Protein Smoothie Guide

CHOCOLATE, BANANA, PB PROTEIN SMOOTHIE

Ingredients:

- 1 banana
- 1 scoop of chocolate ice cream protein
- 1 tbsp of peanut butter
- 1 ½ cups of unsweetened almond milk or milk of choice

Add ice, blend, & enjoyl

CHOCOLATE PROTEIN SHAKE

Ingredients:

- 3/4 cup unsweetened vanilla almond milk
- 1 scoop Chocolate Protein Powder
- 1/2 cup frozen banana
- 1 tablespoon almond butter or peanut butter
- 1/4 teaspoon vanilla extract, optional
- 8 ice cubes

Blend & enjoyl

CHOCOLATE STRAWBERRY PROTEIN SMOOTHIE

Ingredients:

- 1 cup of frozen strawberries
- ½ a banana
- 1 scoop of chocolate ice cream protein
- 1 tbsp of chia seeds
- 1 cup of unsweetened vanilla almond milk

Blend & enjoyl

COOKIES AND CREAM HIGH PROTEIN SHAKE

Ingredients:

- 1 cup of unsweetened almond milk
- 1 scoop of cookies and cream protein
- Chobani zero sugar milk and cookies yogurt
- Ice

Blend & enjoyl

HEALTHY COOKIES & CREAM PROTEIN SHAKE

Ingredients:

- 1 banana
- 1 scoop of Cookies and Cream Protein Powder
- 1/4 a cup of cacao nibs or Lily's sugar free dark chocolate chips
- 1 tbsp of vanilla extract
- 1 cup of unsweetened almond milk

Addice, blend, & enjoyl

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COOKIES & CREAM, PB, AND BANANA PROTEIN SHAKE

Ingredients:

- 1 banana
- 1 tbsp of peanut butter
- 1 scoop of Cookies and Cream Protein Powder
- 1 cup of unsweetened almond milk

Addice, blend, & enjoyl

MOCHA COFFEE PROTEIN SMOOTHIE

Addice, blend, & enjoyl

Ingredients:

- 1 banana
- ½ a cup of unsweetened almond milk
- 1 scoop of vanilla ice cream protein
- 1 tbsp of any sugar substitute
- 2 tbsp of cocoa powder
- 1 tsp of vanilla extract
- 1 cup of room temperature coffee or cold brew

OATMEAL COOKIE PROTEIN SMOOTHIE

Ingredients:

- 1 scoop of vanilla ice cream protein
- ¼ cup of oats
- ½ a frozen banana
- 3 ice cubes
- 1 tsp of cinnamon
- 2 tbsp of vanilla nonfat greek yogurt
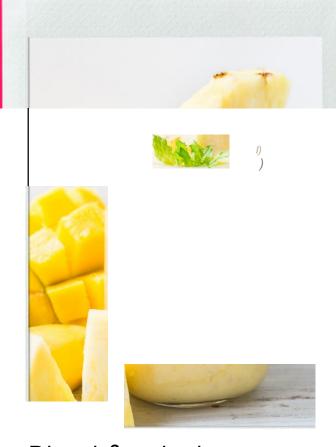- 1 cup of unsweetened almond milk

Top with cinnamon!

Blend & enjoyl

PINEAPPLE MANGO PROTEIN SMOOTHIE

Ingredients:

- ½ cup of frozen mango
- ½ cup of frozen pineapple
- 1 cup of almond milk
- ½ a cup of nonfat greek yogurt
- 1 scoop of vanilla ice cream protein
- ¼ tsp of vanilla

Blend & enjoyl