

Arbonne Clean Eating Boot Camp



Favorite Shake Recipes

Remember, your liquid source can be any non-dairy milk alternative OR water!

Be sure to follow the “Build Your Shake” document in the file menu to ensure you are building a balanced shake.

Don't forget to add your Arbonne Daily Fiber Boost!

<p>Chocolate Almond Oat Shake</p> <p>8-10 oz unsweetened almond milk 2 scoops chocolate protein 1 handful baby spinach or Greens Balance 1 scoop GF oats (use protein scooper) 1-2 tsp almond butter 4-5 ice cubes</p>	<p>Blueberry Lemon Twist Shake</p> <p>8-10 oz unsweetened Almond milk 2 scoops vanilla protein 1 handful baby spinach or Greens Balance 2/3 cup frozen blueberries Zest & juice from 1/2 lemon</p>
<p>Mint Chocolate Shake</p> <p>8-10 oz unsweetened almond milk 2 scoops chocolate protein 1 handful baby spinach or Greens Balance 2 drops organic peppermint oil or extract 1-2 tsp organic cacao nibs (I grind them into tiny pieces with my ninja prior to adding to shake) 4-5 ice cubes</p>	<p>Green Apple Goodness Shake</p> <p>8-10 oz unsweetened almond milk 2 Scoops Vanilla Protein 1 handful baby spinach or Greens Balance ½ Green Apple, chopped 1-2 tsp Almond Butter 1/2 -1 tsp Cinnamon 4-5 ice cubes</p>
<p>Chocolate Almond Butter Shake</p> <p>8-10 oz unsweetened almond milk 2 scoops chocolate protein 1 handful baby spinach or Greens Balance 1-2 tsp almond butter 4-5 ice cubes</p>	<p>Green Machine Shake</p> <p>1 cup baby spinach or kale 1/2 English cucumber, peeled 1 small green apple, cored & sliced Juice from 1/2 lemon 1/2 tsp fresh ginger, grated 2 scoops vanilla protein 4-5 ice cubes (Note: there is no added liquid here, the fruit/veggies will liquefy. You do need a high-powered blender for this one!)</p>
<p>Mixed Berry Shake</p> <p>8-10 oz almond milk/coconut milk or water 2 scoops vanilla protein 1 handful baby spinach or Greens Balance 2/3 cup frozen berries of choice</p>	<p>Strawberry Surprise Shake</p> <p>8-10 oz. unsweetened Almond milk 2 Scoops Vanilla Protein 1 handful baby spinach 5-7 Frozen Strawberries 6 basil leaves Juice from a large lemon</p>

<p>Pretty in Pink Shake</p> <p>8 oz unsweetened almond milk 2 scoops Vanilla protein splash of pure cranberry juice (no sugar added or a few whole cranberries) Handful of strawberries or raspberries (fresh or frozen) ice (optional)</p>	<p>Chocolate Macaroon Shake</p> <p>8 oz unsweetened almond milk 2 scoops Chocolate protein ¼ cup unsweetened, shredded coconut ice</p>
<p>Cinna-Bun Protein Shake</p> <p>8- 10 oz unsweetened almond milk 2 scoops Vanilla Protein 1 tsp ground cinnamon 4-5 ice cubes</p>	<p>Nutty Apple Cinnamon Shake</p> <p>8-10 oz unsweetened almond milk 2 scoops Vanilla protein ½ sour green apple sliced cinnamon to taste 1T raw pecans, slivered or sliced raw almonds 4-5 ice cubes</p>
<p>Almond Joy Shake</p> <p>8-10 oz unsweetened almond milk 2 scoops Chocolate protein 1-2 tsp almond butter ½ tsp coconut extract 4-5 ice cubes</p>	<p>OTHER DRINKS</p> <p>Green Tea – hot or iced Sparkling water with splash of cranberry juice and lime</p> <p>Water with lemons or limes Arbonne Detox Tea – hot or iced Arbonne Fizz Sticks</p> <p>Removing calorie rich drinks like sodas, lattes, beer and wine will make a big difference over time.</p>