



BODY WISE®

Optimal Nutrition Since 1989

REDUCE
unhealthy body fat

SHAPE
lean muscle

ACHIEVE
lasting results

Let's Get Started!

You will need a scale, measuring tape and pedometer to track your success. Measure your waist just under your navel. Use a pedometer to count the number of steps you take every day.

Weight

Your current weight	Inches
Your goal weight	Inches

Phase 2 Measurements

Waist Size	Inches
Hip Size	Inches

Start Day Measurements

Waist Size	Inches
Hip Size	Inches

Exercise Goals (choose at least 1-2 per week)

Week 1	
Week 2	
Week 3	
Week 4	



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Delicious Élancé Frappé Satisfies Appetite For Hours

Discover the weight loss benefits five kinds of protein deliver:*

- Fast digesting **whey protein concentrate** absorbs rapidly for immediate gratification
- Medium digesting **soy protein isolate** and sustains a sense of being well fed.
- Slow digesting **milk protein isolate, calcium caseinate** and **sodium caseinate** help you feel full longer.

Élancé Frappé is fortified with MyoFactor™ Complex of Branched-Chain Amino Acids to support protein absorption and the development of lean muscles.

Ready ... Set ... Go

Replace one or two meals a day with an Élancé Frappé protein shake.
Blend two scoops of powder with 8 ounces of water.

Élancé Fiber Helps Tame Cravings

Satisfy cravings any time (mid-morning, mid-afternoon or late night) with an Élancé Fiber drink. This premium blend of insoluble and soluble fibers helps control cravings for sweets and snacks. Mix one scoop with 12 ounces of water.

A Healthy Lifestyle, Not a Diet

Typical diets give you:

- Unrealistic promises of rapid weight loss with no effort
- Counting calories and extremely rigid rules to follow
- Unhealthy gimmicks like just drink juice or only eat protein
- Expensive meals to buy
- Little understanding of how to eat and exercise to maintain weight loss
- The yo-yo effect where you lose seven pounds but gain back 12

The Élané Weight Management System gives you:

- Delicious meal replacement shakes
- Healthy fiber to help curb cravings
- A wide variety of natural foods on the menu
- Planned eating six times a day
- Flexibility to adapt to your unique needs
- Activities like walking, biking, swimming and dancing that make exercise fun
- The power to achieve your weight loss goal and maintain a healthy weight for life



Understanding the Basics

When starting a weight loss program it's important to get the proper balance of protein, carbohydrates and fat, along with the essential nutrients your body needs to perform at its best.

Many popular meal replacement products are designed for quick weight loss without long-term weight maintenance and good health in mind. Élancé Frappé provides high quality protein to displace fat and carbohydrates and help build lean muscle.

Since women and men have different energy and nutrition needs, we have included different recommended portion sizes and calorie amounts.

With the Élancé healthy lifestyle approach you'll enjoy two shakes and one well-balanced meal every day, plus three snacks throughout the day to keep your metabolism fired up. Snacks should be 200-250 calories each.

If you have any medical issues, please check with your physician before you begin. This program is not intended for pregnant or nursing women.



Phase 1: Boot Camp

You did not put on the weight overnight and you are not going to take it off overnight. But the right supplements – Élançé Frappe and Élançé Fiber – can help you stay on track as you develop healthy eating habits and enjoy at least 30 minutes of physical activity (brisk walk, swimming, dancing, etc.) every day.

We call the first two weeks of this program Phase 1: Boot Camp. For the next two weeks:

Replace two meals each day with an Élançé Frappé mixed with water. These can be any two meals.

Plan a third healthy, well-balanced meal from food lists A, B and C.

Eat three snacks a day between meals. Select snack items from the B and C food lists.

“A” Food List : Vegetables

No starchy vegetables
(corn, green peas, potatoes).
See free food list.

Food Name	Daily Servings
Vegetables	7-10

“B” Food List: Legumes & Nuts

Food Name
Legumes (Ex: black, pinto, lentils, chickpeas, lima beans, etc.)
Unsalted Nuts
Serving Size for: Women
Legumes: 1/2 cup cooked
Unsalted Nuts and Seeds: 1 oz.
Serving Size for: Men
Legumes: 2/3 cup cooked
Beans: 2/3 cup cooked
Avocado 1/2
Unsalted Nuts and Seeds: 1 oz.

“C” Food List: Protein

Food Name	Women	Men	Calories*
Chicken breast	4 oz.	6 oz.	180
Turkey breast	4 oz.	6 oz.	160
Beef (lean)	4 oz.	6 oz.	160
Lamb (lean)	3 oz.	4 oz.	160
Pork (lean)	4 oz.	6 oz.	260
Veal	4 oz.	6 oz.	200
Fish	5 oz.	7 oz.	200
Fish, canned	4 oz.	6 oz.	150
Shellfish	5 oz.	7 oz.	120
Egg whites	4	6	30
Eggs	1-2	2-3	150
Egg substitute	1/3 cup	1/2 cup	50
Plain yogurt	1 cup	1 cup	120
Cottage cheese (low-fat)	1 cup	1 cup	200
Vegetarian cheese	1 oz.	1 oz.	50
Aged & fresh cheese	1 oz.	1 oz.	140
Tofu	6 oz.	8 oz.	150

Remember: No grains. Add beans to your diet at least once a day, and ideally several times a day.

No deli meats, bacon, ham, or other processed meats.

* Calories listed are for the women's portion. Men should figure on more calories based on their serving size.

Unlimited Free Food

Your “Free Foods” (or “A” list vegetables) can be consumed any time to add variety to your meals and snacks. They are healthy options to keep you from reaching for something sweet or salty.

These foods will help you feel full without packing on extra calories or fat, so you can keep moving toward your weight loss goal.

FREE Foods

Asparagus	Jicama
Artichoke Hearts	Leeks
Bamboo Shoots	Mushrooms
Bok Choy	Onions
Broccoli Sprouts (bean, alfalfa, etc.)	Okra
Broccoli	Peppers (all kinds)
Brussel Sprouts	Pumpkin
Cabbage (or sauerkraut)	Radishes
Carrots	Radicchio and endive count as greens
Cauliflower	Sea Vegetables (Nori, etc.)
Celery	Scallions or green onions
Cucumber (or pickles without added sugars)	Snow Peas (pods)
Eggplant	Spinach
Fennel	Summer Squash (including zucchini)
Greens - lettuces, spinach, chard, etc.	Tomatoes
Hearty Greens - collards, mustard greens, kale, etc.	Spaghetti Squash
Herbs - parsley, cilantro, basil, rosemary, thyme, etc.	Water Chestnuts
Green Beans and Wax Beans	

Tips for Becoming an Élancé Pro

There is no need to be concerned about counting calories.

“Safe” salad dressings are made with oil and vinegar/lemon juice along with herbs and spices. Herbs and spices are free foods. Store bought dressings are not recommended because they often contain lower quality oils, high levels of salt, sweeteners and other ingredients your body doesn’t need.

Condiments – mayo, ketchup, dressings, pasta sauce, mustard, peanut butter and jam – should be used sparingly. They also should contain no sweeteners.

Dairy is allowed during Boot Camp, but milk is not.

Yogurt should be plain, low fat or non fat. No fruit. If you need to flavor it, shake on some cinnamon or add a teaspoon of alcohol-free vanilla or mint extract. Use stevia to sweeten.

If you find that the shakes are not keeping you satisfied for two hours, use part of your oil intake with a shake. For example: Add 2 teaspoons of oil or 1 tablespoon of nut butter or 2 tablespoons of ground flax.

For greater variety you can add spices or non-alcoholic extracts to shakes, like ginger, cinnamon, nutmeg, vanilla, mint, almond, blackberry, etc.

Stevia is an acceptable sweetener during Boot Camp. Look for pure stevia, such as Sweet Leaf stevia. Avoid brands that mix stevia with other ingredients.

If you have blood sugar issues/diabetes, please consult with your doctor before starting this program.

The Power of Green Vegetables

Green leafy vegetables are, calorie for calorie, the most concentrated source of nutrition on the planet.

When you include green veggies in your meals and snacks you are eating a feast of vitamins (B, C, E, K), minerals (calcium, iron, magnesium and potassium) and phytonutrients (beta-carotene, lutein and zeaxanthin). Greens are naturally low in carbohydrates while packing plenty of fiber. They digest slowly and help maintain healthy blood sugar levels.

Green vegetables are a “Free Food” on the Élançé plan, meaning you can eat as much as you like.



Drinking Water Helps You Lose Weight

Simply replace sweet drinks with water (not diet soda) to lose some extra pounds.

Water also helps in other ways. Sometimes we confuse hunger with dehydration. You feel hungry, but you may really be thirsty. So how do you know? Try this: drink a glass of water. Then wait ten minutes. Are you still hungry?

Drinking eight 8-ounce glasses of fresh water every day will keep you hydrated, help you feel full, and naturally reduce the amount of calories you consume.

Other beverages that work well with weight loss goals are herbal tea, black tea, iced tea, coffee and sparkling water. Use only stevia to sweeten. These beverages do not replace drinking eight glasses of water, but may be taken in addition.



Don't Forget Fats and Oils

It may seem counterintuitive, but some fats and oils are important to eat even when you are trying to lose weight.

Beside adding flavor to food, they provide a sense of fullness and satisfaction. Fatty acids are also the building blocks of prostaglandin and hormones.

We recommend two tablespoons of healthy fats each day. Oil used in salad dressing, shakes and while cooking all count toward this daily goal.

High Temp Oils	Suggested Serving Size
Coconut Oil	1 teaspoon
Macadamia Oil	1 teaspoon
Olive Oil	1 teaspoon
Avocado Oil	1 teaspoon
Grape Seed Oil	1 teaspoon
Peanut Oil	1 teaspoon
Safflower Oil	1 teaspoon
Sesame Oil	1 teaspoon

All Natural Nut/Seed Butters	Suggested Serving Size
Peanut Butter	1 1/2 teaspoon
Almond Butter	1 1/2 teaspoon
Cashew Butter	1 1/2 teaspoon
Tahini Butter	1 1/2 teaspoon
Avocado	1/4 whole
Ground Flaxseed	1 tablespoon

Low Temp Oils	Suggested Serving Size
Flax Oil	1 teaspoon
Hemp Oil	1 teaspoon
Walnut Oil	1 teaspoon
Pumpkin Seed Oil	1 teaspoon



Boot Camp Snacks

The Élan   plan isn't about going hungry. You'll be eating six times a day. Three of those times are for planned snacks. We encourage you to snack because eating every two to three hours keeps the body's natural fat burning metabolism running.

Here are some suggestions:

Celery and peanut butter

Sliced cucumber

Plain hardboiled egg

Chickpeas

Hummus and veggies

Almonds

Sunflower seeds



Weekly Meal Plan

Phase 1: Boot Camp

SUNDAY

Breakfast

Shake

Snack

Bean dip with veggies

Lunch

Salad with chickpeas

Snack

½ cup cashews & veggies

Dinner

Italian style grilled steak,
3 bean salsa salad

Snack

Chocolate Mousse
(made with Élançé Frappé)

Snack

20 almonds

Lunch

Shake

Snack

Hummus with mushrooms

Dinner

Grilled salmon with steamed cauliflower
with almonds

Snack

Plain yogurt with ¾ scoops of Élançé
Frappé chocolate

MONDAY

Breakfast

Shake

Snack

Tzaziki with veggies

Lunch

Shake

Snack

Greek salad with kidney beans

Dinner

Grilled chicken with oregano,
lemon and oil; broccoli with
lemon vinaigrette

Snack

Cottage cheese and sunflower seeds

TUESDAY

Breakfast

Shake

WEDNESDAY

Breakfast

Shake

Snack

Mixed bean salad

Lunch

Shake

Snack

Spring roll dip with veggies

Dinner

Egg white pizza,
chickpea salad

Snack

Tuna salad made with cottage cheese
and big chunks of celery

THURSDAY

Breakfast

Shake

Snack

½ cup of cottage cheese; 1 oz. of avocado
sprinkled with sunflower seeds

FRIDAY

Breakfast

Shake

Snack

Unlimited celery sticks and
1 tablespoon of peanut butter

Lunch

Shake

Snack

Taco salad (no chips)

Dinner

BBQ Chicken with Roasted Veggies

Snack

20 almonds

SATURDAY

Breakfast

Shake

Snack Hummus with red peppers,
broccoli and cauliflower

Lunch

Shake

Snack

Omelet (ham, feta, onion, peppers)

Dinner

Tuna patties and lentil salad

Snack

Chocolate Mousse
(made with Élancé Frappé)



Phase 2: Transition to a New and Better You

Good job! You made it through Boot Camp. Experience tells us that if you followed the program for the first two weeks you have an excellence chance to successfully reach your goal.

For the next two weeks you will continue to replace two meals a day with Élané shakes, eating one well-balanced meal and snacking three times a day.

So what's changed? You now have more flexible food choices.

You may now add fruit to your "A" food list and add it to shakes. You can also add some whole grains and sweet potatoes to your "B" food list. Whole grains mean grains you have to cook: quinoa, oats, long grain brown rice, barley, etc.

Do not add whole grain pasta, bread or wraps at this point. That comes in the final phase.

Increased physical activity may feel good now. You may notice you have more energy. This is where you start to feel fantastic!

New to "A" Food List

Food Name	Women	Men	Calories*
Fruit (apple, banana, pear, kiwi)	1 cup	1-2 cups	100
Tropical Fruit (mango, papaya)	1-2 cups	1-2 cups	70
Berries	1-2 Cups	1-2 Cups	60
Melons	1/4 melon	1/2 melon	60

New to "B" Food List

Food Name	Women	Men	Calories*
Grains (couscous, quinoa, bulgur, oats, or slow-cooked oatmeal)	1/4 cup uncooked	1/2 cup uncooked	180
Brown Rice	1/4 cup uncooked	1/2 cup uncooked	95
Wild Rice	1/4 cup uncooked	1/2 cup uncooked	80
Sweet Potatoes	1 small	1 small	120

* Calories listed are for the women's portion. Men should figure on more calories based on their serving size.

Phase 3: Living Élancé

Congratulations! You've made some big changes.

We recommend continuing with two meal replacement shakes a day, one healthy meal and three snacks until you reach your goal weight. After that, switch to one meal replacement shake a day, two healthy meals and two snacks. Your "B" list of foods has grown to give you even more options.

Expanded "B" Food List

Food Name	Women	Men	Calories*
Whole grain pasta	1/4 cup uncooked	1/2 cup uncooked	220
Whole wheat bread and pitas	1 slice	1 slice	150
Whole wheat tortillas	1-2 (6" round)	1-2 (6" round)	180

* Calories listed are for the women's portion. Men should figure on more calories based on their serving size.



Serving Size Tips

SEVEN WAYS To Size Up Your Servings

Measuring food portions is important to keep track of how much you are consuming. Because this can be difficult without a good scale or measuring cup, here are a few ways to estimate portions:

- 1 Three ounces of meat is about the size and thickness of a deck of playing cards.
- 2 A medium apple, or peach, is about the size of a tennis ball, or the palm of your hand.
- 3 One ounce of cheese is about the size of four stacked dice.
- 4 A half cup of yogurt, or cottage cheese, is about the size of a racquetball or tennis ball.
- 5 One cup of couscous, or broccoli, is about the size of your fist.
- 6 One teaspoon of butter, or peanut butter, is about the size of the tip of your thumb.
- 7 One ounce of nuts equals one small handful.



Nutrition: A Key to Weight Loss

While you are reducing your calorie intake (good) you may also be reducing your nutrition intake (bad). Using supplements helps ensure that you will have the nutrition you need to perform at your best.

But did you know that nutritional supplements can also help you lose weight?

Vitamins and minerals help stabilize blood sugar levels and control appetite. In fact, the lack of certain nutrients may contribute to binge eating – the body's attempt to devour everything in sight to find those missing nutrients.

That's why we recommend taking Right Choice AM + PM along with Élancé Frappé. With Right Choice AM + PM you get:

- The optimal multi-nutrient formula to protect good health day and night*.
- Vitamins and whole food extracts for energy and alertness.
- Alkalizing phytonutrients and chelated minerals for peaceful sleep and rejuvenation*.
- Methylfolate and methylcobalamin, the most bioactive forms of vitamins B9 and B12.



Exercise Your Way to Good Health

As part of your overall weight management goal, exercise should be one of your top priorities.

Whether your goal is to lose weight or maintain your current weight, exercise should become an important part of your every day life. The American College of Sports Medicine (ACSM) recommends 150-250 minutes per week of moderate-intensity physical activity for modest weight loss and prevention of weight gain. (This calculates to be 30-50 minutes, 5 days a week.) Greater amounts of time (>250 minutes/week) can provide significant weight loss and prevention of weight re-gain. Moderate-intensity activities include brisk walking, easy jogging, cycling, swimming, dancing, water aerobics, tennis, rowing, or exercising on an elliptical machine at a moderate pace. The ACSM also recommends strength training 2-3 days per week to increase muscle mass and boost metabolism.

Exercise Tips

Break it up. There is nothing wrong with four or five 10-minute bouts of exercise rather than one 50-minute bout.

Mix it up. Try a variety of activities; or intersperse high intensity with lower intensity effort during a single workout.

Plan for it. Just like any other important appointment, schedule exercise into your day.

Multi-task. Walk the dog; cycle to the store; jog on a treadmill while watching TV; do push ups during commercials; do squats while brushing your teeth.

Get up a little earlier. Exercising first thing in the morning sets you up for healthy choices throughout the day, creates a positive attitude, and can energize you for the entire day.

Count it as YOUR time. Consider exercise as your “mental health break.”



Keep a log. Charting your exercise helps you view your progress and keeps you motivated.

Use your body weight. No barbells or weights? Do crunches, push ups, squats, lunges, dips, and calf raises using your own body weight as the resistance.

Invest in a pedometer. Keep track of your steps and try to increase the number you take. Your ultimate goal should be 10,000 steps per day.

Start easy and build up. Can't do an hour yet? Start with 20 minutes at a time and work up to more.

Calories Expended Per Minute For Selected Activities

Body Weight (lbs):	120	150	180	210
Aerobic dance	7.3	9.1	10.9	12.7
Bicycling (10 mph)	5.1	6.4	7.6	8.9
Dancing	5.4	6.8	8.2	9.5
Elliptical machine	7.0	9.0	10.0	11.0
Jogging (6 mph)	8.7	10.9	13.1	15.4
Rowing	6.0	8.0	10.0	11.0
Swimming (crawl; 35 yds/min)	5.9	7.3	8.8	10.2
Tennis (singles)	6.0	7.5	9.0	10.6
Walking (3 mph)	3.3	4.1	4.9	5.7
Walking (4 mph)	5.1	6.4	7.6	8.9
Water aerobics	7.2	9.0	10.8	12.6

Recipes

Guilt-Free Chocolate Mousse

2 scoops Élancé Frappé chocolate powder
 1/2 cup egg whites
 1 cup plain, nonfat Greek yogurt
 3 packets stevia sweetener



Whisk the egg whites in a bowl until stiff. In a separate bowl use the same whisk to combine everything else until smooth. With a spatula, gently fold the chocolate mix into the egg whites until uniform in color. Spoon into 2 dishes and freeze. Makes two servings.

Élancé™ Frappé Recipes

Combine all ingredients and blend

Bring on the Strawberries

2 scoops Élancé™ Frappé Vanilla
 ½ cup strawberries (fresh or frozen)
 4 oz. vanilla almond milk
 4 oz. water
 1 cup crushed ice

Café Latte Shake

2 scoops vanilla frappé
 1 cup cold water
 5-6 ice cubes
 4 oz. coffee (cold)



Peanut Butter Cup Shake

2 scoops Élancé™ Frappé Chocolate
 2 teaspoons of natural peanut butter (unsweetened)
 4 oz. of water
 4 oz. of plain or chocolate almond milk
 ½ cup ice

Piña Colada Shake

2 scoops Élancé™ Frappé Vanilla
 1 cup coconut milk
 1 Tbs coconut extract
 1/2 cup pineapple chunks
 4 ice cubes

Vanilla Chocolate Swirl

1 scoop Élancé™ Frappé Chocolate
 1 scoop Élancé™ Frappé Vanilla
 1/8 tsp. vanilla extract
 8-12 oz. ice cold water
 Ice to taste

Banana Crème Cooler

1 scoop Élancé™ Frappé Vanilla
 1 banana
 1/2 cup pineapple
 1 cup almond milk
 1 cup plain, nonfat Greek yogurt

Spiced Chocolate

2 scoops, Élancé™ Frappé Chocolate
 1/8 tsp. nutmeg
 1/8 tsp. cinnamon
 8-12 oz. ice cold water
 Ice (if using a blender)

Lime-Kiwifruit Shake

2 scoops Élancé™ Frappé Vanilla
 2 Tbsp. granola
 3 graham crackers
 4 oz. almond milk
 4 oz. water
 2 tsp. lime juice
 1 cup crushed ice

Mango-A-Go-Go

2 scoops Élancé™ Frappé Vanilla
 1/2 cup mango chunks
 2 oz. mango juice
 2 oz. pineapple juice
 4 oz. ice cold water
 Ice optional

Strawberries Say Cheese!

2 scoops Élancé™ Frappé Vanilla
 1 Tbsp. low-fat cream cheese
 1/2 cup strawberries
 2 oz. almond milk
 6 oz. ice cold water

Fruit Medley

2 scoops Élancé™ Frappé Vanilla
 1/2 cup fruit medley (strawberries, peaches and melons)
 4 oz. ice cold water
 4 oz. almond milk

Amaretto Shake

2 scoops of Élancé™ Frappé Vanilla
1 cup almond milk
1 Tbsp almond extract
5-6 ice cubes

Peaches 'n Cream

2 scoops Élancé™ Frappé Vanilla
1/2 cup peaches
1/2 tsp. vanilla extract
4 oz. coconut milk
4 oz. water
Ice is optional

Blueberry Craze

2 scoops Élancé™ Frappé Shake
1/2 cup blueberries
4 oz. ice cold water
4 oz. almond milk
Ice is optional

Tropical Cherry

2 scoops Élancé™ Frappé Vanilla
1/2 cup cherries
4 oz. 100% pineapple juice
4 oz. ice cold water
Ice is optional

Pick Me Up With Chai Tea

2 scoops Élancé™ Frappé Vanilla
6 oz. freshly brewed chai tea, cooled
2 oz. almond milk
1/2 cup ice

Pineapple Delight Shake

2 scoops of Élancé™ Frappé Vanilla
8 oz. cold almond milk
1/2 cup pineapple chunks
Ice is optional

Chocolate Gone (Really) Spicy Recipe

2 scoops Élancé™ Frappé Chocolate
8 oz. ice cold water or almond milk
Cinnamon to taste (a pinch or dash)
Cayenne Pepper to taste (a pinch or dash)
1/4 tsp. vanilla extract

Body Wise Neapolitan

1 scoop Élancé™ Frappé Chocolate
1 scoop Élancé™ Frappé Vanilla Shake
1/2 cup frozen or fresh strawberries
8 oz. ice cold water or almond milk

Vanilla Meets Orange

2 scoops Élancé™ Frappé Vanilla
4 oz. ice-cold water or almond milk
4 oz. cold orange juice
1/2 medium orange
Ice is optional

Spiced Chocolate

2 scoops Élancé™ Frappé Chocolate
1/8 tsp. nutmeg
1/8 tsp. cinnamon
8-12 oz. ice cold water
Ice

Chocolate Granola

2 scoops Élan     Frapp   Chocolate
 1/2 cup water
 1/2 cup almond milk
 3/4 cup crushed ice
 1/4 cup low-fat, sugar-free granola

Apple Pie

2 scoops   lan     Frapp   Vanilla
 4 oz. organic apple juice
 Dash of cinnamon
 4 oz. of water
 Ice (optional)

Lemon Chiffon

2 scoops   lan     Frapp   Vanilla
 2 Tbsp frozen lemonade concentrate
 8 oz water
 Ice

Chocolate Mint

2 scoops   lan     Frapp   Chocolate
 8 oz of water
 1 tsp peppermint extract
 Ice (optional)

Chocolate Raspberry Shake

2 scoops   lan     Frapp   Chocolate
 1 cup almond milk
 1 cup fresh raspberries
 1/8 tsp. orange extract
 4 ice cubes

Strawberry Kiwi Shake

2 scoops   lan     Frapp   Vanilla
 1 cup almond milk
 1/2 cup whole strawberries
 1 kiwi, very ripe and peeled
 1/8 tsp. lemon extract
 4 ice cubes

Pineapple Orange Coconut

2 scoops of   lan     Frapp   Vanilla
 1 cup almond milk
 1 cup pineapple chunks
 1/8 Tbsp coconut extract
 1/4 Tbsp orange extract
 4 ice cubes

Orange Mango Shake

2 scoops   lan     Frapp   Vanilla
 1 cup almond milk
 1/2 cup mango chunks
 1/2 cup mandarin oranges
 4 ice cubes

Chocolate Strawberry Shake

2 scoops   lan     Frapp   Chocolate
 1 cup almond milk
 1 cup strawberries
 A few drops of vanilla extract
 4 ice cubes

Orange Julius Shake

2 scoops Élancé™ Frappé Vanilla
1 cup almond milk
3 Tblsp frozen orange juice
concentrate
1/4 Tblsp vanilla extract
4 ice cubes
Mix in a blender until smooth.

Eggnog Shake

2 scoops Élancé™ Frappé Vanilla
1 tsp. nutmeg
1 cup cold water
5-6 ice cubes

Café Mocha Shake

2 scoops Élancé™ Frappé Chocolate
1 cup almond milk
1/2 medium banana
2 Tblsp instant coffee crystals
1 dash cinnamon
4 ice cubes

Peach Almond Shake

2 scoops Élancé™ Frappé Vanilla
1 cup almond milk
1 cup peach slices
A few dashes ground ginger
1/4 Tblsp almond extract
4 ice cubes





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