

VIVO
LIFE



HEALTH & FITNESS RECIPES TO

MAKE YOUR BODY SING!



MADE WITH THE
GOOD
STUFF
MADE WITH THE



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ENERGY + IMMUNITY
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FULL BODY

ENERGY,

IMMUNITY

ALL SYSTEMS GO. GIVE YOUR BODY THE ESSENTIAL NUTRIENTS IT NEEDS FOR ALL ROUND HEALTH.



ALL-IN-ONE MEAL

All-in-one meal, healthy, tasty, affordable. 21g protein, 25 vitamin & mineral & 5 billion gut friendly bacteria per serve.



OMEGA 3

More Omega 3 than fish oil! Ultra-pure plant based Omega 3, to support brain, heart & vision function.



D3 & K2

High strength vitamin D3 to support immune system, healthy bones and brain health.



B12

High strength vegan B12 to support optimal energy levels.



THE RUSH

26G PROTEIN | 415 KCAL | 25 VITAMINS & MINERALS
5 BILLION GUT-FRIENDLY BACTERIA

- 1 banana
- 1.5 cup your favourite plant milk
- Optional: 1/4 tsp cinnamon
- 1 scoop of [Vivo Life All-In-One Meal](#)

BOOST: Add one of our highly absorbable liquid boosters to support energy, immunity and brain function.





SUPERMEAL BOWL

16G PROTEIN | 340 KCAL | 25 VITAMINS & MINERALS
GUT FRIENDLY BACTERIA

- 2 frozen bananas, chopped
- 1/2 tsp cinnamon
- Splash of plant milk
- 20g serving of [Vivo Life All-In-One Meal](#)

HOW TO MAKE

1. Blend all ingredients in a high powered blender with just enough plant milk to get it going. Add ice if you want to make it colder.
2. Pour into a bowl, add your favourite toppings such as fresh fruit, granola, nut butter, coconut chips, cacao nibs, pumpkin seeds



HEALTHY PROTEIN PANCAKE

17G PROTEIN | 422 KCAL | 25 VITAMINS & MINERALS
GUT FRIENDLY BACTERIA

2 SERVINGS

HOW TO MAKE

- 1 cup buckwheat flour
- 1.5 cups plant milk
- 1 tbsp apple cider vinegar
- 1/2 tsp baking powder
- 1 tbsp coconut sugar
- Pinch of salt
- **20g serving of**
[Vivo Life All-In-One Meal](#)

1. Add the apple cider vinegar to the plant milk in a mug, stir and set aside.

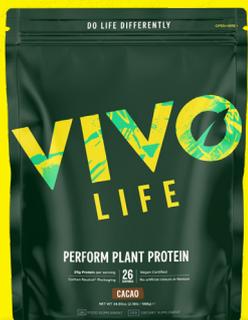
2. In a bowl, whisk together the flour, protein powder, coconut sugar, baking powder and salt.

Slowly pour the plant milk and apple cider vinegar mix into the bowl with your dry ingredients and combine together.

3. Pour 1/4 cups worth of mix per pancake into a pan on medium to high heat, and cook until bubbles start to form, then flip and cook until both sides are browned. Add any of your favourite toppings

MUSCLES & STRENGTH

BUILD BACK BETTER. CONSUMING THE RIGHT NUTRIENTS ARE THE UNSUNG HEROES OF MUSCLE GROWTH & RECOVERY



PERFORM PLANT PROTEIN

More protein than whey, without the bloat. 25g of complete plant protein, BCAA's, turmeric & herbal enzymes with no artificial flavours or colours.



CREATINE

Creatine increases physical performance in successive bursts of short term, high intensity exercise.



THE PUMP

31G PROTEIN | 445 KCAL | HIGH IN SELENIUM, IRON & ZINC

- 1 banana
- 2 tsp peanut/almond butter
- 1 cup your favourite plant milk
- **1 tsp [Creatine](#) (optional)**
- **1 serving (38g) of [Vivo Life Perform Plant Protein](#) (Cacao flavour)**

BOOST: Add one of our highly absorbable liquid boosters to support energy, immunity and brain function.





ACAI PROTEIN BOWL

29G PROTEIN | 460 KCAL | HIGH IN SELENIUM, IRON & ZINC

- 2 frozen bananas
- 1 handful blueberries
- 1 handful acai berries
- ½ an avocado
- Splash of plant milk
- 1 serving (38g) of [Vivo Life Perform Plant Protein](#) (Acai & Blueberry flavour)

HOW TO MAKE

1. Blend all ingredients in a high powered blender with just enough plant milk to get it going. Add ice if you want to make it colder.
2. Pour into a bowl, add your favourite toppings such as fresh fruit, granola, nut butter, coconut chips, cacao nibs, pumpkin seeds



SALTED CARAMEL PROTEIN CREPES

20G PROTEIN | 306 KCAL | HIGH IN SELENIUM, IRON & ZINC

2 SERVINGS

HOW TO MAKE

- 1 small banana
 - 1/3 cup buckwheat flour
 - 2/3 to 1 cup of plant milk
 - Coconut oil, for cooking
 - **1 serving (38g) of [Vivo Life Perform Plant Protein](#) (Salted Maca Caramel flavour)**
1. Add all your ingredients to your blender and blend until smooth and creamy. Gradually add in the plant milk and mix until it reaches a fairly thin, pourable consistency. Note: it will be slightly thicker than a normal crepe batter.
 2. Heat a little coconut oil in a frying pan. Once the pan is nice and hot, pour the mixture into the pan. I find making smaller sized crepes works best and makes them easier to flip.
 3. Serve stuffed with fresh berries and favourite toppings.

WEIGHT LOSS

SHED POUNDS, NOT VITALITY: DIVING INTO A CALORIC DEFICIT? IT'S MORE THAN JUST EATING LESS. MISS OUT ON KEY NUTRIENTS, AND IT'S NOT JUST WEIGHT YOU'LL LOSE, BUT ALSO ENERGY, IMMUNITY, AND THE NATURAL GLOW OF YOUR HAIR, SKIN, AND NAILS TOO



COLLAGEN BUILDER

Packed with 25g protein peptides and nutrients scientifically proven to support natural collagen formation, skin, hair, nails, and joint functions



OMEGA 3

More Omega 3 than fish oil! Ultra-pure plant based Omega 3, to support brain, heart & vision function.



D3 & K2

High strength vitamin D3 to support immune system & healthy bone.



THE BALANCE

29G PROTEIN | 311 KCAL | HIGH VITAMIN C, ZINC, BIOTIN, COPPER

- 1/2 banana
- 1/2 cup spinach or frozen
- 1 cup your favourite plant milk
- **1 serving (36g) of [Vivo Life Collagen Builder](#)**

BOOST:

Add one of our highly absorbable liquid boosters to support energy, immunity and brain function.





COLLAGEN CHIA PUDDING

10G PROTEIN | 259 KCAL | HIGH VITAMIN C, ZINC, BIOTIN, COPPER

2 SERVINGS / 2+ HOURS TO MAKE

- 4 tbsp chia seeds
- 1.25 cup plant milk (coconut milk)
- 1 tbsp maple syrup
- 0.5 serving (17g) [Vivo Life Collagen Builder](#) (Vanilla flavour)

HOW TO MAKE

1. Place all the ingredients in a jar and mix thoroughly.
2. Seal tightly and leave in the fridge overnight. If it's too thick, add some more non dairy milk, give another mix
3. Serve with your choice of toppings.

BRAIN & FOCUS

STOP THE SLUMP! THE RIGHT NUTRIENTS, ALONG WITH GOOD SLEEP AND HYDRATION ARE KEY FOR IMPROVED FOCUS AND PRODUCTIVITY.



SUPERGREENS

A nutrient dense greens drink to support energy, brain and immune functions



COFFEE & FUNCTIONAL MUSHROOM

Elevate your coffee ritual: Energy and focus without the jitters.



OMEGA 3

More Omega 3 than fish oil! Ultra-pure plant based Omega 3, to support brain, heart & vision function.



B12

High-Strength B12 Liquid to reduce tiredness and fatigue



SUPERGREENS DRINK

118 KCAL ENERGY | 19 VITAMINS & MINERALS | 5 BILLION GUT FRIENDLY BACTERIA

- 1 green apples, halved
- 1 handful of spinach
- 1 tsp (8g) [Vivo Life Supergreens](#)

HOW TO MAKE

1. Add all ingredients to blender with 200ml of water and blend
2. Enjoy!

BOOST: Boost with highly absorbable liquid boosters to support brain function and reduce tiredness.





COFFEE: FUNCTIONAL MUSHROOM LATTE

ENERGY & FOCUS WITHOUT THE JITTERS

- 3 tsp [Vivo Life Coffee & Lions mane mushroom](#)
- 1/3 cup plant milk
- 1 tbsp coconut sugar (optional)

HOW TO MAKE

1. Brew the Vivo Life coffee with less than 1 cup of water for 3-4 min and leave to cool completely.
2. Pour in 2/3 cup of the brewed coffee and plant milk and coconut sugar if you want extra sweetness
3. Enjoy!

HAIR, SKIN, NAILS, BONES & JOINTS

**YOUR INNER LIFT. GIVE YOUR BODY
THE NUTRIENTS IT NEEDS FOR
HEALTHY SKIN, HAIR, NAILS, BONES
AND JOINTS FUNCTION. IT STARTS
FROM THE INSIDE OUT.**



COLLAGEN BUILDER

Packed with 25g protein peptides and nutrients scientifically proven to support natural collagen formation, skin, hair, nails, and joint functions



D3 & K2

High strength vitamin D3 to support immune system & healthy bone



COLLAGEN BUILDER SMOOTHIE

30G PROTEIN | 391 KCAL | HIGH VITAMIN C, ZINC, BIOTIN, COPPER

- 1 tbsp peanut/almond butter
- 1 tbsp virgin olive oil (good for skin, brain and joints)
- 1 cup your favourite plant milk
- 1 serving (36g) of [Vivo Life Collagen Builder](#)

BOOST: Add our pure omega 3, high in EPA and DHA for brain, heart and eye function.





BEAUTY PUDDING

19G PROTEIN | 325 KCAL | HIGH VITAMIN C, ZINC, BIOTIN, COPPER

4 SERVINGS

Base:

- 1 cup dates
- 1/2 cup almonds/pecans/
walnuts

Pudding:

- 1 pack (300g) silk tofu
- 6 dates, pitted
- Pinch of salt
- **1.5 serving (50g) of [Vivo Life Collagen Builder](#)**

HOW TO MAKE

1. Blend all the ingredients for the base in a food processor or blender. Flatten and press down this mix evenly into the base of a ramekin.
2. Blend the pudding ingredients in a high speed blender until completely smooth.
3. Top the base with the blended pudding mixture and leave to chill

ANTI-AGING

**SLOW YOUR INTERNAL CLOCK!
BY FOCUSING ON THE RIGHT NUTRIENTS,
YOU CAN EASILY SUPPORT YOUR HAIR,
NAILS, SKIN, BONES, JOINTS, HEART,
EYES, BRAIN, AND IMMUNE SYSTEM.**



COLLAGEN BUILDER

Packed with 25g protein peptides and nutrients scientifically proven to support natural collagen formation, skin, hair, nails, and joint functions



OMEGA 3

More Omega 3 than fish oil! Ultra-pure plant based Omega 3, to support brain, heart & vision function.



D3 & K2

High strength vitamin D3 to support immune system & healthy bone



FOUNTAIN OF YOUTH SMOOTHIE

31G PROTEIN | 404 KCAL | HIGH VITAMIN C, ZINC, BIOTIN, COPPER

- 1 tbsp peanut/almond butter
- 1 tsp virgin olive oil (good for skin, brain and joints)
- 1/2 tsp tumeric powder
- 1 cup your favourite plant milk
- **1 serving (36g) of [Vivo Life Collagen Builder](#)**

BOOST: Add one of our highly absorbable liquid boosters to support immunity and brain function.





COLLAGEN CACAO BOWL

20G PROTEIN | 456 KCAL | HIGH VITAMIN C, ZINC, BIOTIN, COPPER

HOW TO MAKE

- 2 frozen bananas
- 1 handful frozen blueberries
- 100ml plant milk
- 1 tsp cacao powder
- 1 tbsp peanut/almond butter
- **1/2 serving (20g) of [Vivo Life Collagen](#)**

Builder

1. Blend all ingredients in a high powered blender with just enough plant milk to get it going. Add ice if you want to make it colder.
2. Pour into a bowl, add your favourite toppings such as fresh fruit, granola, nut butter, coconut chips, cacao nibs, pumpkin seeds

BOOST: Add our highly absorbable liquid boosters to support immunity and brain function.

