

**Cherry Vanilla Shake**

2 scoops OptiClean Protein Vanilla

8 frozen cherries

1 cup water

3 to 4 ice cubes

*Blend in blender until smooth*

**Pumpkin Pie Spice/Cafe' Shake**

1 1/2 cups ice and water (or cold decaf coffee)

1 scoop OptiClean Protein Vanilla

1/8 tsp pumpkin pie spice or to taste

*Blend in blender until smooth*

**A Berry Delicious Shake**

10 oz. cold, filtered water

1-2 oz. crushed ice

1 scoop of OptiClean Protein Vanilla

5 medium size frozen blackberries

5 medium size frozen blueberries

7 pecans

*Blend in blender until smooth*

**Chai Tea Shake**

2 scoops OptiClean Protein Vanilla

1/2 cup liquid Chai tea (like Third Street or Tazo)

1/2 cup water

5 or 6 ice cubes

*Blend in blender until smooth.*

**DIRECTIONS:**

Blend, shake, or briskly stir two level scoops of OptiClean into 8-12 oz chilled water and consume 30 minutes before your meal. OptiClean can be consumed before one or more meals daily; or use as directed by your healthcare practitioner.