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Corporate Favorites

Emily Wright TrimShake

- 2 scoops Vanilla TrimShake
- 6-8 ounces rice milk
- 1 scoop of TerraGreens
- ¼ cup raspberries
- ¼ cup blueberries
- 1 drop Wild Orange
- ½ cup ice

Greg Cook TrimShake

- 2 scoops Chocolate TrimShake
- Handful of spinach
- 6 ice cubes
- ½ cup non-fat Greek yogurt
- ¼ cup raw oatmeal
- 6 ounces almond milk
- Half a banana (for sweetening)

Horchata TrimShake

- 2 scoops V Shake
- 5 ice cubes
- 8 ounces almond milk
- 4 drops Cinnamon
- 2 drops Clove
- Agave syrup (to desired sweetness)

Purple Smooth Berry

- 2 scoops Vanilla TrimShake
- 1 cup unsweetened almond milk
- 1/2 cup blueberries (frozen or fresh)
- 1 tablespoon Flaxseed Oil
- 3 ice cubes

Chocolate Banana Nut

- 2 scoops Chocolate TrimShake
- 1 cup unsweetened almond milk
- 2 frozen bananas
- 2 tablespoons natural peanut butter

Strawberry Chocolate Delight

- 2 scoops Chocolate TrimShake
- 1 cup unsweetened almond milk
- 1-2 cups frozen strawberries
- 10 extra dark chocolate chips
- 1 banana

Blueberry Oatmeal Smoothie

- 2 scoops Vanilla TrimShake
- 8 ounces skim milk
- ½ to 1 cup oatmeal
- ½ cup fresh blueberries
- 1 tablespoon of honey

Tropical Dream

- 2 scoops Vanilla TrimShake
- ¾ cup unsweetened coconut drink
- ¼ cup Greek yogurt
- 2 tablespoons fresh pineapple
- ¼ banana
- 1 cup frozen strawberries

Key Lime

- 2 scoops Vanilla TrimShake
- 1 cup almond milk
- 1 tablespoon lime juice
- 6 ice cubes
- 1-2 drops Lime essential oil

TerraGreens™ is a powdered mix that packs a daily boost of fruits and vegetables. Add one scoop to 8 ounces of water or your favorite beverage.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.