

# Arbonne Essentials - Protein Shake Mix

## **The Basics of How to Make a Shake:**

- 2 Scoops of Protein Powder (Chocolate, Vanilla or 1 of each)
- ½ to 1 scoop Daily Fiber Boost
- Ice (optional)
- ¼ to ½ cup berries (optional)
- Mix with your choice of the following liquids:
  - 9 oz. cold water
  - ½ to 1 cup unsweetened almond milk, flax milk or coconut milk
- Add one serving of healthy fat (optional):
  - 1 tsp. coconut oil, flax seeds, avocado, almonds, almond butter, sun butter, etc.

**\*\*Please note this, and all meals, will be balanced in protein, carbs and HEALTHY fat.\*\***

## **Helpful hints for shakes:**

Water = thinner shake; Milk = creamier/thicker shake.

If you find making your shakes with water doesn't keep you full long enough (3-4 hours), use one of the milk options.

To create "smoothie" consistency, cut liquid volume in half and add handful of ice (or use FROZEN fruit instead of fresh & you can omit ice!)

Add 1-2 handfuls of fresh spinach to your shakes. I promise, you won't taste it!

If you don't have one, I HIGHLY recommend picking up an inexpensive mini blender - there are many on the market including the Magic Bullet, Bella Blender, Ninja, etc. They typically come with 6 individual cups - so you blend and drink right from the same cup. Super easy and convenient.

A protein shaker cup is also something handy to have. I prefer this for lunch out-and-about or at work. Simply throw in your 2 scoops of protein and throw it in your purse/work bag or car. (You only do 1 scoop/fiber daily, so skip that on the lunch shake.) Then add cold water when you're ready for lunch, shake and enjoy!