

Basic Protein Shake:

- 2 scoops Arbonne Go Easy Protein Shake
- ½ to 1 scoop Arbonne Go Anywhere Fiber Booster
- Mix with **one** of the following and ice if desired:
 - 1 cup water
 - ½ to 1 cup unsweetened almond milk mixed with water
 - 1/2 cup rice milk and ½ cup water
- Add **one** serving of fat to satiate:
 - 1-2 tsp almond butter
 - 1 tsp almond, walnut, coconut or flax oil
 - 1 TBS ground flax meal
 - 1 TBS whole roasted flax seeds
 - ¼ cup coconut milk
 - 1 TBS raw nuts
 - ¼ avocado
- ¼ cup berries (optional)



Tips on Shakes:

- You may use as much liquid as you want. If you want a thick shake, use ice and less liquid. If you want a thin shake, use more liquid.
- Start by trying your shake with Protein, Fiber, and water. If you get hungry before 4 hours have past, do your next shake with more “stuff,” for example, try including your berries and your serving of fat. You can also add some steamed squash or cauliflower then add ½ cup to the shake for more bulk.
- Stick to low sugar fruit in your shake only for weight loss (berries or ½ a sour apple)

Tips for Athletes:

- If you workout in a way that produces muscle fatigue or oxygen debt (interval training, weight lifting, long endurance training), then you qualify for a “Workout Recovery Shake.” This is a bonus shake and is not counted as one of your meals.
- Consume your Workout Recovery Shake within 30 – 60 minutes of your workout. In this shake only, you may add a higher sugar fruit (e.g., ½ a banana, a few chunks of mango or pineapple, etc.) because it will actually help your muscles recover faster.
- This Workout Recovery Shake is not your meal. Your muscles will use it almost immediately. Consume your meal as soon as you get hungry after your recover shake (that could be immediately after your shake or as long as 4 hours later)



5 minute NO BAKE Protein Bar Recipe

- 1 16 oz. organic raw & unsalted almond butter or peanut butter (crunchy or creamy)
- 1 ¾ cup honey or agave nectar (can cut back on amt here to make less sweet)
- 2 ¼ cups of Chocolate or Vanilla Go Easy! Protein Powder (can mix chocolate and vanilla if desired)
- 3 cups dry uncooked oatmeal
- 2 Tb. Water

In a microwave-safe bowl, combine peanut butter and honey, heat in microwave for 50-70 seconds, or until it easily stirs. Add protein powder in small portions and stir, then small portions of oatmeal and water and mix thoroughly. It will be thick and sticky. If consistency is loose add more protein powder. Press flat into a 9 x16 inch pan. Refrigerate 1 hour, or until solid enough to cut into bars. Store in the refrigerator. **for extra fiber use ¼ cup fiber booster, and 2 cups of protein powder. Makes 24 servings: calories 240, fat 9 grams, protein 13 grams, carbs 24 grams, sodium 98 mg., fiber 3 grams, sugar 15 grams.