

Arbonne Protein Shake Recipes



The Basics of How to Make Shake

2 Scoops Arbonne Protein Shake (Chocolate, Vanilla or both)
1 scoop Arbonne Fiber Booster
1 Digestion Plus Packet
Ice (optional)
1/4 cup berries (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, Walnut, Flax or Coconut Oil (No Peanut Butter if you're doing the 30 Day Fit)
1/4 Cup Coconut Milk or Coconut Water
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 for thicker shakes.

Helpful Hints for Shakes

- Magic Bullet 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 (won't taste it!)

During the Day You Should

- Drink Arbonne's Energy Fizz Sticks
- Snack on an Arbonne Nutrition Bar
- Pop a delicious Arbonne Fit Chew
- A cup of Arbonne's Daily Detox Tea



NUTTY APPLE CINNAMON SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 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 + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 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

PUMPKIN PIE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 1/4 Cup Canned Pumpkin
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk + Ice
- Pumpkin Pie spice & Stevia to taste
- 1 Tbsp Pecans or Almonds

ALMOND CRUNCH

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla, Chocolate Almond or Coconut Milk + Ice
- 1 Tbsp Slivered or Sliced Raw Almonds

VANILLA CHAI

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 3 oz. Unsweetened, Vanilla Almond or Coconut Milk
- 1 Cup of Brewed Decaf Chai Tea + Ice

CARROT CAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 1 cup cooked, chopped Carrots
- 1 Tbsp Walnuts
- 1 tsp Pumpkin Pie Spice + Cinnamon
- 1 cup of Water + 1 cup Almond milk + Ice

PEANUT BUTTER (Add ½ Banana to Jazz it Up)

- 2 Scoops of Arbonne Essentials Chocolate or Vanilla Protein Powder
- 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk
- 1 Tbsp Smucker's Natural Creamy Peanut Butter or use Almond Butter
- 1 Scoop non-fat Frozen Yogurt or just ice

ALMOND JOY

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla Coconut or Almond Milk + Ice
- 1 Tbsp Almond Butter
- ½ Tsp Coconut Extract

CINNA-BUN PROTEIN SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Coconut Milk + Ice
- 1 Tsp Cinnamon
- Splash of Vanilla Extract

CHOCOLATE MOCHA COFFEE

- 1 Scoop Arbonne Essentials Vanilla Protein Powder
- 1 Scoop Arbonne Essentials Chocolate Protein Powder
- 1 scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Cup Coffee
- 1 Cup ice

CHOCOLATE BANANA BLISS

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond or Coconut Milk + Ice
- 1 Medium Banana

CHUNKY MONKEY

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Medium Banana
- 1 Tbsp Almond Butter
- 1 Tsp Ground Flax Seed
- 8 oz. Water + Ice

THE MINT COOKIE

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened Almond Milk or Water + Ice
- ¼ Tsp Natural Mint Extract

CHOCOLATE VANILLA CHAI SHAKE

- 1 Scoop Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Essentials Chocolate Protein Powder
- 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk + Ice
- Pumpkin Pie Spice

MOCHA SHAKE

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla, Chocolate Almond or Coconut Milk + Ice
- 1 Tbsp of Almond Butter
- 1 Tsp Instant Decaf Coffee Crystals

THE CHOCOLATE MACAROON

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond or Coconut Milk
- ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice

CHOCOLATE SPINACH CRUNCH

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 9 oz. Water + Ice
- 1 ½ - 2 Handfuls of Fresh Spinach
- 6-8 Hazelnuts

DOUBLE CHOCOLATE FIX

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened Chocolate Almond or Coconut Milk + Ice
- ¾ Tsp Flax Oil
- Pinch of Unsweetened Cocoa Nibs
- 1 Tsp Unsweetened Cocoa Powder

BLACK FOREST

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened Chocolate Almond Milk
- Pinch Unsweetened Cocoa Nibs
- 1 Tsp Unsweetened Cocoa Powder
- 1/3 Cup Dark Cherries (NOT Maraschino!)
- 8 oz. Water + Ice

HEAVENLY CHOCOLATE

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened Chocolate Almond Milk + Ice
- 1 Tbsp Almond Butter
- 3/4 tsp Cinnamon

CHOCOLATE BERRY DELIGHT

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 1/2 Cup Coconut Milk
- 1/2 Cup Frozen Mixed Berries + Ice

PRETTY IN PINK

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- Splash of Pure Cranberry Juice
- Handful of Strawberries and Raspberries (fresh or frozen)
- 8 oz. of Unsweetened, Vanilla Coconut or Almond Milk + Ice

BERRY POWER

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 1/2 Cup Blueberries
- 1/4 Cup Strawberries
- 1/4 Cup Blackberries
- 1 Medium Carrot
- 8 oz. Unsweetened, Vanilla Coconut or Almond Milk
- 1/2-1 Cup Pomegranate Juice (Cranberry is an okay substitute) + Ice

SWEET VERRY BERRY

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 1/4 Cup Coconut Milk + 1/2 cup Unsweetened Almond Milk
- 8 oz Water + Ice
- 1 Tbsp of Almond Butter
- 1/4 Cup frozen or fresh Berries
- (optional: a pinch or two of Unsweetened Coconut Shavings)

BANANA & BERRIES

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened Almond Milk
- 1 Cup Berries and 1/2 Banana
- 1 Scoop non-fat Frozen Yogurt, Low-Sugar Sorbet or just Ice

BLACKBERRY TANG

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 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 + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 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)

ISLAND LIME

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Peeled Lime and ½ Banana
- 1 Bunch Spinach
- 8 oz water + Ice

KIWI LIME SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- Handful of Sliced Kiwis
- Juice of 2 Lime Wedges (to intensify flavor, add lime zest)
- ¼ Cup Unsweetened, Vanilla Coconut or Almond Milk + Ice

THE PINA COLADA

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened or Vanilla Coconut Milk
- 1 Cup of Fresh Pineapple (pineapple juice will do in a pinch)
- 1 Tsp. Coconut Extract
- ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice

“PISTACIO” DREAM

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Cup Water + ½ Cup Coconut Milk + Ice
- ½ Avocado

BAY COOLER

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 4 oz. Water
- 6 Cherries
- ¼ Cup Fresh Pineapple chunks + Ice

ITALIAN MELON

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 1 Small Orange + 1 Cup Cubed Cantaloupe
- 3 Basil Leaves
- 8 oz Water + Ice

ORANGE CREAMSICLE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 4 oz. Unsweetened or Vanilla Almond Milk
- 4 oz. Orange Juice
- 1 Scoop low sugar Orange Sorbet

ORANGE PEAR

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Cooked Sweet Potato
- ½ Pear
- Pinch of Orange Zest
- 8 oz. Water + Ice

FUZZY PEACH

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 3 oz. Coconut Milk + 4 oz. Water + Ice
- ½ Cup Frozen Peaches

TRIPLE TROPIC

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Peeled Kiwi, ½ Peeled Mango, ½ Cup Fresh Pineapple Chunks
- 4 oz. Water + Ice

PAPAYA LIME

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Lime, ½ cup Papaya Chunks, ½ Golden Passion Fruit
- 8 oz. Water + Ice

VEGGIE MAX

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- Lightly Steamed Veggies: ½ Carrot, 2 Broccoli Florets, Handful Fresh Spinach
- ½ Apple, Slice + ½ Small Orange, Peeled
- 8 oz. Water + Ice

THE GRINCH

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Cup or more of Chopped Spinach
- 1 Packet or serving of Wheat Grass Powder
- 8 oz. of Almond Vanilla Milk
- 1 Green Apple, chopped in small pieces