

# DAILY PROTEIN SHAKE RECIPES

Always blend with water or a **non-dairy milk** like almond, coconut or rice milk, and “unsweetened” to avoid added sugar. For most recipes, almond, coconut and rice milk **can be used interchangeably** but the flavor profile will change slightly.

Add **Arbonne Fiber Boost** to meal replacement shakes.

Recipes say 1 scoop Fiber Boost, but you can vary between ½ scoop – 1 scoop per what works best for your body.

**Arbonne Digestion Plus** is a highly recommended addition to your daily routine and can be added to your protein shake.

## A BASIC SHAKE

- 2 scoops Arbonne Protein Powder + ½ - 1 scoop Arbonne Fiber Boost
- 1 cup unsweetened almond milk, coconut milk, rice milk or chilled water (add ice if desired)
- Optional add: ½ - 1 scoop of Arbonne Greens Balance
- Shake vigorously in a shaker cup or mix in blender

## Meal Replacement Shakes

### ALWAYS ADD:

Healthy fat (avocado, nut butter, nut oil, raw nuts, flaxseed, chia seed) to meal replacement shakes.

### ALWAYS ADD:

Veggie (kale, spinach, collard greens) fresh or frozen to meal replacement shake.

### ENJOY:

...a variety of fruits in workout recovery shakes, but prioritize low-GI fruits in meal replacement shakes.

...your shakes more/less thick and more/less creamy by adjusting water, non-dairy milk and ice content.

## THE MINT COOKIE

- 2 scoops Arbonne Chocolate Protein Powder + 1 scoop Arbonne Fiber Boost
- 1 cup unsweetened almond milk
- ¼ tsp. natural mint extract
- Add ice to taste
- Strawberries

## PRETTY IN PINK

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- 1 handful strawberries and raspberries (fresh or frozen)
- Add ice to taste
- Unsweetened vanilla almond milk to desired consistency

## BERRY POWER

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- ½ cup blueberries
- ¼ cup strawberries
- ¼ cup blackberries
- 1 medium carrot
- 1 cup unsweetened almond milk
- Add ice to taste

## ALMOND JOY

- 2 scoops of Arbonne Chocolate Protein Powder + 1 scoop of Arbonne Fiber Boost
- 1 cup unsweetened almond milk
- ½ cup berry medley
- 1 Tbsp. almond butter
- ½ tsp coconut extract
- Add ice to taste

## CINNA-BUN PROTEIN SHAKE

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- 1 tsp ground cinnamon
- 1 cup vanilla unsweetened almond milk
- Add ice to taste



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## ALMOND CRUNCH

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- 1 cup unsweetened almond milk
- 1 Tbsp. slivered or sliced raw almonds
- Add ice to taste

## CARROT CAKE

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- 1 cup cooked, chopped carrots
- 1 Tbsp. walnuts
- 1 tsp pumpkin pie spice or cinnamon
- 1 cup of water + 1 cup unsweetened almond milk
- Add ice to taste

## CHOCOLATE SPINACH CRUNCH

- 2 scoops of Arbonne Chocolate Protein Powder + 1 scoop of Arbonne Fiber Boost
- 9 oz. water
- 1 ½ - 2 handfuls of fresh spinach
- 6-8 hazelnuts
- Add ice to taste

## DOUBLE CHOCOLATE FIX

- 2 scoops of Arbonne Chocolate Protein Powder + 1 scoop of Arbonne Fiber Boost
- 1 cup unsweetened chocolate almond milk
- ¾ tsp flax oil
- a pinch of unsweetened Cocoa nibs
- 1 tsp. unsweetened cocoa powder
- Add ice to taste

## NUTTY APPLE CINNAMON

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- 1 cup unsweetened almond milk
- ½ sour green apple, sliced
- ground cinnamon, to taste
- 1 Tbsp. raw pecans; or slivered/sliced raw almonds
- Add ice to taste

## SWEET VERRY BERRY

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- ¼ cup unsweetened coconut milk + ½ cup unsweetened almond milk
- 8 oz. water
- 1 Tbsp. of almond butter
- ¼ cup frozen or fresh berries
- (optional: a pinch or two of unsweetened coconut shavings)
- Add ice to taste

## BLACKBERRY TANG

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- ¼ cup organic coconut milk + 1/2 cup unsweetened almond milk
- 1 Tbsp. of almond butter
- 1 Pomegranate Arbonne fizzy tab, dissolved in 1/2 cup water
- ¼ to ½ cup of fresh/frozen unsweetened blackberries
- Add ice to taste



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## "PISTACHIO" DREAM

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- ½ cup water + ½ cup unsweetened coconut milk
- ½ avocado
- Add ice to taste

## LEMON LIME FRESH

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- ¼ cup unsweetened coconut OR almond milk (or blend)
- ½ cup of water
- 1-2 tsp of stevia
- Juice of ½ a lemon or lime (may add a few rind shavings for zing)
- Add ice to taste

## PUMPKIN SPICE

- 2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
- ¾ cup unsweetened almond milk
- ¼ cup pumpkin puree
- 1 Tbsp. pecans
- Pumpkin pie spice, to taste
- Add ice to taste

## CHOCOLATE BERRY DELIGHT

- 2 scoops of Arbonne Chocolate Protein Powder + 1 scoop of Arbonne Fiber Boost
- ½ cup unsweetened coconut milk
- ½ cup frozen mixed berries
- Add ice to taste

## Workout Recovery Shakes

## ITALIAN MELON

- 2 scoops of Arbonne Vanilla Protein Powder
- 1 small orange + 1 cup cubed cantaloupe
- 3 basil leaves
- 8 oz. water + Add ice to taste

## ISLAND LIME

- 2 scoops of Arbonne Vanilla Protein Powder
- ½ peeled lime and ½ banana
- 1 bunch spinach
- 8 oz. water + Add ice to taste

## PINA COLADA

- 2 scoops of Arbonne Vanilla Protein Powder
- 1/2 cup coconut milk
- 1/3 cup fresh pineapple chunks
- 1 tsp. coconut extract
- 4 oz water + Add ice to taste

## ORANGE CREAMSICLE

- 2 scoops of Arbonne Vanilla Protein Powder
- 4 oz. fresh orange juice
- 4 oz. water + Add ice to taste



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## FUZZY PEACH

- 2 scoops of Arbonne Vanilla Protein Powder
- 2 oz. coconut milk + 4 oz. water
- ½ c. frozen peaches
- Add ice to taste

## TRIPLE TROPIC

- 2 scoops of Arbonne Vanilla Protein Powder
- ½ peeled kiwi, ½ peeled mango, ½ cup fresh pineapple chunks
- 4 oz. water + Add ice to taste

## PAPAYA LIME

- 2 scoops of Arbonne Vanilla Protein Powder
- ½ lime, ½ cup papaya chunks, ½ golden passion fruit
- 8 oz. water + Add ice to taste

## VEGGIE MAX

- 2 scoops of Arbonne Vanilla Protein Powder
- Lightly steamed veggies: ½ carrot, 2 broccoli florets, 1 handful fresh spinach
- ½ apple, slice + ½ small orange, peeled
- 8 oz. water + Add ice to taste

## CHUNKY MONKEY

- 2 scoops of Arbonne Chocolate Protein Powder
- ½ medium banana
- 1 Tbsp. almond butter
- 1 tsp ground flax seed
- 8 oz. water + Add ice to taste

## ORANGE PEAR

- 2 scoops of Arbonne Vanilla Protein Powder
- ½ cooked sweet potato
- ½ pear
- A pinch of orange zest
- 8 oz. water + Add ice to taste

## KIWI LIME SHAKE

- 2 scoops of Arbonne Vanilla Protein Powder
- Handful of sliced kiwis
- Juice of 2 lime wedges (to intensify flavor, add lime zest)
- Add ice to taste
- ¼ cup unsweetened coconut or almond milk to desired consistency

## BANANA PEANUT BUTTER

- 2 scoops of Arbonne Vanilla Protein Powder
- ½ cup unsweetened almond milk
- 1 Tbsp. of natural peanut butter
- ½ medium banana
- Add ice to taste

## BAY COOLER

- 2 scoops of Arbonne Vanilla Protein Powder
- 4 oz. water
- 6 cherries
- ¼ cup fresh pineapple chunks + Add ice to taste

