In fact, Forever Lite Ultra contains 55% more protein and less than 1/2 the carbohydrates of regular Forever Lite powder!

Just 2 Forever Lite Ultra shakes have 100% of the RDI of vitamins and minerals.
Shake your way to fitness with this assortment of healthy yet tasty meal replacements your whole family can enjoy!

**Spicy Double Dutch Chocolate**
- 1 scoop Chocolate Lite Ultra
- 10 oz. hot skim milk
- ¼ tsp. ginger
- ½ tsp. cinnamon
- ½ tsp. cloves
- 1 tbsp. unflavored gelatin
- Blend until smooth
- 200 calories

**Peaches n' Berries**
- 1 scoop Vanilla Lite Ultra
- 4 oz. Aloe Bits n' Peaches
- 5 oz. skim milk
- ½ cup frozen raspberries or strawberries
- Crushed ice
- Blend
- 225 calories

**Just Peachy**
- 1 scoop Vanilla Lite Ultra
- 10 oz. skim milk
- 1 fresh peach
- ½ tsp. peach extract
- Crushed ice
- Blend until smooth
- 240 calories

**Taste of Freedom**
- 1 scoop Vanilla Lite Ultra
- 4 oz. Forever Freedom
- 4 oz. orange juice
- Crushed ice
- Blend until smooth
- 180 calories

**Oatmeal Delight**
- 1 scoop Vanilla Lite Ultra
- 1 tbsp. Forever Bee Honey or brown sugar
- 2 tbsp. instant oats
- ½ tsp. cinnamon
- 10 oz. skim milk or water
- Blend
- 300 calories

**Oatmeal Delight**
- 1 scoop Vanilla Lite Ultra
- 1 tbsp. Forever Bee Honey or brown sugar
- 2 tbsp. instant oats
- ½ tsp. cinnamon
- 10 oz. skim milk or water
- Blend
- 300 calories

All of these recipes can be modified to taste and may be used with Forever Lite Ultra or regular Forever Lite powder. Soy milk or water may be substituted for skim milk. For optimum nutritional benefits, use fresh instead of frozen fruit or fruit flavoring extracts; add Forever Bee Honey as an excellent sweetener. All calorie totals are approximate.
Dream Cream
1 scoop Vanilla Lite Ultra
6 oz. fresh orange juice
4 oz. natural sparkling mineral water
Crushed ice
Blend until smooth
175 calories

Choco-Nana Chunk
1 scoop Chocolate Lite Ultra
8 oz. cold skim milk
½ banana
Crushed ice
Blend until smooth
255 calories

Almond Mocha Creme
1 scoop Vanilla Lite Ultra
10 oz. skim milk
2-3 drops almond extract
2-3 drops rum extract
Blend until smooth
200 calories

Buttery Mint
1 scoop Vanilla Lite Ultra
10 oz. skim milk
1 tsp. Forever Bee Honey
2-3 drops butter extract
2-3 drops mint extract
Crushed ice
Blend until smooth
225 calories

Berry Strawberry
1 scoop Vanilla Lite Ultra
6 oz. natural sparkling mineral water
4-6 strawberries
Crushed ice
Blend until smooth
140 calories

Forever Colada
1 scoop Vanilla Lite Ultra
10 oz. skim milk
½ tsp. coconut extract
½ tsp. rum extract
½ tsp. Forever Bee Honey
Crushed ice
Blend until smooth
235 calories

After Eight
1 scoop Chocolate Lite Ultra
8 oz. skim milk
Fresh mint leaf
Crushed ice
Blend until smooth
200 calories
Orchard Morning
1 scoop Vanilla Lite Ultra
1 cup apple juice
1/2 cup in-season fresh fruit
1 tsp. crushed pineapple
1 tsp. orange juice
Crushed ice
Blend until smooth
370 calories

Vanilla Coconut
1 scoop Vanilla Lite Ultra
10 oz. skim milk
2-3 drops coconut extract or shredded coconut*
2-3 drops vanilla extract
Crushed ice
Blend until smooth
200 calories
*add 45 calories per 1 1/2 tbsp. shredded coconut

Banana Nut Creme
1 scoop Vanilla Lite Ultra
10 oz. skim milk
1-2 drops banana extract
1-2 drops black walnut extract
Crushed ice
Blend until smooth
200 calories

Nut Fudge Drink
1 scoop Chocolate Lite Ultra
10 oz. skim milk
1 tsp. Forever Bee Honey
1-2 drops black walnut extract
Crushed ice
Blend until smooth
225 calories

Forever Fruit
1 scoop Vanilla Lite Ultra
10 oz. skim milk
1/2 banana
3 fresh strawberries
1 tsp. crushed pineapple
1 tsp. orange juice
Crushed ice
Blend until smooth
290 calories

Hawaiian Style
1 scoop Vanilla Lite Ultra
4 oz. Aloe Vera Gel or Freedom
4 oz. Pineapple juice
1/2 c. fresh or frozen pineapple, berries, or other fruit
Crushed ice
Blend until smooth
230 calories

Tropical Blast
1 scoop Vanilla Lite Ultra
4 oz. skim milk
1 tsp. Forever Bee Honey
1/2 banana
1/4 cup shredded coconut
Crushed ice
Blend until smooth
340 calories
Smooth n' Fruity
1 scoop Vanilla Lite Ultra
1 cup apple or orange juice
½ banana
1 cup lowfat plain yogurt
Crushed ice
Blend until smooth
355 calories

Red Cherry Delight
1 scoop Vanilla Lite Ultra
10 oz. skim milk
1 tsp. cherry extract
Dash of nutmeg
Crushed ice
Blend until smooth
200 calories

Fruit 'n' Honey
1 scoop Vanilla Lite Ultra
8 oz. apple juice
¼ c. frozen or fresh fruit
1 tsp. Forever Bee Honey
Crushed ice
Blend until smooth
250 calories

Cherry Brandy Creme
1 scoop Vanilla Lite Ultra
10 oz. skim milk
1 tsp. Forever Bee Honey
1-2 drops cherry extract
1-2 drops brandy extract
Crushed ice
Blend until smooth
225 calories

Chocolate Almond Fudge
1 scoop Chocolate Lite Ultra
10 oz. skim milk
2-3 drops coconut extract
or shredded coconut*
2-3 drops almond extract
Crushed ice
Blend until smooth
200 calories
*add 45 calories per 1 ½ tbsp. shredded coconut

Holiday Eggnog
1 scoop Vanilla Lite Ultra
10 oz. hot or cold skim milk
1 tsp. Forever Bee Honey
1-2 drops eggnog extract
1-2 drops brandy extract
1-2 drops rum extract
1-2 drops vanilla extract
Crushed ice
Blend until smooth
225 calories

*add 45 calories per 1 ½ tbsp. shredded coconut
Tropical Dream
1 scoop Vanilla Lite Ultra
8 oz. orange juice
½ cup crushed pineapple
½ banana
Crushed ice
Blend until smooth
300 calories

Mocha De-Lite
1 scoop Vanilla Lite Ultra
10 oz. skim milk
Instant coffee powder or syrup
½ banana
Crushed ice
Blend until smooth
255 calories

Butterscotch Swirl
1 scoop Vanilla Lite Ultra
10 oz. skim milk
2 tsp butterscotch flavoring
Crushed ice
Blend until smooth
200 calories

Chocolate-Covered Orange
1 scoop Chocolate Lite Ultra
10 oz. skim milk
1-2 drops chocolate extract
1-2 drops orange extract
Crushed ice
Blend until smooth
200 calories

Choco-Berry Nut
1 scoop Chocolate Lite Ultra
10 oz. skim milk
3-4 strawberries
1 tsp. peanut butter
Crushed ice
Blend until smooth
300 calories

Peanut Butter Power Treats
⅛ cup Chocolate or Vanilla Lite Ultra
1 cup natural peanut butter
⅛ cup of your choice:
* fresh coconut
* granola or oatmeal
* raisins
Mix and roll into 1” balls for a handy
snack-on-the-go!
Calories will vary per added ingredients.
HEALTHY SUBSTITUTIONS

<table>
<thead>
<tr>
<th>INSTEAD OF:</th>
<th>SUBSTITUTE WITH:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar or Syrup</td>
<td>Forever Bee Honey</td>
</tr>
<tr>
<td>White Flour or Bread</td>
<td>Whole Wheat Flour or Bread</td>
</tr>
<tr>
<td>Packaged Foods</td>
<td>Freshly prepared foods</td>
</tr>
<tr>
<td>Animal fat shortening</td>
<td>Vegetable shortening</td>
</tr>
<tr>
<td>Soda Pop or Kool-Aid</td>
<td>Fruit juice with sparkling mineral water</td>
</tr>
<tr>
<td>Coffee, tea</td>
<td>Aloe Blossom Herbal Tea</td>
</tr>
<tr>
<td>Artificial flavor enhancers</td>
<td>Natural spices and flavorings</td>
</tr>
<tr>
<td>Sugar-coated cereals</td>
<td>Plain, natural cereal with honey or molasses</td>
</tr>
<tr>
<td>Foods containing dyes</td>
<td>Foods with no dyes</td>
</tr>
<tr>
<td>Sugary jellies or preserves</td>
<td>Jellies &amp; preserves with no added sweeteners</td>
</tr>
<tr>
<td>Candy</td>
<td>Fruit, Fast-Break Bars, or Royal Jelly tablets</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Carob</td>
</tr>
<tr>
<td>Artificial sweeteners</td>
<td>Naturally sweet foods &amp; drinks</td>
</tr>
<tr>
<td>3 large meals</td>
<td>5-6 smaller meals consisting of fresh fruits, vegetables, whole grains, lean protein and low-fat dairy</td>
</tr>
</tbody>
</table>