

self love club

our fav protein shakes

mind.body.skin

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how to make the perfect smoothie

it's SO important to be making your smoothies with

PROTEIN, FATS, and CARBS

in order to make it a complete, nutrient dense, filling meal!
the fats are crucial to help keep you fuller longer.

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FATS: minimum 1 heaping tbsp nut butter of choice, handful of nuts, or half an avocado

PROTEIN: 2 scoops of arbonne protein flavour of choice

CARBS: 1-2 cups of frozen fruit - choose your blend!

add: 1 whole banana, 1-1.5 cups frozen mixed berries or fruit, 1/2 cup oats, etc! the options are endless, try new combos so you never get bored!

+add water to the top of your ingredients in the blender.

you can also do unsweetend almond milk, or other plant milks like cashew, pea, coconut, oat, etc! just opt for an unsweetend option to reduce the unnecessary added sugars!

mix it up & try one of the recipes in this ebook!



vanilla chai protein smoothie

- 2 Scoops Arbonne Essentials
Vanilla Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost
+ Arbonne Digestion Plus Packet
- 3 oz. Unsweetened, Vanilla Almond
or Coconut Milk
- 1 Cup of Brewed Decaf Chai Tea
+ Ice



pretty in pink protein smoothie

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- + 1 scoop of Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- Splash of Pure Cranberry Juice
- Handful of Strawberries and Raspberries (fresh or frozen)
- 8 oz. of Unsweetened, Vanilla Coconut or Almond Milk
- + Ice

chocolate banana bliss

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond or Coconut Milk
- + Ice
- 1 Medium Banana





lemon lime fresh protein smoothie

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder

- + 1 scoop of Arbonne Daily Fiber Boost

- + Arbonne Digestion Plus Packet

- ¼ Cup Coconut Milk or Unsweetened Almond Milk

- + Ice

- ½ Cup of Water

- 1-2 Tsp of Stevia

- ½ a Lemon/Lime, peeled and sliced (*May add a few rind shavings for zing or use 1-2 Tbsp Fresh Lemon/Lime Juice)



chocolate mocha coffee protein smoothie

- 1 Scoop Arbonne Essentials Vanilla Protein Powder
- 1 Scoop Arbonne Essentials Chocolate Protein Powder
- 1 scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Cup Coffee
- 1 Cup ice



chocolate macaroon protein smoothie

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond or Coconut Milk
- ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice



orange creamsicle protein smoothie

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- 4 oz. Unsweetened or Vanilla Almond Milk
- 4 oz. Orange Juice
- 1 Scoop low sugar Orange Sorbet



italian melon protein smoothie

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- + 1 scoop of Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- 1 Small Orange
- + 1 Cup Cubed Cantaloupe
- 3 Basil Leaves
- 8 oz Water + Ice



spinach crunch protein smoothie

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- 9 oz. Water + Ice
- 1 ½ - 2 Handfuls of Fresh Spinach
- 6-8 Hazelnuts



veggie max protein smoothie

- 2 Scoops of Arbonne Essentials
Vanilla Protein Powder

- + 1 scoop of Arbonne Daily
Fiber Boost

- + Arbonne Digestion Plus Packet

- Lightly Steamed Veggies:
½ Carrot,
2 Broccoli Florets,
Handful Fresh Spinach

- ½ Apple, Slice
+ ½ Small Orange, Peeled

- 8 oz. Water + Ice



double chocolate fix protein smoothie

- 2 Scoops Arbonne Essentials
Chocolate Protein Powder

- + 1 Scoop Arbonne Daily Fiber
Boost

- + Arbonne Digestion Plus Packet

- 8 oz. Unsweetened Chocolate
Almond or Coconut Milk

- + Ice

- $\frac{3}{4}$ Tsp Flax Oil

- Pinch of Unsweetened Cocoa Nibs

- 1 Tsp Unsweetened Cocoa Powder



fuzzy peach protein smoothie

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 3 oz. Coconut Milk + 4 oz. Water
- + Ice
- ½ Cup Frozen Peaches

nutty apple cinnamon smoothie

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened or Vanilla Almond Milk
- + Ice
- ¼ Cup unsweetened Applesauce
- 1 Tbsp Almond Butter
- ¾ Tsp cinnamon





chocolate berry delight smoothie

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- ½ Cup Coconut Milk
- ½ Cup Frozen Mixed Berries
- + Ice



the pinacolada smoothie

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- + 1 Scoop Arbonne Daily Fiber Boost
- + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened or Vanilla Coconut Milk
- 1 Cup of Fresh Pineapple
(pineapple juice will do in a pinch)
- 1 Tsp. Coconut Extract
- ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice