

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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