

SUPERSMOOTHIE {SHAKEO} RECIPES

Best way {fast, easy, simple, yummy} to get your
essential nutrition!





CHOCOLATE RECIPES

{CHOCOHOLICS ANON}

BASE:

- 6-8 oz milk (cows, almond, soy, cashew, etc)
- 4-5 ice cubes (opt)
- 1 scoop Chocolate Vegan or regular Shakeology

6 ADDITION OPTIONS (BLEND!):

- Peppermint: add 2 drops peppermint extract
- Pumpkin Chocolate Chip Cookie: add 1/3 cup pumpkin puree, 1/4 tsp cinnamon, and 1/4 tsp vanilla extract
- PB cup: 1/2 frozen Banana and 1 tbsp Peanut Butter
- Almond Joy: add 1 Tbsp almond butter and 2 Tbsp coconut flakes and use Coconut/Almond milk if you can
- Mexican Hot Cocoa: add 1/4 tsp cinnamon, 1/2 vanilla extract, and 1/4 tsp caramel extract
- Christmas Chocolate Orange: 1/2 frozen banana, handful of spinach, and 1 small peeled mandarine orange



STRAWBERRY RECIPES

BASE:

8-10 oz milk (cows, almond, soy, cashew, etc)

4-5 ice cubes (opt, but SO good)

1 scoop Tropical Strawberry Vegan or Regular Strawberry
Shakeology

6 ADDITION OPTIONS (BLEND!):

- Island Paradise: add 1 drop coconut extract and 1 cup frozen pineapple chunks
- Blueberry Bliss: add 1/2 c. fresh or frozen blueberries and 1/4 tsp vanilla extract
- PB & J : 1/2 c. frozen berries and 1 tbsp Peanut Butter
- Spinach Strawberry Salad: add 1 Tbsp almond butter and 1 handful spinach and 1/4 c cottage cheese
- Strawberry Cheesecake: add 1/2 graham cracker (crushed), 1/4 cup cottage cheese, and 2 tsp strawberry jam
- Peach Dream: add 1/2 c frozen peaches & 1/2 frozen banana



VANILLA RECIPES

BASE:

- 8-10 oz milk (cows, almond, soy, cashew, etc)
- 4-5 ice cubes (opt, but SO good)
- 1 scoop Vanilla Vegan or Regular Vanilla Shakeology

6 ADDITION OPTIONS (BLEND):

- Butter Finger: add 1/2 tsp vanilla extract & 1 Tbsp PBfit
- CreamSicle: add 1/2 c orange juice
- Candy Cane: 1/4 tsp peppermint extract
- Tropical Yum: 1/4 c each frozen mango and frozen pineapple
- Peanut Butter Cookie: 1 tbsp peanut butter, 1 tbsp graham cracker crumbs, and pinch of Himalayan salt
- Snickerdoodle: 1/2 tsp cinnamon, 1 tsp maple syrup, 1/2 tsp vanilla extract



CAFFE LATTE RECIPES

BASE:

8-10 oz milk (cows, almond, soy, cashew, etc)

4-5 ice cubes (opt, but SO good)

1 scoop Caffe Latte Vegan or Regular Caffe Latte Shakeology

6 ADDITION OPTIONS (BLEND!):

- Hazelnut: add 12 hazelnuts and 1/2 tsp vanilla extract
- Honey Nut: add 1 tbsp raw honey and 1 tbsp cashew butter
- Mocha Latte: 1 tbsp peanut butter and 1 tbsp cocoa powder with 1/4 tsp cinnamon
- Creamy Latte: 1/2 frozen banana, handful of spinach, 1 tbsp peanut butter
- CocoLatte: (use coconut milk if possible!) add 1 tbsp shredded coconut flakes
- Salted Caramel Latte: 1/2 tsp caramel extract and a dash of sea salt