

10-Day Detox Recipes

Protein Shake Recipes

The Basics of How to Make Shake

2 Scoops Arbonne Protein Shake (Chocolate, Vanilla Or Both)

1/4-1/2 Scoop Arbonne Fiber Boost Optional

Ice (Optional)

1/4 Cup Berries, Fresh Or Frozen (Optional)

Mix With Your Choice Of The Following Liquids

8 To 10 Oz Water

8 To 10 Oz Unsweetened Almond, Rice Or Coconut Milk

Add One Serving Of Fat (One Of The Below):

1 Tsp. Almond Butter

1 Tbsp Ground Flax

1 Tbsp Nuts

1/4 Avocado

Feel free to experiment with the consistency and ingredients in your shakes to your liking. More ice or less liquid for thicker shakes.

Helpful Hints for Shakes

- Magic Bullet or Ninja works great to blend shakes. Sold at Bed Bath & Beyond, WalMart or COSTCO
- Freeze fresh fruit and veggies for future.
- Add fresh spinach or kale to shakes (you won't taste it!)

NUTTY APPLE CINNAMON SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 8 Oz. Unsweetened Or Vanilla Almond Milk + Ice
- 1/4 Cup Unsweetened Applesauce
- 1 Tbsp Almond Butter
- 3/4 Tsp Cinnamon

SUGAR & SPICE & EVERYTHING NICE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 8 Oz. Coconut Milk + Ice
- Couple Of Shakes Of Pumpkin Pie Spice
- One Shake Of Nutmeg
- Dash Of Pure Vanilla Extract
- 1 Tsp Cinnamon Or More

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PUMPKIN PIE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- ¼ Cup Canned Pumpkin
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk + Ice
- Pumpkin Pie spice & Stevia to taste
- 1 Tbsp Pecans or Almonds

CINNA-BUN PROTEIN SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 8 oz. Unsweetened, Vanilla Almond Coconut Milk
- 1 Tsp Cinnamon
- Splash of Vanilla Extract

THE MINT COOKIE

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 8 oz. Unsweetened Almond Milk or Water
- ¼ Tsp Natural Mint Extract

HEAVENLY CHOCOLATE

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 8 oz. Unsweetened Chocolate Almond Milk
- 1 Tbsp Almond Butter
- ¾ tsp Cinnamon

PRETTY IN PINK

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- Splash of Pure Cranberry Juice
- Handful of Strawberries and Raspberries (fresh or frozen)
- 8 oz. of Unsweetened, Vanilla Coconut or Almond Milk

BERRY POWER

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- ½ Cup Blueberries
- ¼ Cup Strawberries
- ¼ Cup Blackberries
- 1 Medium Carrot
- 8 oz. Unsweetened, Vanilla Coconut or Almond Milk
- ½-1 Cup Pomegranate Juice (Cranberry is an okay substitute)

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BLACKBERRY TANG

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- ¼ Cup Coconut Milk
- ½ Cup Unsweetened Almond Milk. Add ice
- 1 Tbsp Almond Butter
- 1 Arbonne Pomegranate fizzy stick, in ½ Cup of Water
- ½ Cup Blackberries, Unsweetened

LEMON LIME FRESH

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- ¼ Cup Coconut Milk or Unsweetened Almond Milk + Ice
- ½ Cup of Water
- 1-2 Tsp of Stevia
- ½ a Lemon/Lime, peeled and sliced (*May add a few rind shavings for zing or use 1-2 Tbsp fresh Lemon/Lime Juice)

GREEN MACHINE SHAKE

- 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 Arbonne Vanilla Protein Powder
- 4-5 Ice Cubes

MINT CHOCOLATE SHAKE

- 4-5 Oz Unsweetened Almond Milk/Coconut Milk/Water
- 4-5 Ice Cubes
- 2 Scoops Arbonne Vanilla Protein Powder
- 1 Tsp Flax Seed
- 1 Huge Handful Raw Spinach (No, You Cannot Taste It)
- 1-2 Tsp Raw Cacao Nibs
- 1-2 Drops Peppermint Essential Oil (Or ¼ Tsp Peppermint Extract)

STRAWBERRY SURPRISE

- 5-7 Frozen Strawberries
- 6 Basil Leaves
- Juice From A Large Lemon
- 8-10 Oz. Water/Almond Milk/Coconut Milk
- 2 Scoops Vanilla Protein

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GREEN APPLE GOODNESS

- ½ Green Apple, Chopped
- ½ 1-2 Tsp Almond Butter
- 1 Tsp Cinnamon
- ½ Cup Ice
- 8-10 Oz. Water/Almond Milk/Coconut Milk
- 2 Scoops Vanilla Protein

BLUEBERRY LEMON TWIST

- 8-10 Oz Unsweetened Almond Milk
- 2 Scoops Vanilla Protein
- 1 Handful Baby Spinach
- 2/3 Cup Frozen Blueberries
- Zest & Juice From 1/2 Lemon
- 1 Tsp Flax Seeds

SNICKERDOODLE COOKIE

- 8-10 Oz Unsweetened Almond Milk
- 2 Scoops Vanilla Protein
- 1Tsp. Almond Butter
- 1/2 Tsp. Cinnamon