

**HOW TO MAKE THIS SAMPLE BAG OF SHAKEOLOGY**

Shakeology saved my life when I was 230 pounds with blood pressure of 190 over 120. I’ve been drinking it every day since June 2013, and I haven’t been sick once. Here are the two ways I make it, but feel free to head to my site, miguelshake.com to find other recipes as well.

**BLENDER AND BEST TASTING OPTION (Miguel’s Favorite!)**

**STEP 1 – Put a Handful of Ice Cubes in Blender (I use one cup)**

**STEP 2 – Put in ½ Cup Almond Milk**

**STEP 3 – Pour in Shakeology!**

**STEP 4 – 1 Table Spoon of Almond Butter or Peanut Butter**

**STEP 5 – Blend and serve in a glass!**

**If you like bananas, they taste great in any flavour of Shakeology.**

**IN A RUSH OR ON THE GO OPTION (STILL GREAT TASTE)**

**STEP 1 – Use a shaker cup, or something you can close with a lid and shake**

**STEP 2 – Pour in 1 cup of water**

**STEP 3 – Pour in Shakeology!**

**STEP 4 – Shake and drink**

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**miguelshake.com**