

DRINK *Cake*

RECIPE BOOK

61

*Insanely Delicious Recipes
So Good They Should Be Illegal*



**Shake Up Your Vanilla Cake LEAN for the perfect breakfast,
midnight snack, or anything in between!**

Dear LadyBoss,

We're OVER the misconception that a healthy lifestyle has to be inconvenient and boring, and that's exactly what this recipe book is all about: showing you that you CAN nourish your body while supporting your health and weight loss goals with CAKE!!!

It's time to have your cake and DRINK it too...

Whether you're looking for the perfect breakfast, need a healthy snack in a pinch, or just don't feel like cooking, the 61 delicious LadyBoss LEAN shake recipes in this book will have you feeling satisfied and confident that you're putting the best ingredients and nutrients into your body.

So what are you waiting for? Let's DRINK cake!

XOXO,

Your LadyBoss Team



DETOXIFYING SHAKES



GLOW GIRL

- 4 ounces pomegranate juice
- 4 ounces orange juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup frozen pineapple
- Handful of ice cubes

Blend well in blender



BERRY BLAST

- 8 ounces milk of choice •
- 1 serving of LadyBoss Vanilla Cake LEAN •
- 1 cup frozen mixed berries •
- or
- ¼ cup frozen raspberries •
- ¼ cup frozen blackberries •
- ¼ cup frozen strawberries •
- ¼ cup frozen cherries •
- Handful of ice cubes •

Blend well in blender



DETOXIFYING SHAKES



CRANBERRY KICKED UP

- 8 ounces cranberry juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 teaspoon cinnamon
- Handful of ice cubes

Blend well in blender



SPA DAY

- 1 cup green tea
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 ounces grated ginger
- 2 cups diced watermelon
- 1 cup diced cantaloupe
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



ALMOND JOY

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ teaspoon coconut extract
- 1 tablespoon unsweetened cocoa powder
- Handful of ice cubes

Blend well in blender



BANANA COCONUT

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ banana
- ½ teaspoon coconut extract
- *Optional:* ½ cup vanilla fat-free yogurt for milkshake texture
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



BANANA CREAM PIE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ cup vanilla fat-free yogurt
- ½ banana
- Handful of ice cubes

Blend well in blender



BANANA SPLIT

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ banana
- 3 strawberries
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon nut butter
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



BIRTHDAY CAKE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ teaspoon butter extract
- ½ teaspoon vanilla extract
- Handful of ice cubes

Blend well in blender



ANGEL FOOD CAKE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ teaspoon coconut extract
- ½ teaspoon vanilla extract
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



BANANA BREAD

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 teaspoon butter extract
- ½ teaspoon vanilla extract
- ½ banana
- 1 teaspoon cinnamon
- 1 tablespoon pecans
- Handful of ice cubes

Blend well in blender



CARMELLO

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 2 teaspoons sugar-free caramel flavoring
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



CHOCOLATE COVERED CHERRIES

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 10 frozen cherries
- 1 tablespoon unsweetened cocoa powder
- Handful of ice cubes

Blend well in blender



TURTLE CHEESECAKE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 teaspoon sugar-free caramel flavoring
- 4 tablespoons fat-free cream cheese
- 4 pecans
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



WHITE CHOCOLATE CLOUD

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 2 tablespoons sugar-free white chocolate pudding mix
- Handful of ice cubes

Blend well in blender

KEY LIME PIE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 lime (juiced)
- 1 graham cracker
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



LEMON MERINGUE PIE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 teaspoon sugar-free lemon pudding mix
- Handful of ice cubes

Blend well in blender



CHRISTMAS CANDY

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 5 frozen strawberries
- ½ teaspoon peppermint extract
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



CHOCOLATE COVERED STRAWBERRIES

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 5 frozen strawberries
- 1 tablespoon unsweetened cocoa powder
- Handful of ice cubes

Blend well in blender



PEANUT BUTTER CUP

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon nut butter
- 1 tablespoon unsweetened cocoa powder
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



CINNY BUN

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 teaspoon butter extract
- Handful of ice cubes

Blend well in blender

SOUR BERRY

- 4 ounces milk of choice
- 4 ounces orange juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 4 frozen strawberries
- 1 teaspoon lemon juice
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



CHOCOLATE COCONUT DREAM

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon coconut extract
- Handful of ice cubes

Blend well in blender



NEOPOLITAN

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon unsweetened cocoa powder
- 4 frozen strawberries
- 1 teaspoon vanilla extract
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



GORILLA GRAPE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon frozen grape juice concentrate
- ½ banana
- Handful of ice cubes

Blend well in blender



GRANDMA'S SNICKERDOODLE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 teaspoon cinnamon
- 1 tablespoon honey
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



BLACKBERRY CHEESECAKE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup frozen blackberries
- 1 graham cracker
- Handful of ice cubes

Blend well in blender



SWEET CHERRY PIE

- 8 ounces milk of choice •
- 1 serving of LadyBoss Vanilla Cake LEAN •
- 1/2 cup frozen cherries •
- 1 teaspoon butter extract •
- 1 teaspoon cinnamon •
- 1 graham cracker •
- Handful of ice cubes •

Blend well in blender



DESSERT SHAKES



APPLE PIE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 apple cut into pieces
- 1 teaspoon butter extract
- 1 teaspoon cinnamon
- 1 graham cracker
- Handful of ice cubes

Blend well in blender



ALMOND BANANA

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon nut butter
- ½ banana
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



STRAWBERRY CHEESECAKE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 8 frozen strawberries
- 4 tablespoons fat-free cream cheese
- 1 graham cracker
- Handful of ice cubes

Blend well in blender



PEANUT BRITTLE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon peanut butter
- 1 tablespoon sugar-free butterscotch pudding mix
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



THIN MINT

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1-2 Tablespoons unsweetened cocoa powder
- A few drops of mint extract
- 1 graham cracker
- Handful of ice cubes

Blend well in blender



BUTTERFINGER

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 2 tablespoons sugar-free butterscotch pudding mix
- 1 tablespoon nut butter
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES



CHOCOLATE CHEESECAKE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 2 tablespoons unsweetened cocoa powder
- 4 tablespoons fat-free cream cheese
- Handful of ice cubes

Blend well in blender



FRUIT LOOPS

- 8 ounces milk of choice
- 3 tablespoons orange juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 3 strawberries
- Handful of ice cubes

Blend well in blender



DESSERT SHAKES

***PINEAPPLE UPSIDE DOWN CAKE***

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ teaspoon butter extract
- ½ teaspoon vanilla extract
- ½ cup frozen pineapple
- ¼ cup frozen cherries
- Handful of ice cubes

Blend well in blender



VITAMIN LOADED SHAKES



GREEN GODDESS

- 4 ounces milk of choice
- 4 ounces water
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 packed cup baby spinach or kale
- ¼ avocado
- 1 tablespoon parsley
- S squirt of lime juice
- Handful of ice cubes

Blend well in blender



SKINNY JEANS

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 packed cup baby spinach
- Splash of lemon juice
- Handful of ice cubes

Blend well in blender



VITAMIN LOADED SHAKES



FLAVOR BOMB!

- 6 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon slivered almonds **OR** ½ teaspoon almond extract
- ½ teaspoon vanilla extract
- 1 teaspoon sugar-free syrup of your choice! (see list below)
- ¼ cup Greek yogurt
- Handful of ice cubes

Blend well in blender

**You can purchase sugar-free syrups in the coffee section of the grocery store, or from online retailers. Depending on the syrup you choose, you can change the flavor BOMB!*

Sugar-free syrup options:

Salted Caramel, Black Cherry, Cinnamon Vanilla, White Chocolate, Almond Roca

CLEAN & GREEN MINT SMOOTHIE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup packed baby spinach
- ¼ avocado
- ½ banana
- 2 tablespoons Greek yogurt
- 1 tablespoon chia seeds
- 5-10 mint leaves
- Handful of ice cubes

Blend well in blender



VITAMIN LOADED SHAKES



DREAMSICLE IMMUNITY IGNITER

- 4 ounces milk of choice
- ½ cup orange juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- Handful of ice cubes

Blend well in blender

CARB LOADER

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ cup dry oatmeal
- 1 teaspoon cinnamon
- Handful of ice cubes

Blend well in blender



VITAMIN LOADED SHAKES



FIBER FIX

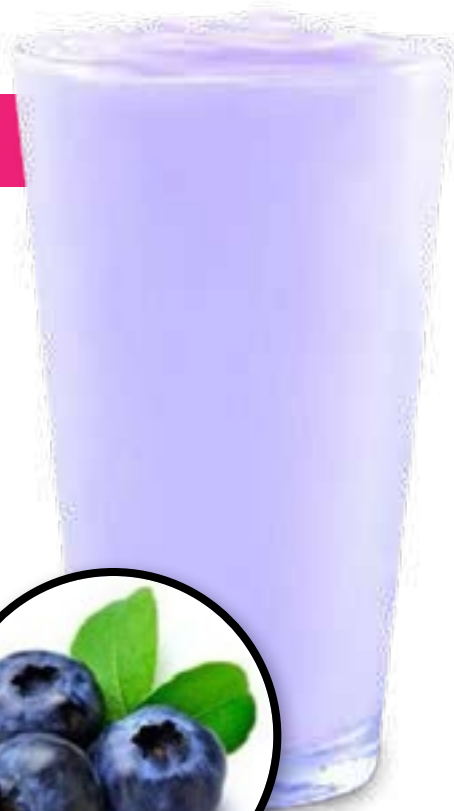
- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 2 tablespoons chia seeds or flax seeds
- 1 teaspoon cinnamon
- Handful of ice cubes

Blend well in blender

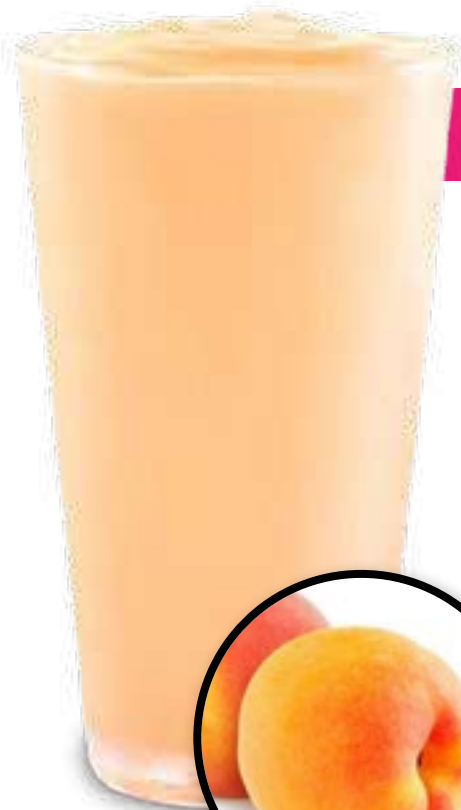
BLUEBERRY BLAST

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ cup frozen blueberries
- Handful of ice cubes

Blend well in blender



VITAMIN LOADED SHAKES



PEACHES & DREAM

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup frozen peaches
- Handful of ice cubes

Blend well in blender



QUICK CRANBERRY

- 8 ounces cranberry juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- Handful of ice cubes

Blend well in blender



TROPIC LIKE IT'S HOT



HAWAIIAN APPLE

- 2 ounces unsweetened apple juice
- 4 ounces water
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ cup unsweetened applesauce
- ½ teaspoon coconut extract
- Handful of ice cubes

Blend well in blender



CHOCOLATE MONKEY

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ½ banana
- 1 Tbsp. unsweetened cocoa powder
- Handful of ice cubes

Blend well in blender



TROPIC LIKE IT'S HOT



LADYBOSS ON THE BEACH

- 4 ounces cranberry juice
- 4 ounces orange juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup frozen pineapple
- Handful of ice cubes

Blend well in blender



LADY COLADA

- ½ cup pineapple-orange juice
- ½ cup water or milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- ¼ teaspoon rum extract
- ¼ teaspoon coconut extract
- **OR** 2 tablespoons coconut shavings
- Handful of ice cubes

Blend well in blender



TROPIC LIKE IT'S HOT



PLUM CRAZY

- 2 cups water
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 ripe plum, pitted
- Juice of one lemon
- Handful of ice cubes

Blend well in blender



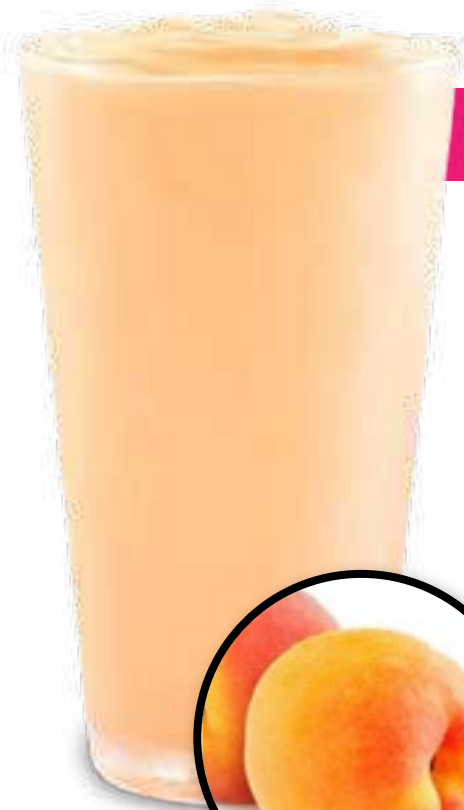
MANGO APPLE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 4 tablespoons unsweetened applesauce
- ½ cup frozen mango pieces
- Handful of ice cubes

Blend well in blender



TROPIC LIKE IT'S HOT



FUZZY NAVEL

- 4 ounces milk of choice
- 4 ounces orange juice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup frozen peach slices
- Handful of ice cubes

Blend well in blender



WATERMELON MINT

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup watermelon
- 1/2 cup fat-free vanilla yogurt
- 5-10 mint leaves
- Handful of ice cubes

Blend well in blender



(CRAFT)Y DRINKS



AMARETTO

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 cup frozen cherries
- Handful of ice cubes

Blend well in blender



APPLE CIDER

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon apple cider vinegar
- 2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- Handful of ice cubes

Blend well in blender



(CRAFT)Y DRINKS



CAFE MOCHA

- 1 cup cooled coffee
- ½ cup milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 tablespoon unsweetened cocoa powder
- Handful of ice cubes

Blend well in blender

CHERRY LEMONADE

- 8 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- 1 Crystal Light lemonade packet
- 1 cup frozen cherries
- Handful of ice cubes

Blend well in a blender



(CRAFT)Y DRINKS



FRAPPE

- 4 ounces cooled coffee
- 4 ounces milk of choice
- 1 serving of LadyBoss Vanilla Cake LEAN
- Handful of ice cubes

Blend well in blender



ROOT BEER (FLOAT) CREAM SODA

- 4 ounces milk of choice
- 1/2 can diet Root Beer
- 1 serving of LadyBoss Vanilla Cake LEAN
- Handful of ice cubes

Pulse in blender until desired consistency



Drink In The Convenience

NEVER
run out!

plus save
BIG!



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- ✓ Get LEAN delivered to your door each month.
- ✓ Discounted pricing & FREE shipping!
- ✓ Welcome Kit valued at over \$150!

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