

NEED Recipes



Weight Loss Plan
(low calorie)

Active Lifestyle Plan
(moderate calorie)

Medical Procedure Plan
(high calorie)

Citrus Infusion

1 scoop NEED
8 ounces chilled orange juice
4 ice cubes (optional)

Total calories: 244
Carbohydrates: 47g
Protein: 12g
Fat: 1g



Banana Boost

1 scoop NEED
1 small banana, chilled
8 ounces vanilla-flavored non Fat soy milk
4 ice cubes (optional)

Total calories: 264
Carbohydrates: 46g
Protein: 16g
Fat: 1g



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Fruity Fiesta

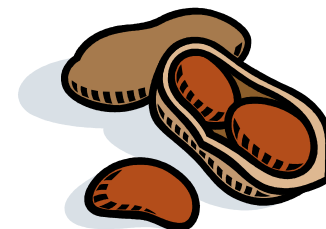
1 scoop NEED
1 cup fresh or frozen fruit
4 ounces orange juice
4 ounces water
4 ice cubes (optional)

Total calories: 314
Carbohydrates: 66g
Protein: 10g
Fat: 1g



Nutty Nutrition

(not recommended for Weight Loss Plan)



1 scoop NEED
8 ounces plain soy milk
2 Tbsp. creamy peanut butter
4 ice cubes (optional)

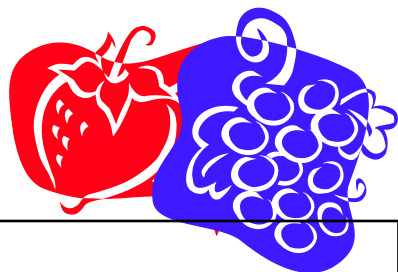
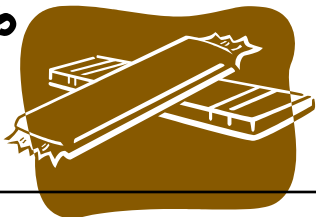
Total calories: 454
Carbohydrates: 46g
Protein: 25g
Fat: 20g



2 scoops NEED
8 ounces whole milk
2 Tbsp. creamy peanut butter
4 ice cubes (optional)

Total calories: 608
Carbohydrates: 61g
Protein: 26
Fat: 26

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Chocolate Choice

1 scoop NEED
8 ounces non fat soy milk
1 tsp. cocoa
4 ice cubes (optional)

Total calories: 213
Carbohydrates: 31g
Protein: 16g
Fat: 2g

Berry Nutritious

1 scoop NEED
1 cup blue berry, raspberry and strawberry mix (fresh or frozen)
8 ounces Cranberry juice
4 ice cubes (optional)

Total calories: 329
Carbohydrates: 71g
Protein: 10g
Fat: 1g



1 scoop NEED
8 ounces plain soy milk
1 tsp. Cocoa
4 ice cubes (optional)

Total calories: 273
Carbohydrates: 38g
Protein: 17g
Fat: 5g



1 scoop NEED
1 cup blue berry, raspberry and strawberry mix (fresh or frozen)
8 ounces Cranberry juice
4 ice cubes (optional)

Total calories: 329
Carbohydrates: 71g
Protein: 10g
Fat: 1g

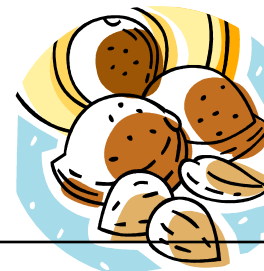
2 scoops NEED
8 ounces whole milk
2 tsp. Cocoa
4 ice cubes (optional)

Total calories: 436
Carbohydrates: 54g
Protein: 28g
Fat: 12g

2 scoops NEED
1 cup blue berry, raspberry and strawberry mix (fresh or frozen)
8 ounces Cranberry juice
4 ice cubes (optional)

Total calories: 463
Carbohydrates: 92g
Protein: 20g
Fat: 2g

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Very Vanilla

1 scoop NEED
8 ounces non-Fat: soy milk
1 tsp. vanilla extract
3 dashes cinammon (to taste)
4 ice cubes (optional)

Total calories: 204
Carbohydrates: 31g
Protein: 16g
Fat: 1g

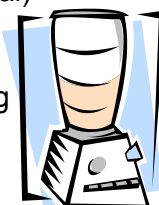
Almond Joy

1 scoop NEED
8 ounces non-Fat: soy milk
6 whole almonds
¼ tsp. almond extract
4 ice cubes (optional)

Total calories: 249
Carbohydrates: 31g
Protein: 18g
Fat: 5g

1 scoop NEED
8 ounces vanilla soy milk
1 tsp. vanilla extract
3 dashes cinammon (to taste)
4 ice cubes (optional)

Total calories: 264
Carbohydrates: 38g
Protein: 17g
Fat: 4g



1 scoop NEED
8 ounces soy milk
6 whole almonds
¼ tsp. almond extract
4 ice cubes (optional)

Total calories: 309
Carbohydrates: 38g
Protein: 19g
Fat: 8g

2 scoops NEED
8 ounces whole milk
1 tsp. vanilla extract
3 dashes cinammon (to taste)
4 ice cubes (optional)

Total calories: 418
Carbohydrates: 54g
Protein: 28g
Fat: 10g

2 scoops NEED
8 ounces whole milk
6 whole almonds
¼ tsp. almond extract
4 ice cubes (optional)

Total calories: 473
Carbohydrates: 54g
Protein: 30g
Fat: 14g

