

the Daily Double

for

**Energy, Weight Loss, Mental Sharpness,
and Blood Sugar Balance**

Mix up a double batch of the Power Drink Recipe to last you all day. For best results, drink a glass before breakfast, lunch and dinner. Drinking **MACRO GREENS®** throughout the day will help you enjoy sustained energy, mental sharpness, blood sugar balance, and diminished food cravings. **MACRO GREENS®** is a perfect alkalizing source that helps support a healthy pH balance, and assists weight loss and health.

Mix the following into a quart container

4 oz Apple Juice

2 scoops **MACRO GREENS®**

Mix well, then add

20 oz Cold Filtered Water

Mix well

Divide into 2-3 servings and drink throughout the day

MacroLife Naturals®

1.800.521.5867

www.MacroLifeNaturals.com



Nutrient-Rich

DRINK RECIPES



MIRACLE REDS®

Power Drink

2 oz Cold Apple Juice
1 scoop **MIRACLE REDS®** or **MACRO GREENS®**
Mix well, then add
8-10 oz Cold Filtered Water
Stir well, serve and enjoy



Fruit Smoothie

1 cup Apple Juice
1 cup Filtered Water
1 cup Frozen Berries or Fruit Mix*
1 scoop **MIRACLE REDS®** or **MACRO GREENS®**
Blend until smooth

Power Breakfast Smoothie

1 cup Almond Milk
1 cup Filtered Water
1 cup Frozen Berries or Fruit Mix*
1 cup Low-Fat Vanilla or Fruit Yogurt
1 scoop **MIRACLE REDS®** or **MACRO GREENS®**
Blend until smooth



All Day Energy Shake

1 cup Almond Milk
1 cup Filtered Water
1 cup Frozen Berry or Fruit Mix*
1 serving Whey Protein Powder
1 Tbsp Flax Oil
1 Tbsp Lecithin Powder
1 scoop **MIRACLE REDS®** or **MACRO GREENS®**
Stir well, serve and enjoy

*Fruit Mix: Strawberries, Blueberries, Peaches, 1/2 Frozen Banana

REDUCE CHOLESTEROL

Drinking **MIRACLE REDS®** can help lower "Bad" LDL cholesterol.†

†Foods or dietary supplements containing at least 0.4g per serving of plant sterols, taken twice a day with meals for a daily total intake of at least 0.8g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering blood cholesterol. Each serving of Miracle Reds® contains 0.67g of plant sterol esters.

MACRO GREENS®

"Green Cow" Smoothie

from **The Cow, Venice Beach, CA**

1 cup Frozen Strawberries
1 Tbsp Honey
1 cup Non-Fat Yogurt
1 cup Non-Fat, Soy or Almond Milk
1 scoop **MACRO GREENS®**
Blend until smooth



"Buzz Juice"

1 scoop **MACRO GREENS®**
Vitamin C Powder
1000 IU's Liquid Vitamin D-3
Capful of Apple Cider Vinegar
Dash of Stevia, or a little Organic Maple Syrup
Fresh Lemon Juice
6-8 oz of Water, Fresh Juice or Almond Milk

Kids Love Green Smoothies!



Ice Pop Snacks

Add any recipe to ice cube tray and turn into **Ice Pop Snacks!**

MIRACLE REDS® Soothing Tea

8 oz Boiling Water
Add 1-2 Cinnamon Sticks
Cover and steep for 5 minutes.
Once cooled, add 1 scoop **MIRACLE REDS®**
Enjoy the calm

