



LIVPRO¹⁵

healthy nutrition in 15 seconds

The below LIVPRO15 smoothies are the best when blended with frozen fruit. You can substitute with fresh fruit and add 6 icecubes. Blend until smooth. Enjoy!

BREAKFAST

Combine 1 scoop of LIVPRO15 with skim milk or almond milk. Add your favorite berries or half of a banana for a delicious high protein breakfast to start your day.

BLUEBERRY OATMEAL

- ¼ cup Blueberries
- ½ cup almond milk
- ½ cup water
- 1 Tbs oatmeal
- 1 scoop LIVPRO15

STRAWBERRY BANANA

- ½ banana
- 4 large strawberries
- ½ cup almond milk
- ½ cup water
- 1 scoop LIVPRO15

TROPICAL TREAT

- ½ cup pineapple chunks
- ½ cup mango
- ½ cup coconut water
- ½ cup almond milk
- 1 scoop LIVPRO15

MEAL REPLACEMENT

For a healthy meal replacement smoothie combine LIVPRO15 with ½ cup plain Greek yogurt and your favorite fruits or vegetables.

GREEN GOODNESS

- ¼ cup blueberries
- ¼ cup spinach
- 1 Tbs organic or raw honey
- 1 ½ cups water
- ¼ cup Greek yogurt
- 1 scoop LIVPRO15

ORANGE DELICIOUS

- 3 Tbs frozen concentrate orange juice
- 1 Tbs honey
- ½ cup almond milk
- ½ cup water
- ¼ cup Greek yogurt
- 1 scoop LIVPRO15

CHOCOLATE-BANANA

- 2 Tbs cocoa powder
- ½ banana
- ½ cup almond milk
- ½ cup water
- ¼ cup Greek yogurt
- 1 scoop LIVPRO15

CHOCOLATE PEANUT BUTTER

- 2 Tbs cocoa powder
- 1 Tbs Agave nectar or sweetner of choice
- 1 Tbs PB2 (powdered peanut butter)
- ½ cup almond milk
- ½ cup water
- ¼ cup Greek yogurt
- 1 scoop LIVPRO15

WEIGHT LOSS

FRUIT PARADISE

- Any combination of your favorite fruits
- Cocoa powder to taste
- 1 Tbs PB2 (powdered peanut butter)
- 1 ½ cups water
- 1 scoop LIVPRO15

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LIV LIFE WELL

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LIVPRO15 is the most advanced, best tasting protein available. It is sweetened and flavored with natural ingredients, and is fortified with vitamins and coconut water. It has been designed for maximum absorption by using a cold, cross-flow microfiltration process. LIVPRO15 is rich in amino acids, including key muscle building Branched Chain Amino Acids.

LIVPRO15 offers healthy nutrition in 15 seconds!
Perfect for the whole family. Replaces sugary snacks and sweets, leaving you feeling fuller longer and with more energy! All this with only 60 calories!

LOW CALORIES. LOW CARBS. NO FAT. NO SUGARS!

- Satisfy your hunger
- Supports lean muscle and strength for a healthy body
- Easy to mix
- Made with dehydrated coconut water
- Sweetened with stevia
- Delicious nutrition for the whole family



Ingredients: Whey Protein Isolate, Coconut Water, Vitamin Blend, Natural Flavors, Stevia, Gum Blend (Xanthan Gum, Orange Fiber, Tara Gum)

Suggested Use: Add 1 level scoop to 4-8 ounces of cold water 1-2 times daily to supplement your diet with additional protein. Can be easily mixed with water, milk, juice or yogurt. Excellent as a base for smoothies.

LIVPRO15 CONTAINS:

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|--------------------------|----------------------|
| NO GLUTEN | NO SUGAR |
| NO ARTIFICIAL FLAVORS | NO SUCRALOSE |
| NO ARTIFICIAL SWEETENERS | NO ASPARTAME |
| NO CHOLESTEROL | NO ARTIFICIAL COLORS |
| NO LACTOSE | NO GMO INGREDIENTS |

*These statements have not been evaluated by the Food and Drug Administration.