

Oats and Honey Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/2 cup (dry measurement) rolled oats cooked with water, nuked and cooled
1 tbsp honey
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Creamy Strawberry Passion Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 7oz Strawberry Dannon® Light 'n Fit™ Yogurt Smoothie
1/2 cup fresh or frozen strawberries
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Blueberry Blast Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/2 cup fresh or frozen blueberries
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Creamy Vanilla Mint Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
3 Tbsp. organic heavy cream
3-6 drops mint extract or pure mint
1 cup water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

PB&J Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 Tbsp. organic heavy cream
1 Tbsp. all-natural peanut butter
1 Tbsp. sugar free strawberry or grape jelly
1 cup water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Pineapple Blast Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/2 cup fresh or frozen pineapple
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Strawberry Banana Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/4 cup fresh or frozen strawberries
1 ripe banana (peeled, broken into several pieces)
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Berries & Cream Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/4 cup fresh or frozen strawberries
1/4 cup fresh or frozen blueberries
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Strawberry Macadamia Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/4 cup Macadamia Nut Shavings
4 Frozen Strawberries
1 cup water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Vanilla Flax Meal Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
2 Tbsp. flax meal
1 cup water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Pina Colada Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/2 cup fresh or frozen pineapple
1/4 tsp coconut extract
1 packet non-calorie sweetener
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Cinnamon Bun Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 tbsp sugar free instant vanilla pudding (optional)
1/4 tsp vanilla extract
1/4 tsp cinnamon
1/4 tsp nutmeg
1 packet non-calorie sweetener
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Root Beer Float Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 can Diet A&W Root Beer
2 Tbsp. Heavy Cream
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

The Hulk Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/2 tbsp sugar-free pistachio pudding mix
1 mint leaf or a few drops peppermint extract (optional)
2 tbsp flax meal
1 cup water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Apple Cinnamon Oblivion Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 tbsp sugar free instant vanilla pudding (optional)
1 medium apple (cored, sliced into wedges)
1/4 tsp cinnamon
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Peaches and Cream Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 tbsp sugar free instant vanilla pudding (optional)
1 peach (pitted, sliced into wedges) or equivalent frozen peaches
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Pistachio Mint Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 tbsp sugar free instant pistachio pudding
2 drops peppermint extract
1 tbsp coconut oil
1 cup cold water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Peanut Butter Delight Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 heaping tbsp all-natural peanut butter
1 cup cold water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Orange Creamsicle Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 orange, peeled and separated
1/4 cup orange juice
3/4 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Banana Coconut Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 ripe banana (peeled, broken into several pieces)
1/4 tsp coconut extract
1 packet non-calorie sweetener
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Berry Blast Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1/4 cup fresh or frozen strawberries
1/4 cup fresh or frozen blueberries
1 cup organic skim milk
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.

Café Mocha Protein Shake

1 – 2 scoops Vanilla [Prograde Protein®](#)
1 tbsp instant coffee
2 tbsp flax meal or ground flax seeds
1 cup cold water
4 ice cubes

Directions:

Combine all ingredients in blender and blend on medium-high for 45-60 seconds.