

# GR2 CONTROL SHAKE PARTY RECIPES

## Vegetable Shake

- 2 scoops of Vanilla GR2
- 1 Cup of Ice
- 2 ½ Cups of Water
- 2 Cups of Lettuce
- 1 ½ Table spoons of Sesame Seeds

## Fruity Shake (1)

- 2 scoops of Vanilla GR2
- 1 Cup of Ice
- 2 ½ Cups of Water
- 1 Cup of Strawberries
- 1 Cup of Grapes

## Fruity Shake (2)

- 2 scoops of Vanilla GR2
- 1 Cup of Ice
- 2 ½ Cups of Water
- 1 Cup of Oranges
- 1 Cup of Peaches

## Cinna-Banana Shake

- 1 scoop of Vanilla GR2 & 1 scoop of Chocolate GR2
- 1 Cup of Ice
- 2 ½ Cups of Water
- 1 or 2 Bananas
- 1 Teaspoon of Cinnamon

## Choco-nuts Shake

- 2 scoops of Chocolate GR2
- 1 Cup of Ice
- 2 ½ Cups of Water
- 1 Teaspoon of Instant Coffee
- Crushed Almonds
- 2 or 3 mint leaves

THE IDEA: Invite some guests around or do product training. Arrange short talks about the products – testimonies work well too!! Then have 3 or 4 “shake brakes” between the talks/testimonies where you all pitch in and make your shakes!! Wonderful sales result from these parties – apart from the health benefits!!!

