



## WHAT IS SHAKEOLOGY®?

- Shakeology is a **nutrient-dense, superfood nutrition shake**—and it's delicious!
- Meticulously crafted with as many as 60+ ingredients, your daily Shakeology can help you **eat better, feel better, and live better**.
- Each delicious shake is packed with proteins, digestive enzymes, prebiotics, probiotics, adaptogens, fiber, antioxidants, vitamins, and minerals.
- Shakeology is made with globally harvested, high-quality ingredients that help fill nutrition gaps in your diet—the kind of nutrition your body needs to feel its best.

## WHY DO WE NEED SHAKEOLOGY?

Many of us don't eat as well as we should. Sometimes it's just easier to eat packaged food or fast food, especially when you're busy.

However, eating nutritionally poor foods over time can affect your quality of life. You might feel sluggish, sleep poorly, or put on a few (or more than a few) extra pounds. We believe that feeding your body high-quality nutrition, like the kind found in Shakeology, can help you feel better and keep you motivated as you make other healthy lifestyle changes.



## WHAT ARE THE BENEFITS OF DRINKING SHAKEOLOGY?



-  Whole-food-based formula for a healthy nutritional foundation\*
-  Helps curb cravings and supports healthy weight loss\*
-  Helps support healthy energy and digestion\*
-  Good source of omega-3 from ALA
-  Excellent source of protein and fiber

## WHAT IS IN SHAKEOLOGY TO MAKE IT SO NUTRITIOUS?

WHAT'S INSIDE		HOW IT WORKS
Ingredient Group	Ingredients <sup>†</sup>	What it does in your body
<b>Proteins</b>	Whey, Pea, Quinoa, Flax, and Rice	Our blend of whey and plant-based proteins delivers a complete amino acid profile, with all 9 essential amino acids, and helps support lean muscle growth and reduce cravings.*
<b>Superfruits and Antioxidants</b>	Cocoa, Whole Coffee Fruit, Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, and E	For centuries, people have turned to superfruits for various traditional uses, but we now know their antioxidant properties also help combat free radicals in the body.*
<b>Supergreens and Phytonutrients</b>	Matcha, Chlorella, Spinach, and Kale	Phytonutrients, which are plant-based nutrients, help support health and vitality.*
<b>Adaptogens</b>	Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, and Chaga	Traditional practitioners in many cultures have used adaptogens for thousands of years to help the body adapt and respond to the effects of stress.*
<b>Prebiotics, Probiotics, Fiber, and Digestive Enzymes</b>	Yacon Root, Chicory Root, Pea Fiber, Flax, <i>Bacillus coagulans</i> , Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, and Invertase	Shakeology includes a combination of insoluble and soluble fibers, as well as several digestive enzymes, prebiotics, and probiotics, to help with nutrient absorption, regularity, and healthy digestion.*
<b>Vitamins and Minerals</b>	Vitamins A, B6, B12, C, D, E, K2, Biotin, Calcium, Magnesium, Zinc, Selenium, Thiamine, Riboflavin, Folate, Chromium, Iodine, and Iron**	These essential nutrients come together to perform hundreds of roles such as helping support energy metabolism and immune function.*

<sup>†</sup>Ingredients vary per flavor. See Shakeology.com for more information.

\*\*Whey flavors are fortified with this spectrum of vitamins and minerals. Plant-Based Vegan flavors contain some naturally occurring vitamins and minerals.

## WHAT MAKES SHAKEOLOGY UNIQUE?

It's a shake you can trust. Not all shakes are created equal. In fact, not every company cares as much as we do about quality. So why are we so dedicated to finding premium ingredients and rigorous quality testing? Because we believe this level of commitment sets Shakeology apart and makes a difference in your health and wellness.

These three guiding principles help us create a nutrition solution that empowers you to reach your goals:

**EFFICACY:** We're committed to results. We strive for the perfect alchemy of the right ingredients that will positively impact your health.

**SIMPLICITY:** We wanted to make it easy to get world-class nutrition. So we did the hard work for you—sourcing, formulating, and testing—to bring you a shake that helps build a foundation for good health.

**INTEGRITY:** We don't take shortcuts. We believe in going the extra mile by only working with suppliers who meet our strict requirements. As part of our zero-compromise approach, we thoroughly vet suppliers to make sure you get the highest-quality nutrients.

### Why did we create Shakeology?

Beachbody CEO Carl Daikeler has never enjoyed eating vegetables. So, he tasked his wife, Isabelle, with creating a shake packed with nutrients to help close the nutritional gaps in his diet. She agreed on one condition—she didn't want to cut any corners or create a lower-quality product to help profitability. She teamed up with Darin Olien and together they painstakingly sourced the most potent ingredients from suppliers who shared their commitment to quality. The result is a delicious shake you'll want to drink every single day. Because when you feel this good, it's easier to stay on-track and reach your goals.



Carl Daikeler,  
Beachbody CEO



Isabelle Daikeler,  
Co-formulator of Shakeology,  
Senior Health, Nutrition &  
Fitness Consultant

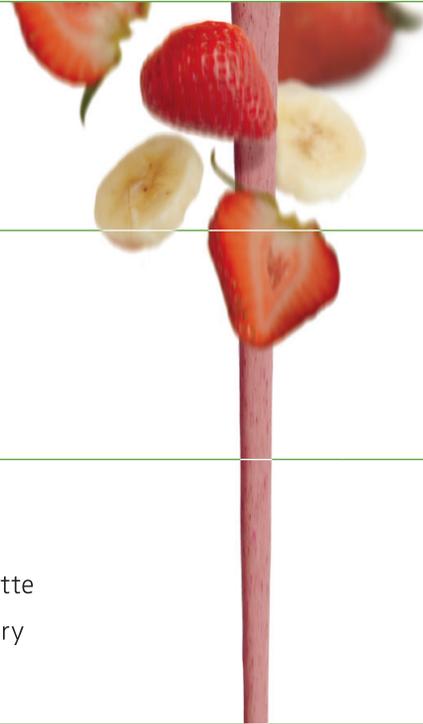


Darin Olien,  
Co-formulator of Shakeology,  
Nutritional Scientist



**WHAT PRODUCTS ARE AVAILABLE?**

	<p><b>30-DAY BAG SINGLE FLAVOR</b></p>
	<p><b>24-DAY BOX OF SINGLE-SERVE PACKETS SINGLE FLAVOR</b></p>
	<p><b>24-DAY BOX OF SINGLE-SERVE PACKETS COMBINATION FLAVORS</b></p> <ul style="list-style-type: none"> <li>• <b>Barista Combo:</b> Chocolate, Vanilla, and Café Latte</li> <li>• <b>Triple Combo:</b> Chocolate, Vanilla, and Strawberry</li> <li>• <b>Chocolate and Vanilla Combo</b></li> </ul>



**SHAKEOLOGY SUBSCRIPTION**

Encourage your customers to get Shakeology on a convenient monthly subscription. They'll save \$12 on shipping and, more importantly, stay consistent with their nutrition so that they see the benefits and get results.



With a Shakeology subscription, your customer will receive a new supply of Shakeology every 30 days, shipped directly to their door and billed to the credit card they used to purchase in the amount of \$129.95 a month, per item (less any applicable discounts), plus a s&h fee of \$2.00 per item. Your customer may cancel anytime to avoid future charges by visiting their account at [BeachbodyAccount.com](https://www.beachbody.com/BeachbodyAccount.com)



## HOW DO YOU MAKE SHAKEOLOGY?

Many people complain that eating healthy is boring. But with Shakeology, you can whip up so many different recipes using just one flavor. Having such a wide variety of recipes keeps things interesting and encourages you and your customers to stay on-track. Check out the [Beachbody Blog](#) and the [Shakeology Channel](#) on Beachbody On Demand for tons of delicious and creative recipes.

### STEP 1 PICK A BASE

Water, dairy milk, plant milk, and even coconut water are fair game.



### STEP 2 ADD 1 SCOOP OF SHAKEOLOGY

Whey or Plant-Based Vegan options available.



### STEP 3 BOOST YOUR SHAKE (optional)

Customize your shake according to your daily nutritional needs with Shakeology Boosts: Focused Energy, Digestive Health, and/or Power Greens. For beauty benefits, try Beachbody Collagen Boost®.



### STEP 4 ADD SOME FRUITS AND VEGGIES

Try banana, berries, spinach, mango, or pineapple. Get creative!



### STEP 5 ADD A HEALTHY FAT

For a creamier texture, add nut butter, flaxseed oil, or avocado.



## RECIPES

From brownies to puddings to even peanut butter cups, there are countless ways to enjoy Shakeology. Watch this [video](#) for Shakeology recipe tips.



### Hawaiian Mudslide Shakeology

(Makes 1 serving)

Total Time: 5 min.

Prep Time: 5 min.

Cooking Time: None

- 1 cup / 240 ml** unsweetened coconut milk beverage
- 1 cup / 170 g** ice
- 1 scoop** Chocolate Whey or Chocolate Plant-Based Vegan Shakeology
- 1 scoop** Power Greens Boost
- ½ cup / 75 g** unsweetened frozen pineapple

1. Place coconut milk, ice, Shakeology, Boost, and pineapple in a blender; cover. Blend until smooth.
2. Consume immediately after preparation.

Tip: Coconut milk beverage is unsweetened and comes in a carton.

Nutritional Information (per serving): Calories: 308, Total Fat: 7 g, Saturated Fat: 5 g, Cholesterol: 0 mg, Sodium: 317 mg, Carbohydrates: 43 g, Fiber: 9 g, Sugars: 24 g, Protein: 18 g

CONTAINER EQUIVALENTS (PER SERVING):



**2B MINDSET PLATE IT!** This recipe makes a great breakfast.



### Banana Mocha Cocoa Shakeology with Collagen Boost

(Makes 1 serving)

Total Time: 5 min.

Prep Time: 5 min.

Cooking Time: None

- 1 cup / 240 ml** unsweetened coconut milk beverage
- 1 cup / 170 g** ice
- 1 scoop** Café Latte Whey or Café Latte Plant-Based Vegan Shakeology
- ½** large banana, cut into chunks
- 2 Tbsp.** unsweetened cocoa powder
- 1 scoop** Collagen Boost

1. Place coconut milk, ice, Shakeology, banana, cocoa powder, and Collagen Boost in blender; cover. Blend until smooth.
2. Consume immediately after preparation.

Tip: Coconut milk beverage is unsweetened and comes in a carton.

Nutritional Information (per serving): Calories: 326, Total Fat: 8 g, Saturated Fat: 5 g, Cholesterol: 0 mg, Sodium: 351 mg, Carbohydrates: 40 g, Fiber: 8 g, Sugars: 16 g, Protein: 21 g

CONTAINER EQUIVALENTS (PER SERVING):



**2B MINDSET PLATE IT!** This recipe makes a great breakfast.



### Strawberry and Mint Pops

(Makes 4 servings, 1 pop each)

Total Time: 10 min. + 4 hr. chill time  
 Prep Time: 10 min.  
 Cooking Time: None

**¾ cup / 180 ml** water  
**½ cup / 75 g** fresh (or frozen) strawberries  
**2 scoops** Strawberry Whey or Tropical Strawberry Plant-Based Vegan Shakeology  
**2 Tbsp.** fresh lime juice  
**2 Tbsp.** fresh mint, chopped

1. Place water, strawberries, Shakeology, lime juice, and mint in blender; cover. Blend until smooth.
2. Divide evenly into four ice pop molds; freeze for at least four hours, or until set.
3. Serve immediately, or store in an airtight container in the freezer for up to 1 week.

*Nutritional Information (per serving):* Calories: 78 Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 5 mg, Sodium: 86 mg, Carbohydrates: 10 g, Fiber: 3 g, Sugars: 5 g, Protein: 9 g

CONTAINER EQUIVALENTS (PER SERVING):

2B MINDSET PLATE IT! snack(tional)



### No-Bake Shakeology Breakfast Cookies

(Makes 8 servings, 1 large cookie each)

Total Time: 15 min.  
 Prep Time: 15 min.  
 Cooking Time: None

**½ cup / 130 g** all-natural peanut butter  
**¼ cup / 85 g** honey  
**1 tsp.** pure vanilla extract  
**3 Tbsp.** chia seeds  
**3 Tbsp.** unsalted pumpkin seeds  
**2 Tbsp.** unsweetened shredded coconut  
**½ cup / 40 g** dry rolled oats  
**¼ cup / 40 g** dried fruit (like unsweetened cranberries, unsweetened cherries, raisins, or apricots)  
**½ cup / 65 g** Vanilla Whey or Vanilla Plant-Based Vegan Shakeology

1. Place peanut butter and honey in a large microwave-safe bowl. Microwave on 100% for 20 seconds; mix well.
2. Add extract, chia seeds, pumpkin seeds, coconut, oats, dried fruit, and Shakeology; mix well with clean hands (or a rubber spatula).
3. Roll mixture into eight large balls, each about 2 inches (5 cm) in size.
4. Flatten each slightly so that it is shaped like a traditional cookie.
5. Refrigerate for at least one hour before serving.
6. Enjoy and store refrigerated in an airtight container for up to 5 days.

*Nutritional Information (per serving):* Calories: 226, Total Fat: 12 g, Saturated Fat: 2 g, Cholesterol: 1 mg, Sodium: 112 mg, Carbohydrates: 24 g, Fiber: 4 g, Sugars: 13 g, Protein: 9 g

CONTAINER EQUIVALENTS (PER SERVING):

2B MINDSET PLATE IT! Enjoy as an occasional treat. Be sure to track it.



VEGAN CONTAINER EQUIVALENTS:



## HUNGRY FOR MORE?

### VISIT US ONLINE

If you or your customers want to learn more about this delicious superfood shake, check out the following resources:

- [Shakeology.com](https://www.shakeology.com) where you can learn about Shakeology’s many rare ingredients, health benefits, and the process behind each nutrient-filled scoop.
- [Beachbody On Demand Shakeology Channel](#) for videos with Shakeology’s formulators along with recipe tutorials.
- [Beachbody Blog](#) for more delicious Shakeology recipes and articles.
- Visit the Team Beachbody Coach Office and check out the Grow My Business section. The Daily Activity Tracker includes a handy Shakeology Follow Up guide that can help you respond to and motivate your customers on their Shakeology journey.

### SHAKEOLOGY SOCIAL MEDIA PLATFORMS

One of the best ways to connect with other Team Beachbody Coaches, your customers, and potential customers is on social media. So follow us on these platforms to join our amazing Shakeology community and stay in the know on all things health, nutrition, and fitness. Don’t forget to tag @shakeology in your photos and use #Shakeology in your posts.



[Facebook.com/Shakeology](https://www.facebook.com/Shakeology)



[Twitter.com/Shakeology](https://twitter.com/Shakeology)



[Instagram.com/Shakeology](https://www.instagram.com/Shakeology)



[Shakeology365er.com](https://www.shakeology365er.com)



[Pinterest.com/Shakeology](https://www.pinterest.com/Shakeology)



For a list of helpful tips on how to manage your business using social media, visit

[TBBCoach411.com/Social-Media-Dos-and-Donts/](https://TBBCoach411.com/Social-Media-Dos-and-Donts/)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.