

Start your day with a delicious
BioBasics smoothie!



Great Value!
Great Benefits!
Great Taste!
Healthy!

Recipes - Breakfast & Snacks

Do you juice?



Juicing is very popular and is an excellent way to enjoy the benefits of fresh fruits and vegetables. However, when you juice, you don't get the fiber that's in whole fruits and vegetables. Juicing machines extract the juice and leave behind the pulp which contains the fiber.

Many people are now combining their juicing with Daily BioBasics for the ultimate in daily supplementing.

Simply blend 2 scoops of Daily BioBasics into your favorite fresh juice.

Banana and Cinnamon Soy Shake

Great banana taste with a cinnamon twist

INGREDIENTS

- 1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics
- 10 oz (300 ml) Soy Milk
- 1/2 Banana
- 2 1/2 – 3 Tsp Honey
- 1 Pinch of Cinnamon

DIRECTIONS

Mix together in shaker cup.



Life Plus European Office

Banana, Oats and Dates

Crunchy and delicious!

INGREDIENTS

1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics
1/4 – 1/2 Apple
1/4 Banana
2 Tsp Honey
3 Dates
9 oz (250 g) Natural Yoghurt
1 3/4 oz (50 g) Oats

DIRECTIONS

Mix well and enjoy!



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Cherry Yoghurt

Lusciously creamy!

INGREDIENTS

1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics
1/2 Scoop (60 cc Scoop) Triple Protein Shake Vanilla
1/4 Jar of Cherries + Some of the Juice
10 oz (300 g) Natural Yoghurt

DIRECTIONS

Mix well and enjoy!



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Classic Daily Drink

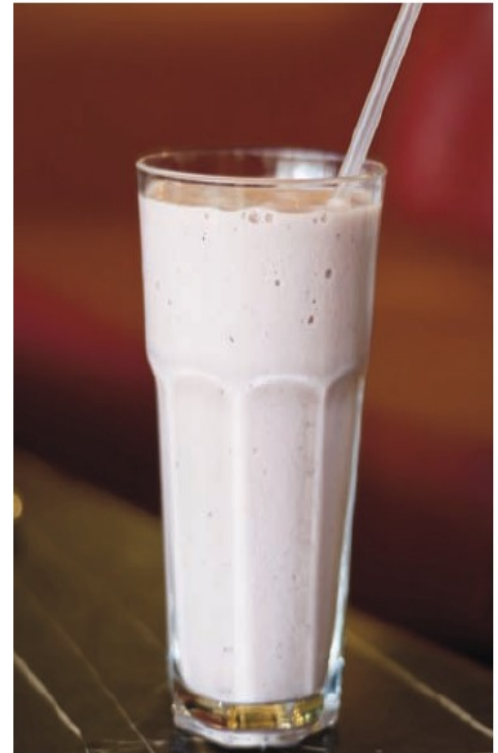
Get the nutrition you need with this Classic Daily Recipe

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Vanilla or Chocolate Triple Protein Shake
- 8 – 12 oz (240 to 360 ml) Water, Orange Juice or Milk (2% or Soy)

DIRECTIONS

Mix together in shaker cup or blender.



Green Tea-Pineapple Shake

The refreshing taste of pineapple with a green tea twist

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Vanilla Triple Protein Shake
- 8 – 12 oz (240 to 360 ml) Chilled Green Tea
- 1 Banana
- 1/2 Cup Pineapple (fresh or frozen)
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender.



Strawberry-Almond Smoothie

A simple and satisfying smoothie

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Nonfat Milk, Soy Milk or Almond Milk
- 1/2 Cup (4 oz) Silken Tofu
- 10 Frozen Whole Strawberries

DIRECTIONS

Mix together in blender.



Strawberry, Meringue, Crème Fraîche

Get your "fraîche" with this tasty drink

INGREDIENTS

- 1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics
- 10 oz (300 ml) Nonfat Milk
- 4 – 5 Strawberries
- 3 Tsp Crème Fraîche
- 1 Tbsp of Crunched Meringue and 1 for decoration

DIRECTIONS

Mix together in blender.



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Apple Delight

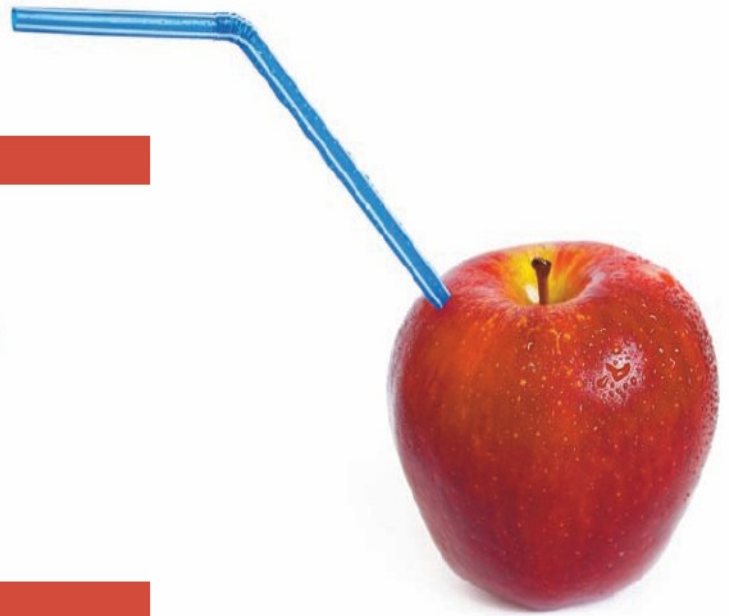
Healthy and a good way to cool off in the summer

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Vanilla Triple Protein Shake
- 8 – 12 oz (240 to 360 ml) Apple Juice (natural, unprocessed)

DIRECTIONS

Mix together in shaker cup or blender.



Edeltraud Bihler

Fruit and Nut Mixer

Refreshing with a nutty twist

INGREDIENTS

- 2 Scoops (26.4 g) Daily BioBasics
- 4 – 5 1/2 oz (120 – 160 ml) Orange Juice or Apple Juice
- 4 – 5 1/2 oz (120 – 160 ml) Water
- 1 Banana
- 1/2 Grapefruit
- 1 Kiwi
- 5 – 10 Frozen Raspberries
- 3 – 5 Walnuts or Almonds
- 5 – 10 Frozen Red Currants or Blueberries

DIRECTIONS

Mix well in blender. For a twist, add honey or vanilla shake powder, replace one of the ingredients with cucumbers or carrots, or replace 1/8 of the grapefruit with pineapple.



Thilo Knaack

Melon Madness

The sweet taste of summer with a refreshing melon taste

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics

8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk

1/4 – 1/2 Cup Frozen Watermelon



DIRECTIONS

Mix together in blender.

Orange Crush

Sunny and refreshing, a great way to start your day

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics

8 – 12 oz (240 to 360 ml) Orange Juice

DIRECTIONS

Mix together in shaker cup.



Red Grapefruit Blast

This sweet and tangy drink will boost your energy without extra fat and calories

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics

8 – 12 oz (240 to 360 ml) Ruby Red Grapefruit Juice

DIRECTIONS

Mix together in shaker cup.



Strawberry-Almond Smoothie

A simple and satisfying smoothie

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics

8 – 12 oz (240 to 360 ml) Nonfat Milk, Soy Milk or Almond Milk

1/2 Cup (4 oz) Silken Tofu

10 Frozen Whole Strawberries

DIRECTIONS

Mix together in blender.



Strawberry Pleasure

A refreshing way to start your day off right with Daily BioBasics

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk
- 1/4 – 1/2 Cup Frozen Strawberries
- 1/4 – 1/2 Cup Frozen Mango Slices

DIRECTIONS

Mix together in blender.



Vanilla-Berry Shake

Get your antioxidants with this delicious berry shake

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Vanilla Triple Protein Shake
- 8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk
(for a creamier shake, use either milk or soy milk)
- 1/4 – 1/2 Cup Frozen Berries
(blueberries, raspberries, strawberries or blackberries)
- Pinch of Cinnamon (to taste)

DIRECTIONS

Mix together in blender.



Cappuccino Ice

A coffeehouse recipe you can make at home

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 1/2 Tbsp Instant Cappuccino
- 8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk
- 4 – 8 Ice Cubes

DIRECTIONS

Mix together in shaker cup or blender.



Chocolate Truffle

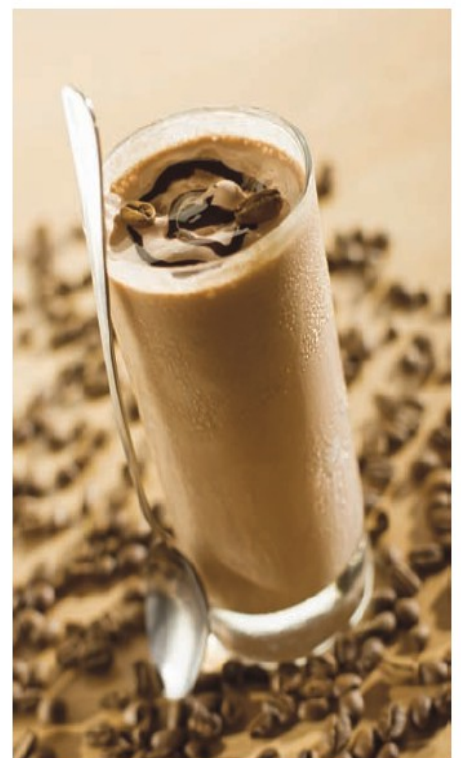
Guilt-free indulgence with this delicious shake

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Cranberry Juice
- 1 Level Scoop (60 cc Scoop) Chocolate Triple Protein Shake
- 4 – 8 Ice Cubes

DIRECTIONS

Mix together in shaker cup or blender.



Orange Chocolate Shake

A taste sensation

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Chocolate Triple Protein Shake
- 1 Orange (peeled and white flesh removed)
- 8 – 12 oz (240 to 360 ml) Nonfat Milk or Soy Milk
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender.



Vanilla Espresso Shake

Jump-start your day with this delicious shake

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Vanilla Triple Protein Shake
- 1 Tsp Instant Espresso (dissolved in a small amount of hot water)
- 8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk
(for a creamier shake, use either milk or soy milk)
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender.



Blue Mango Heaven

A healthy, refreshing treat for the whole family

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk
- 1/4 – 1/2 Cup Frozen Mango
- 1/3 – 1/2 Cup Blueberries

DIRECTIONS

Mix together in blender.



Caribbean Moments

Get whisked away to the tropics with this flavorful shake

INGREDIENTS

- 2 Scoops (26.4 g) Daily BioBasics
- 1 Scoop (60 cc Scoop) Triple Protein Shake Vanilla
- 8 – 11 oz (240 – 320 ml) Nonfat Milk
- 1 1/4 oz (40 ml) Banana Juice
- 1 1/4 oz (40 ml) Mango Juice
- 1 Tbsp Instant Coffee or Espresso
- 1 Tbsp Coconut (grated)
- 3 – 4 Ice Cubes

DIRECTIONS

Mix together in shaker cup.



Josef Schatzinger

Coconut Island Breeze

Refreshing tropical taste

INGREDIENTS

- 2 Scoops (26.4 g) Daily BioBasics
- 1 Scoop (60 cc Scoop) Triple Protein Shake Vanilla
- 8 – 11 oz (240 – 320 ml) Nonfat Milk
- 2 oz (60 ml) Coconut Milk
- 1 Tbsp Coconut (grated)
- 1 Pinch of Cinnamon
- 3 – 4 Ice Cubes

DIRECTIONS

Mix together in shaker cup.



Josef Schatzinger

Kiwi Banana Smoothie

A tasty fruit smoothie that's perfect for breakfast

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk
- 1 – 2 Medium Kiwis, peeled
- 1/2 Banana
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender.



Mango Frosty

A refreshing and flavorful treat

INGREDIENTS

- 1 Scoop (13.2 g) Daily BioBasics
- 8 oz (240 ml) Mango Juice
- 1 3/4 oz (50 g) Frozen Mango (cut into chunks)

DIRECTIONS

Mix together in blender.



Monika Hartmann

Mango and Passionfruit

Catch your mango passion today!

INGREDIENTS

- 1 1/2 to 2 Scoops (19.8 – 26.4 g) Daily BioBasics
- 3 1/2 oz (100 ml) Apple Juice
- 1/2 Can Mango
- 7 oz (200 ml) Orange Juice
- 1/4 – 1/2 Banana
- 1/4 – 1/2 Apple
- 1/2 Passion Fruit
- 1/4 Orange

DIRECTIONS

Mix together in blender.



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Piña Colada Express

Sweet, tropical, flavorful and fun

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 6 oz (180 ml) Pineapple-Orange Juice
- 6 oz (180 ml) Water, Nonfat Milk or Soy Milk
- 1/4 Tsp Rum Extract
- 1/4 Tsp Coconut Extract
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in shaker cup or blender.



Pineapple Passion

Exquisite taste and bursting with vitamins and minerals

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Pineapple Juice
- 1/2 Banana
- 3 Strawberries
- 1 Tsp Yoghurt

DIRECTIONS

Mix together in blender.



Apple-Carrot Mixer

Healthy and delicious

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 4 oz (120 ml) Carrot Juice
- 8 oz (240 ml) Apple Juice (natural, unprocessed)

DIRECTIONS

Mix together in shaker cup or blender.



Insa Kubelka

Carrot Splash

Nutritious and easy to make

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Carrot Juice
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in shaker cup.



Little Italy

Your Daily BioBasics – Italian Style

INGREDIENTS

- 1 Level Scoop (13.2 g) Daily BioBasics
- 4 – 6 oz (120 to 180 ml) Tomato Juice
- 4 – 6 oz (120 to 180 ml) Buttermilk
- 1 – 2 oz (30 to 60 ml) Artichoke Juice
- 1 Tsp Olive Oil
- 1 Tsp Balsamic Vinegar

DIRECTIONS

Mix together in shaker cup or blender. Top off with freshly ground garlic or pepper.



Kornelia and Christian Witecy

Popeye Fruit Smoothie

Boost your strength with this awesome tasting smoothie

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Vanilla Triple Protein Shake
- 8 – 12 oz (240 to 360 ml) Nonfat Milk or Soy Milk
- 1 Cup Raspberries (fresh or frozen)
- 1 Cup Spinach
- 1/4 Cup Cashews
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender. For a major vitamin boost, add up to 3 cups of spinach to the recipe.



Raspberry-Avocado Smoothie

A surprising combination for a healthy and refreshing smoothie

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 3/4 Cup Orange Juice
- 3/4 Cup Raspberry Juice
- 1/2 Cup Frozen Raspberries (not thawed)
- 1 Avocado peeled and pitted

DIRECTIONS

Mix together in blender.



Tomato Delight

Red, delicious and oh so healthy

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) V8 or Tomato Juice

DIRECTIONS

Mix together in shaker cup.



Veggie Madness Smoothie

Pump up your nutrition with this veggie smoothie

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics
8 – 12 oz (240 to 360 ml) Water
1 Tomato small
1 Cup Spinach
1/4 Cup Onion
1/4 Cup Avocado
1/2 Cup Cucumber, peeled
2 Tbsp Almonds
2 Tbsp Lemon Juice Fresh Squeezed
3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender. For some nutty variety, try using cashews, pine nuts or walnuts as a substitute for almonds.



Veggie Medley

Get your daily veggies with this tasty treat

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics
6 oz (180 ml) Water
3 oz (90 ml) Mixed Fruit Juice
3 oz (90 ml) Vegetable Juice

DIRECTIONS

Mix together in shaker cup or blender.



Tadashiro Edamura