

David Miller
Shaklee - Independent Distributor
1490 Bat Roost Rd
Manchester, Ohio 45144
937-779-0046

Get Your Shaklee Products Go Here:

<http://www.shaklee.net/mimc/>

Introducing Shakleebaby™ and Shakleekids™



**Introducing Shakleebaby™ - Always Safe. Always Gentle. Always Healthy.
Open Order 5/1**

Babies are the most precious gifts in the world. Keep yours happy and healthy with Shakleebaby. Safe, pure, and natural, our pediatrician tested baby care products are formulated to keep your little one's bottoms soft, itty-bitty toes clean, and growing body healthy.



Gentle Wash

Clean, fresh baby. This extra gentle wash is made with organic chamomile and lavender, pH balanced and sensitivity tested to shower even the most tender skin with love. 99% Natural; 76% Organic.

#30108 <http://www.shaklee.net/mimc/>



Soothing Lotion

So soft. Organic sunflower seed oil and shea butter moisturize, and organic chamomile and lavender soothe. 99% Natural; 87% Organic.

#30106 <http://www.shaklee.net/mimc/>



Diaper Rash Cream

Naturally soothing. Zinc Oxide protects baby's delicate skin from wetness, keeping skin healthy and dry, and helps heal diaper rash. Organic and natural oils keep skin hydrated and smooth while chamomile, aloe, and calendula extracts soothe. 99% Natural. 78% Organic.

#30109 <http://www.shaklee.net/mimc/>



Massage Oil

Perfect for massaging baby or moisturizing after a bath. With organic sunflower oil, lavender, and chamomile to moisturize and smooth. 99% Natural, 99% Organic.

#30107 <http://www.shaklee.net/mimc/>



Multivitamin & Multimineral Powder

One of the most comprehensive infant-toddler supplements available, it contains prebiotics to help promote a healthy immune system and bundles of vitamin D to support strong bones and teeth. Star-K Certified. *

#20057 <http://www.shaklee.net/mimc/>

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introducing Shakleekids™ - Supersmart. Supersafe. Supernutritious.
Open Order 5/1

Behold the powers of Shakleekids Mighty Smart and Incredivites! These dietary supplements are made with supersafe ingredients that bring out the best in kids, like rad vision, smart noggins, and a rockin immune system. *



Incredivites™

Shakleekids Incredivites is the first kids chewable multivitamin in the U.S. with lactoferrin, a protein that helps busy bodies' immune systems stay supercharged. Packed with 23 essential nutrients, it's one of the most comprehensive supplements available - with 600IU of vitamin D to support strong bones and teeth, and 100% of the daily value for vitamins C and E per serving. *

#20002 <http://www.shaklee.net/mimc/>

Note: Vita-Lea® Ocean Wonders™ will continue to be available.



Mighty Smart™

Shakleekids Mighty Smart is scientifically formulated with a power-packed blast of ultra-pure DHA. Essential for early brain development, this omega-3 fatty acid has been shown to support mighty memory, mad concentration, and fierce mind skills. Star-K Certified.

#20058 <http://www.shaklee.net/mimc/>

Shaklee®

Instant Protein® Soy Mix

RECIPES

See winning recipes inside!



EASY MIXES

Here are just a few easy ways to add Shaklee Instant Protein Soy Mix to your favorite mixes.

SOUPS

Add 2½ tablespoons Instant Protein Soy Mix to a package of dry soup mix. (2.75 oz to 3.75 oz—package).

Add an additional ½ cup water and follow mix instructions.

Makes 4 servings

CAESAR DRESSING

Combine 5 tablespoons Instant Protein Soy Mix with one 1 oz—packet Caesar dressing seasoning.

Add an additional ¾ cup plus 2 tablespoons water.

Combine protein, seasoning, water, and vinegar in blender and blend until smooth. Slowly add oil while blending. Stir in 2 tablespoons grated parmesan cheese.

Makes 8 servings

PANCAKES

Combine 6 tablespoons Instant Protein Soy Mix and 1 cup of pancake mix.

Add an additional ¾ cup milk and follow directions on box.

Makes 3 servings

MUFFINS

Add 9½ tablespoons Instant Protein Soy Mix to a box of muffin mix (17.5 oz to 19 oz—box).

Increase water by an additional ½ cup and follow instructions on box.

Makes 12 servings

COOKIES

Add 13 tablespoons Instant Protein Soy Mix to a package of dry cookie mix (1 lb 1.5 oz to 1 lb 4 oz—package).

Add an additional ⅓ cup milk and follow instructions on package.

Makes 18 servings

When using this product, cooking at a lower heat and adding extra liquid are recommended.

Cooking and baking with Shaklee Instant Protein Soy Mix is the versatile way to add all the benefits of soy protein to your family's daily diet. Try these delicious recipe ideas for a good start.

Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Two tablespoons of Instant Protein Soy Mix provide 16 grams of soy protein. Shaklee Instant Protein Soy Mix contains no added artificial flavors, sweeteners, colors, or preservatives.

16g
PROTEIN
LESS THAN
1g
CARBOHYDRATE

HEARTY FAVORITES

JOEY'S FAVORITE SOY PROTEIN TUNA PATTIES

by Cara Bennett

- 6 tablespoons Instant Protein Soy Mix
- 2 6-ounce cans of tuna in water, drained
- 5 tablespoons mayonnaise
- 1 egg or 1 egg white
- ¼ cup bread crumbs
- salt and pepper to taste

In a medium bowl, mix all ingredients together. Form into patties about 3 inches in diameter. Lightly coat a large skillet with olive oil. On medium heat, cook patties about 4 minutes per side, until lightly browned. Serve plain or with your favorite tartar sauce.

Makes about 8 patties

Nutritional Information

Serving Size	2 patties (140 g)
Calories	350
Calories from fat	190
Total Fat	21 g
Total Carbohydrate	6 g
Protein	34 g
(12 g soy protein)	
% calories from:	
Carbohydrate	7%
Protein	39%
Fat	54%

RICOTTA STUFFED SQUASH

by Cindy Thorne

- 8 tablespoons Instant Protein Soy Mix
- 8 large patty pan squash, ends trimmed, halved horizontally
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 1 clove fresh garlic, minced
- 1 10-ounce package frozen chopped spinach, thawed and squeezed to remove moisture
- 2 eggs
- 1 15-ounce package low fat ricotta cheese
- ¼ cup grated Parmesan cheese
- 1 tablespoon dried Italian herbs
- 1 tablespoon chopped fresh parsley

Preheat oven to 350°F.

Scoop seeds from squash halves. Steam squash for 5 minutes, then set aside. In a medium bowl, combine eggs, ricotta, Instant Protein Soy Mix, Parmesan, Italian herbs, and parsley. Set aside.

Heat olive oil in a small skillet. Sauté onions and garlic for 1 minute. Add spinach and cook for another minute. Remove from heat and stir spinach mixture into the ricotta mixture.

Fill each squash half with 3–4 tablespoons of stuffing, arranging filled shells in a baking pan. Bake uncovered for 30 minutes, or until squash is soft and stuffing is heated through.

Makes 8 servings

Nutritional Information

Serving Size	2 squash halves (275 g)
Calories	200
Calories from fat	85
Total Fat	9 g
Total Carbohydrate	11 g
Protein	19 g
(8 g soy protein)	
% calories from:	
Carbohydrate	22%
Protein	38%
Fat	40%

LASAGNA

- 6 tablespoons Instant Protein Soy Mix
- 1 cup water
- 1 pound part skim ricotta cheese
- 2 cups mozzarella cheese, shredded
- ½ pound lean ground beef
- ½ medium onion, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- 1 jar (26 oz) Healthy Choice® pasta sauce
- ½ teaspoon oregano, dried
- ½ teaspoon basil, dried
- 8 ounces lasagna noodles

In a blender combine the Instant Protein Soy Mix, water and ricotta cheese and blend until smooth.

Stir in 1½ cups of mozzarella cheese and set aside.

Cook lasagna noodles according to package; set aside.

Brown ground beef in skillet, draining fat and reserving meat. In the same skillet sauté onion, garlic, and mushrooms until softened. Add pasta sauce, reserved meat, oregano, and basil. Stir until well combined.

In a 13 x 9-inch baking pan, spread a small amount of pasta sauce on bottom of pan. Place three of the noodles in pan; layer sauce and ricotta cheese mixture. Repeat layers. Top with final layer of noodles, sauce, and remaining ½ cup mozzarella cheese; cover and bake at 350°F for 40 minutes, or until bubbling.

Makes 8 servings

Nutritional Information

Serving Size	10.1 oz (285 g)
Calories	400
Calories from fat	130
Total Fat	14 g
Total Carbohydrate	33 g
Protein	35 g
(6 g soy protein)	
% calories from:	
Carbohydrate	33%
Protein	35%
Fat	32%

VEGETARIAN CHILI

- 10 tablespoons Instant Protein Soy Mix
- 4 teaspoons olive oil
- 1 cup onion, chopped
- 1 can (14½ oz) Mexican-style diced tomatoes
- 2 cans (14½ oz) vegetable broth
- ½ cup bulgur (cracked wheat)
- ½ cup green pepper, chopped
- 1 can (15¼ oz) kidney beans
- 1 cup frozen corn
- 1½ teaspoons chili powder
- Salt to taste

Heat oil in a saucepan or Dutch oven and cook onions about 5 minutes or until soft.

Stir in tomatoes, 1 can of vegetable broth, bulgur, and bell pepper; bring to a boil. Reduce heat and simmer, covered, stirring as needed, until bulgur is tender, about 10 minutes.

Add beans, corn, and chili powder.

Mix second can of vegetable broth with the Instant Protein Soy Mix and then stir mixture into chili. For thinner chili, add additional vegetable broth or water, as desired.

Makes 8 servings

Nutritional Information

Serving Size	10.4 oz (295 g)
Calories	300
Calories from fat	40
Total Fat	4 g
Total Carbohydrate	43 g
Protein	22 g
(10 g soy protein)	
% calories from:	
Carbohydrate	57%
Protein	30%
Fat	13%

FUN SNACKS

MOLASSES HONEY GINGER COOKIES

by Nan Buchanan

- 8 tablespoons Instant Protein Soy Mix
- ½ cup shortening
- ½ cup sugar
- ¼ cup molasses
- ¼ cup honey
- 1 egg yolk
- 1½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ tablespoon cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- ½ teaspoon ground nutmeg

Preheat oven to 350°F.

Cream together shortening, sugar, molasses, and honey. Add the egg yolk and mix well.

In a separate bowl, sift together the remaining ingredients. Stir flour mixture into shortening mixture. Form dough into a disc shape, cover with plastic wrap, and refrigerate for at least 1 hour.

On a lightly floured surface, roll dough out to 1/4-inch thick. (Use more flour if dough is sticky.) Use cookie cutters to make shapes and transfer onto lightly greased cookie sheets. Bake 8 to 10 minutes, until edges are set and middles are still soft. Do not over-bake. Let the cookies cool on the baking sheets until they are firm, then transfer to a rack to cool completely. Decorate with confectioners' sugar icing and Shaklee Fiber Plan® Daily Crunch™, if desired.

Makes about 2 dozen medium-size cookies

Nutritional Information

Serving Size	1 cookie (32 g)
Calories	130
Calories from fat	45
Total Fat	5 g
Total Carbohydrate	16 g
Protein	5 g
(4 g soy protein)	
% calories from:	
Carbohydrate	49%
Protein	16%
Fat	35%

14 KARAT WHEAT PROTEIN BREAKFAST CAKE by Elaine Smith

For the cake

- 16 tablespoons Instant Protein Soy Mix
- 2 cups sugar
- 1 cup olive oil
- 5 eggs
- 1 teaspoon vanilla
- 3 cups grated carrot (about 3 carrots)
- 2 cups wheat flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup raisins
- 1 cup chopped walnuts or pecans

For the OPTIONAL topping

- 1/2 cup Shaklee Fiber Plan® Daily Crunch™
- 1/2 cup quick-cooking oats
- 1/2 cup brown sugar
- 1/4 cup olive oil

Preheat oven to 350°F. Coat a bundt pan with nonstick cooking spray, then lightly flour.

In a large bowl, beat together sugar and olive oil. Add eggs one at a time, beating after each. Add vanilla, mixing well. Stir in carrots. In a smaller bowl, mix together flour, Instant Protein Soy Mix, baking soda, cinnamon, and salt. Stir into wet ingredients, mixing well. Stir in raisins and nuts.

If making the topping, combine 3/4 cup of the cake batter with topping ingredients. Spread topping evenly into the bottom of the bundt pan, then cover with remaining cake batter. If not making the topping, pour batter into the bundt pan.

Bake for 60 minutes, or until a toothpick inserted into the center comes out clean. Cool 10 minutes, then remove from pan and allow to cool completely.

Makes 14 servings

Nutritional Information

Serving Size	1 slice (135 g)
Calories	480
Calories from fat	210
Total Fat	23 g
Total Carbohydrate	53 g
Protein	16 g
(9 g soy protein)	
% calories from:	
Carbohydrate	44%
Protein	13%
Fat	43%

PEANUT BUTTER FUDGE CRUNCH APPLES by Wendy Osterbaan

- 16 tablespoons Instant Protein Soy Mix
- 2 cups Shaklee Fiber Plan Daily Crunch
- 1 cup natural peanut butter
- 1 cup granola cereal with raisins
- 1 cup maple syrup
- 1/2 cup flaked coconut
- 8 Popsicle sticks
- 8 medium apples

In a large bowl, mix Instant Protein Soy Mix, peanut butter, granola, syrup and coconut. Place Shaklee Fiber Plan Daily Crunch in a small bowl. Insert sticks into apples. Using a butter knife, spread peanut butter mixture evenly onto the apples.

Roll in Shaklee Fiber Plan Daily Crunch.

Refrigerate 1/2 hour before serving.

Makes 8 apples

Nutritional Information

Serving Size	1 apple (276 g)
Calories	570
Calories from fat	180
Total Fat	20 g
Total Carbohydrate	78 g
Protein	25 g
(16 g soy protein)	
% calories from:	
Carbohydrate	52%
Protein	17%
Fat	31%

PEANUT BUTTER CHOCOLATE CHIP BAR

- 16 tablespoons Instant Protein Soy Mix
- 1 1/2 cups Shaklee Fiber Plan Daily Crunch
- 1 cup quick cooking or old-fashioned oats, uncooked
- 3/4 cup honey
- 1 cup peanut butter
- 2 1/2 teaspoons vanilla flavor extract
- 2/3 cup chocolate chips

Combine Instant Protein Soy Mix, Shaklee Fiber Plan Daily Crunch, and oats in large bowl and set aside. Bring honey to a boil on stovetop. Remove from heat and stir in peanut butter and vanilla until smooth. Immediately add honey mixture to dry mixture until well incorporated. Refrigerate for 20 to 25 minutes. Stir in chocolate chips and press into 8 x 8-inch square pan. Refrigerate approximately 20 to 25 minutes

or until firm. Cut into 12 bars and serve. Store bars in an airtight container.

Makes 12 servings

Nutritional Information

Serving Size	2.8 oz (80 g)
Calories	370
Calories from fat	150
Total Fat	16 g
Total Carbohydrate	41 g
Protein	14 g
(7 g soy protein)	
% calories from:	
Carbohydrate	45%
Protein	15%
Fat	40%

MIXED BERRY BAR

- 10 tablespoons Instant Protein Soy Mix
- 1 cup Shaklee Fiber Plan Daily Crunch
- 1 cup Post® Grape Nut® Flakes*
- 1 cup rolled oats
- 1 1/2 cups dried fruit mix (cranberries, raisins, or any other dried fruit)
- 1 1/2 teaspoon cinnamon
- 1/3 cup sliced almonds
- 1 cup honey
- 1/3 cup orange juice concentrate

Combine Instant Protein Soy Mix, Shaklee Fiber Plan Daily Mix, cereal, oats, dried fruit mix, cinnamon, and almonds; set aside.

Bring honey and orange juice concentrate to a boil on stovetop and remove from heat.

SOME HEALTHY FACTS ABOUT Instant Protein® Soy Mix

Beneficial soy isoflavones such as daidzein and genistein occur naturally in soy protein. These isoflavones and other nutritious compounds are retained during cooking.

Soy protein is low in fat, high in calcium, and rich in essential amino acids.

With the advice of their physicians, many people with diabetes will find that Instant Protein Soy Mix has a natural place in their diabetic diet.

Shaklee uses only non-GMO soy certified through an Identity Preservation Program (IPP). This program assures that the soy we use is tightly monitored and controlled from planting and harvesting to processing.

Immediately combine honey mixture with cereal mixture. Press into 8 x 8-inch square pan and refrigerate for 45 to 50 minutes or until firm.

Cut into 12 bars and serve.

Store bars in an airtight container.

Makes 12 servings

Nutritional Information

Serving Size	2.8 oz (80 g)
Calories	240
Calories from fat	30
Total Fat	3 g
Total Carbohydrate	44 g
Protein	10 g
(7 g soy protein)	
% calories from:	
Carbohydrate	72%
Protein	17%
Fat	11%

GREAT DRINKS

EASY TROPICAL MORNING BLAST

by Sheryl Menah

- 8 tablespoons Instant Protein Soy Mix
- 2 cups orange juice
- 1/8 teaspoon vanilla extract (optional)
- 1 ripe mango, peeled, cut into chunks and frozen
- 1 cup sliced strawberries, frozen
- 1 medium ripe banana, peeled
- 1 cup ice

Add about 3/4 of the orange juice, Instant Protein Soy Mix, vanilla and mango to a blender. Pulse until smooth. Add remaining orange juice and strawberries, pulse until smooth. Add banana and ice, pulse until smooth.

Makes 4 servings

Nutritional Information

Serving Size	11.3 oz (321 g)
Calories	220
Calories from fat	18
Total Fat	2 g
Total Carbohydrate	32 g
Protein	18 g
(16 g soy protein)	
% calories from:	
Carbohydrate	59%
Protein	33%
Fat	8%

ORANGE JEWELS SMOOTHIE

by Ruth Parreira

- 8 tablespoons Instant Protein Soy Mix
- 1 6-ounce can frozen orange juice concentrate
- 1 cup milk
- 1 cup water
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 1 cup ice cubes

Combine all ingredients in a blender. Process until smooth.

Makes 4 servings

Nutritional Information

Serving Size	6.9 oz (195 g)
Calories	250
Calories from fat	30 g
Total Fat	3 g
Total Carbohydrate	37 g
Protein	19 g
(16 g soy protein)	
% calories from:	
Carbohydrate	59%
Protein	30%
Fat	11%

MIXED BERRY SMOOTHIE

- 2 tablespoons Instant Protein Soy Mix
- 1/4 cup 2% milk
- 1/3 cup lowfat yogurt
- 3 tablespoons sugar or honey
- 1/4 cups crushed ice
- 1/3 cup sliced strawberries or about three whole strawberries, fresh or frozen
- 1/3 cup raspberries, fresh or frozen
- 1/4 cup blackberries, fresh or frozen (other fruits can be substituted such as banana, mango, etc.)

Combine milk, yogurt, Instant Protein Soy Mix, and sugar in a blender and blend on high.

Add fruit and crushed ice and blend on highest speed until smooth.

Makes 1 serving

Nutritional Information

Serving Size	16 oz (454 g)
Calories	370
Calories from fat	30
Total Fat	3 g
Total Carbohydrate	61 g
Protein	24 g
(16 g soy protein)	
% calories from:	
Carbohydrate	66%
Protein	26%
Fat	8%

*All trademarks are the property of their respective owners.



For more information, visit www.shaklee.com.

Distributed by Shaklee U.S., Inc., Pleasanton, CA 94588
© 2003 Shaklee Corporation • 02-659 (Rev. 03/03)