

ROCK THE SHOT

in 3 easy steps...

See back for more recipe ideas!

1. SCOOP

Use the included measuring scoop for a perfect serving every time



2. MIX

Pick your favorite 10-12oz glass and add 1 1/2 cup of water, milk, or milk alternative... and give it a good blend, shake or thorough stir!



3. ENJOY!

Congrats! You've just taken the right steps to support your weight loss journey nutritiously and **ROCK YOUR SHOT!!**



MIX IT UP

with our recipe suggestions!

Get more ideas & recipes here



Choose your Liquid	Liquid Amount	Rock the Shot Scoop	Healthy Additions	Best Mixing Method
Water	1 1/2 cups (12oz)	1 scoop		Shaker bottle
Milk	1 1/2 cups (12oz)	1 scoop		Shaker bottle
Milk Alternative	1 1/2 cups (12oz)	1 scoop		Shaker bottle
Coffee	1 1/2 cups (12oz)	1 scoop	Milk, creamer	Stir Thoroughly
Tea	1 1/2 cups (12oz)	1 scoop	Milk, creamer	Stir Thoroughly
Smoothie	1 1/2 cups (12oz)	1 scoop	Milk, Fruit, Ice, Nuts	Blend 30 sec.
Shot Concentrate Milk, Water, Milk Alternative	1/4 cup	1 scoop		Shaker Bottle

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