



Shaklee Smoothie Workshop

Tammy Johnson and Sarah Galbreth

Why Smoothie Workshops are Attractive

- You can taste the Shaklee products.
- You can get some easy meals that will be all ready for you.
- Different, social, fun event.



First... a little background –
Guests Invited to a Smoothie Workshop Will Have Already Paid

- Cost-- \$25/ person to Prepare and Take Home 7 Smoothie Ingredient Freezer Bags
- Guests who bring a friend receive a \$10 discount ... just \$15 to attend
- All guests attending receive **FREE SHIPPING** on any orders they place within next 7 days.
- Guests bring a small cooler to transport their smoothie freezer bags home.



Welcome to the Virtual Smoothie Workshop (and my home)



- Hi. I'm Tammy Johnson and my co-leader is Sarah Galbreth.



- Please have a make believe seat on the bar stools and enjoy a few virtual snacks before we begin to share a variety of amazing and decadent smoothie recipes for you to taste (virtually), and hopefully make in the comfort of your home.
- While you are relaxing, Sarah and I would like to share our stories with you

Many of you have come directly from work ...

- So please enjoy a cup of my homemade soup
- Some cheese and crackers
- Fresh vegetable tray
- Shaklee Performance Hydration Drink
- Cut-up Shaklee Snack and Meal Bars



- “Our goal tonight is to help you prepare delicious.. And especially healthy foods for yourself and your family...
- How to make smoothies healthier
- How to incorporate 6 to 9 vegetables a day into our diets”



Performance and Shaklee Peanut Butter Fudge Bars



- Have a Shaklee protein bar and some Orange Performance while we wait for everyone to get here.

Recipe for Bars

1 cup peanut butter or coconut oil

1/3 cup honey

1 cup Shaklee Energizing Soy or Life Shake protein powder

Optional: sesame seeds, flax seeds . chia

3 cups brown Rice Crispies or 3 to 4 biscuits WheetaBix

Spread melted choc. chips with ½ tsp. coconut oil on top

- **Shaklee Performance Hydration Drink**

Natural Lemon Lime #20498

Natural Orange #20499

Tammy Johnson's Shaklee Story

- Wanted non-toxic cleaner
- Began using Shaklee supplements
- Hair thicker
- Circulation improved
- Eczema disappeared
- Son's asthma improved
- Way more energy
- Love teaching others healthy options and financial stability



Sarah Galbreth's Shaklee Story



- Severe issues with polycystic ovarian syndrome causing infertility
- Serious mood swings and depression from hormonal imbalance
- Shaklee Vitalizer and additional products helped...loved them
- Started business
- Excited to reach others with better health and financial freedom

Before we get started, let's go around the circle and everyone can introduce themselves and if you are already using Shaklee products, please share with us which one is your favorite and why.



Shaklee Highlights

**Dr. Shaklee invented first
Vitalized Minerals in 1915**

**Roger Barnett bought Shaklee
in 2004 after much research**

**NASA approached Shaklee
in 1993 to make AstroAde
to hydrate the astronauts**

**Get Clean are Shaklee's
Cleaning products and
used by the White House,
Oprah & others**

**180 Program designed to keep
99.9% lean muscle mass**

**Invested over \$250 million in
clinical testing, research, and
development**

**Shaklee is setting the standard
for the industry with Ultrapure
and Pharmaceutical Standards**

**Over 125 scientific papers, 90
published in peer-reviewed
journals**

**350 tests on botanical ingredients
for harmful elements**

**20 year Shaklee users
evaluated in Landmark Study
had markedly better health**

**121 Medals were won by
Shaklee Powered Athletes**

100% money back guarantee!!!

Let's Get Started!! 7 Smoothie Recipes

You will need when making at home:

1. Drinking glass from home
2. Freezer bags (Ziplock works best)
3. Helps free your hands to add ingredients without spilling.
4. Can make as many of one kind as you like

Protein Smoothies are convenient, fast and packed with nutrition.. You will feel the difference within a week



Peanut Butter Banana Cup



- Sarah's favorite
- Breakfast Staple.. Like dessert
- Bananas – freeze when they get soft.. In chunks ready for shakes

2 scoops Shaklee Life Shake Chocolate

1/ 2 banana

1 TBS. Dark Cocoa Powder (opt.)

8 oz. milk or water

4-6 ice cubes (opt.)



Popeye's Blue-Nana



- **Delightfully delicious**
- **Fresh/frozen blueberries rich in antioxidants**
- **Mouth-watering refreshment**

- **2 scoops Shaklee Life Shake Vanilla**
- **1/2 banana**
- **1/2 cup blueberries (can be frozen)**
- **Large handful of fresh spinach**
- **8 oz. milk or water**
- **4-6 ice cubes**



Green Apple Pie Smoothie

- Tart and sweet
- Mild Cinnamon flavor
- Spinach for extra nutrition
- 2 scoops Shaklee Life Shake Vanilla
- ½ Granny Smith Apple (wash skin)
- 1 Large handful organic spinach
- 1/ 2 tsp. apple pie spice
- 8 oz. milk or water
- 4-6 ice cubes (optional)



Pompasil Berry Party Smoothie



- Tammy's favorite smoothie: more ice tastes like ice cream dessert
- Refreshing day or night (avoid caffeine tea at night)
- Decadent comes to mind
- Tingling sensation from the basil is delightful

- 2 scoops Shaklee Life Shake Vanilla
- ½ cup pitted frozen cherries
- ½ cup fresh or frozen strawberries
- 1 Stick of Shaklee Pomegranate Energizing Tea
- 1/4 to 1/2 cup loosely packed fresh basil
- 8 oz. milk or water
- 4-6 ice cubes (optional)



Yella Berry Delicious Smoothie

- Berricious
- Full of antioxidants –highest
- Berries have anti-inflammatory properties, anti-bacterial, anti-viral
- 2 scoops Shaklee Life Shake **Strawberry**
- 1/ 2 cup Raspberries
- 1/ 2 cup Blueberries
- 1/ 2 cup yellow summer squash (cut small)
- 8 oz. milk or water
- 4-6 ice cubes (optional)

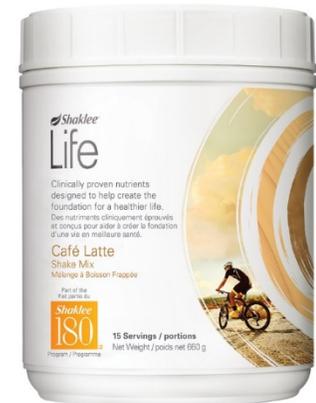


Notta Latte Spice Smoothie



- Creamy Chocolate with a bite
- Banana sizzle
- Smooth and Grounding

- 2 scoops Shaklee Life Shaklee **Café Latte**
- 1 Tbsp. Dark Cocoa Powder
- ½ tsp. pumpkin pie spice, optional
- Pinch of cayenne pepper
- 1/ 4 banana
- 8 oz. milk and water
- 4-6 ice cubes



Green Tea Lime Smoothie

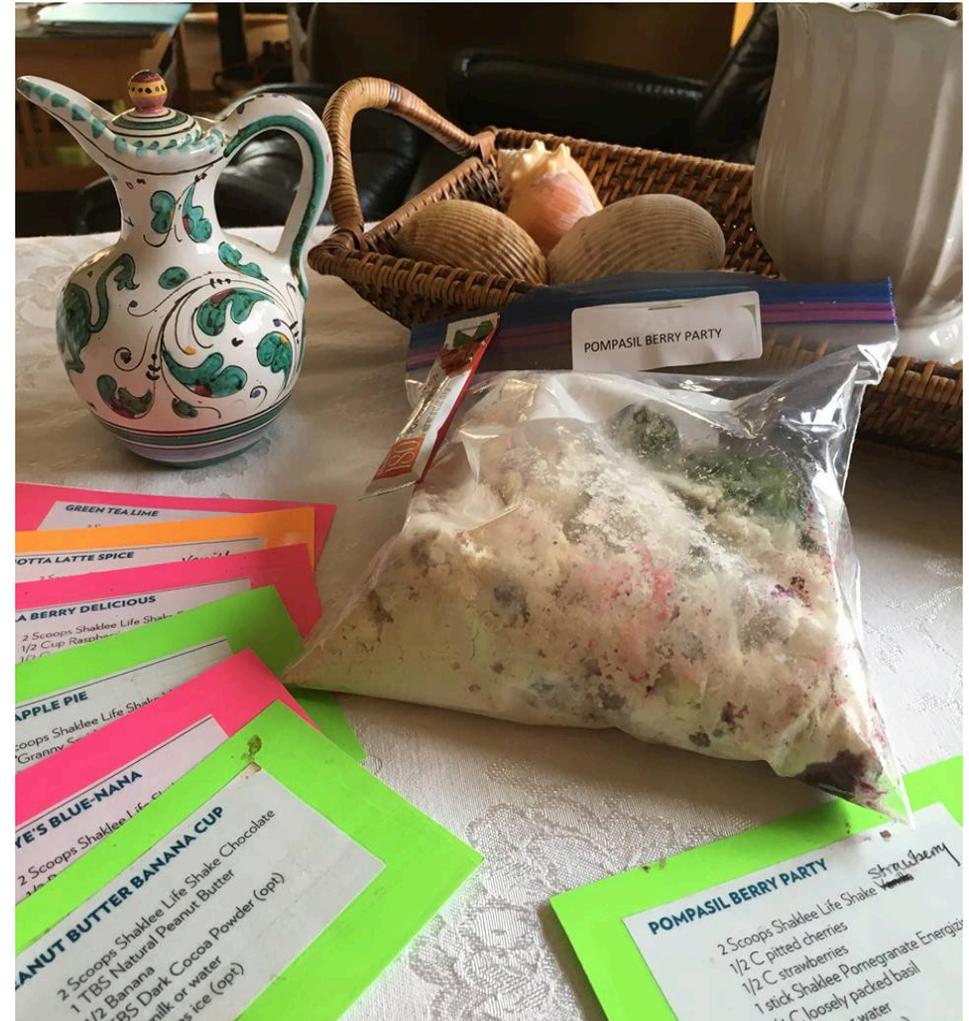
- Creamy texture and delectable taste
- Energy and alertness producing
- Antioxidant-rich green, white, red tea AND taurine
- Fat loss stimulator

- 2 scoops Shaklee Life Shake Vanilla
- 1 cup fresh spinach
- 1/2 banana
- 1/4 avocado
- 2 tsp. fresh lime juice
- 1 stick Shaklee Energizing Green Tea
- 1/2 cup coconut water
- 8 oz. milk and water
- 4-6 ice cubes (optional)

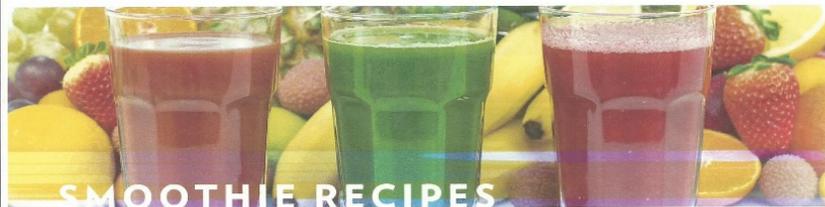


Let's Prepare Your Smoothie Bags to Take Home

- Cut out recipes; put on index cards (recipes next slide)
Ask your distributor for the recipes.
- Smoothie freezer packages contain Shaklee protein powder, fruits, vegetables, spices, flavorings... everything EXCEPT the liquid .. Which you will add at home when you make your shake.
- I usually make 2 or 3 of my favorites
- I make up 7 smoothies for the week all at one time and freeze.
- Great way to share Shaklee by sending home a smoothie with a friend
- Note: Staple tea packet to outside in case you want this shake at night, and also staple on label as they fall off easily in the freezer.
- All I need to do is add 8 oz. usually almond milk or coconut water



Recipes (from MyShaklee.com) and Shaklee Grocery List



SMOOTHIE RECIPES

PEANUT BUTTER BANANA CUP

2 Scoops Shaklee Life Shake Chocolate
1 TBS Natural Peanut Butter
1/2 Banana
1 TBS Dark Cocoa Powder (opt)
8 oz. milk or water
4-6 cubes ice (opt)

POMPASIL BERRY PARTY

2 Scoops Shaklee Life Shake Vanilla
1/2 C pitted cherries
1/2 C strawberries
1 stick Shaklee Pomegranate Energizing Tea
1/4 C loosely packed basil
8 oz. milk or water
4-6 cubes ice (opt)

POPEYE'S BLUE-NANA

2 Scoops Shaklee Life Shake Vanilla
1/2 Banana
1/2 C Blueberries
Large handful spinach
8 oz. milk or water
4-6 cubes ice (opt)

YELLA BERRY DELICIOUS

2 Scoops Shaklee Life Shake Strawberry
1/2 Cup Raspberries
1/2 Cup Blueberries
1/2 yellow squash
8 oz. milk or water
4-6 cubes ice (opt)

GREEN APPLE PIE

2 Scoops Shaklee Life Shake Vanilla
1/2 Granny Smith Apple
1 large handful of spinach
1/2 tsp apple pie spice
8 oz. milk or water
4-6 cubes ice (opt)

NOTTA LATTE SPICE

2 Scoops Shaklee Life Shake Cafe Latte
1 TBS Dark Cocoa Powder (opt)
1/2 tsp pumpkin pie spice
pinch of cayenne pepper
1/4 banana
8 oz. milk or water
4-6 cubes ice (opt)

GREEN TEA LIME

2 Scoops Shaklee Life Shake Vanilla
1 C Spinach
1/2 banana
1/4 C avocado
2 tsp lime juice
1 stick Shaklee Energizing Green Tea
1/2 C coconut milk
4-6 oz. milk or water
4-6 cubes ice (opt)



Shaklee Grocery List

Canister/Pouch of each flavor Shaklee Life Shakes



Pomegranate and Macha Energizing Teas



HEALTHY SOLUTIONS

Natural solutions for the most important areas of health



Shaklee has additional product lines we'd like you to know about ..

Non-toxic cleaners

Healthy skin care

Remarkable products for our brains and to slow aging of cells

Safe and healthy Weight and inch loss

SHAKLEE LIFE PLAN

The best, most comprehensive nutritional system in the world

- Feel amazing in 30 days
- Feel younger, longer for the rest of your life
- 35 patents/pending



HEALTHY WEIGHT

Quite possibly the last weight-loss program you'll ever need



HEALTHY HOME

Because home should be the safest place on earth



HEALTHY BEAUTY

Exclusive, triple-patented, with the nutrients skin craves



Shaklee® Life



Vvitx® key ingredients are shown to blunt the biological stress response following consumption of a high-fat fast food meal.



The Landmark Study showed that long-term Shaklee supplement users have markedly better health than single-multivitamin and nonsupplement users.



Vita-Lea® Gold improved bone density in healthy postmenopausal women. (Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis. *)



MindWorks® Immediate improvement in memory, focus, and reaction time 3X better than the control group.**



100% GUARANTEED



Shaklee Nutri Feron® enhanced immune response.*



Shaklee Life Energizing Shake Mix helped regular exercisers gain about 25% more muscle and lose 50% more body fat than nonusers.



Vita-Lea® increased blood-nutrient levels in healthy college-age women eating dietitian-designed diets.*



Shaklee Performance® extended the endurance of cyclists.



USE



Experience the way Shaklee products can help transform your health.

There are 3 ways to participate in Shaklee ..

1. Use the products as a customer
2. Share with a few family and friends .. Especially after you see the amazing results of how you feel after using the products and earn your products free.
3. Join us in our work of teaching others about wellness and have your own Shaklee business

SHARE



Share Shaklee products with friends and family and earn extra cash + rewards.

BUILD



Build a team in a way that works for you and fits your life, with the potential for significant financial rewards.

How do you
see yourself
fitting in?



Order Form and Wish List

100 YEARS of *THE Shaklee EFFECT*

If you choose to place an order today, you will receive **FREE SHIPPING up to \$10!**

*Please fill in the starred sections whether you are placing an order or not. Thanks!

*Name _____
 *Address _____
 *City, State, Zip _____
 *Phone number _____
 *Email _____
 *Facebook Name (if you would like to know about Facebook Events) _____

*Placing order Yes Not Today

*Membership FREE One \$19.95 Not Today

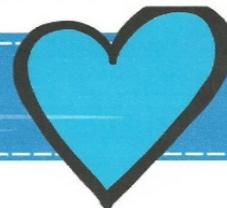
Credit or Debit Card number _____ Exp. Date _____



Shopping List

Product Name	Size	Quantity	Price

Thanks for coming!!



On my Wish List

Name: _____

1. If money were not an issue, these are the products I WISH I could purchase...

2. I WISH these people could have heard what I heard today:

1. _____

2. _____

3. _____

4. _____

3. I WISH I had more information on:

Health:

- | | | |
|---|--|--|
| <input type="checkbox"/> More Energy | <input type="checkbox"/> Allergies/Asthma | <input type="checkbox"/> Women's Health |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> PMS | <input type="checkbox"/> Men's Health |
| <input type="checkbox"/> Immune Health | <input type="checkbox"/> Weight Loss | <input type="checkbox"/> Children's Health |
| <input type="checkbox"/> Sports Nutrition | <input type="checkbox"/> Stress Relief | <input type="checkbox"/> Menopause |
| <input type="checkbox"/> Heart Health | <input type="checkbox"/> Cancer Prevention | <input type="checkbox"/> Skin Health |
- Other: _____

Healthy Home:

- Drinking pure water
- Using Non-Toxic, Child Friendly, effective GREEN cleaners
- Other: _____

Healthy Income:

- Have a plan B for an additional source of income
- Make an extra \$500 - \$5000/month

Be a part of the Shaklee Effect

Learn and Earn Program (talk to your distributor)

- Listen to 6 or more online Topics and get **Free Products!**
- For the online listening program, you can earn money while listening/learning about Shaklee. Some of these are audio only and others are audio and webinars. For listening and taking notes on 6 topics or more, you can earn free Shaklee products from your distributor
- Some of the topics include:

Why Choose Shaklee?

Straight Talk About Supplementation by Dr. Jamie McManus, M.D, FAAFP

The Power of our Profession – Moms

Healthy Kids, Healthy Women, or Health Men



Detox/Reset Option (talk to your distributor)



- Gentle detox of your body
- Jump start weight/inch loss
- Strengthen immunity
- Increase energy
- Increase mental focus
- Reset cravings

Designed by you

- A simple system for success, driven by your personal style

In closing, I just want to share how much I love the flexibility to work my business around my family and community work... how much I enjoy the people get to work with .. And we invite you to join us.. We have so much fun .. And love our work.

