



Protein Shake Recipes



Chocolate Cherry Almond Torte

Arbonne Essentials Protein Shake - Chocolate Cherry Almond Torte

2 Scoops Arbonne Chocolate Protein Powder

1/2 cup frozen, pitted cherries

1 cup unsweetened original almond milk

1 scoop Arbonne Fiber Boost

Blend until smooth.

Pumpkin Spice Protein Shake*

2 scoops of Vanilla Arbonne protein powder

1 scoop of Arbonne fiber (optional)

3/4 cup unsweetened chocolate almond or coconut milk, may add ice & water

1/4 cup pumpkin puree (minimize if weight loss is a goal)

1 tbsp pecans

Pumpkin pie spice to taste

There is an art to making shakes – use a blender with some water and ice, then add your Arbonne protein, your fruit and top off with just a little more water. Generally makes a 16 ounce shake, for a meal replacement or a recovery shake after a hard workout.

Strawberry, Mint & Cucumber Shake*

1/4 cup fresh organic strawberries, chopped

1/2 cup organic Persian cucumber

2 leaves fresh organic mint

2 scoops vanilla protein powder

1 scoop fiber powder

4oz water

1/4 coconut milk

3 ice cubes

Miami Smoothie*

2 sprigs fresh mint

1-2 scoops vanilla protein powder

2-3 wedges fresh lime squeezed

1/4 t lime zest

6 ice cubes

1/4 c Coconut water

Almond milk to desired consistency

One scoop fiber powder

Remove leaves from mint sprigs. In blender combine mint leaves, lime juice, and zest. Pulse until mint is chopped. Add other ingredients and blend until slushy.

The Chocolate Banana Split

2 scoops of Arbonne Chocolate Protein Shake Mix

1 1/2 cups of Unsweetened Almond Milk

(optional: add a splash of Vanilla Almond Milk for flavor)

1 Banana

5-7 large ice cubes

Blend until smooth

The 50/50

2 scoops of Arbonne Vanilla Protein Shake Mix
1 cup of Unsweetened or Vanilla Almond Milk
1 cup of Fresh Orange Juice
5-7 large ice cubes
Blend until smooth

The Pina Colada

2 scoops of Arbonne Vanilla Protein Shake Mix
1 cup of Unsweetened Almond Milk
1 cup of Fresh Pineapple (pineapple juice will do in a pinch)
1/4 cup of Unsweetened, Shredded Coconut
5-7 large ice cubes
Blend until smooth

The Strawberry Shortcake*

2 scoops of Arbonne Vanilla Protein Shake Mix
1 cup of Unsweetened or Vanilla Almond Milk
1 cup of Fresh Strawberries
5-7 large ice cubes
Blend until smooth

The Chocolate Macaroon

2 scoops of Arbonne Chocolate Protein Shake Mix
1 cup of Unsweetened or Vanilla Almond Milk
1/4 cup of Unsweetened, Shredded Coconut
5-7 large ice cubes
Blend until smooth.

Cinnamon Bun Protein Shake*

1 scoop Arbonne's Vanilla protein powder
1/4 tsp vanilla extract
1/4 tsp cinnamon
1/4 tsp nutmeg
1 cup 1% milk or almond milk
3 ice cubes
Blend in blender until smooth.

Berry Blast*

8 oz. vanilla almond milk
2 scoops chocolate or vanilla Arbonne protein powder
1/4 c. each -Frozen raspberries, blueberries, blackberries of strawberries
Blend until smooth.

Carrot Cake*

8 oz. carrot juice

1/2 can pumpkin puree

1/2 tsp. cloves

1/2 tsp. cinnamon

1/2 tsp. nutmeg

2 scoops Vanilla Protein Powder

Combine in blender & blend.

Chocolate Peppermint

8 oz. plain almond milk*

1/2 tsp. peppermint extract

2 scoops of Arbonne Chocolate Protein Powder

Whip, stir or blend and then heat up and enjoy.

Chocolate Almond Delight*

12 oz. plain almond milk

15 raw almonds

1/2 tsp coconut extract

1 TBSP cocoa

2 scoops chocolate protein powder

6 ice cubes

Blend until smooth.

Snickerdoodle*

2 scoops Arbonne vanilla Protein

1/2 tsp cinnamon

1 TBSP agave nectar

8 oz. Plain Almond Milk

6 ice cubes

Blend until smooth.

Birthday Cake*

2 scoops Arbonne Vanilla Protein Powder

1 TBSP Unsweetened Cocoa

1/2 tsp Vanilla

1/2 tsp Butter Flavor extract

8 oz. Plain Almond Milk 6 ice cubes

Blend until smooth.

Angel Food*

2 scoops Arbonne Vanilla Protein Powder

1/2 tsp coconut extract

1/2 tsp vanilla

6 ice cubes

8 oz. Almond milk

Blend until smooth.

Pina Colada

2 scoops of Arbonne protein powder

1 scoop of Arbonne fiber (optional)

1 1/2 cup water with ice

1/2 banana

1/2 cup frozen pineapple chunks

1-2 tbsp shredded coconut

Nutty Apple Cinnamon Arbonne Protein Shake

2 scoops of Arbonne protein powder

1 scoop of Arbonne fiber (optional)

1 cup unsweetened almond milk or coconut milk, may add ice and water

1/4 cup unsweetened apple sauce or 1/2 sour green apple, sliced

Cinnamon to taste

1 tbsp raw pecans, slivered or sliced raw almonds

Eggnog Protein Shake*

Vanilla unsweetened almond milk (1/2 cup or more to taste)

2 scoops Arbonne Vanilla protein powder

1 scoop Arbonne Fiber

1/4 tsp vanilla extract (alcohol-free is available)

1/4 tsp rum extract

1/4 tsp allspice

1/4 tsp nutmeg

1/4 tsp clove

1/2 tsp cinnamon

Use blender or Arbonne's Shaker cup to mix.

Goji Berry Shake

1-2 scoops Arbonne Essentials Vanilla Protein Powder

1 scoop Arbonne Essentials Daily Fiber Boost

1 handful of Himalania Goji Berry Antioxidant Blend (found at Whole Foods in freezer section)

4-6 ice cubes

Vanilla Almond Milk or Vanilla Rice Dream to desired consistency

*May add lemon juice from lemon wedge if desire more vitamin C

Recipe by Sharon Dickson for Simply Fit Kitchen

Green Berry Blast Shake*

2 scoops Arbonne Protein Powder

1 organic cucumber, peeled if not organic

1 c organic berries (blueberries, raspberries, or black berries) fresh or frozen

1/2 organic apple

3 - 4 organic dark green leaves (collards, swiss chard, or kale)

1 - inch chunk organic ginger root

1/2 organic lemon

1 organic avocado

2 -3 drops stevia (optional)

Cut the cucumber and apple in chunks. Place the cucumber, apple and berries in a blender and process until smooth. Chop the greens and ginger and add to the blender along with the juice of half a lemon and process until smooth. Add the protein powder & an avocado and process until well blended.

Berry Healthy Breakfast Smoothie

1/2 cup blueberries

1/4 cup strawberries

1/4 cup blackberries

1 medium carrot

1 cup almond milk

1 cup pomegranate juice (cranberry is an okay substitute) May cut to 1/2 cup juice

2 cups ice (add more if needed)

2 -4scoops Arbonne Vanilla Protein Powder

1-2 scoops Arbonne Fitness Essentials Daily Fiber Boost

1-2 servings

This recipe adapted for Simply Fit Kitchen from the **Smoothie Web**

Tropical Smoothie

1/2 kiwi peeled and chunked

1/2 handful mango, peeled and cut into 1/4 inch chunks (or use frozen mango chunks)

2 slices granny smith apple

Juice from 1 Meyer lemon wedge (or 1 lime wedge)

Dash of Goji berries

1 squirt agave: add last and only if tastes too tart! (be careful..less is better)

1-2 scoops Arbonne Fit Essentials Vanilla Protein powder

1 scoop Arbonne Fit Essentials Daily Fiber Boost

4 ice cubes

Coconut water to desired consistency

Recipe adapted for Simply Fit Kitchen loosely based from **Cosmo Girl**

Papaya Peach Smoothie

1-2 scoops Arbonne Fit Essentials Vanilla Protein powder

1 scoop Arbonne Fit Essentials Daily Fiber Boost
1 handful peeled fresh papaya, chopped
3 slices of frozen organic peaches (in summer, fresh is better)
Juice of 1 lemon wedge
4-6 ice cubes
Coconut milk to desired consistency.
Dash of cinnamon
Original recipe by Sharon Dickson for Simply Fit Kitchen

Cranberry Pomegranate Smoothie

3T organic cranberry juice (unsweetened, not a blend)
1/4c organic pomegranate juice
Juice from 2 lime wedges
Splash of agave nectar (taste before add other ingredients)
6 ice cubes
1-2 scoops Arbonne Fit Essentials Vanilla Protein powder
½ to 1 scoop Arbonne Fit Essentials Fiber Boost
Vanilla Almond Milk or Rice Dream to the desired consistency.
Created for Simply Fit Kitchen by Sharon Dickson

Green Smoothie

1-2 scoops Arbonne Fit Essential Vanilla Protein Powder
1 scoop Arbonne Fit Essential Daily Fiber Boost
1/2 cup kale or collard greens firmly packed, stems removed, coarsely chopped (2 ounces)
1/2 Granny Smith apple, coarsely chopped
1/2 ripe banana
1/4 cup loosely packed fresh flat-leaf parsley leaves
Combine kale, apple, banana, parsley, and 2 1/4 cups water in a blender; blend until smooth. If the mixture is too thick, add a little more water. Add protein powder and fiber with choice of coconut water or Almond milk to desired consistency.
Adapted for Simply Fit Kitchen from Whole Living

Blueberry Avocado Smoothie*

2 scoops Arbonne Essentials Vanilla Protein Shake Mix
1 scoop Arbonne Essentials Daily Fiber Boost
1 handful of fresh blueberries
1/3 ripe avocado
1T lime juice and pinch of zest
6 ice cubes
¼ c coconut water
Add Almond milk to make smooth consistency

Mango Coconut Water Smoothie

1-2 scoops Arbonne Essentials Vanilla Protein Powder
1 scoop Arbonne Essentials Daily Fiber Boost
1 handful fresh or frozen mango chunks
Juice from 1 lime wedge

4-6 ice cubes

Coconut water to desired consistency (may add 1 drop of coconut flavoring to intensify coconut taste)

Pinch of cayenne pepper

Recipe adapted from Whole Living.

Wild Blueberry*

2 scoops Arbonne Chocolate protein powder

1 scoop Arbonne Fiber Boost

1 packet Digestive Enzyme (goodbye heart burn!)

1 heavy cup of organic wild blueberries (Frozen Trader Joes)

unsweetened coconut milk

Strawberry Cream*

2 scoops Arbonne Vanilla protein powder

1 scoop Arbonne Fiber Boost

1 heavy cup of frozen organic strawberries

unsweetened coconut milk

White Peppermint Shake*

1-2 scoops vanilla protein powder

1 scoop fiber

2-3 drops peppermint flavoring (taste after each dro)

6 ice cubes

Coconut milk, vanilla almond milk, or vanilla rice dream to desired consistency

Option: May add 1/4 to 1/2c Greek yogurt to shake mixture before liquids added

Sharon Dickson

Mocha Frappuccino*

1 scoop vanilla protein powder

1 scoop chocolate protein powder

1 scoop fiber

4 oz decaf coffee

Add 2 shakes of cinnamon on top

Thanks to NVP Michael Anderson and EAM Chris Buchanan

Simply Fit Note: *Add 6 ice cubes (or even better 4 coffee ice cubes instead of 4 oz coffee) for your frap!

Coconut milk (or coconut milk creamer) to suit

Gingerbread Smoothie*

1-2 scoops vanilla protein powder

1 scoop fiber

Dash of agave nectar

2 pinches of ground ginger

2 shakes of cinnamon

1/2 pinch allspice

1 shake ground nutmeg

Sprinkle of orange zest

Options: ½ vanilla, ½ chocolate protein mix; Instead of fiber use ground flax seed which will give it a “brown” coloration

Sharon Dickson

Red Naval Smoothie

2 scoops vanilla protein powder

1 scoop fiber

Juice from 1 large red naval orange

Orange zest(may add orange flavoring if desired)

6 ice cubes

Coconut milk to desired consistency

Top with shaved coconut!

Sharon Dickson

Almond Joy Shake*

8 oz Almond milk

2 scoops Vanilla protein

1 scoop fiber

1/2t coconut extract

1T cocoa powder

*May use 6 ice cubes and coconut milk to make a frosty drink!

Molly Lunn Kroeker

Peach Pie Smoothie

4 slices frozen peaches

1 scoop of fiber

2 scoops vanilla protein

4 lemon wedges squeezed

2 shakes ground cinnamon

6 or more ice cubes

Vanilla Almond milk or Rice Dream to desired consistency

Strawberry Lemonade Shake*

1 handful strawberries fresh or frozen

2 lemon wedges squeezed

6- ice cubes

2 scoops vanilla protein powder

1 scoop fiber

Vanilla Almond milk or Rice Dream to desired consistency (very slushy)

In blender puree strawberries with the lemon juice. Add ice cubes, liquid, and dry ingredients

Puree...so fresh and yummy!

Honeydew Kiwi Smoothie

1 handful diced honeydew melon
1 sliced kiwi (remove hard core on end)
1T freshly squeezed lemon juice
2 Scoops Vanilla protein
1 scoop fiber
4-6 ice cubes
Coconut water as needed. Blend until mixture is smooth
Adapted from Good Housekeeping

Kiwi Lime Shake

2 scoops vanilla protein powder
1 scoop fiber
Handful of sliced kiwis
3 lime wedges squeezed, to intensify flavor add lime zest
6 -8 ice cubes
¼ cup Coconut milk
Almond milk or Vanilla Rice Dream to consistency-should be slushy

Blueberry Walnut Protein Shake

1-2 scoops vanilla protein
Handful of fresh blueberries
1T walnuts
Dash of Cinnamon
Juice from 1 wedge of lemon
6-8 ice cubes
Almond Milk or Vanilla Rice Dream to proper consistency (or may add ½ coconut water ½ & ½ almond milk or Rice Dream) Should be slushy
Thanks to Laura Duggan for the basics.

Strawberry Mango Shake

Squeeze 2 slices of lime into blender
¼ small mango, sliced
1 handful of fresh strawberries Puree 1st 3 ingredients in blender.
Add 2 scoops vanilla protein mix
½-1 scoop of fiber
6 ice cubes
Coconut or almond milk until desired consistency.

Chocolate Raspberry Vanilla Shake*

1 scoop vanilla protein powder
1- scoop chocolate protein powder
1 handful of raspberries
1 slice lime
6 ice cubes

Almond milk or vanilla rice dream to desired consistency
Puree raspberries in blender. They are very seedy. Pour through a sieve to remove the seeds.
Add juice from lime. Return to the blender and add other ingredients. Blend.

Mango Peach with Lime Shake

2 scoops vanilla protein shake mix
½ scoop fiber
¼ small mango
4 large peach slices
1 lime wedge squeezed into mix
6 ice cubes
¼ c coconut water
Almond milk or Rice Dream to create desired consistency

Carrot Cake Shake

1 scoop Arbonne Vanilla Protein Powder, 1 scoop Fiber
1 cup cooked, chopped carrots (substitute raw or 100% carrot juice)
1 T. walnuts
1 t. pumpkin pie spice or cinnamon
1 cup of water
1 cup Almond milk
Optional (add a pinch of nutmeg or vanilla extract)

Tizzie Shake*

Prepare the night before:
Brew 1 cup detox tea and add 1 citrus fizzie tab. Cool and refrigerate overnight
2 scoops vanilla protein powder
1 scoop fiber
6-8 ice cubes
Vanilla almond milk or vanilla rice dream to desired consistency.
May add juice of slice of lemon to pop the flavor!

Note: Those with an * are compliant with Arbonne's 30 Days to Feeling Fit Plan.