



Club **ADVANTAGE**
powered by Nutrisystem

**PROSYNC[®] SHAKE
RECIPE BOOK**





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NUTRISYSTEM®

PROSYNC® SHAKES

ProSync® shakes combine high-protein nutrition with smarter, slower digesting carbs like fiber. This low-glycemic shake helps to minimize blood sugar spikes, supporting steady blood sugar levels after you drink it.

Through this approach, you can achieve the balance your body needs, helping you control hunger, burn fat and sustain energy. In fact, Nutrisystem® ProSync® shakes have been shown to crush hunger for up to three hours!*

In addition to protein and fiber, ProSync® shakes also contain Chromax® chromium picolinate, a clinically tested ingredient to help reduce body fat and support lean body mass.** When you drink one of these delicious shakes, you're getting a guaranteed punch of this powerful, fat-fighting nutrition in every glass!

Plus, ProSync shakes are perfect for people on GLP-1 or other weight loss medications. Packed with protein to help preserve lean muscle, these shakes are a great way to get the nutritional support you need.

*In a study, average time was 2.9 hours.

**As part of a healthy diet and exercise program.







READY TO GET STARTED?

Shake up your menu with the remarkable recipes on the following pages! They're easy to make, delicious to drink and designed to help you achieve your weight loss goals.

Keep in mind that these are just suggestions and you can feel free to adjust each recipe to your liking. Check out the Club Advantage Grocery Guide for an extensive list of Vegetables and Free Foods to create and customize recipes!



Check out these delicious tips to customize your shakes with ease:

- Boost the nutrition by sneaking in extra veggies like frozen cauliflower rice, frozen zucchini and spinach – you won't even notice them!
- Level up the flavor using sugar-free syrups and extracts.
- Easily tweak the consistency by adjusting the amount of water and ice.
- Mix it up by making smoothie bowls, add to oatmeal, or level up your pancake or waffle mix for a protein boost.
- Try zero-calorie liquids like black coffee or unsweetened tea for a different taste.

CHOCOLATE SHAKE RECIPES

PEPPERMINT MOCHA SHAKE

SERVINGS:

1

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
½ TBSP. SUGAR-FREE PEPPERMINT SYRUP
1 CUP (8 OZ.) HOT OR COLD COFFEE
½ CUP (4 OZ.) ICE (OPTIONAL)

CALORIES**PER SERVING:**

122

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

CHOCOLATE COCONUT SMOOTHIE

SERVINGS:

1

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
½ TSP. COCONUT EXTRACT
1 CUP (8 OZ.) COLD WATER
½ CUP (4 OZ.) ICE (OPTIONAL)

CALORIES**PER SERVING:**

120

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL



CHOCOLATE COCONUT SMOOTHIE

SPICY CHOCOLATE SHAKE

SERVINGS:

1

CALORIES**PER SERVING:**

124

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX

1 TBSP. SUGAR-FREE CINNAMON SYRUP

1 CUP FROZEN ZUCCHINI

¼ TSP. CAYENNE PEPPER

1 CUP (8 OZ.) COLD WATER

½ CUP (4 OZ.) ICE (OPTIONAL)

DIRECTIONS:**COUNT AS:**

1 POWERFUEL

1 VEGETABLE

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

BANANA CHOCOLATE CHAI SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

120

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX

½ TSP. BANANA EXTRACT

1 TBSP. SUGAR-FREE VANILLA SYRUP

1 CUP (8 OZ.) HOT OR COLD CHAI TEA

½ CUP (4 OZ.) ICE (OPTIONAL)

DIRECTIONS:**COUNT AS:**

1 POWERFUEL

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH



BANANA CHOCOLATE CHAI SMOOTHIE

CARAMEL MOCHA SHAKE

SERVINGS:

1

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
1 TBSP. SUGAR-FREE CARAMEL SYRUP
1 CUP (8 OZ.) HOT OR COLD COFFEE
½ CUP (4 OZ.) ICE (OPTIONAL)

CALORIES

PER SERVING:

122

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

CHOCOLATE MINT SMOOTHIE

SERVINGS:

1

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
½ TBSP. SUGAR-FREE PEPPERMINT SYRUP
1 CUP (8 OZ.) COLD WATER
½ CUP (4 OZ.) ICE (OPTIONAL)

CALORIES

PER SERVING:

120

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

CHOCOLATE PUMPKIN SPICE LATTE SHAKE

SERVINGS:

1

CALORIES

PER SERVING:

145

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
½ TSP. PUMPKIN PIE SPICE
1 TBSP. SUGAR-FREE VANILLA SYRUP
¾ CUP FROZEN CAULIFLOWER RICE
1 CUP (8 OZ.) HOT OR COLD COFFEE
½ CUP (4 OZ.) ICE (OPTIONAL)

DIRECTIONS:

COUNT AS:

1 POWERFUEL

1 VEGETABLE

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

GINGERBREAD CHOCOLATE SHAKE

SERVINGS:

1

CALORIES

PER SERVING:

148

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC™ SHAKE MIX
½ TSP. BANANA EXTRACT
1 TBSP. SUGAR-FREE VANILLA SYRUP
1 CUP (8 OZ.) HOT OR COLD CHAI TEA
½ CUP (4 OZ.) ICE (OPTIONAL)

DIRECTIONS:

COUNT AS:

1 POWERFUEL

1 VEGETABLE

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH



CHOCOLATE PUMPKIN SPICE LATTE SHAKE



HAZELNUT CHOCOLATE SMOOTHIE

SALTED CARAMEL CHOCOLATE SHAKE

SERVINGS:

1

CALORIES**PER SERVING:**

120

COUNT AS:

1 POWERFUEL

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
1 TBSP. SUGAR-FREE CARAMEL SYRUP
1 PINCH COARSE SEA SALT
1 CUP (8 OZ.) COLD WATER
½ CUP (4 OZ.) ICE (OPTIONAL)

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

HAZELNUT CHOCOLATE SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

120

COUNT AS:

1 POWERFUEL

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
1 TBSP. SUGAR-FREE HAZELNUT SYRUP
1 CUP (8 OZ.) COLD WATER
½ CUP (4 OZ.) ICE (OPTIONAL)

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

307

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
1 TBSP. REDUCED-FAT PEANUT BUTTER
1 MEDIUM FROZEN BANANA, CUT INTO CHUNKS
1 CUP (8 OZ.) WATER
1 CUP (8 OZ.) ICE

DIRECTIONS:**COUNT AS:**

2 POWERFUELS

1 SMARTCARB

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

CHOCOLATE ZUCCHINI BREAD SHAKE

SERVINGS:

1

CALORIES**PER SERVING:**

257

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
1 MEDIUM BANANA, FRESH OR FROZEN
1 CUP FROZEN ZUCCHINI
1/2 TSP. CINNAMON
1/2 TSP. VANILLA EXTRACT
1 CUP (8 OZ.) WATER
½ CUP (4 OZ.) ICE (IF USING FRESH BANANA)

DIRECTIONS:**COUNT AS:**

1 POWERFUEL

1 SMARTCARB

1 VEGETABLE

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH



CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

PEANUT BUTTER CUP SMOOTHIE

SERVINGS:

1

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
1 TBSP. CREAMY PEANUT BUTTER
1 CUP UNSWEETENED VANILLA PLANT-BASED MILK
5 ICE CUBES (ADD MORE TO MAKE THICKER)

CALORIES

PER SERVING:

315

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

3 POWERFUELS

CHOCOLATE CARAMEL PEANUT SHAKE

SERVINGS:

2

INGREDIENTS:

2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
2 TBSP. PEANUT BUTTER
1/2 CUP UNSWEETEND ALMOND MILK
1/2 CUP NONFAT PLAIN GREEK YOGURT
2 TSP. PEANUTS
2 TSP. SUGAR-FREE CARAMEL SYRUP
1 TSP. SUGAR-FREE CHOCOLATE SYRUP
1 CUP (8 OZ.) COLD WATER
½ CUP (4 OZ.)
1/4 CUP LIGHT WHIPPED TOPPING

CALORIES

PER SERVING:

230

COUNT AS:

2 POWERFUELS

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

VANILLA SHAKE RECIPES

PINEAPPLE MANGO SMOOTHIE



PINEAPPLE MANGO SMOOTHIE

SERVINGS:

1

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 CUP FROZEN PINEAPPLE
1/2 CUP FROZEN MANGO
1 CUP (8 OZ.) COLD WATER

CALORIES**PER SERVING:**

203

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

1 SMARTCARB

POT OF GOLD PROTEIN SHAKE

SERVINGS:

1

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
3/4 CUP UNSWEETENED VANILLA ALMOND MILK
1/8 TSP. MINT EXTRACT
1/2 CUP BABY SPINACH LEAVES
1 TBSP. RAW CASHEW PIECES
1 CUP ICE
WATER, AS NEEDED (TO THIN OUT SHAKE)

CALORIES**PER SERVING:**

192

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH.

COUNT AS:

2 POWERFUELS

1/2 VEGETABLE

BERRY DELICIOUS SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

307

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 MEDIUM BANANA
1/2 CUP BERRIES, FRESH OR FROZEN
1 CUP PLAIN NON-FAT YOGURT
3/4 OZ CUP (6 OZ.) WATER
1 CUP (8 OZ.) ICE

COUNT AS:

2 POWERFUELS

1 SMARTCARB

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

LEMON COOLER SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

230

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 CUP SKIM MILK
2 TBSP. FRESH LEMON JUICE
1 TSP. PURE VANILLA EXTRACT
1 TSP. LEMON ZEST
½ CUP (4 OZ.) ICE

COUNT AS:

2 POWERFUELS

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

BERRY DELICIOUS SMOOTHIE



KIWI VANILLA SMOOTHIE

RED, WHITE, & BLUEBERRY SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

185

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 CUP STRAWBERRIES
1/2 CUP BLUEBERRIES
1 CUP (8 OZ.) COLD WATER
1/2 CUP (4 OZ.) ICE

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

1 SMARTCARB

KIWI VANILLA SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

239

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 BANANA
1/2 CUP KIWI
1 CUP FRESH KALE OR SPINACH
1 CUP (8 OZ.) WATER (MORE, AS NEEDED)
1/2 (4 OZ) CUP ICE

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

1 SMARTCARB

1 VEGETABLE

GREEN TROPICS SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

268

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 FROZEN BANANA
1/2 CUP FROZEN PINEAPPLE
1 CUP SPINACH
3/4 CUP UNSWEETENED COCONUT WATER
WATER, AS NEEDED
1/2 CUP (4 OZ.) ICE

COUNT AS:

1 POWERFUEL
1 SMARTCARB
1 VEGETABLE
1 EXTRA

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

SPICY MANGO SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

220

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 CUP MANGO, FRESH OR FROZEN (WITHOUT ADDED SUGARS)
1/4 TSP. CAYENNE PEPPER OR TAJIN
1 CUP (8 OZ.) COLD WATER
1/2 CUP (4 OZ.) ICE (IF USING FRESH FRUIT)

COUNT AS:

1 POWERFUEL
1 SMARTCARB

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH



SPICY MANGO SMOOTHIE

STRAWBERRY YOGURT SMOOTHIE



ORANGE CREAM SMOOTHIE

SERVINGS:

1

CALORIES

PER SERVING:

198

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 MEDIUM ORANGE
1/2 TSP. ORANGE EXTRACT
1 TBSP. SUGAR-FREE VANILLA SYRUP
1 CUP (8 OZ.) WATER
1/2 CUP (4 OZ.) ICE

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

1 SMARTCARB

STRAWBERRY YOGURT SMOOTHIE

SERVINGS:

1

CALORIES

PER SERVING:

239

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 CUP FROZEN STRAWBERRIES
4 OZ. LOW-FAT VANILLA YOGURT
2 DROPS LIQUID STEVIA (OPTIONAL)
1 CUP (8 OZ.) WATER
1/2 (4 OZ) CUP ICE (OPTIONAL)

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

2 POWERFUELS

1 SMARTCARB

PUMPKIN SPICE LATTE PROTEIN SHAKE

SERVINGS:

1

CALORIES**PER SERVING:**

124

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/4 TSP PUMPKIN SPICE
1/4 TSP. NUTMEG
1/2 CUP WATER OR COLD BLACK COFFEE (4 OZ.)
1/2 CUP (4 OZ.) ICE

COUNT AS:

1 POWERFUEL

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

PINA COLADA PROTEIN SMOOTHIE

SERVINGS:

1

CALORIES**PER SERVING:**

186

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 CUP PINEAPPLE JUICE
3 DROPS COCONUT EXTRACT
1/2 CUP (4 OZ.) ICE

COUNT AS:

1 POWERFUEL

1 SMARTCARB

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH



PINA COLADA PROTEIN SMOOTHIE

OATMEAL RAISIN COOKIE SHAKE



OATMEAL RAISIN COOKIE SHAKE

SERVINGS:

2

CALORIES

PER SERVING:

271

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 FROZEN BANANA
1 1/4 CUP NONFAT MILK
1/2 CUP OATS
1/2 TSP. CINNAMON
2 TBSP. RAISINS

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

2 SMARTCARBS

VANILLA LATTE PROTEIN SMOOTHIE

SERVINGS:

1

CALORIES

PER SERVING:

176

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 CUP UNSWEETENED VANILLA ALMOND MILK
1 TSP. COFFEE GRINDS
1/4 CUP NONFAT PLAIN GREEK YOGURT
1/4 TSP. VANILLA EXTRACT
1 CUP (8 OZ) ICE

DIRECTIONS:

1. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH

COUNT AS:

1 POWERFUEL

2 EXTRAS



NON-SHAKE RECIPES

SHEET PAN PROTEIN PANCAKES

SERVINGS:

2

CALORIES

PER SERVING:

226

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
3/4 CUP OAT FLOUR
1 TSP. BAKING POWDER
1/4 CUP EGG WHITES
3/4 CUP UNSWEETENED ALMOND MILK
2 TSP. SPRINKLES

DIRECTIONS:

1. PREHEAT OVEN TO 400 F. LINE A SMALL SHEET PAN WITH PARCHMENT PAPER
2. COMBINE ALL INGREDIENTS IN A BOWL. POUR THE PANCAKE BATTER INTO THE SHEET PAN.
3. BAKE FOR 30 MINUTES.

COUNT AS:

1 POWERFUEL

1 SMARTCARB

1 EXTRA

BERRY CHEESECAKE OVERNIGHT OATS

SERVINGS:

1

CALORIES

PER SERVING:

186

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
3/4 CUP DRY ROLLED OATS
3/4 CUP NONFAT MILK
1 TBSP. CREAM CHEESE, LOW FAT
1 TSP. CHIA SEEDS
1/2 CUP BERRIES

DIRECTIONS:

1. MASH BERRIES AND CREAM CHEESE IN A JAR.
2. STIR IN REMAINING INGREDIENTS.
3. COVER AND REFRIGERATE FOR 4 HOURS OR OVERNIGHT.

COUNT AS:

1 POWERFUEL

1 SMARTCARB

BERRY CHEESECAKE OVERNIGHT OATS



BLUEBERRY PEACH PIE OVERNIGHT OATS

SERVINGS:
2

CALORIES
PER SERVING:
213

COUNT AS:
1 POWERFUEL
1 SMARTCARB

INGREDIENTS:
2 SCOOPS VANILLA PROSYNC SHAKE MIX
1/2 CUP OLD FASHIONED OATS
3/4 CUP NONFAT MILK
1 TSP. CHIA SEEDS
1/2 TSP. VANILLA EXTRACT
1/2 TSP. CINNAMON
1/8 TSP. GROUND GINGER
1/2 CUP BLUEBERRIES
1/2 CUP SLICED PEACHES

DIRECTIONS:
1. IN A MIXING BOWL, COMBINE ALL INGREDIENTS EXCEPT FOR THE FRUIT.
2. ADD ½ OF THE PEACHES TO THE BOTTOM OF A JAR OR BOWL. TOP WITH HALF OF THE OAT MIXTURE.
3. TOP WITH BLUEBERRIES THEN THE REST OF THE OAT MIXTURE. TOP WITH REMAINING FRUIT.
4. COVER AND REFRIGERATE OVERNIGHT.

CHOCOLATE PEANUT BUTTER OATMEAL

SERVINGS:
1

CALORIES
PER SERVING:
186

COUNT AS:
1 POWERFUEL
1 SMARTCARB

INGREDIENTS:
2 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
1/4 CUP OATMEAL
1/2 CUP WATER
1 PINCH OF SALT
2 TBSP. POWDERED PEANUT BUTTER
1/4 TSP CINNAMON
1 TBSP. UNSWEETENED ALMOND MILK

DIRECTIONS:
1. PREPARE THE OATMEAL WITH WATER AND SALT ACCORDING TO PACKAGE DIRECTIONS.
2. STIR IN THE ALMOND MILK, SHAKE MIX, POWDERED PEANUT BUTTER, AND CINNAMON.

PROTEIN WAFFLES

SERVINGS:

6

CALORIES

PER SERVING:

215

COUNT AS:

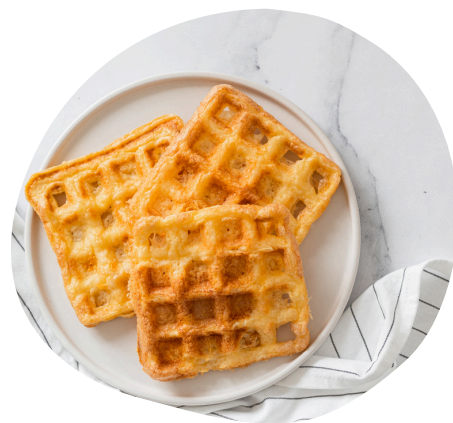
1 POWERFUEL

1 SMARTCARB

1 EXTRA

INGREDIENTS:

1/2 CUP VANILLA PROSYNC SHAKE MIX
1 ¾ CUPS WHOLE WHEAT PASTRY FLOUR
2 EGGS
1 ¾ CUPS UNSWEETENED ALMOND MILK
½ CUP NONFAT PLAIN GREEK YOGURT
1 TBSP HONEY
2 TSP BAKING POWDER



DIRECTIONS:

1. PREHEAT WAFFLE IRON.
2. IN A LARGE BOWL, MIX TOGETHER THE FLOUR, NUTRISYSTEM SHAKE MIX AND BAKING POWDER.
3. IN ANOTHER BOWL, MIX TOGETHER THE EGGS, YOGURT, MILK AND HONEY.
4. ADD WET INGREDIENTS TO DRY INGREDIENTS AND MIX WELL.
5. POUR ABOUT 1/6 OF BATTER INTO THE WAFFLE IRON. COOK UNTIL CRISPY.
6. REPEAT WITH REMAINING BATTER, SPRAYING WAFFLE IRON WITH NONSTICK SPRAY BETWEEN EACH BATCH.

CHOCOLATE PEANUT BUTTER FRENCH TOAST

SERVINGS:

2

CALORIES

PER SERVING:

238

INGREDIENTS:

1 SCOOP CHOCOLATE PROSYNC SHAKE MIX
1/2 CUP EGG WHITE
1/4 CUP UNSWEETENED ALMOND MILK
1 TSP. VANILLA EXTRACT
2 SLICES WHOLE WHEAT BREAD
1 TBSP. PEANUT BUTTER
1 TBSP. CHOCOLATE CHIPS

DIRECTIONS:

1. COMBINE EGG, MILK, VANILLA AND NUTRISYSTEM SHAKE.
2. SOAK EACH SLICE OF BREAD FOR 10 MINUTES.
3. HEAT PAN TO MEDIUM-HIGH AND SPRAY WITH NONSTICK SPRAY.
4. GRILL CHOCOLATE BREAD, 3-4 MINUTES PER SIDE.
5. PLACE PEANUT BUTTER IN THE MICROWAVE FOR ABOUT 30-45 SECONDS, UNTIL SMOOTH AND MELTED.
6. DRIZZLE WITH PEANUT BUTTER AND SPRINKLE WITH CHOCOLATE CHIPS

COUNT AS:

1 POWERFUEL

1 SMARTCARB

1 EXTRA

RED, WHITE, & BLUEBERRY PANCAKES

SERVINGS:

1 (3 PANCAKES)

CALORIES

PER SERVING:

251

COUNT AS:

1 ½ POWERFUELS

1 SMARTCARB

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
2 EGG WHITES
¼ TSP. BAKING POWDER
¼ CUP BLUEBERRIES
½ MEDIUM, BANANA, SLICED
¼ CUP STRAWBERRIES, HALVED
1 TBSP. WATER

DIRECTIONS:

1. TO MAKE BERRY SAUCE, ADD BLUEBERRIES STRAWBERRIES AND WATER IN A SMALL SAUCE PAN OVER MEDIUM-HIGH HEAT. LET IT COOK TO A BOIL AND THEN SMASH THE STRAWBERRIES AND BLUEBERRIES WITH THE BACK OF A SPOON TO BREAK THEM UP.
2. MEANWHILE, MIX NUTRISYSTEM SHAKE, EGG WHITES, AND BAKING POWDER.
3. HEAT SMALL PAN AND SPRAY WITH NONSTICK SPRAY. POUR BATTER INTO PAN. FLIP WHEN FIRST SIDE IS BROWN.
4. TOP WITH SLICED BANANAS AND BERRY SAUCE

MONSTER PROTEIN COOKIE DOUGH

SERVINGS:

6 (1 SERVING = 2.5 TBSP.)

CALORIES

PER SERVING:

196

COUNT AS:

1 POWERFUEL

1 SMARTCARB

1 EXTRA

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 (15 OZ.) CAN CHICKPEAS
2 TBSP. NUT BUTTER
1 TSP. VANILLA EXTRACT
2 TBSP. UNSWEETENED APPLESAUCE
TOPPINGS
¼ CUP NUTS/SEEDS OF CHOICE
¼ CUP CRAISINS
2 TBSP. CHOCOLATE CHIPS

DIRECTIONS:

1. IN A FOOD PROCESSOR, COMBINE CHICKPEAS, NUT BUTTER, NUTRISYSTEM SHAKE, VANILLA AND APPLESAUCE. PROCESS UNTIL SMOOTH AND CREAMY. ADD SOME WATER IF TOO THICK.
2. STIR IN TOPPINGS.



S'MORES COOKIE DOUGH PROTEIN BALLS

SERVINGS:
2 (1 SERVING = 4
BALLS)

CALORIES
PER SERVING:
272

COUNT AS:
1 POWERFUEL
2 SMARTCARBS

- INGREDIENTS:**
- 3 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
 - 4 GRAHAM CRACKER SHEETS
 - ¼ CUP ROLLED OATS
 - ¼ CUP UNSWEETENED ALMOND MILK
 - 2 TBSP. MINI MARSHMALLOWS, CHOPPED

- DIRECTIONS:**
1. PLACE OATS AND GRAHAM CRACKERS IN A FOOD PROCESSOR. PROCESS UNTIL FINE.
 2. STIR IN THE NUTRISYSTEM SHAKE MIX AND MILK. FOLD IN THE MINI MARSHMALLOWS.
 3. ROLL THE DOUGH INTO 8 SMALL BALLS.
 4. REFRIGERATE FOR AN HOUR BEFORE SERVING.

CHOCOLATE PROTEIN BROWNIES

SERVINGS:
6

CALORIES
PER SERVING:
110

COUNT AS:
½ POWERFUEL
1 EXTRA

- INGREDIENTS:**
- 6 SCOOPS CHOCOLATE PROSYNC SHAKE MIX
 - 1 MEDIUM BANANA
 - ¼ CUP UNSWEETENED APPLESAUCE
 - ½ TSP. BAKING SODA
 - ¾ CUP UNSWEETENED ALMOND MILK
 - 2 TBSP. CHOCOLATE CHIPS

- DIRECTIONS:**
1. PREHEAT THE OVEN TO 350°F. SPRAY A SMALL BROWNIE PAN WITH NONSTICK SPRAY.
 2. MASH UP THE BANANA BY HAND OR USING A BLENDER OR FOOD PROCESSOR.
 3. COMBINE THE REST OF THE INGREDIENTS WITH THE BANANA EXCEPT FOR THE CHOCOLATE CHIPS.
 4. POUR THE BATTER INTO A GREASED BROWNIE PAN. SPRINKLE CHOCOLATE CHIPS ON TOP.
 5. BAKE IN THE OVEN FOR 20-22 MINUTES. ALLOW TO COOL BEFORE SLICING.



CINNAMON PROTEIN MUG CAKE

SERVINGS:

1

CALORIES

PER SERVING:

248

COUNT AS:

1 POWERFUEL

1 SMARTCARB

INGREDIENTS:

MUG CAKE:

2 SCOOPS VANILLA PROSYNC SHAKE MIX

2 TBSP. WHOLE WHEAT FLOUR

$\frac{1}{8}$ TSP. CINNAMON

$\frac{1}{4}$ TSP. BAKING POWDER

$\frac{1}{3}$ CUP UNSWEETENED ALMOND MILK

1 TBSP. EGG WHITES

$\frac{1}{2}$ TSP. BROWN SUGAR

CINNAMON SYRUP:

1 TSP. COCONUT OIL, MELTED

$\frac{1}{8}$ TSP. CINNAMON

$\frac{1}{4}$ TSP. BROWN SUGAR

DIRECTIONS:

1. SPRAY A LARGE COFFEE MUG WITH COOKING SPRAY.
2. PLACE THE MUG CAKE INGREDIENTS IN A MEDIUM-SIZED BOWL AND MIX UNTIL JUST COMBINED. POUR THE BATTER INTO THE MUG.
3. MICROWAVE THE MUG CAKE FOR ABOUT 2 MINUTES.
4. TO MAKE THE CINNAMON SYRUP, COMBINE MELTED COCONUT OIL, CINNAMON AND BROWN SUGAR IN A SMALL BOWL.
5. POUR THE CINNAMON SYRUP OVER THE MUG CAKE AND SERVE.

CINNAMON PROTEIN MUG CAKE



VANILLA PROTEIN CAKE POPS

SERVINGS:

9 (1 SERVING = 1
CAKE POP)

CALORIES

PER SERVING:

111

COUNT AS:

½ POWERFUEL
2 EXTRAS

INGREDIENTS:

CAKE BATTER:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 TBSP. SUGAR FREE INSTANT VANILLA PUDDING MIX, DRY
1/4 CUP WHOLE WHEAT PASTRY FLOUR
1/2 TSP. BAKING POWDER
1/2 CUP UNSWEETENED APPLESAUCE
1/3 CUP EGG WHITES

FROSTING:

1/4 CUP NONFAT PLAIN GREEK YOGURT
1 PACKET STEVIA
1/2 TSP. VANILLA EXTRACT

CHOCOLATE SHELL:

1/2 CUP WHITE CHOCOLATE CHIPS
1 TSP. COCONUT OIL



DIRECTIONS:

1. PREHEAT OVEN TO 350°F.
2. IN A BOWL, MIX TOGETHER THE CAKE BATTER INGREDIENTS. POUR THE BATTER INTO A GREASED 6-INCH PAN.
3. BAKE FOR 20 MINUTES, THEN PLACE THE CAKE IN THE FREEZER TO COOL DOWN.
4. IN A LARGE BOWL, MIX TOGETHER THE FROSTING INGREDIENTS.
5. BREAK UP THE COOLED DOWN CAKE INTO PIECES AND PLACE IT INTO THE FROSTING. USE YOUR HANDS TO COMBINE THE MIXTURE UNTIL IT'S WELL MIXED.
6. ROLL THE MIXTURE INTO 9 EQUAL-SIZED BALLS. PLACE THEM ON PARCHMENT PAPER AND FREEZE FOR AT LEAST 10 MINUTES.
7. PLACE WHITE CHOCOLATE CHIPS AND COCONUT OIL IN A SMALL BOWL. MICROWAVE FOR 20-30 SECONDS AT A TIME, UNTIL MELTED, STIRRING OFTEN.
8. PLACE A STICK INTO EACH CAKE BALL AND DIP THEM INTO THE WHITE CHOCOLATE MIXTURE UNTIL FULLY-COATED. ADD SPRINKLES IF DESIRED. LET THE CAKE POPS SIT UNTIL THE CHOCOLATE HARDENS. STORE IN THE FRIDGE.

MANGO VANILLA CHIA PUDDING

SERVINGS:

1

CALORIES**PER SERVING:**

361

COUNT AS:

2 POWERFUELS

1 SMARTCARB

2 EXTRAS

INGREDIENTS:

2 SCOOPS VANILLA PROSYNC SHAKE MIX
1 CUP NONFAT MILK (OR A PLANT-BASED ALTERNATIVE)
1 TBSP. CHIA SEEDS
1 CUP MANGO CHUNKS, CHOPPED SMALL

DIRECTIONS:

1. WHISK TOGETHER THE MILK, VANILLA NUTRISYSTEM SHAKE MIX AND CHIA SEEDS.
2. POUR INTO A RE-SEALABLE CONTAINER, ADD A HALF CUP OF MANGO CHUNKS TO MIX AND STIR UNTIL BLENDED.
3. LET SIT IN FRIDGE OVERNIGHT TO SET.
4. WHEN READY TO ENJOY, TOP WITH REMAINING HALF CUP OF MANGO CHUNKS.

CAKE BATTER NICE CREAM

SERVINGS:

1

CALORIES**PER SERVING:**

146

COUNT AS:

1 SMARTCARB

1 EXTRA

INGREDIENTS:

1/2 TBSP. VANILLA PROSYNC SHAKE MIX
1 BANANA, SLICED AND FROZEN
2 TBSP. UNSWEETENED VANILLA ALMOND MILK
¼ TSP. BUTTER EXTRACT
½ TSP. VANILLA EXTRACT
1 TSP. RAINBOW SPRINKLES

DIRECTIONS:

1. ADD BANANA, ALMOND MILK, VANILLA EXTRACT, BUTTER EXTRACT AND SHAKE MIX TO A FOOD PROCESSOR OR HIGH-POWERED BLENDER.
2. PUREE UNTIL THICK AND CREAMY, SCRAPING THE SIDES AS NECESSARY.
3. SCOOP INTO BOWL AND TOP WITH RAINBOW SPRINKLES.
4. SERVE IMMEDIATELY FOR SOFT-SERVE OR FREEZE UNTIL HARD.



MANGO VANILLA CHIA PUDDING

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