losing weight and building lean muscle, and here's why:

Protein is the building block of muscles. Muscle protein synthesis (MPS) is a naturally occurring process where protein is produced to repair muscles damaged by exercise. The opposite of muscle protein synthesis is muscle protein breakdown (MPB), which is protein lost as a result of exercise.

So if your MPS is higher than your MPB, then muscle growth is increased. If not, then the opposite occurs!

With weight loss, we absolutely don't want your MPB to outpace your MPS.

Simply put, your body can't turn fat into muscle. And the reverse is also true: Your body can't turn muscle into fat, either.

To make up for the lack of protein in the diet, the body doesn't just burn stored fat, but also muscle, which is made of protein. And when this happens, your muscle cells shrink!

But here's the great news!

In 2009, a landmark study revealed that muscle synthesis is stimulated maximally at a protein dose of 20 grams. [19]

Here are some important highlights of this study so you can get a better picture: The researchers tested a group of college-aged weight trainers and limited their protein drink upon completion of the weight training sessions to 0, 5, 10, 20, and 40 grams.

They found no additional increases in muscle protein synthesis after 20 grams.

Once again, that's why our meal replacement shake has exactly the amount of protein to consume after a workout for maximum muscle protein synthesis to help your body preserve muscle and burn fat instead.

A Great Meal Replacement Shake Offers Additional Benefits

In addition to all the benefits we've just run through, a great meal replacement shake should offer some other really important benefits:

- It should help you avoid unhealthy meals and snacks. [20]
- It should help reduce your stress. Reach for a meal replacement shake instead of grabbing the nearest ultra-processed snack. [21]
- It needs to help improve digestion. [22]
- It should help lower cholesterol levels. [22]
- It will help free up your time! [22]

Additionally, researchers have found those following a nutrition program using a meal replacement shake stay on their programs longer. [23]

Chapter 3

Meal Replacement Shake Uses That You Probably Haven't Considered!

1 of the top 3 concerns we constantly hear from people trying to lose weight is a variation of this question:

“How do I stick with my nutrition when I am at a restaurant, at parties, on vacation, at a business lunch or dinner or meeting, at family gatherings, at a get together with friends?”

The same thing applies to virtually anything you can think of where you aren't providing a meal or are in control of your meal!

What our customers are essentially saying is that on these kinds of occasions, they far exceed their calories for their meal by not only eating more, but by also eating foods that are substantially higher in calories.

Whether it's that Sunday roast beef dinner at grandma's that ends with her famous berry pie with whipped cream or ice cream, or that meal you grab with your friends on Friday night to kick off the weekend, or that stop at your favorite drive-thru as you head home from a stressful day at work.

Simply put, what we're talking about is the meal you think about each day that causes you to salivate and to have to wipe the corners of your mouth. That meal can cost you about 2,000 calories even after you exert all your willpower and settle for a medium portion of each item.

But let's show grandma a little love, not only for the meal, but because aside from the calories, her meal might also be the healthiest for you of all the occasions above!

Like you, we embrace and want to enjoy the occasions that we just described.

Because let's be honest: Anytime someone else is providing all or part of a meal, we love it!

So how can you still enjoy these social occasions AND the amazing food?

Here's the first way you can use a meal replacement shake that you may not have considered!

To help you prepare so you don't even get close to the edge of the cliff in terms of excessive caloric intake, we suggest you enjoy about 1/2 of a delicious meal replacement shake around 30 minutes before the occasion.

The protein and fiber will kick in to promote feelings of fullness while helping to suppress your appetite, and the sweetness in the flavor will be extremely satisfying for your sweet tooth!

Drink a glass or two of water also, as the water will help add to your feelings of fullness.

Whatever the occasion is, you will consume less food and come away knowing your eating for the day is still intact. And you can enjoy the occasion even more because you are not stressed about your nutrition.

Here's the second use for a meal replacement shake that you may not have thought of!

Another of the three top concerns our customers voice most frequently is what to do after your dinner meal when hunger comes back in a very intense way.

This is not something people make up as an excuse for a late night snack. Science indicates [24] that your body goes through a hunger cycle about every 3 hours, and that is why most sustainable diets include “snacks” in the mid morning and mid afternoon to satisfy these hunger cycles.

Unfortunately, the most intense hunger cycle peaks about 2 hours instead of the normal 3 hours after you eat dinner. Your body knows it is not going to get any fuel (calories) for the next 6.8 hours (average that the American adult sleeps), [25] and your body works 24/7, so it fights for that last burst of calories.

Unfortunately, again, your body reaches out for those quick and convenient calories, those sweet or salty foods that are packed full of the wrong kind of calories but at the same time can satisfy your cravings. How our bodies reach out especially for those kinds of food at night is not completely understood.

Our cure for night time snacking is drinking ½ of a meal replacement shake and then one or two glasses of water.

Why?

Our Low Carb Shake is low in calories. Additionally, our shake can help increase feelings of fullness and satisfy your sweet tooth.

And there's even another benefit! Where most people fall short in their nutrition, a meal replacement shake will help provide additional protein so you can finish up the day and help your body prepare for the next day. Half a scoop of our Low Carb Shake provides 10 grams of protein!

Here is just one example of the danger that can come with a night time snack.

Let's take the timeless Twinkies. Twinkies have been a popular snack for many years, and their popularity is increasing.

Twinkies usually come in two per pack depending on where you purchase them. But for the sake of this example, we are going to look at just one of those Twinkies.

1 Twinkie contains 150 calories, 4 grams of fat, 19 grams of sugar (5 teaspoons) , 27 grams of cholesterol. [26]

If you want to work off one of those Twinkies, here's what it would take: [26]

- Hiking: 22 minutes
- Walking (slow pace): 50 minutes
- Jogging: 20 minutes

- Swimming (vigorously): 13 minutes
- Jumping rope: 15 minutes
- Scrubbing the floor: 30 minutes
- Running up the stairs: 10 minutes

Reality check: If you have a two pack of Twinkies, and no one forces you to give them the other one, there's a good chance you're going to eat that one as well!

Here's the third use for a meal replacement shake that may not have occurred to you!

Depending on what research you read the average American adult is reporting a rise in their stress and anxiety of 100% to 250% in just the past year. [27]

We have taken that research a step further. We asked over 20,000 people who are overweight, obese, or morbidly obese to rate their stress and anxiety that they feel is caused by their weight.

Based on only their weight and no other factors, just under 90% rated their stress and anxiety levels as high to extremely high.

The stressors and anxiety of everyday life, plus the extra stress and anxiety caused by being overweight, can create a perfect storm that can lead to extremely high levels of stress and anxiety and even occasional bouts of depression or clinical depression.

We recently did a survey of those 90% who rated their stress and anxiety levels high to extremely high, and we found out that 89.25% reported they are stress eaters.

To compensate for stress and anxiety, we see people who are on a weight loss plan consuming more food, usually sugar, salt, and unhealthy fats.

This is commonly called "STRESS EATING."

Why Turn to Food When Feeling Anxiety, Stress, or Depression?

It is fairly simple to explain. For a long time, research has shown that the same reward and pleasure centers of the brain that are triggered by addictive drugs such as heroin and cocaine are also activated by foods, especially by those foods containing high amounts of, you guessed it, sugar, salt, and unhealthy fats. [28]

When the brain receives signals that these highly palatable foods have entered your body, it triggers the release of the "feel-good" brain chemicals such as dopamine, and you feel pleasure, relief, and satisfaction.

The dopamine and other chemicals work very fast, but their effect is very short-lived, especially when these chemicals are activated by "FOOD."

Without a doubt, you'll feel "better" as a result of STRESS EATING. But for most people, shortly after you STRESS eat, because the feelings you experience are so good, but also so temporary, you will desire another "fix" and you'll eat again.

Your stress and anxiety might be reduced for a few minutes during and after your food “fix,” but this temporary reduction will NOT compensate for the negative impact the extra calories can have on your goals and the disappointment you’ll feel in yourself.

A great way to lessen your stress and anxiety and prevent you from “Stress Eating” foods that are high in sugar, salt, or fats is to drink about ½ of a meal replacement shake followed by a tall glass of water.

Here’s why:

- The Mayo Clinic and the Harvard School of Medicine agree that protein is excellent for reducing stress and anxiety. [29]
- They also agree that it’s a good idea to increase the protein in your breakfast, as oftentimes stress and anxiety peak when you wake up to face the reality of the day. In addition, protein is great any time you are feeling more stress and anxiety than usual. [30]
- Meal replacement shakes promote satiety, not additional hunger like sugar, salt, and unhealthy fats do.
- The delicious flavors will satisfy your “sweet” tooth needs.
- Meal replacement shakes help block hunger and curb your appetite.

Eating because of stress or anxiety or even mild depression usually isn’t a decision that is made in a matter of seconds.

There can be a lengthy period of time where you’re thinking about and weighing the consequences of eating to get a short reprieve from stress, anxiety, or mild depression.

We have had some clients say this decision is almost torture as they decide if they are going to break the promises and fracture the goals they have made.

But here’s the catch: This decision, alone, can intensify the anxiety and stress you are already feeling, and in many cases, it can create enough extra anxiety and stress to push you to eat.

After you eat, and the dopamine wears off (quickly), now the stress, anxiety, and regret of going off your weight loss plan can crash in like a tsunami. And guess what? You are back in the same situation, full of stress and anxiety.

If you ate those extra stress-reducing foods and ignored your good intentions, now is not the time to beat yourself up. Instead, use your “falling down” to shower yourself with warmth, sympathy, and compassion. [31]

We have given these tips directly to hundreds of people that needed to solve one or both of the above problems. Based on their feedback, we have a 100% success rate.

How & When to Use Meal Replacement Shakes for Weight Loss

A great meal replacement shake should provide the nutrition of a full meal, and that's exactly what we've designed our shake to do!

That means it should give you around 200-400 calories, 20 grams of protein, as well as 5-7 grams of fiber and be full of essential vitamins and minerals.

Remember, the purpose of a great meal replacement shake is to lower your caloric intake because weight loss comes down to this simple formula:

CALORIES IN - CALORIES OUT = WEIGHT LOSS OR WEIGHT GAIN

Using meal replacement shakes is more convenient than ever. Simply throw a scoop in a shaker cup with some liquid, and you're good to go.

You can also throw some in a blender and add additional ingredients (like fruit!) to create a delicious smoothie:

SHAKE IT



1. Add 12 ounces of ice cold water, almond milk, or your beverage of choice.
2. Add 1 level scoop of the Chris + Heidi Low Carb Meal Replacement Shake Powder.
3. Shake and enjoy!

BLEND IT



1. Use the recipes in this book, in the app, on the website, or use the shake/smoothie calculator to create or find your favorite recipes
2. Add 1 level scoop of the Chris + Heidi Low Carb Meal Replacement Shake.
3. Blend and enjoy!

When to Use Meal Replacement Powders

The easiest way to use the Chris + Heidi Low Carb Meal Replacement Shake is as a healthy breakfast shake. This is a great way to supercharge your day.

That said, you can definitely use this meal replacement shake as a replacement for ANY of your meals. We recommend replacing up to 2 meals a day with our Low Carb Meal Replacement Shake as needed.

You can also use this shake as a pre- or post-workout to help your muscles recover from training.

Chapter 4

Weight Loss Shakes & Smoothies

Check out these delicious recipes, designed to satisfy your cravings and also reduce your calories while helping you feel full.

CHOCOLATE RECIPES

Chocolate Coconut Shake



1 cup unsweetened vanilla almond milk
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
1 small banana (6 to 7 inches)
1 tablespoon shredded coconut
1/4 teaspoon coconut extract
Ice as desired

1. Combine all ingredients in a blender. Blend until smooth.
2. Pour into glass and enjoy!

Makes 1 serving

Nutrition information:
300 calories, 11g fat, 32g carbs, 22g protein

Chocolate Mixed Berry Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
2/3 cup frozen mixed berries
1 tablespoon of chia seeds
1 tablespoon unsweetened cocoa powder
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
297 calories, 11g fat, 31g carbs, 24g protein

Chocolate Raspberry Shake



1 cup unsweetened almond milk
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
3/4 cup frozen raspberries
Ice as desired
Water as desired

1. Add all ingredients to the blender and blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
248 calories, 9g fat, 23g carbs, 22g protein

Rocky Road Shake



1 1/2 cups unsweetened almond milk
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
1/4 cup nonfat plain Greek yogurt
1/2 tablespoon all-natural peanut butter
1 tablespoon sugar-free butterscotch pudding mix
2 tablespoons quick oats
1/2 tablespoon stevia
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
353 calories, 14g fat, 29g carbs, 30g protein

Chocolate Banana Smoothie



1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
12 ounces water
5" of a banana
1 tablespoon cocoa powder
Ice as desired

1. Combine all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutritional information:
244 calories, 7g fat, 30g carbs, 21g protein

Chocolate Covered Strawberry Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
1/3 cup nonfat plain Greek yogurt
1/4 cup quick oats
2/3 cup strawberry halves
1 tablespoon unsweetened cocoa powder
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
350 calories, 8g fat, 42 carbs, 32g protein

Chocolate Orange Smoothie



1 cup water
1/2 cup 100% orange juice
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
1/2 cup nonfat plain Greek yogurt
1 tablespoon unsweetened cocoa powder
1 tablespoon orange zest
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:

303 calories, 7g fat, 33g carbs, 33g protein

Chocolate Caramel Frappuccino



1 1/2 cups unsweetened almond milk
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
1/4 cup plain nonfat Greek yogurt
1 tablespoon instant coffee
1 tablespoon heavy cream
1 tablespoon stevia
1/4 teaspoon caramel extract
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:

295 calories, 16g fat, 15g carbs, 27g protein

Chocolate Dreams Shake



1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
1 cup unsweetened almond milk
1 tablespoon heavy whipping cream
1/2 tablespoon cocoa powder
1 tablespoon whipped cream (aerosol)
Ice as desired

1. Combine all ingredients in a blender except for aerosol whipped cream. Blend until smooth. If too thick, add more water until desired consistency. Top with whipped cream and enjoy!

Makes 1 serving

Nutrition information:
265 calories, 15g fat, 14g carbs, 22g protein

Chocolate Mocha Shake



1 cup unsweetened almond milk
1 scoop Chris + Heidi Chocolate Low Carb Meal Replacement Shake Powder
1 tablespoon instant coffee
1 tablespoon heavy whipping cream
Ice as desired

1. Combine all ingredients in a blender. Blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
255 calories, 14g fat, 13g carbs, 21g protein

VANILLA RECIPES

Banana Coconut Cream Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
1/4 cup nonfat plain Greek yogurt
2 tablespoons unsweetened shredded coconut
1/2 medium banana (7-8 inches)
1/8 teaspoon coconut extract
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
301 calories, 11g fat, 29g carbs, 27g protein

Blueberry Lemon Shake



1 1/2 cups unsweetened almond milk
1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
1/4 cup nonfat plain Greek yogurt
2 tablespoons lemon juice
1/2 cup blueberries
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
304 calories, 12g fat, 27g carbs, 28g protein

Blueberry Pie Smoothie



1 scoop Chris + Heidi Vanilla Low Carb Vanilla Meal Replacement Shake Powder
1 cup water
1/2 cup frozen blueberries
1/8 cup rolled oats
Splash almond extract
Liquid stevia drops, to taste
Ice as desired
Additional water as desired

1. Add all ingredients in a blender and blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
250 calories, 7g fat, 28g carbs, 22g protein

Jamaican Me Crazy Smoothie



1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
1 1/2 tablespoons canned coconut milk
1/3 cup pineapple tidbits
1/2 small banana (5-6 inches)
1/3 cup 100% pineapple juice
1 cup water
Ice as desired

1. Place all ingredients in a blender, blend until smooth, and enjoy!

Makes 1 serving

Nutrition Information:
298 calories, 10g fat, 33g carbs, 21g protein

Oatmeal Cookie Shake



- 1 1/2 cups unsweetened almond milk
- 1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
- 1/4 cup nonfat plain Greek yogurt
- 3 tablespoons quick oats
- 1/4 teaspoon almond extract
- 1/4 teaspoon cinnamon
- 1 tablespoon stevia
- Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
293 calories, 11g fat, 24g carbs, 29g protein

Piña Colada Smoothie



- 1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
- 1 1/2 cups water
- 1 1/2 tablespoons canned coconut milk
- 1/2 cup frozen pineapple chunks
- Ice as desired

1. Combine all ingredients in a blender. Blend until smooth. If too thick, add more water until desired consistency. Enjoy!

Makes 1 serving

Nutrition information:
249 calories, 9g fat, 21g carbs, 21g protein

Mango Tango Smoothie



1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
3/4 cup frozen mango chunks
1/2 cup nonfat plain Greek yogurt
1/2 cup 100% pineapple juice
2/3 cup water
Ice as desired

1. Combine all ingredients in a blender and blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
357 calories, 6g fat, 42g carbs, 32g protein

Tropical Banana Cream Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
1/3 cup nonfat plain Greek yogurt
1/3 cup pineapple chunks
1/2 medium banana (7-8 inches)
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
300 calories, 6g fat, 38g carbs, 29g protein

Root Beer Float Shake



1 cup unsweetened almond milk
1/2 cup water
1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
1/3 cup nonfat plain Greek yogurt
1 1/2 tablespoons heavy whipping cream
1/8 teaspoon root beer extract
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:

310 calories, 18g fat, 14g carbs, 28g protein

Banana Cream Shake



1 scoop Chris + Heidi Vanilla Low Carb Meal Replacement Shake Powder
1 cup water
1/2 small banana (6-7 inches)
2/3 tablespoon cream cheese
Splash vanilla extract
Liquid stevia drops, to taste
Additional ice and water as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:

246 calories, 9g fat, 22g carbs, 21g protein

COOKIES & CREAM RECIPES

Banana Split Cookie Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Cookies & Cream Low Carb Meal Replacement Shake Powder
1/2 medium banana (7-8 inches)
1 tablespoon sugar-free French vanilla creamer
1 tablespoon chopped peanuts
2 tablespoons whipped cream (aerosol)
Ice as desired

1. Place all ingredients, except for peanuts and whipped cream, in a blender, blend until smooth. Top with whipped cream and peanuts. Enjoy!

Makes 1 serving

Nutrition information:
316 calories, 12g fat, 33g carbs, 23g protein

Cookies & Cream Strawberry Shake



1 1/2 cups unsweetened almond milk
1 scoop Chris + Heidi Cookies & Cream Low Carb Meal Replacement Shake Powder
1 tablespoon cream cheese
1/2 cup strawberry halves
2 tablespoons whipped cream (aerosol)
Ice as desired

1. Place all ingredients, except for whipped cream, in a blender, blend until smooth. Top with whipped cream and enjoy!

Makes 1 serving

Nutrition information:
304 calories, 13g fat, 25g carbs, 23g protein

Mocha Cookies & Cream Shake



1 1/2 cups unsweetened almond milk
1 scoop Chris + Heidi Cookies & Cream Low Carb Meal Replacement Shake Powder
1/4 cup low-fat cottage cheese
1 tablespoon instant coffee
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
366 calories, 9g fat, 20g carbs, 28g protein

Oatmeal Cream Pie Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Cookies & Cream Low Carb Meal Replacement Shake Powder
1/2 cup nonfat plain Greek yogurt
1/3 cup quick oats
1/4 teaspoon ground cinnamon
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
359 calories, 7g fat, 40g carbs, 35g protein

STRAWBERRIES & CREAM RECIPES

Strawberry Pineapple Cream Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Strawberries & Cream Low Carb Meal Replacement Shake Powder
1/3 cup nonfat plain Greek yogurt
1/2 cup pineapple chunks
1/2 cup strawberry halves
2 tablespoons whipped cream (aerosol)
Ice as desired

1. Place all ingredients, except for whipped cream, in a blender, blend until smooth. Top with whipped cream and enjoy!

Makes 1 serving

Nutrition information:
309 calories, 7g fat, 37g carbs, 29g protein

Strawberry Banana Smoothie



1 1/2 cups water
1 scoop Chris + Heidi Strawberries & Cream Low Carb Meal Replacement Shake Powder
1/2 cup nonfat plain Greek yogurt
1 small banana (5-6 inches)
2/3 cup strawberry halves
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:
346 calories, 7g fat, 45g carbs, 33g protein

Avo-Strawberry Shake



1 1/2 cups unsweetened almond milk
1 scoop Chris + Heidi Strawberries & Cream Low Carb Meal Replacement Shake Powder
1/3 cup nonfat plain Greek yogurt
1/3 medium avocado, sliced
1/2 tablespoon hemp seeds
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:

353 calories, 18g fat, 20g carbs, 31g protein

Strawberry Frappuccino Shake



1 1/2 cups unsweetened almond milk
1 scoop Chris + Heidi Strawberries & Cream Low Carb Meal Replacement Shake Powder
1/3 cup low-fat cottage cheese
1 tablespoon instant coffee
1 1/2 tablespoons heavy cream
Ice as desired

1. Place all ingredients in a blender, blend until smooth. Enjoy!

Makes 1 serving

Nutrition information:

345 calories, 20g fat, 16g carbs, 29g protein

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