

Recipes

Healthy Meals for a
Tasty Turnaround™

Filters

☐ Smoothie

Meal Categories

- ☐ Fruit/Vegetable
- ☐ Vegetarian
- ☐ Pork
- ☐ Beef
- ☐ Kosher
- ☐ Seafood
- ☐ Chicken/Turkey



Baked Salmon

Simple, delicious and
packed with Vitamin D.
This meal's a catch!

[Read Full Recipe](#)



Baked Portabella



Baked Salmon



Beef Kabobs



Foil Baked Lemon Fish



Honey Pecan Chicken



Pita Pizza



Grilled Pork & Pear Salad



Salsa Chicken



Shrimp & Edamame Salad



Vegetable Frittata



Pina Colada Smoothie



Chocolate & Peanut Butter
Smoothie



Strawberry & Banana Smoothie



Mocha Latte Smoothie



Home-Style Baked Tomato & Cheese Casserole



Rustic Chicken Cacciatore



Hearty Turkey Chili



Smokey Chipotle Chicken Soup



Curry-Home Tofu



Light & Healthy Halibut Kabob



Saucy Huevos Rancheros Tostadas



Presto! Pesto Roasted Vegetables



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