



ShipShape Shake Serving Suggestions

(Ark 4 – Super Ark Food)



Arkworld ShipShape Shake (Ark 4 – Super Ark Food) is best used in conjunction with the ShipShape Fat Antagonizer Capsules (Ark 5 – Inferno) as part of the ShipShape weight control product range.

The ShipShape Shake with its Vanilla Cream flavour is delicious on its own, but for more variety we have added a few more serving suggestions that you may like to try, or if you wish to be a little creative and have some fun with it, you could think up some of your own.

Here are a few ShipShape Shake ideas... (Ice or crushed ice is optional)

Classic ShipShape Shake - Blend in 250 ml water and shake

Fruity ShipShape Shake - Add 1 inch of favourite juice + 250 ml water

Creamy ShipShape Shake - Add 1 tablespoon favourite yogurt + 250 ml water

Cool Fresh ShipShape Shake - Blend a handful of frozen or fresh berries with 250 ml water (For extra fibre add a handful of oats and/or apple)

Frappe ShipShape Shake - Add one teaspoon coffee or de-cafeinated coffee to 250 ml water

Spicy ShipShape Shake - Add a teaspoon of cinnamon, ginger or turmeric with water

Green ShipShape Shake - Blend a large bunch of spinach, broccoli or kale or maybe all three with 2 inches of water

Carroty ShipShape Shake – Blend in carrot juice

Fruity ShipShape Shakes

Berry Refresher Shake – Add 250ml of Cranberry Juice

Tropical Shake – 250ml of Unsweetened Orange Juice with ½ of Banana

Breakfast Shake – 250ml of Unsweetened Orange Juice with 3 Dried Apricots

Fruity Berry Shake – 250ml of Cranberry juice with Strawberries, Raspberries or Blackcurrants (Fresh or Frozen)

Pina Colada Shake – 250ml of Pineapple Juice + 1 desert spoon of Coconut Milk + 2 desert spoons of Fromage Frais

Apple Pie Shake – 125ml of Apple Juice with 125ml of Milk and a dash of Nutmeg

ShipShape Milk Shakes (Use Milk or Milk Substitute: Soy, Almond, Coconut, Rice or Low Fat Milk)

Classic ShipShape Milk Shake – Blend in 250ml of milk and shake

Breakfast Milk Shake – 125ml of Milk, 125ml of Water and ½ Banana blended together

Cappuccino Milk Shake – Blend 100ml of Low Fat Milk, 100ml of Water, 2 Tablespoons of Greek Yogurt and 1 teaspoon of dissolved coffee powder

Pina Colada Milk Shake – Blend 100ml of Low Fat Milk, 100ml of Water, 125ml of Pineapple Juice with Ice

Strawberry or Raspberry Twist Milk Shake – Blend 125ml of Water, 125 ml of Low Fat Milk with a handful of Strawberries or Raspberries

Yogurt ShipShape Shakes

Vanilla Cream Pudding – 3 or 4 Tablespoons of Greek Yogurt and thin to taste with a spoon of Milk or Juice

Chocolate Pudding – 3 or 4 Tablespoons of Greek Yogurt with Grated Cacao and thin to taste with a spoon of Milk

Strawberry or Raspberry Pudding – Add to 1 Strawberry or Raspberry Yogurt and thin to taste with a spoon of milk

Toffee Pudding – Add to 1 Toffee Yogurt

Rhubarb Fool – Mix 250ml of Water, 1 Tablespoon of Crème Fraiche and a few sticks of Cooked Rhubarb

Ice Cream ShipShape Shake – Blend 250ml of Low Fat Milk with 1 portion of Low Fat Ice Cream