

# Chocolate Protein Smoothie Recipes

A few tips and trick as you begin this:

Limit to ¼-½ cup of fruit.

If you get hungry at or before 3 hours, add more fiber (another Tbsp) .

If that still doesn't work and you still find yourself hungry at or before 3.5 hours, add more fat (another Tbsp) the next time around.

Add ice cubes to thicken and chill smoothie to your liking.

## Chocolate Greens

Chocolate protein  
Nut butter of your choice  
Chia seeds  
Handful of spinach  
Unsweetened almond or coconut milk

## Chocolate dipped Strawberry

Chocolate protein  
MCT oil  
Chia seeds or flaxseeds  
½ cup diced fresh or frozen strawberries  
Unsweetened nut milk

## Ice Coffee - Mocha latte

Chocolate protein  
MCT oil  
Chia or flaxseeds  
Cold brew coffee, regular or decaf, ¼ to ½ cup  
unsweetened nut milk

## Chunky Monkey

Chocolate protein  
Nut butter of your choice  
Chia seeds or flaxseeds  
Handful of spinach  
½ banana, fresh or frozen  
Unsweetened nut milk

## Dark Chocolate + Sea Salt

Chocolate protein  
Coconut oil  
Chia seeds  
Handful of spinach  
Unsweetened almond or coconut milk  
Cacao nibs, ½ tsp  
Himalayan pink salt, ½ tsp

## Cookies & Cream

Chocolate protein  
Nut butter  
Flax or chia seeds  
Handful spinach  
½ cup blueberries - fresh or frozen  
Unsweetened almond or coconut milk  
Hemp hearts to garnish



For more information visit <https://thrivevb.com/fab4smoothie>

Disclaimer: all recipes are created by Kelly Leveque

# Vanilla Protein Smoothie Recipes

See Chocolate Recipes for serving tips and tricks

## Snickerdoodle

Vanilla protein  
Walnut butter Flaxseeds  
Unsweetened nut milk  
Ground cinnamon and ground nutmeg  
for garnish

## Peaches & Greens

Vanilla protein  
Coconut oil  
Chia seeds or flax seeds  
Handful of spinach  
½ cup peaches, fresh or frozen  
unsweetened coconut or nut milk

## Spa Day

Vanilla protein  
Avocado - ¼ chopped, peeled  
Chia seeds  
Handful spinach  
Juice of 1 lemon  
Cucumber chopped - 1 persian  
Mint leaves - ¼ cup  
Unsweetened nut or coconut milk

## Mojito

Vanilla protein  
Coconut oil, 1 to 2Tbsp  
Chia seeds, 1 to 2 Tbsp  
Handful spinach  
Mint leaves - handful  
Juice of 1 lime  
Coconut water

## Limeade

Vanilla protein  
MCT or avocado oil  
Handful spinach  
Chia seeds, 1 to 2 Tbsp  
unsweetened nut milk  
Juice of 1 lime, zest lime on top for  
garnish

## Blueberry Muffin

Vanilla protein  
Nut butter of your choice  
Raw fiber powder  
¼ cup blueberries, fresh or frozen  
unsweetened nut milk  
Hemp seeds for garnish

## Apple & Greens

Vanilla protein  
Avocado oil  
Chia seeds  
Chopped kale, 2 cups  
½ green apple, cored  
Unsweetened nut milk

## Matcha Green Tea Ice Latte

Vanilla protein  
MCT oil  
Chia seeds  
Handful of spinach  
Unsweetened nut milk  
Matcha powder



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