



To submit your recipe(s), email [weightloss@mxicorp.com](mailto:weightloss@mxicorp.com)



300

Calories

**The X Factor****1 Cup** Water**1/2 Cup or  
2 Scoops** X ProteinMeal Shake**3** Frozen Strawberries**2 Chunks** Frozen Pineapple**1/2** Frozen Banana**1/4 Cup** Chopped Ice

260

Calories

**The Xo and Tell****1 Cup** Water**1/2 Cup or 2  
Scoops** X ProteinMeal Shake**1/4 Cup** Frozen Blueberries**1/2** Frozen Banana**1 Cup** Chopped Ice

300

Calories

**The Xo - Joy****1 Cup** Almond Milk**1/2 Cup or  
2 Scoops** X ProteinMeal Shake**1 Ounce** Coconut Milk**1/2 Cup** Chopped Ice

Optional: Use shredded Coconut in place of Coconut Milk

220

Calories

**The Xo - Mint****1 Cup** Water**1/2 Cup or 2  
Scoops** X ProteinMeal Shake**1 Ounce** Activ**2 Fresh** Mint Leaves**1 Cup** Chopped Ice

275

### The Xo - Case

Calories

**1 Cup** Water

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**3** Frozen Strawberries

**1/2 Cup** Greek Yogurt

**1 Teaspoon** Cinnamon

**1/4 Teaspoon** Nutmeg

375

### The X Monkey

Calories

**1 Cup** Almond Milk

**1/2 Cup or 2  
Scoops** X ProteinMeal Shake

**1 Tablespoon** Chunky Peanut Butter

**1/2** Frozen Banana

**1 Cup** Chopped Ice

Option: May use water in place of Almond Milk to cut the calories down.

280

### The Xo - Time

Calories

**1 Cup** Water

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**1 Cup** Greek Yogurt

**1 Teaspoon** Honey

200

### X Mocha Frapp

Calories

**1 Cup** Cold Coffee (Black)

**1/2 Cup or 2  
Scoops** X ProteinMeal Shake

**1 Cup** Chopped Ice

**2 Fresh** Mint Leaves

**1 Cup** Chopped Ice

275

Calories

**X Mocha Raspberry Frapp****1 Cup** Cold Coffee**1/2 Cup or  
2 Scoops** X ProteinMeal Shake**4** Frozen Raspberries**1/4 Cup** Chopped Ice

300

Calories

**Chocolate Orange Cream-sicle****6 Ounces** Water**1/2 Cup or 2  
Scoops** X ProteinMeal Shake**2 Ounces** Almond Milk**1** Banana**1 Cup** Chopped Ice**2 Drops** Orange Essential Oil

210

Calories

**The X Vanilla Mocha Frapp****1 Cup** Cup Cold Coffee**1/2 Cup or  
2 Scoops** X ProteinMeal Shake**1 Cup** Chopped Ice**1 Teaspoon** Pure Vanilla Extract

385

Calories

**Provocado****1/2 Cup** Almond Milk**1/2 Cup** Water**1/2 Cup or  
2 Scoops** X ProteinMeal Shake**2** X Power Squares**1/2** Avocado**3-4 Cups** Chopped Ice

Optional: Add 1 packet of Splenda

335

Calories

## Xe Protein

**8.4 Ounces** Xe Energy Drink

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**1 Cup** Chopped Ice

## Orange Creamcycle

**8 Ounces** Unsweetened Orange Juice

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**2 Omega Sq** Omega Squares

**1 tsp** Vanilla

**1 Cup** Ice

## Chocolate Frozen Mint

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**8 Ounces** Milk

**2 Drops** Peppermint Extract

**1 Cup** Ice

## Apple of Xocai

**1/2 Cup** Unfiltered Apple Juice  
(healthy kind - no preservatives)

**1/2 Cup** Water

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**1/2** Apple – cored and skinned

**1 tsp** Vanilla

Ice cubes

### Kiwi Go Now

**1/2 Cup** Unfiltered Apple Juice  
(healthy kind - no preservatives)

**1/2 Cup** Water

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**1** Kiwi (washed with the ends trimmed off; yes,  
keep the skin on!)

Ice cubes

### Xo-Buzz

**1 Cup** Water

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**1/2 Cup** Chopped Ice

**1 tbsp** Your favorite liqueur, such as Bailey's Irish  
Cream, Grand Marnier or Peppermint  
Schnapps...etc.

### Creamy Peanut Butter & Banana

**1 Cup** Water

**1 Cup** Crushed Ice

**1/2** Large Banana (or 1 small banana)

**1/2 tsp** Peanut Butter

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**305**

Calories

### Xo-Good

**1/2 Cup** Water

**1/2 Cup** Orange Juice

**4 Chunks** Frozen Mango

**1/2** Banana

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

## Ice Kickers

**Large Cup** Ice

**1/2 Cup or  
2 Scoops** X ProteinMeal Shake

**1 Tbsp** Real Bee Honey

**1 Tsp** Cinnamon

**1** Banana or flavor of choice

**1/2 Bottle** Water

This is all entered into a blender and whipped till creamy.  
Makes 2 large glasses of shake.

