



Meal Replacement Shakes BALANCED

*Add **liquid 1st** to prevent sticking. **ALWAYS** include ***Fiber***, ***Greens***, **Healthy Fat** in **EVERY meal/shake**.

- 1. Arbonne Protein Shake Powder**....2 scoops
- 2. Arbonne Fiber Boost**.....1/2 - 1 scoop (start slow)
- 3. Arbonne Greens Balance**.....1 scoop or ½ - 1 c spinach/kale
- 4. Low Glycemic Fruit**.....0 - 1/4 c low glycemic fruit: berries & green apples are ideal, only use ½ Banana or mango within 30 min workout (aka “Recovery Shake”)
- 5. Healthy Fat**.....1 Tbsp of nut butter, unsweetened cocoa nibs, flax or chia seeds, 1/8 cup of raw sliced/slivered nuts (no peanuts), 1/3 avocado, 1 Tsp flax, coconut or walnut oil.
- 6. Unsweetened Liquid & Ice**.....0 - 1 c of water, almond, coconut, rice, **or** hemp milk. + 3-5 ice cubes
**Digestion Plus w/ AM shake or drink with 4 oz+ of cool water 30 min before breakfast meal/shake.*

THIN MINT

- 2 scoops of Chocolate Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c strawberries
- 1 Tbsp chia seeds
- ¼ tsp mint flavor
- 1 c water & ice

CHOCOLATE BERRY DELIGHT

- 2 scoops of Chocolate Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c frozen mixed berries
- 1 tsp coconut oil
- ¼ c unsweetened coconut milk
- ¾ c water & ice

ALMOND CRUNCH

- 2 scoops of Chocolate or Vanilla
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 2 tsp raw almond butter
- 2 tsp raw sliced almonds
- ½ c vanilla almond milk
- ½ c water & ice

HEAVENLY CHOCOLATE

- 2 scoops Chocolate Protein
- ½ - 1 Scoop Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 1 tbsp raw almond butter
- ¾ tsp ground cinnamon
- ½ c unsweetened Almond Milk
- 1 c water & ice

ALMOND JOY

- 2 scoops of Chocolate Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c berry medley
- 1 Tbsp raw almond butter
- ½ tsp coconut extract
- ½ c vanilla almond milk
- ½ c water & ice

PRETTY IN PINK

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c strawberries & raspberries
- 1 tsp coconut oil
- 1 c water & ice

CHOCOLATE SPINACH CRUNCH

- 2 scoops of Chocolate Protein
- ½ - 1 scoop of Fiber Boost
- 1 c spinach
- 6 hazelnuts
- 1 c water & ice

CINNABON

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 1 tsp ground cinnamon
- 1 Tbsp raw pecans or sliced almonds
- ½ c vanilla almond milk
- ½ c water & ice

BERRY POWER

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ½ c berry medley
- 1 Tbsp chia seeds
- ½ c vanilla almond milk
- ½ c water & ice

DOUBLE CHOCOLATE FIX

- 2 scoops of Chocolate Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 1 Tbsp unsweetened Cocoa nibs
- ½ c choc almond milk
- ½ c water & ice

“PISTACHIO” DREAM

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ½ avocado
- ¼ c unsweetened coconut milk
- ¾ c water & ice

CARROT CAKE

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ½ c chopped carrots
- 1 Tbsp. walnuts
- 1 tsp pumpkin pie spice or cinnamon
- ½ c vanilla almond milk
- ½ c water & ice

APPLE PIE

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ½ sour green apple, sliced
- ground cinnamon, to taste
- 1 Tbsp raw pecans or sliced almonds
- ½ c vanilla almond milk
- ½ c water & ice

PUMPKIN SPICE

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c pumpkin puree
- 1 Tbsp. pecans
- Pumpkin pie spice, to taste
- ½ c vanilla almond milk
- ½ c water & ice

BERRY NUTTY

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ½ tbsp raw almond butter
- ½ tbsp raw sliced almonds
- ¼ c raspberries OR blueberries
- ½ c unsweetened almond milk
- ½ c water & ice

SWEET VERRY BERRY

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c frozen or fresh berries
- 1 tsp coconut shavings
- ½ c unsweetened coconut milk
- ½ c water & ice

BLACKBERRY TANG

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c frozen blackberries
- 1 Tbsp. of chia seeds
- Fizz dissolved in 1/2 c water
- ½ c water & ice

LEMON LIME FRESH

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 1.5 tsp of stevia
- ½ lemon or lime squeezed
- 1 tsp coconut oil
- 1 c water & ice

KIWI LIME SHAKE

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 1 kiwi sliced (skin on)
- Juice of 2 lime wedges
- ¼ c coconut or almond milk
- 1 c water & ice

BAY COOLER

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 5 cherries pitted
- ¼ c fresh pineapple chunks
- 1 tsp coconut oil
- 1 c water & ice

ITALIAN MELON

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ orange + ¼ c cantaloupe
- ½ - 1 c spinach or Greens scoop
- 1 tsp coconut oil
- 2 basil leaves
- 1 c water + ice

ORANGE CREAMSICLE

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ½ Orange (peeled & sliced)
- 1 c coconut milk + ice

FUZZY PEACH

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- ¼ c frozen peaches
- ½ c unsweetened coconut milk
- ½ c water & ice

VEGGIE MAX

- 2 scoops of Vanilla Protein
- ½ - 1 scoop of Fiber Boost
- 1 c spinach or Greens scoop
- ½ carrot & 2 broccoli florets
- ½ apple, sliced & ½ small orange, peeled
- 1 c water & ice

SAVORY SHAKE

- 2 scoops Vanilla protein
- ½ scoop of Fiber Boost
- 1 c spinach or zucchini
- 2 Tbsp. flax seeds, ground
- ¼ avocado
- ¼ cup fresh herbs ie parsley, cilantro..
- ½ tsp grated ginger
- Sea salt & ground pepper
- Pinch of cayenne
- 1 c water or chicken stock

CREATE YOUR OWN

- 2 scoops of Protein
- ½ - 1 scoop of Fiber Boost
- ½ - 1 c spinach or Greens scoop
- 0- ¼ c low glycemic fruit (Berries are ideal) Only use ½ banana or mango within 30 min workout "Recovery Shake"
- Add 1 Healthy Fat: 1 Tbsp of nut butter, unsweetened cocoa nibs, flax or chia seeds, 1/8 cup of raw sliced/slivered nuts, 1/3 avocado, 1 Tsp flax, coconut or walnut oil. (no peanuts)
- Add 1+ c liquid & ice: water, unsweetened almond, coconut, rice, or hemp milk. + ice cubes

MIX IT UP, Vary your Shakes