

ALPHA LIPID™

Ultra Diet™ 2

UD2 SMOOTHIE RECIPES



■ BERRY BLUE

2 scoops UD2 powder
250ml cold water
¼ cup blueberries (fresh or frozen)
1 tablespoon LSA
2 tablespoons natural yoghurt

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 8.7g

PROTEIN: 11.8g

■ RASPBERRY CREAM

2 scoops UD2 powder
250ml cold water
½ cup raspberries (fresh or frozen)
2 tablespoons coconut cream

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 5.2g

PROTEIN: 11g

■ STRAWBERRIES YO!

2 scoops UD2 powder
250ml cold water
½ cup strawberries, hulled
2 tablespoons natural yoghurt
1 tablespoon LSA

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 9g

PROTEIN: 14.3g

■ SPICE UP YOUR LIFE

2 scoops UD2 powder
250ml cold water
2 tablespoons coconut cream
¼ teaspoon each: dried ginger, cinnamon, pure vanilla essence
Pinch cayenne pepper

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 2g

PROTEIN: 11g