

BOOST YOUR SHAKE

Create YOUR BAKE

GetFit 
Creating Healthy Lifestyles



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MORE ENERGY MORE CALORIES

THE FOLLOWING RECIPES CONTAIN FRUIT. IT IS HIGHLY RECOMMENDED FOR WEIGHT LOSS AND BLOOD SUGAR CONTROL THAT THESE RECIPES NOT BE USED UNTIL THE SECOND WEEK.

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GENERAL RULE OF MEASUREMENTS



UNICITY COMPLETE Two scoops of Complete will provide you up to 20 grams of protein per serving. Three scoops of Complete will provide you up to 30 grams of protein per serving.

ADDING MORE PROTEIN TO YOUR DIET WILL HELP YOU...

Stay full longer - eat fewer calories - reduce blood sugar spikes - burn more calories - burn more fat - build muscle - recover better after exercise.

ADD A HEALTHY FAT:

Nuts: (2-3 TBSP) Walnuts, almonds, pecans, pistachios, cashews

Nut butters: (1-2 TBSP) Natural peanut, almond, cashew

Seeds: (1-2 TBSP) chia, ground flax, sunflower, pumpkin

Avocado: ½ small

Oils: (1 TBSP) Coconut, MCT, Avocado, Olive

WATER 8-10 oz. is the recommended liquid with all Unicity Complete recipes.

Alternates may include: Unsweetened Soy or Nut Milks, unsweetened tea or coffee.

Adding dairy milk will increase your carbohydrate intake. If you are on a mission to lose weight or

control your blood sugar, avoid adding dairy milk.

ICE CUBES 4-6, use more for thicker consistency

FRUIT: Avoid putting fruit in your shake during the first week of the GetFit21 Program. After that, a small amount of low sugar fruits (1/4 cup) such as berries would be ok.

It is best to avoid high glycemic fruits like bananas, mangos and pineapple. Thick skinned fruits are typically high glycemic. Including fruits in your shake no more than three times per week will help you see better results!

BOOST YOUR SHAKE

Adding the following Unicity products will enhance the nutritional value, health benefits, taste and variety of your shakes.

So many of these products contain fiber. The additional fiber will keep you feeling full longer, increasing your ability to get into the fat burning zone more easily.

Recipes including these additional products are located in the last section of this guide.

MATCHA: ENERGY & FOCUS



LIFIBER: DIGESTIVE FUNCTION



Balance: Cholesterol & Glucose Support





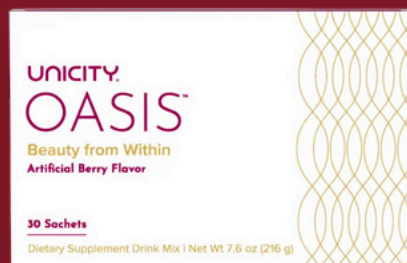
Unimate: Lemon and Lemon Ginger
Mood, Metabolism & Performance



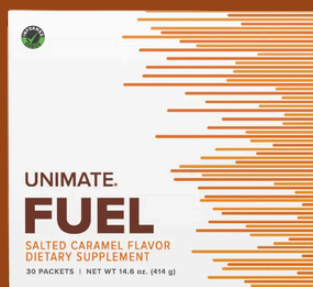
Bone Complex



Super Green:
Ph balance & immunity



Oasis Collagen:
Skin, Hair, Bone Health



Unimate Fuel: Salted Caramel
Metabolism & Satiety



ProBionic:
Digestive Health

ALMOND JOY HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE CUBES

3



8-10 OZ WATER

4



6-8 ALMONDS

5



1/2 TEASPOON
ALMOND EXTRACT

6



1/2 TEASPOON
COCONUT EXTRACT

COMBINE IN BLENDER AND ENJOY

CARAMEL MACCHIATO

HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 TEASPOON
INSTANT COFFEE

5



1 TBSP **SUGAR FREE
CARAMEL SYRUP**

6



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

CHOCOLATE HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 TABLESPOON **COCOA
POWDER (UNSWEETENED)**

5



1 DASH **CINNAMON**

6



1/2 **AVOCADO**

COMBINE IN BLENDER AND ENJOY

CHOCOLATE MINT HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ **WATER**

3



4 LARGE **ICE CUBES**

4



1/8 TABLESPOON
MINT EXTRACT

5



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

CHOCOLATE PEANUT BUTTER HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 1/2 TABLESPOON
UNSWEETENED COCOA NATURAL

5



2 TABLESPOONS **NATURAL
PEANUT BUTTER**

COMBINE IN BLENDER AND ENJOY

CINNAMON BUN HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



1/2 TEASPOON
VANILLA EXTRACT

5



TEASPOON CINNAMON

6



1/4 TEASPOON NUTMEG

7



2-3 TABLESPOON WALNUTS

COMBINE IN BLENDER AND ENJOY

CINNAMON HOT COCOA

HEALTH SHAKE

1



3 SCOOPS UNICITY
COMPLETE

2



8 OZ ALMOND MILK

3



1 DASH CINNAMON

4



1 TABLESPOON
GRASS FED BUTTER

BLEND GENTLY. WARM AND ENJOY

HORCHATA HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ **WATER**

3



1/2 TEASPOON
CINNAMON

4



1/8 TEASPOON
GROUND CLOVES

5



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

ORANGE CREAMSICLE HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ **WATER**

3



4 LARGE **ICE CUBES**

4



1/2 TEASPOON **ORANGE EXTRACT**
(OR 1/4 ORANGE PEELED)

5



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

ORANGE CLOVE HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE CUBES

3



8-10 OZ WATER

4



1/8 TEASPOON
GROUND CLOVES

5



1/2 TEASPOON
ORANGE EXTRACT

6



1 TABLESPOON
MCT OIL

COMBINE IN BLENDER AND ENJOY

PEANUT BUTTER DELIGHT

HEALTH SHAKE

1



2-3 SCOOPS **VANILLA**
UNICITYCOMPLETE

2



8-10 OZ **WATER**

3



4 LARGE **ICE CUBES**

4



2 TABLESPOON **NATURAL**
PEANUT BUTTER

BLEND GENTLY. WARM AND ENJOY

PISTACHIO HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



2-3 TABLESPOONS
SHELLED PISTACHIOS

5



1/2 TEASPOON
ORANGE EXTRACT

COMBINE IN BLENDER AND ENJOY

PUMPKIN PIE HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



2 TABLESPOON
PUMPKIN PUREE

5



1/2 TEASPOON
CINNAMON

6



1/2 TEASPOON
PUMPKIN SPICE

7



2-3 TABLESPOONS
PECANS

8



1/2 TABLESPOON
CHOPPED FRESH GINGER

COMBINE IN BLENDER AND ENJOY

ROOTBEER FLOAT HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ **WATER**

3



4-6 LARGE **ICE CUBES**

4



1/2 TEASPOON
ROOT BEER EXTRACT

5



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

SUPER GREENS

HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 TABLESPOON
CHIA SEEDS

5



1/2 **AVOCADO**

6



1 1/2 CUP **SPINACH**

COMBINE IN BLENDER AND ENJOY

VANILLA FLAX MEAL HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITYCOMPLETE

2



8-10 OZ WATER

3



4 LARGE ICE CUBES

4



2 TABLESPOON
FLAX MEAL

COMBINE IN BLENDER AND ENJOY

APPLE CINNAMON HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1/4 FRESH **MEDIUM APPLE**
(SLICED INTO WEDGES)

5



1/2 TEASPOON
CINNAMON

6



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

APPLE PIE HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE CUBES

3



8-10 OZ WATER

4



1/2 TEASPOON
VANILLA EXTRACT

5



1/4 FRESH MEDIUM APPLE
(CORED WITH SKIN)

6



1/2 TEASPOON CINNAMON

7



2-3 TABLESPOON WALNUTS

COMBINE IN BLENDER AND ENJOY

BERRY BLAST

HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



3 FRESH STRAWBERRIES
OR FROZEN

5



4-6 FRESH BLUEBERRIES
OR FROZEN

6



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

BANANA CREAM PIE HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ WATER

3



4 LARGE ICE CUBES

4



1/2 TEASPOON BANANA
EXTRACT

5



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

BLUEBERRY BLAST

HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ **WATER**

3



4 LARGE **ICE CUBES**

4



1/4 CUP **FRESH BLUEBERRIES
OR FROZEN**

5



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

BLUEBERRY VANILLA ALMOND HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ **WATER**

3



4 LARGE **ICE CUBES**

4



1/4 CUP **FRESH BLUEBERRIES
OR FROZEN**

5



2-3 TABLESPOONS
ALMOND

COMBINE IN BLENDER AND ENJOY

CARROT CAKE HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE CUBES

3



8-10 OZ WATER

4



1/2 CARROT PEELED

5



2-3 TABLESPOONS
WALNUTS

6



1/2 TEASPOON
CINNAMON

COMBINE IN BLENDER AND ENJOY

CHERRY ALMOND HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1/4 CUP **CHERRIES PITTED**

5



1/2 TABLESPOON **ALMOND
EXTRACT**

6



2-3 TABLESPOONS
ALMOND

COMBINE IN BLENDER AND ENJOY

CHUNKY MONKEY

HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



1/2 TEASPOON BANANA
EXTRACT

5



5 DROPS TOFFEE
TOFFEE LIQUID STEVIA

6



2-3 TABLESPOONS
HAZELNUTS

7



1 TABLESPOON
INSTANT COFFEE

8



1 TABLESPOON SUGAR FREE
CARAMEL SYRUP

COMBINE IN BLENDER AND ENJOY

CREAMY STRAWBERRY PASSION HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ WATER

3



4 LARGE ICE CUBES

4



3 FRESH STRAWBERRIES OR
FROZEN

5



1/2 AVOCADO

COMBINE IN BLENDER AND ENJOY

DECEPTIVELY DELICIOUS HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1/4 CUP **BERRIES** OR
STRAWBERRIES

5



1 HANDFUL **FRESH SPINACH**

6



2-3 TABLESPOONS
WALNUTS

COMBINE IN BLENDER AND ENJOY

ISLAND SMOOTHIE

HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE
CUBES

3



8-10 OZ WATER

4



1-2 FRESH ORANGE
SECTION

5



3 FROZEN OR FRESH
STRAWBERRIES

6



1 DASH COCONUT
EXTRACT

7



1/2 TEASPOON
VANILLA EXTRACT

8



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

KIWI STRAWBERRY HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



3 FRESH OR FROZEN
STRAWBERRIES

5



1/2 PEELED **KIWI**

6



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

PB & J PROTEIN HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ WATER

3



4 LARGE ICE CUBES

4



3 FRESH STRAWBERRIES OR
FROZEN

5



2 TABLESPOONS NATURAL
PEANUT BUTTER

COMBINE IN BLENDER AND ENJOY

PEACHES AND CREAM HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



1/2 TEASPOON VANILLA
EXTRACT

5



1/4 FRESH PEACH OR
FROZEN

6



2-3 TABLESPOONS
PECANS

COMBINE IN BLENDER AND ENJOY

PEACH MAPLE HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1/4 FRESH **PEACH** WITH
SKIN

5



1/8 TEASPOON **MAPLE
EXTRACT**

6



2-3 TABLESPOONS
PECANS

COMBINE IN BLENDER AND ENJOY

PEANUT BUTTER BANANA HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ WATER

3



4-6 LARGE ICE CUBES

4



1/2 TABLESPOON
BANANA EXTRACT

5



2 TABLESPOONS NATURAL
PEANUT BUTTER

COMBINE IN BLENDER AND ENJOY

STRAWBERRY MACADAMIA HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ WATER

3



4-6 LARGE ICE CUBES

4



4-6 MACADAMIA NUTS

5



3 FROZEN OR FROZEN
STRAWBERRIES

COMBINE IN BLENDER AND ENJOY

VANILLA PECAN HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITYCOMPLETE

2



8-10 OZ WATER

3



4 LARGE ICE CUBES

4



2-3 TABLESPOONS
PECANS

COMBINE IN BLENDER AND ENJOY

CREAMY BLUBERRY MATCHA ENERGY HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



1 PACKET
UNICITY MATCHA ENERGY

5



1/4 CUP FRESH OR FROZEN
BLUBERRIES

6



1 SCOOP UNICITY LIFIBER

7



1/2 AVOCADO

COMBINE IN BLENDER AND ENJOY

SUPER ANTI-AGING BLUEBERRY HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



1/4 CUP FROZEN
BLUEBERRIES

3



8-10 OZ WATER

4



1 SCOOP UNICITYLIFIBER

5



1 PACKET
NEIGENE COLLAGEN

6



1 SCOOP
BONE FORTIFY

7



4-6 LARGE ICE CUBES

8



1 DASH CINNAMON

9



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

CHERRY ALMOND WALNUT HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 SCOOP **BONE FORTIFY**

5



1/4 CUP **FROZEN CHERRIES**
OR 1/4 TSP **CHERRY EXTRACT**

6



2-3 TABLESPOONS
WALNUTS

COMBINE IN BLENDER AND ENJOY

CHOCOLATE BERRY BLAST HEALTH SHAKE

1



2-3 SCOOPS
**UNICITY CHOCOLATE
COMPLETE**

2



1 SCOOP **UNICITY
LIFIBER**

3



8-10 OZ
WATER

4



1 SCOOP **BONE
FORTIFY**

5



2 CUPS **ICE**

6



1/4 CUP
FROZEN BERRIES

7



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

SPICED UP TO GET MOVING

HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



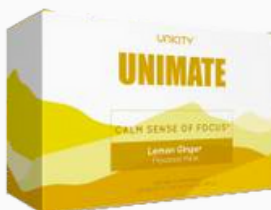
8-10 OZ **WATER**

4



1 SCOOP **UNICITY LIFIBER**

5



1 PACKET
GINGER UNIMATE

6



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

CRUNCHY PUMPKIN HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE CUBES

3



8-10 OZ WATER

4



1/2 TEASPOON VANILLA
EXTRACT

5



2 TEABLESPOON
PUMPKIN PUREE

6



1 TEASPOON
PUMPKIN SPICE

7



1 SCOOP UNICITY LIFIBER

8



2-3 TABLESPOONS
TOASTED PECANS

COMBINE IN BLENDER AND ENJOY

GREEN GOODNESS HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 SCOOP **UNICITY LIFIBER**

5



1 SCOOP **SUPER GREEN**

6



1/2 **AVOCADO**

COMBINE IN BLENDER AND ENJOY

GREEN TEA VANILLA ENERGY BOOST

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ WATER

3



2 CUP ICE

4



2-3 TABLESPOONS
SHELLED PISTACHIOS

5



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

SMOOTH SPICY GREEN HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



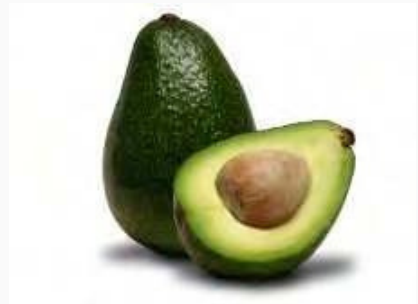
LARGE HANDFUL
ARUGULA

5



1 SCOOP **UNICITY LIFIBER**

6



1/2 **AVOCADO**

COMBINE IN BLENDER AND ENJOY

CREAMY ORANGE HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



8-10 OZ **WATER**

3



4 LARGE **ICE CUBES**

4



1 PACKET OF **UNICITY
BALANCE**

5



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

MOCHA SHAKE

HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



1 TBSP
NATURAL COCOA
UNSWEETENED

5



1-2 TEASPOONS
INSTANT COFFEE

6



1 SCOOP UNICITY LIFIBER

7



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

ORANGE BLUEBERRY HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 SCOOP
UNICITY BONE FORTIFY

5



1/4 CUP **BLUEBERRIES**

6



1 PACKET
UNICITY **BALANCE**

7



1 TABLESPOON **MCT OIL**

COMBINE IN BLENDER AND ENJOY

RASPBERRY ALMOND HEALTH SHAKE

1



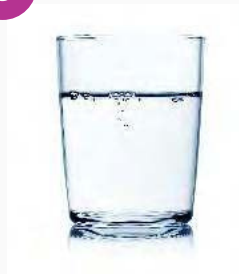
2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE
CUBES

3



8-10 OZ WATER

4



1 SCOOP UNICITY BONE
FORTIFY

5



1 PACKET
NIEGENE COLLAGEN

6



1/4 CUP RASPBERRIES

7



2-3 TABLESPOONS
ALMONDS

COMBINE IN BLENDER AND ENJOY

RASPBERRY FOCUS HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



1 PACKET UNICITY
MATCHA FOCUS

5



1/4 CUP RASPBERRIES

6



1 SCOOP UNICITY LIFIBER

7



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

SNICKERS SINFUL DELIGHT

HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 PACKET
UNICITY UNIMATE FUEL

5



1 TABLESPOON
NATURAL PEANUT BUTTER

6



1 DASH **CINNAMON**

COMBINE IN BLENDER AND ENJOY

SUPER GREEN ENERGY HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE ICE CUBES

3



8-10 OZ WATER

4



3/4 TSP
SUPER GREEN

5



1 SCOOP UNICITY LIFIBER

6



1 PACKET MATCHA ENERGY

7



1 TABLESPOON MCT OIL

COMBINE IN BLENDER AND ENJOY

FRUITY CREAM SORBET

HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



4-6 LARGE ICE CUBES

3



8-10 OZ WATER

4



1 PACKET UNICITY
BIOS7

5



3 FRESH or FROZEN
STRAWBERRIES

6



1 TEASPOON VANILLA
EXTRACT

7



1 DASH
CINNAMON

8



1 TABLESPOON
COCONUT OIL

COMBINE IN BLENDER AND ENJOY

KEYLIME PIE HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



JUICE FROM 1
FRESH LIME

3



8-10 OZ **WATER**

4



4-6 LARGE **ICE CUBES**

5



1 SCOOP **UNICITY LIFIBER**

6



1/2 **AVOCADO**

COMBINE IN BLENDER AND ENJOY

SPICY ANTI-INFLAMMATORY HEALTH SHAKE

1



2 SCOOPS VANILLA
UNICITY COMPLETE

2



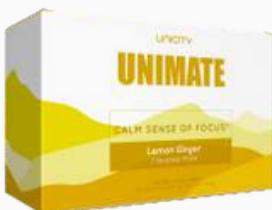
4-6 LARGE ICE CUBES

3



8-10 OZ WATER

4



1 PACKET
UNICITY UNIMATE
LEMON GINGER

5



1 SCOOP
UNICITY LIFIBER

6



1 TABLESPOON
MCT OIL

COMBINE IN BLENDER AND ENJOY

ENERGY LEMONADE

HEALTH SHAKE

1



2-3 SCOOPS VANILLA
UNICITY COMPLETE

2



4 LARGE **ICE CUBES**

3



8-10 OZ **WATER**

4



1 PACKET
UNICITY UNIMATE LEMON

5



1 SCOOP **UNICITY LIFIBER**

6



2-3 TABLESPOON
CASHEWS

COMBINE IN BLENDER AND ENJOY



Hi Protein Vanilla Chia Pudding

Ingredients:

- 2 cups of full fat, unsweetened coconut
- milk (can substitute almond milk)
- 2 scoops Vanilla Complete
- 1/2 cup chia seeds

Procedure:

Combine all ingredients in a large shaker cup. Shake vigorously to combine. Pour into each of 4 6 ounce containers with lid. Cover and refrigerate 4 hours. Best if chilled overnight.

Notes : 4 servings



Almond Joy Protein Patties

Ingredients:

- 2 tablespoons sugar free maple syrup
- 2 scoops Complete Chocolate
- 3 1/4 tablespoons coconut flour
- 2 tablespoons coconut oil, melted
- 1 teaspoon coconut extract
- 1 ounce lightly salted almond, chopped
- unsweetened coconut flakes

Procedure:

Mix first 5 ingredient together to form a soft, slightly sticky dough. Put coconut flakes on a separate plate. Roll out 12 balls and slightly flatten into coconut flakes. Refrigerate until firm. Store in fridge in covered container.

Notes : 12 Servings



Complete Gingerbread Hot Cocoa

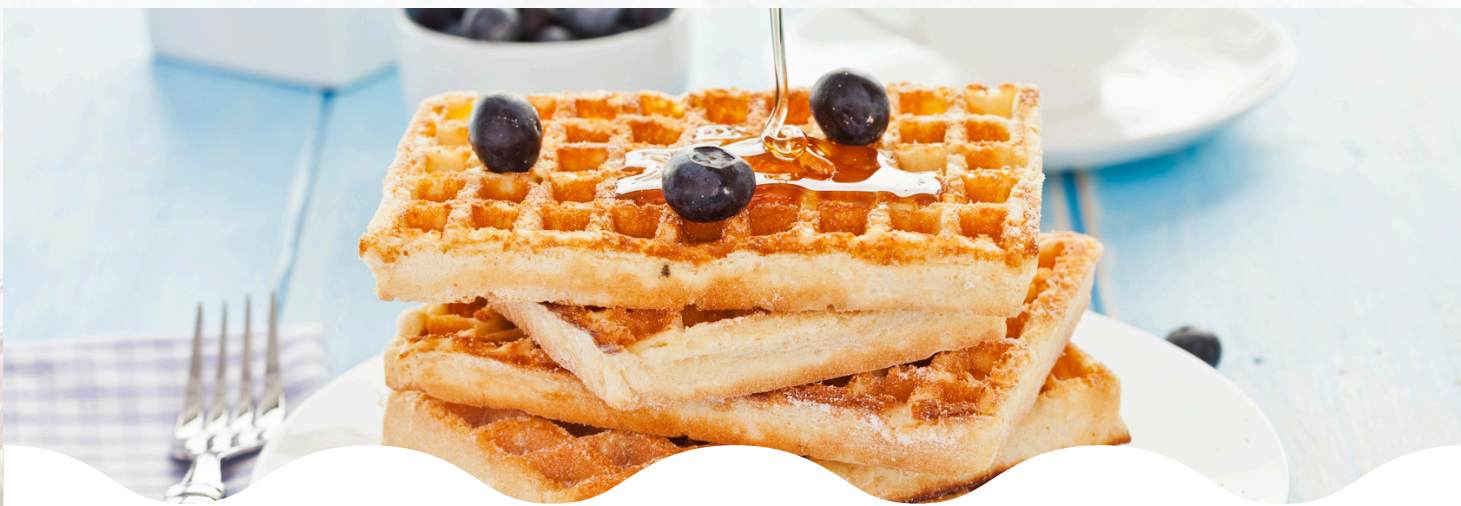
Ingredients:

- 1 cup unsweetened Coconut Milk (Almond Milk can be substituted)
- 1 teaspoon gingerbread spice (if gingerbread spice is not available use a mix of Cinnamon, Nutmeg, Allspice and Ginger. 1/4 teaspoon each)
- 2 Scoops Chocolate Complete (Alternate; 2 scoops Vegan Complete + 1 Tablespoon organic cocoa powder,
- Unsweetened Coconut Whipped Cream for topping, optional

Procedure:

Add all ingredients to a small pot. Bring to a simmer while whisking. Heat and Whisk until the Complete has dissolved. Remove from heat. Cover and steep for 3 to 5 minutes. Serve hot, topped with whipped coconut cream if desired.

Notes : 12 Servings. I do a "float" of coconut cream on top with a sprinkle of cinnamon.



High Protein Waffles

Ingredients:

- 4 scoops Vanilla Complete Protein Meal Replacement powder
- 1/2 teaspoon baking powder
- 1/2 cup almond flour
- 3 eggs
- 1/4 cup olive oil
- 1 tablespoon coconut oil
- 1/2 teaspoon vanilla extract
- 1/4 to 1/2 teaspoon cinnamon
- 2 tablespoons coconut milk
- Optional: add coconut milk 2 tablespoons or less at a time to thin.

Procedure:

Mix all ingredients in a high power blender. Pour generous 1/4 cup onto oiled waffle iron. Cook for 2 minutes or follow your waffle iron guide. Serve with butter.

Per waffle: 282 Calories, 21.5g Fat, 18.75g Protein, 7g Carbs, 3.65g Fiber

Notes : Make 4 Waffles



Complete Protein Pumpkin Bread

Ingredients:

- 4 scoops Vanilla Complete
- 1 cup Pumpkin Puree
- 2 large eggs
- 1/2 cup unsweetened almond butter
- 1/4 cup Swerve (sugar free sweetener)
- 1 teaspoon baking powder
- 1/8 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Procedure:

Preheat oven to 350°F. Combine all ingredients in a blender and blend until well combined. Pour mixture into a greased 9"X 5" loaf pan. Bake 45 minutes until a toothpick comes out clean. (Top with foil the last 10 minutes if browning to quickly). Cool on wire rack 15 minutes. Remove from loaf pan and slice to enjoy.

Notes : Makes 1 loaf



Matcha Fat Blaster

Ingredients:

- 8 ounces unsweetened coconut milk
- 1/4 cup plain full fat Greek yogurt
- 1 packet Matcha
- 1/4 ripe avocado
- 1/2 organic apple, chopped
- 1 scoop Lifiber
- 2 scoop Vanilla or Vegan Complete

Procedure:

Place all ingredients in a high power blender and blend until smooth.





German One Pancake

Ingredients:

- 8 scoops Vanilla Complete
- 7 large eggs
- 1 cup of milk (unsweetened coconut milk can be substituted)
- 1 teaspoon baking powder
- 1 cup blueberries

Procedure:

Preheat oven to 350°F. Mix everything except blueberries in a mixing bowl. Gently fold blueberries into the mixture. Pour into a prepared deep dish pie plate and put it in the oven. Bake 30 minutes or more depending on your oven and altitude. Check frequently.

Notes : 6 to 8 servings



Unicity Complete Protein Pancakes

Ingredients:

- 1/4 cup Rolled oats
- 1 whole Egg
- 2 scoops Unicity Vanilla Complete
- 3 tbs Almond milk
- 1 tsp Vanilla extract
- 1/4 tsp Baking soda
- 3 tbs 2% Cottage cheese

Procedure:

Add all ingredients to blender, mix until smooth, pour batter onto a lightly greased pan (I like to use coconut oil), medium heat. Cook about 3 minutes each side. Top with fresh fruit, sugar free syrup, or natural peanut butter and cinnamon.

Macros: 2 pancake = 297 cal, 10g c, 11g 1, 33 p

Notes : Makes 2 large pancakes



Matcha Cheesecake Mousse

Ingredients:

- 1 tablespoon gelatin pov
- 4 tabrespoons water
- 2 egg yolks
- 1/2 cup sugar substitute
- 1 cup unsweetened almond milk
- 1 cup heavy cream
- 1 sachet Unicity Matcha
- 3 tablespoons warm sate

Procedure:

Dissolve the gelatin powder in the four tablespoons of warm water and set aside. Mix the egg yolks and sugar substitute in a bowl. Heat the milk in a pan, and dissolve the gelatin in the milk. Gradually add the almond milk to the egg mixture. Dissolve the Unicity Matcha in the three tablespoons of warm water. Add the dissolved Unicity Matcha to the egg and almond milk mixture, stir while cooling the bow in ice water. Add whipped heavy cream to the mixture. Pour the mixture into cups or glasses, and chill the mousses for up to two hours in the retrigerator.