GR2 CONTROL SHAKE PARTY RECIPES

Vegetable Shake

- 2 Scoops of Vanilla GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 2 Cups of Lettuce
- 1 1/2 Table spoons of Sesame Seeds

Fruity Shake (1)

- 2 Scoops of Vanilla GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 Cup of Strawberries
- 1 Cup of Grapes

Fruity Shake (2)

- 2 Scoops of Vanilla GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 Cup of Oranges
- 1 Cup of Peaches

Cinna-Banana Shake

- 1 Scoop of Vanilla GR2 & 1 Scoop of Chocolate GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 or 2 Bananas
- Teaspoon of Cinnamon

Choco-nuts Shake

- 2 Scoops of Chocolate GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 Teaspoon of Instant Coffee
- Crushed Almonds
- 2 or 3 mint leaves

INTERNATIONAL