

Shakeology® Viral Postcards and eCards

Email and Facebook® post our professionally-designed, customizable Shakeology images!



Happy Labor Day!
Relax, chill out,
and boost your health.

**Strawberry
Lemonade Shake**
1 scoop Greenberry
Shakeology®
1 cup water
1 cup strawberries
Fresh lemon juice

It was a labor of love to find
all the nutritious ingredients
that went into Shakeology.
This holiday, sit back and
enjoy superfood nutrition in
a dreamy, refreshing shake.

shakeology
THE HEALTHIEST MEAL OF THE DAY

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BEACHBODY



TEAM BEACHBODY®

**This 4th, start your
own health revolution.**

Stars 'n' Stripes Shake

- 1 scoop Chocolate Shakeology®
- 1/2 cup nonfat milk
- 1/4 cup fresh or frozen raspberries
- 1/4 cup fresh or frozen blueberries
- Ice to taste

Blend on high 'til creamy.

shakeology
THE HEALTHIEST MEAL OF THE DAY

Stir things up this holiday with added energy and
freedom from food cravings. Enjoy the world's
most powerful superfoods in a dreamy, nutritious
shake.

Viral Postcards

Viral postcards are fun images you can post on your Facebook® profile around the holidays to share Shakeology® with your friends. You can visit the Shakeology page at **Facebook.com/Shakeology** and click the “Share” button when we post the image or visit the Facebook album “Viral Postcards” for a library of all the existing holiday postcards at <http://on.fb.me/nKPMim>. We are in the process of building the library and will have a new Viral Postcard for every holiday in 2012!



Labor Day Viral Postcard



Happy Labor Day!
Relax, chill out,
and boost your health.

**Strawberry
Lemonade Shake**

- 1 scoop Greenberry
Shakeology®
- 1 cup water
- 1 cup strawberries
- Fresh lemon juice

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THE HEALTHIEST MEAL OF THE DAY

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Back to School Viral Postcard



Brain Food

Start your school day with the smartest nutrients you can put in your body.

Apple Berry Shake

- 1 scoop Greenberry Shakeology®
- ½ cup water
- ½ cup natural apple juice
- ½ cup raspberries
- 1 tsp. cinnamon

Enjoy superfood nutrition in a delicious shake so you'll be top of the class.

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THE HEALTHIEST MEAL OF THE DAY™

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Halloween Viral Postcard



HAPPY HALLOWEEN!
Here's a treat that's not a cheat.

**Honey Pumpkin
Spice Shake**

- 1 scoop Chocolate Shakeology®
- 1 cup water
- 1 cup canned pumpkin
- 1 tsp. pumpkin pie spice
- 1 tsp. honey

Scare away your sugar cravings with
superfood nutrition in a delicious shake.

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THE HEALTHIEST MEAL OF THE DAY™

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Thanksgiving Viral Postcard



Happy Thanksgiving!
Enjoy a healthy meal with all the fixin's!

Pumpkin Coffee Nut Shakeology®
1/2 tsp. coconut extract
1/2 cup unsweetened canned pumpkin
1 tsp. pumpkin pie spice
1 cup cold coffee
1 scoop Chocolate Shakeology

Make every day a healthy one with Shakeology.
Sit back, relax, and enjoy powerful superfoods
in a dreamy holiday shake.

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New Year Viral Postcard



Cheers to a healthy New Year!

Snow Storm Shakeology®

- 1 scoop Chocolate Shakeology
- 1/8 tsp. almond extract
- 1/8 tsp. rum extract
- 1/2 cup cold coffee
- 1/2 cup skim milk

Directions: Place all ingredients in a blender and whirl until creamy. For a thicker shake, add more ice.

This year, make every day a healthy one with Shakeology. Enjoy powerful superfoods in a creamy, delicious shake.

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Happy New Year

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Christmas Viral Postcard

A tall glass filled with a thick, dark chocolate shake. A red and white striped candy cane is leaning against the glass. In front of the glass is a red Christmas ornament with a gold cap and red and white streamers. The background is a light blue gradient with white snowflake patterns.

Merry Christmas!
May your holiday be happy and healthy.

Creamy Candy Cane Shakeology®

- 1 scoop Chocolate Shakeology
- 1 cup almond milk
- 2 tsp. crushed candy canes
- Ice to taste

Directions: Place all ingredients in a blender and whirl until creamy. For a thicker shake, add more ice.

Make every day a healthy one with Shakeology. This holiday, enjoy the festivities with powerful superfoods in a dreamy, delicious shake.

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Hanukkah Viral Postcard



Enjoy a Happy and Healthy Hanukkah!

Apple Pie Spice Rugelach Shakeology®

- 1 scoop Chocolate Shakeology
- 1/2 cup apple juice
- 1/2 cup water
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg

Place all ingredients in a blender and whirl until creamy. For a thicker shake, add more ice.

Make every day a healthy one with Shakeology. Enjoy this holiday with powerful superfoods in a creamy, delicious shake.

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Shakeology[®] eCards

Customize our professionally-designed eCards with your information and email them to your existing or new customers to spread the word about Shakeology. It's that easy!

eCards can be found in
the Coach Online Office >
My Desk > MyEcards >
Create



Fourth of July eCards

TEAM  BEACHBODY®

Oh, say, can you shake?



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THE HEALTHIEST MEAL OF THE DAY

Salute good health this holiday with more than 70 of the world's healthiest ingredients in 1 delicious drink.

TEAM  BEACHBODY®

This 4th, start your own health revolution.

Stars 'n' Stripes Shake

- ▶ 1 scoop Chocolate Shakeology®
- ▶ 1/2 cup nonfat milk
- ▶ 1/4 cup fresh or frozen raspberries
- ▶ 1/4 cup fresh or frozen blueberries
- ▶ Ice to taste

Blend on high 'til creamy.



shakeology
THE HEALTHIEST MEAL OF THE DAY

Stir things up this holiday with added energy and freedom from food cravings. Enjoy the world's most powerful superfoods in a dreamy, nutritious shake.

Single Serving Announcement eCards



Black bag your lunch and lose weight.

Replace a meal with **Shakeology® single-serve packets.**

Shaking off excess weight just got easier. The Shakeology Convenience Pack with 24 single-serve packets is now available. Take them with you wherever you go. Work. The gym. Even in your car. Just replace one meal a day with this nutritious shake to help you continue to lose weight.* Anytime. Anywhere.

Your contact info

"Contact me if you're interested!" [Click here for more info](#)

shakeology®
THE HEALTHIEST MEAL OF THE DAY

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

**70 of the world's healthiest ingredients.
Now available to go.**

Introducing the **Shakeology® Convenience Pack.**

If you're on the go, Shakeology is, too. The Shakeology Convenience Pack contains 24 single-serving packets you can take anywhere. Work. The gym. Even on vacation. Available in all Chocolate, all Greenberry, or a mix of the two flavors.

Your contact info

"Contact me if you're interested!"
[Click here for more info](#)



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THE HEALTHIEST MEAL OF THE DAY

Dinner is Served eCard



Dinner is served.

SHAKEOLOGY
70 healthy ingredients. One meal.

Replace just one meal a day, exercise regularly,
and lose weight. It's the tasteful way to get fit.

Find out more. Contact your Beachbody Coach or
visit shakeology.com

Your contact information

 **BEACHBODY®**
nutrionals

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Wedding Congratulations eCard

TEAM  BEACHBODY®

Say "I do" to good health.



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THE HEALTHIEST MEAL OF THE DAY

Enjoy a long and happy life together. Give your body the world's most powerful superfoods in a dreamy, nutritious shake.

TEAM  BEACHBODY®



The honeymoon's never over.

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THE HEALTHIEST MEAL OF THE DAY

Enjoy a healthy and happy life together. Give your body the world's most powerful superfoods in a dreamy, nutritious shake.

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Contact me if you're interested!

Wedding Slim-down eCard

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Wedding crashers.



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THE HEALTHIEST MEAL OF THE DAY

Stand out at your next event.
Slim down, dance all night, and wear a healthy glow. With 70 of the world's healthiest ingredients in 1 delicious glass.

Contact me if you're interested!

Father's Day Ecard

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**This Father's Day,
shake up tradition.**

shakeology
THE HEALTHIEST MEAL OF THE DAY


Make dad feel great with more than 70 of the world's healthiest ingredients in 1 delicious shake.

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Contact me if you're interested!

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More info: <http://beachbodycoach.com/beccabear>

TEAM  BEACHBODY®

**Superdads deserve
superfoods.**



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The world's most powerful superfoods in one delicious shake.

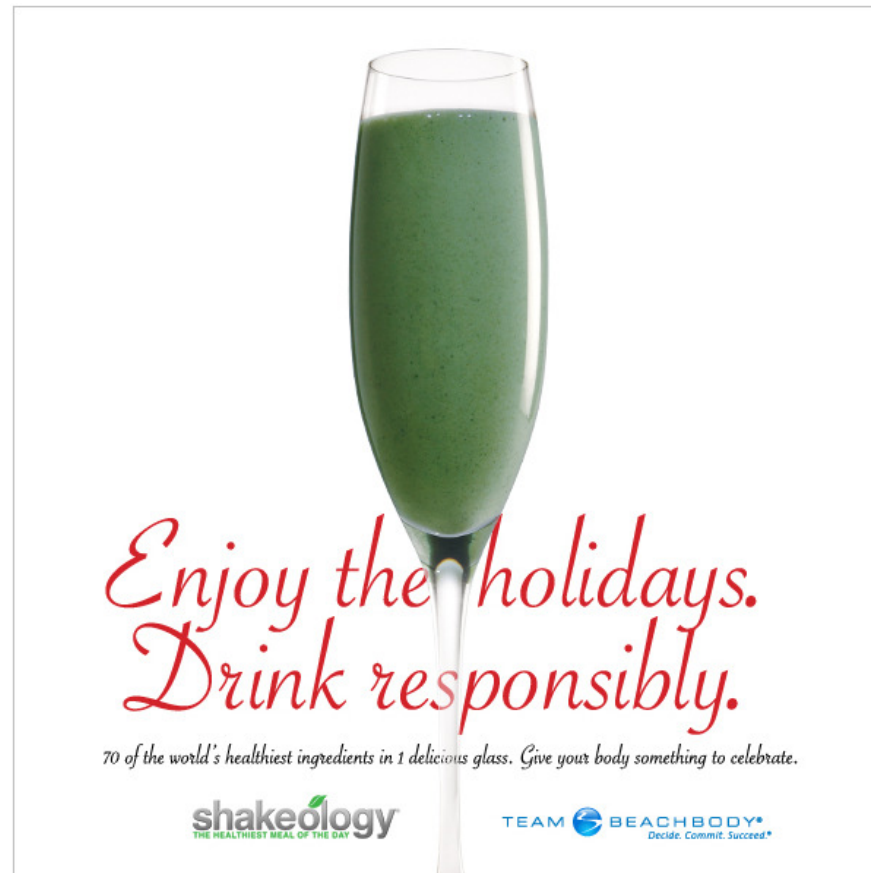
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Contact me if you're interested!

Contact info

More info: <http://beachbodycoach.com/beccabear>

Holiday eCards



I love this e card.

Andrew Machado

Contact info

more info: <http://beachbodycoach.com/andrewmachado>