



Aubrie Richeson's Protein Shake Recipes

1) Coconut Twisted Julius

1 cup unsweetened coconut milk
2 scoops vanilla protein
2 tbsp orange juice concentrate
1/2 frozen banana

2) Muscular Mango

1 cup sugar-free apple juice
1/2 cup 0% Greek yogurt
1 tbsp orange juice concentrate
1/2 cup frozen mango
1/2 cup frozen pineapple
2 scoops vanilla protein

3) Almond Joy

1 cup unsweetened almond milk
2 scoops chocolate protein
2 tbsp almond butter
2 tbsp dark chocolate chips
1/4 cup unsweetened shredded coconut

4) Caramel Coffee

1 cup unsweetened almond milk
2 scoops chocolate protein
1 tsp instant coffee
1 tsp sugar-free caramel creamer

5) The Fuzzy Protein

1/2 cup frozen peaches
1 cup water or sugar-free apple juice
1/2 cup 0% Greek yogurt
2 scoops vanilla protein

6) Dark Chocolate Banana

1 cup unsweetened almond milk
2 scoops chocolate protein
1 tsp cinnamon
1 tbsp dark chocolate chips
1/2 frozen banana

7) Cheesecake Protein

1 cup water or unsweetened almond milk
1 oz fat-free cream cheese
2 scoops vanilla protein
1/4 cup crushed graham crackers

8) The “Rich”

2 scoops chocolate protein powder
10 ice cubes
12 oz fat free milk
2 tbsp fat free vanilla yogurt
1 tbsp natural peanut butter
2 tbsp hazelnut coffee
1/8 cup caramel ice cream topping

9) Chocolate Peanut Butter

2 scoops chocolate protein powder
2 tbsp whipping Cream (heavy cream, not cream out of a can)
1 tbsp peanut butter
12 oz water
1 tbsp flax meal
4–6 ice cubes

10) Fibrous Fruit

1 cup nonfat milk or apple juice
1/2 fresh banana
3–4 fresh or frozen strawberries or 1/3 c. blueberries or peaches
1 tsp wheat germ or bran
1–3 tbsp protein powder made from milk and egg
A few ice cubes if fruit isn't frozen

11) Snickers Mocha

1 scoop protein powder
1/2 cup cold coffee
1/2 cup skim or unsweetened almond milk
1 tsp drops of sugar-free caramel creamer
1/4–1/2 packet of sugar-free chocolate Carnation instant breakfast
3 ice cubes
1 tsp butternut flavoring extract

12) Sweet Strawberry

2–3 scoops vanilla protein powder
8 fluid oz water
1 fat-free strawberry yogurt or Greek yogurt
1/2 cup frozen strawberries
1 tsp flax seed oil