



How to Make a Basic Shake



- ✓ 2 scoops of Arbonne Protein Powder (chocolate or Vanilla or a scoop of each)
- ✓ ½ to 1 scoop of Daily Fiber Boost
- ✓ 4-5 ice cubes (optional)
- ✓ ¼ to ½ c. of berries, fresh or frozen (optional)



Mix with the following liquids:

- ✓ 9oz. water
- ✓ ½ to 1 cup unsweetened almond milk, flax milk or coconut milk



Choose 1 or more of the healthy fat and Nutritional Boost optional add ins:

- ✓ 1 tsp. coconut oil, flax seeds, avocado, almonds, almond butter, sun butter, chia seeds or 1 scoop of Arbonne Green Balance



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!

