

Banana Cream

- Cinch Vanilla Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1/2 medium banana
 - 4-6 ice Cubes
- Blend until creamy.

322 calories, 24 g protein, 52 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan)



Piña Colada

- Cinch Vanilla Shake Mix
 - 4 oz. non-fat milk or low-fat soy milk
 - 4 oz. fresh, chopped pineapple
 - 1/2 tsp. coconut extract
 - 4-6 ice cubes
- Blend until creamy.

300 calories, 24 g protein, 48 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan)



50:50 Bar

- Cinch Vanilla Shake Mix
 - 4 oz. orange juice
 - 4 oz. non-fat milk or low-fat soy milk
 - 4-6 ice cubes
- Blend until creamy.

280 calories, 20 g protein, 44 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan, and 4 grams less protein)



Lemon Cream

- Cinch Vanilla Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 3 tbsp. Meyer's lemon juice
 - 4-6 ice cubes
- Blend until creamy.

270 calories, 24 g protein, 38 g carbohydrate, 3 g fat*



* nutrient values when made with nonfat milk

Peaches and Cream



- Cinch Vanilla Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1/2 C fresh peaches, chopped
 - 4-6 ice cubes
- Blend until creamy.

300 calories, 24 g protein, 47 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan)

Vanilla Latte



- Cinch Vanilla Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1/2 tsp. instant coffee
 - 4-6 ice cubes
- Blend until creamy.

270 calories, 24 g protein, 38 g carbohydrate, 3 g fat*

Strawberry Banana



- Cinch Vanilla Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 3 frozen, unsweetened strawberries
 - 1-2 medium banana
 - 4-6 ice cubes
- Blend until creamy.

333 calories, 24 g protein, 55 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan)

Vanilla Almond Delight



- Cinch Vanilla Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1/2 tsp. almond extract
 - Sprinkle of cinnamon
 - 4-6 ice cubes
- Blend until creamy.

270 calories, 24 g protein, 38 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan)

* nutrient values when made with nonfat milk



Berry, Berry Delicious



- Cinch Vanilla Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 5 large strawberries
 - 1/4 C blueberries
 - 4-6 ice cubes
- Blend until creamy.

319 calories, 24 g protein, 51 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan)

Chocolate Mint



- Cinch Chocolate Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1-2 fresh mint leaves
 - 4-6 Ice Cubes
- Blend until creamy.

280 calories, 24 g protein, 38 g carbohydrate, 3 g fat*

Chocolate Peanut Butter Cup



- Cinch Chocolate Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1 tbsp. natural, creamy peanut butter
 - 4-6 ice cubes
- Blend until creamy.

380 calories, 28 g protein, 42 g carbohydrate, 11 g fat*
(Note: includes peanut butter which is one fat serving from your meal plan)

Mocha Shake



- Cinch Chocolate Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1/2 tsp. instant coffee or concentrated liquid coffee
 - 4-6 ice cubes
- Blend until creamy.

280 calories, 24 g protein, 38 g carbohydrate, 3 g fat*



* nutrient values when made with nonfat milk

Chocolate Coconut

- Cinch Chocolate Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1/2 tsp. coconut extract
 - 4-6 ice cubes
- Blend until creamy.

280 calories, 24 g protein, 38 g carbohydrate, 3 g fat*



Chocolate Covered Strawberries

- Cinch Chocolate Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 3 – 4 frozen, unsweetened strawberries
 - 4-6 ice cubes
- Blend until creamy.

295 calories, 24 g protein, 42 g carbohydrate, 3 g fat*
(Note: includes one-half fruit serving from your meal plan)



Chocolate Banana Split

- Cinch Chocolate Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1/2 medium banana
 - 4-6 ice cubes
- Blend until creamy.

332 calories, 24 g protein, 51 g carbohydrate, 3 g fat*
(Note: includes one fruit serving from your meal plan)



Espresso Madness

- Cinch Chocolate Shake Mix
 - 8 oz. non-fat milk or low-fat soy milk
 - 1-2 shots of espresso
 - 4-6 ice cubes
- Blend until creamy.

280 calories, 24 g protein, 38 g carbohydrate, 3 g fat*



* nutrient values when made with nonfat milk