

The Meal Shakes Book

Sarah - Days to Fitness

The healthy way to lose weight fast



Introduction

Meal replacement shakes are a quick and healthy way to lose weight, but you'll need a plan for best results.

When I started my meal replacement shakes plan, I felt like I really would have benefited from a single book containing all the information I needed but I couldn't find one. Because I know other people felt the same way, I decided to write one myself!

This book contains all the tools and tips I wish I had when I started my meal replacement shakes plan and today I share this book with you – I'm sure you'll find it useful.

The purpose of this book is to provide you with a healthy way to use meal shakes to replace one of your regular meals, lower your calorie intake, create healthy habits, and lose weight quickly and easily.

The book contains five sections to help you to get everything ready that you need before starting and 15 meal replacement shakes recipes for breakfast and lunch/dinner divided in 2 Chapters for easier use.

Section 1 - How I've used meal replacement shakes to lose weight in a fast and healthy way

Section 2 - My meal replacement shakes plan. You can follow my plan and get inspired or use it to learn how to write your own plan.

Section 3 - Before starting be sure you have everything you need in your kitchen

Section 4 - The meal shake powder I use and why I recommend it.

Chapter 1 – Breakfast: 10 Replacement Shakes

Chapter 2 - Lunch/Dinner: 5 Replacement Shakes Recipes

It's taken me quite a few long but very enjoyable days to create this book and make it available in different formats so you can use it on your computer, phone or tablet. It was a labor of love and I'm very happy to be able to share it with you.

I've created this book, and now it belongs to you.

Enjoy it!

Sarah



How to Lose Weight with Meal Replacement Shakes

Meal replacement shakes, for weight loss, are specially designed to substitute a regular meal while providing the vitamins, fiber, minerals and good fats that your body needs, with very low amounts of “bad” fats and sugar. Containing fewer calories than a whole meal, they reduce your calorie intake.

Besides being low-calorie these shakes include natural appetite blockers to leave you feeling full for hours and help fight cravings.

As nutritionally balanced as a regular healthy meal but with far fewer calories, using meal replacement shakes in place of real meals means that you will lose weight easily and relatively quickly.

You just have to mix the shake powder with water/juice/milk, blend it and it's ready to drink. You can also add extra ingredients for flavoring or extra nutrients/energy/benefits.

Meal replacement shakes are a convenient, easy and quick way to replace your meals and lose weight.

Note: On every weight loss diet, one of the most important is to reduce sugar and bad fats.

These shakes come concentrated with all the good things your body needs and without the bad things (sugar, trans fats, artificial sweeteners, preservatives) that we usually get when eating processed foods like: French fries, Muffins, Bacon, Peanut Butter.

Plan your meals and snacks by creating a week meal calendar. This will help you also to plan your grocery list therefore buying exactly what you need and nothing that you don't. I'll show you a calendar example that you can follow.

Section 2

Your Meal Shakes Plan

Every day we must have 3 main meals: Breakfast, Lunch and Dinner. I recommend you to replace one main meal in each day.

Note: You can replace 2 main meals (breakfast and lunch for example), but for the first week let's start easy and allow your body to adapt to this diet plan.

I usually replace breakfast, why ?

Usually, I don't have time in the morning to prepare a complete breakfast, and as you may know breakfast, plays a very important role in our body.

So, I decided to use my only 5 minutes available in the morning to prepare and blend my shake and drink it.

Remember, in every diet the goal is to create an healthy habit instead of an extreme weight loss which will result, when you stop, in regaining the weight you have just lost.

You can download the editable version on [Excel format](#), or [Numbers format](#) (also available a [PDF version](#))

Meal Replacement Shakes Plan							
by Days to Fitness							
	Vegetable	Fruit	Protein	Carbs	Nuts/Dairy	Seeds/Fats	Oils
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1 (breakfast)	Ginger Fighter Shake	Morning Berries Shake	Coffee Shake	Ginger Fighter Shake	Banana and Pineapple Shake	Frozen Yogurt Morning Shake	Frozen Yogurt Morning Shake
Meal 2 (morning snack)	Banana with Plain Yogurt	Apple with Yogurt	Mango with Greek Yogurt	Mixed Fruits with Mixed Nuts	Plain Yogurt	Yogurt with Mixed Fruits	Mango with Greek Yogurt
Meal 3 (lunch)	Veggie Burger Sweet Potatoes Green Salad	Tofu Parmigiana Wild Rice Tomato Salada	Moroccan Chicken Skewers Pasta Green Salad Dressing	Steak Salad Bread Steamed Veggies Dressing	Steamed fish with ginger & spring onion Brown Rice Green Salad Dressing	Turkey Green Salad Feta Cheese Dressing	Barbecue Lean Beef Wild Rice Green Salad Dressing
Meal 4 (afternoon snack)	Tortilla Mushrooms Olives	Cereals with Mix Fruits	Ricotta Cheese Tomatoes	Mix Fruits Plain Yogurt	Strawberries Mixed Nuts	Greek Yogurt	Steamed Veggies Parmesan
Meal 5 (dinner)	Grilled Fish Mix Steamed Veggies Avocado	Scramble Eggs Mozzarella Green Salad Dressing	Cottage Cheese Hummus Asparagus	Grilled Salmon Boiled Potatoes Green Salad	Ham Slices Pita bread Steamed Veggies Mango	Fried Eggs Ricotta Cheese Oven Roasted Veggies English Muffin	Clams Casino Pasta Tomato Salad Pineapple
Meal 6 (extra night snack)	Green Mixed Salad	Cream of Carrot Soup	Greek Lemon Quinoa Soup	Cream of Broccoli Soup	Green Mixed Salad	Carrot and Tomato Salad	Cream of mushroom soup

Meal Replacement Shakes Recipes at daystofitness.com/meal-replacement-shakes-recipes

What you need on your kitchen

Kitchen Blender. There are several options here, Today I use Vitamix 1709. If you can't afford a professional blender I recommend you the Oster Versa 1400-watt Blender ([available on amazon.com](#)). See more options for blenders under \$200 on my article "[Choosing the Best Blender for Smoothies](#)".

Shake Storage Bottle. To safely store your shake so you can take it with you to your job, school, friend's house or outside. I use 22-Ounce Bottle and Twist n' Lock system ([also in stock on amazon.com](#)).

Ingredients. Depending on the recipe, you'll need ingredients to add extra energy, change the taste or texture or increase the nutritional content of your shake.

Meal Replacement Shake Powder. This is the "magic" powder that will boost your body with all

the nutrients you need but without sugar or unhealthy fats while being low in carbs.

Choosing which one is the best for you. This can be tricky and confusing with all the products available on the market, in the next section I'll share the one I use and why it's my personal recommendation.



Section 4

The Meal Shake Powder I use

Their patent formula really works to reduce your appetite and fight cravings.

If this is the first time you use a meal replacement shake, taste plays a very important role on your motivation when starting a diet plan. The taste of this shake is sweet (despite only containing 1g of sugar) which I like and was appreciated in most of customers' reviews I've found.

The price is very attractive, \$1.50 per shake, and that includes a free shaker bottle.

If it's the first time you are trying these shakes, this should definitely be your choice.

If you have already followed a meal replacement shakes diet, I'd recommend you just to give it a try to for healthy yet good tasting shake and see how it works for you.

Rated as one of the best alternatives to Shakeology by many customers, IdealShake is my Top 1 meal replacement shake because it has the right ingredients that a shakes need to lose weight. [Available at IdealShake Of-](#)

[ficial Site](#)

If you'd like to see my other shakes powder recommendation read my article [“Best meal replacement shakes for weight loss”](#).



Breakfast Meal Shakes

Breakfast, they say, is the most important meal of the day and I agree one hundred percent! A good breakfast helps set you up for the day ahead and ensures you avoid midmorning hunger and cravings that might otherwise have you reaching for an unhealthy snack. And statistically, breakfast eaters are slimmer than non-breakfast eaters.

The trouble is, mornings are often when time is short and so we need a breakfast that is easy to make and ready in minutes. That's why my breakfast is almost always a smoothie.

The best breakfast smoothies are high in protein, low in sugar, contain healthy fats and have the bonus of containing some superfoods too.

Here are my all-time favorite breakfast smoothies. I love these recipes as they're easy to make, filling, and really REALLY delicious and I'm sure you love them too!

Section 1

Spinach Grape and Vanilla Shake

This is an unusual recipe but it's worth trying because it's so very light and refreshing. I love this smoothie early in the morning on summer days – especially if I wake up feeling thirsty. The combination of spinach, grapes, and vanilla provides a great combination of flavors which really complement one another and provide a very light and healthy start to your day.

Ingredients

1 cup water
1 cup seedless grapes
1 cup baby spinach
½ cup ice
¼ cup coconut milk
1 scoop Idealshake Meal Replacement Shake – vanilla flavor
(Available at [Official Site](#))

Method

Put all the ingredients into your blender, adding the Idealshake Meal Replacement powder last. Blend on high until the ingredients are smooth and frothy.

Nutrition Information

Calories 217
Protein 12.7 grams
Carbohydrates 37.3 grams
Fiber 6.9 grams
Fat 4.1 grams



Section 2

Banana Mocha Special Shake

Coffee is a must-have start to my day. I not only love the taste; I love how it wakes me up – I’m a very sound sleeper! However, when the weather warms up, I don’t always want a hot coffee and that’s where this smoothie comes in. It’s one of my favorite ways to start to the day and means I can combine my morning java with my breakfast to save time when I’m in a rush. Try it – I’m sure you’ll love it just as much as I do! Chop and freeze a few bananas to use for this and other recipes in place of ice cubes.

Ingredients

- 2 cups water
- 1 scoop IdealShake Meal Replacement Shake – mocha flavor ([available at official site](#))
- 1 medium banana – chopped and frozen
- 1 teaspoon natural peanut butter
- 1 tablespoon chia seeds
- 1 teaspoon instant coffee or 1 shot espresso

Method

Pour the water into your blender, my blender recommendations here, and then add the Idealshake Meal Replacement powder, the frozen banana, one teaspoon of peanut butter, the chia seeds and the coffee. Put the lid on your blender and then blitz on slow for a few seconds and then fast for 30-seconds until smooth. This smoothie is best drunk straight away.

Nutritional Information

Calories 337
Protein 17.2 grams
Carbohydrates 44.2 grams; Fiber 13.8 grams; Fat 13.1 grams



Section 3

Yogurt Morning Shake

Weekends, on those warm mornings, an ice cream is a very nice if naughty way to start your day. Although typical, most ice creams contain high levels of sugar and dairy. Instead, let's use Frozen Yogurt low in sugar with a vanilla flavor that goes perfectly with our chocolate flavor meal replacement shake powder from IdealShake.

Ingredients

- 1 scoop of IdealShake® Meal Replacement Shake
- 1 scoop of low sugar vanilla Frozen Yogurt
- 1/2 cup water
- 2 Ice cubes

Directions

Put all the ingredients in the blender and blend until smooth. If you don't have a powerful blender, you may need to break the ice cubes before you add them. Let it blend for 1 minute and its yogurt frozen time!

I use a professional blender Vitamix, you can find why I bought this model and my recommendations for [blender under \\$200 in my article here](#).



Section 4

Banana and Pineapple Breakfast Shake

Fuel your morning with a powerful energizer; banana. Bananas are high in sugar so let's use only half banana to maximize weight loss (contains approx. 5g of sugar). Bananas, like other fruits (Avocado, Mango) are high in potassium. Potassium helps to:

- reduce the risk of stroke
- lower blood pressure
- reduce the chances of kidney stones
- build muscle
- synthesize proteins, thus improving absorption

For this shake we'll use the Vega One All in One Nutritional Shake, because it's the one with the least amount of sugar (<1g).

Ingredients:

1 scoop of Vega One All in One Nutritional Shake, [available on Amazon.com](#)

1/2 Banana

1/2 cup pineapple juice

1/2 cup water

Directions

Add all the ingredients to the blender and let it roll for 30 seconds. Why I've bought a top blender and what blenders I recommend under \$200 at ["Choosing the Best Blender for Smoothies"](#).



Section 5

Ginger Shake Fighter

Ginger is one of the most powerful natural medicines, “**10 Superfoods Good For You**”. It has, scientifically, demonstrated several medicinal benefits, but based on my personal experience, the best benefit is how it strengthens your immunological system. When you feel that your body defenses are low, ginger can help you to power-up your immune system and fight off infections.

Let's start our day with this Ginger fighter shake to strengthen your body's defenses...

Ingredients

- 1 scoop of RAW Organic Meal Vanilla
- 1 cup Almond Milk
- 1 tsp ground ginger or 1/2 tsp of peeled and minced fresh ginger

Directions

I prefer to use fresh ginger as you can easily buy it in most groceries stores. You have to peel and mince it – use a garlic crusher for ease. If you enjoy the ginger taste you can make it stronger by adding 1 teaspoon instead of the directed half. Glass bottle with Ginger Powder Organic, Kosher available at Amazon.com (1% of their sales supports organic farming).

If you are not used to ginger, give it a try. In the beginning it may taste too spicy and peppery, but slowly you'll get used to it and enjoy its lemony sweet, pungent taste.



Section 6

Morning Shake Berries

Besides coffee, I love to have fruit in the morning. In the morning, you wake up with an stomach empty and, based on my experience, I prefer to start the day with fruit or vegetables instead of processed food like bread, pancakes, eggs, etc. I'm a berry lover and love this morning shake!

Besides coffee, I love to have fruit in the morning. In the morning, you wake up with an stomach empty and, based on my experience, I prefer to start the day with fruit or vegetables instead of processed food like bread, pancakes, eggs, etc. I'm a berry lover and love this morning shake!

Ingredients

- 1 scoop of **Vega One All in One Nutritional Shake**
- 1 cup water
- 1 cup strawberries
- 1/2 cup blueberries

Directions

Add all the ingredients and let it blend ! **The blender I use and the models I recommend here.**



Section 7

Coffee Meal Replacement Shake

I love to have my coffee in the morning, so why not have my breakfast together with my coffee? The IdealShake has a chocolate flavor that goes perfectly with the coffee taste.

Ingredients

- 1 scoop of IdealShake® Meal Replacement Shake
([my recommendations for meal shakes powder here](#))
- 1/2 tsp Almond Extract
- 1 cup cold coffee

Directions

To sweeten this shake a little bit, I usually add half teaspoon of Almond Extract. Adjust to suit your taste but for one serving half tsp is usually enough. One of the reasons why people prefer Almond Extract over Vanilla Extract is you have to add less to sweeten thus it is less expensive.

Regarding the coffee, prepare the coffee as you usually would put it in the fridge to get cold. Do not add the hot coffee to the shake powder as it may change its properties.

Add all the ingredients to the blender, let it blend for 30 seconds and it's ready.



Section 8

Chocolate Coconut Super Shake

Chocolate and coconut are a match made in heaven and both are bone fide superfoods! This indulgent shake contains loads of healthy ingredients to start your day right – much better than a bowl of sugary cereal! I like to make this smoothie, put it in a thermos, and drink it on the way to work.

Ingredients

2 cups water

¼ cup old fashioned rolled oats

1 scoop IdealShake Meal Replacement Shake – **chocolate flavor**

1 tablespoon coconut oil

1 tablespoon raw cocoa powder or nibs

Method

Put the water in your blender and then add the oats. Allow to soak and soften for 15 minutes. Add the rest of the ingredients and then blend on high until frothy and smooth. The oil may float to the top so shake before drinking.

Nutrition Information

Calories 342

Protein 17.5

Carbohydrate 32.5 grams

Fiber 16 grams

Fat 29.6 grams



Section 9

Spiced Pumpkin Shake

This awesome-tasting smoothie is more like a dessert than a breakfast but that doesn't mean it isn't a wonderful way to start the day. Not only is it tasty, and filling, it's also packed with nutritional goodness in the form of raw honey – a well-known superfood. [“10 Superfoods Good For You” article.](#)

Ingredients

1 cup ice
½ cup skim milk or soya milk or rice milk as preferred
⅓ cup canned pumpkin puree
1 tablespoon raw honey
1 scoop Idealshake Meal Replacement Shake – **vanilla flavor**
1 pinch ground nutmeg

Method

Put all the ingredients into your blender, adding the Idealshake Meal Replacement powder last. Blend on high until the ingredients are smooth and frothy.

Nutrition

Calories 241
Protein 16.1 grams
Carbohydrate 39.1 grams
Fiber 6 grams
Fat 3.1 grams



Section 10

Gingery Strawberry and Oat Shake

The combination of flavors in this smoothie will make you want to get up early just to make it! The ginger is invigorating and is also a fantastic superfood pack with important nutrients. In fact, the taste and healthfulness of this smoothie make it very hard to beat!

Ingredients

¼ cup old fashioned rolled oats

½ cup frozen strawberries

½ cup plain, low fat Greek yogurt

½ cup ice

½ teaspoon freshly grated ginger

1 scoop IdealShake Meal Replacement Shake – **strawberry flavor**

Method

Place the oats and ½ cup water in a blender. Let soak until the oats have softened, about 15 minutes. Add the remaining ingredients. Blend until smooth and frothy. **The blend I use and my recommendations here.**

Nutrition

Calories 289

Protein 26 grams

Carbohydrate 38.1 grams ; Fiber 9.8 grams ; Fat 4.6 grams



Lunch/Dinner Meal Shakes



For most of us, and that includes me, lunch is often a sandwich eaten on the go or, worse still, something skipped altogether. Work often makes it hard to eat a healthy lunch – especially when you have a lot to do.

A healthy lunch can help you feel full up until dinner time, stop you from eating unhealthy snacks, make sure you have enough energy to exercise after work, and provide your body with some essential nutrients too.

I normally have my meal replacement shake for breakfast, but, sometimes, I'll switch things up – especially if I know getting a healthy lunch is going to be difficult.

Here are FIVE of my favorite lunchtime meal replacement shakes. Either make them before you leave your house and store them in a thermos flask to keep them cool, or make them fresh if you can.

Strawberries and cream vanilla shake

Strawberries and cream go so well together! They are a match made in heaven. This light, sweet, refreshing shake is great on a sunny summer's day and will give you energy as well as protein, healthy fats, vitamins and minerals. If fresh strawberries are available, use them instead of the frozen ones mentioned in the recipe.



Ingredients

1 scoop IdealShake® Meal Replacement Shake – **strawberry flavor**

1 ½ cups water

1 cup frozen strawberries

2 tablespoons pouring cream

4-6 ice cubes

Directions

Put the water in your blender and then add the other ingredients except the cream and including the ice cubes. Blend on low for 30 seconds and then on high.

Pour into a glass and then stir in the cream.

Nutritional information:

Calories – 246; Protein – 12.7 grams

Chocolate, banana and almond joy

Chocolate and almonds go really well together. Not only in terms of taste but texture too. This shake is a very rich and decadent lunch that almost tastes like you are cheating on your diet! I love this shake for the days I feel like eating something unhealthy but want to stick to my meal replacement plan. In many ways, it reminds me of Almond Joy bars or almond M & Ms!



Ingredients

1 scoop IdealShake® Meal Replacement Shake – **chocolate flavor**

1 ½ cups water

1 tablespoon almond butter

1 chopped banana – frozen

Directions

Pour the water into your blender, my blender recommendations here, and then add the meal replacement powder, almond butter and banana. Blend on low for 30 seconds and then on high for a final 30 seconds. This shake is best served immediately but there is no reason not to put it in a thermos for later.

Nutritional information:

Calories – 300

Protein – 14.8 grams

Carbohydrates – 40 grams; Fat – 12.4 grams; Fiber – 8.6 grams

Coffee and coconut booster shake

Do you ever feel tired in the afternoon? I know I do! Work seems to drag and I have no energy for my workout. When I feel like that, this is my go-to shake! The coffee wakes me up while the coconut oil provides energy for later on. And don't worry about the coconut oil making you fat – it's a healthy fat that your body LOVES to burn for energy.



Ingredients

- 1 scoop IdealShake® Meal Replacement Shake – mocha flavor
- 1 cup no-sugar added soya milk
- ½ cup ice water
- 1 tablespoon coconut oil
- 2 teaspoons instant coffee or 1-2 shots espresso

Directions

Pour the milk and water into your blender and then add the other ingredients. **The blender I use and my recommendations of the best blenders for smoothies here.** Blend on low for 30 to 60 seconds or until the mixture is smooth.

Nutritional information:

- Calories – 273
- Protein – 15 grams
- Carbohydrates – 12 grams
- Fat – 18.6 grams; Fiber – 5 grams

Apple, cinnamon, honey, and oats shake

Sometimes, you need a bigger-than-normal lunch. Maybe you are hitting the gym before you go home and won't be eating for several hours. Maybe work means you won't eat your evening meal until late. When this happens to me, this is my go-to meal replacement shake. Not only is it DELICIOUS, it's also got plenty of protein, slow releasing carbs and fiber to keep me feeling full until I get home. This is a thick shake so feel free to add more water if you want to make it lighter.



Ingredients

1 scoop **IdealShake® Meal Replacement Shake – vanilla flavored**

1 ½ cups water

1 small apple – peeled and diced

½ cup oatmeal

1 tablespoon raw honey

Cinnamon powder to taste

Directions

Pour the water into your blender and add the oatmeal. Blend on low for 30 seconds. Then add all the other ingredients. Blend on low and then high for 30 seconds. (**my favorite blenders for shakes and smoothies here**) Add more water if you want a less thick shake consistency. Sprinkle with more cinnamon if needed.

Nutritional information:

Calories – 375; Protein – 16 grams; Carbohydrates – 71 grams; Fat – 6 grams; Fiber – 12 grams

Cookies and cream indulgence

This shake is so tasty that you might even want to have it for dessert! We all have days where we want to enjoy something indulgent and this is my favorite shake on days like that. Yes, it IS kind of naughty but it's so darn nice too! This is a shake for lunchtime treats – maybe if you have had a really busy morning and feel like you need a reward. Needless to say, this naughty but nice lunchtime shake should be reserved for special occasions such as Mondays – we all hate Mondays!



Ingredients

- 1 scoop IdealShake® Meal Replacement Shake – **cookies and cream flavor**
- 2 Oreo cookies
- 1 cup low fat vanilla milk or vanilla-flavor soya milk
- ½ cup water

Directions

Crush half a cookie and keep it for later. Pour the milk and water into your blender, [my blender choices here](#), and add the meal replacement powder. Blend on high for 30 seconds. Add the remaining 1 ½ cookies and then blend on low for 15 seconds so the cookies are broken up but not pulverized. Pour and sprinkle the crushed cookies on the top. Drink immediately if you want crunchy cookies pieces.

Nutritional information:

Calories – 307

Protein – 17.7 grams

Carbohydrates – 36 grams; Fat – 11.7 grams; Fiber – 5 grams