

Vanilla Shakeology Recipes

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Less than 200 Calories



Spiced Orange Blossom

1 serving of Vanilla Shakeology

- 1 cup water
- 4 tsp orange herbal tea (cooled)
- ½ tsp ground cinnamon

Calories: 132

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 208 mg

Carbohydrate: 14 g

Fiber: 3 g

Sugar: 7 g

Protein: 16 g



Vanilla Chai

1 serving of Vanilla Shakeology

- 1 cup brewed Chai tea (cooled)
- 1 tsp raw honey
- 1 dash ground allspice



Iced Mocha

1 serving of Vanilla Shakeology

- ½ cup unsweetened almond milk
- ½ cup brewed coffee (cooled)
- 1 tsp unsweetened cocoa



Neopolitan

1 serving of Vanilla Shakeology

- 1 cup water
- ½ cup fresh or frozen strawberries

Calories: 151

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 211 g

Carbohydrate: 20 g

Fiber: 3 g

Sugar: 12 g

Protein: 16 g

Calories: 158

Total Fat: 4 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 298 mg

Carbohydrate: 16 g

Fiber: 4 g

Sugar: 7 g

Protein: 17 g

Calories: 161

Total Fat: 2 g

- 1 tsp unsweetened cocoa



Tiramisu

1 serving of Vanilla Shakeology

- 1 cup brewed coffee (cooled)
- ½ tsp rum extract
- 1 Tbsp marscapone (or ricotta cheese)
- 1 tsp unsweetened cocoa
- ½ tsp ground cinnamon



Vanilla Latte

1 serving of Vanilla Shakeology

- 1 cup brewed coffee (cooled)
- 1 tsp pure maple syrup (or raw honey)

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 214 mg

Carbohydrate: 21 g

Fiber: 5 g

Sugar: 11 g

Protein: 17 g

Calories: 166

Total Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 10 mg

Sodium: 230 mg

Carbohydrate: 16 g

Fiber: 3 g

Sugar: 7 g

Protein: 18 g

Calories: 172

- ½ cup unsweetened vanilla almond milk



Minty Watermelon

1 serving of Vanilla Shakeology

- 1 cup cubed watermelon
- 6 fresh mint leaves

Total Fat: 4 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 302 mg

Carbohydrate: 21 g

Fiber: 4 g

Sugar: 12 g

Protein: 17 g

Calories: 176

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 207 mg

Carbohydrate: 26 g

Fiber: 4 g

Sugar: 16 g

Protein: 17 g



Apple Pie

1 serving of Vanilla Shakeology

- 1 cup water
- ½ cup unsweetened applesauce
- ½ tsp ground cinnamon

Calories: 184

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 215 mg

Carbohydrate: 29 g

Fiber: 5 g

Sugar: 18 g

Protein: 16 g



Coconut-Lime

1 serving of Vanilla Shakeology

- ½ cup unsweetened coconut milk beverage
- ½ cup water
- 2 Tbsp fresh lime juice
- ½ tsp pure coconut extract

Calories: 184

Total Fat: 5 g

Saturated Fat: 3 g

Cholesterol: 5 mg

Sodium: 225 mg

Carbohydrate: 20 g

Fiber: 3 g

Sugar: 11 g

Protein: 17 g



Vanilla Cantaloupe

1 serving of Vanilla Shakeology

- 1 cup cubed cantaloupe
- 1 cup water



Orange Dream

1 serving of Vanilla Shakeology

- ½ cup 100% orange juice
- ½ cup water
- ½ tsp grated orange peel

Calories: 184

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 240 mg

Carbohydrate: 27 g

Fiber: 4 g

Sugar: 20 g

Protein: 17 g

Calories: 186

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 211 mg

Carbohydrate: 27 g

Fiber: 3 g

Sugar: 17 g

Protein: 17 g



Minty Honeydew

1 serving of Vanilla Shakeology

- 1 cup cubed honeydew melon
- 2/3 cup water
- 4 fresh mint leaves



Blueberry Basil

1 serving of Vanilla Shakeology

- ½ cup water
- ½ cup unsweetened almond milk
- ½ cup fresh or frozen blueberries
- 4 fresh basil leaves

Calories: 191

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 241 mg

Carbohydrate: 29 g

Fiber: 4 g

Sugar: 21 g

Protein: 17 g

Calories: 192

Total Fat: 4 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 300 mg

Carbohydrate: 26 g

Fiber: 5 g

Sugar: 14 g

Protein: 17 g



Peaches and Cream

1 serving of Vanilla Shakeology

- 1 cup frozen sliced peaches
- 2/3 cup water
- 1 Tbsp fresh lemon juice

Calories: 193

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 211 mg

Carbohydrate: 30 g

Fiber: 5 g

Sugar: 20 g

Protein: 17 g

200–300 Calories



Piña Colada

1 serving of Vanilla Shakeology

- ½ cup water
- ½ cup 100% pineapple juice
- ½ tsp pure coconut extract

Calories: 202

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 212 mg

Carbohydrate: 30 g

Fiber: 3 g

Sugar: 20 g



Coconut Avocado

1 serving of Vanilla Shakeology

- ½ cup water
- ½ cup unsweetened coconut milk beverage
- ½ tsp pure coconut extract
- 2 Tbsp mashed avocado



Orange Crème

1 serving of Vanilla Shakeology

- ½ cup 100% orange juice
- ½ cup nonfat milk

Protein: 16 g

Calories: 206

Total Fat: 7 g

Saturated Fat: 3 g

Cholesterol: 5 mg

Sodium: 226 mg

Carbohydrate: 19 g

Fiber: 4 g

Sugar: 10 g

Protein: 17 g

Calories: 227

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 7 mg

Sodium: 258 mg

Carbohydrate: 33 g

Fiber: 3 g



Vanilla Nog

1 serving of Vanilla Shakeology

- 1 cup nonfat milk
- 1 tsp rum extract
- ¼ tsp ground nutmeg



Morning Refresher

1 serving of Vanilla Shakeology

- 1/3 cup cubed mango
- ½ medium banana
- 1/3 cup pineapple chunks
- ½ cup water

Sugar: 24 g

Protein: 21 g

Calories: 229

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 10 mg

Sodium: 309 mg

Carbohydrate: 27 g

Fiber: 3 g

Sugar: 20 g

Protein: 24 g

Calories: 243

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 211 mg

Carbohydrate: 43 g



Vanilla Hazelnut

1 serving of Vanilla Shakeology

- ½ cup hazelnut milk beverage (or unsweetened almond milk)
- ½ cup water
- 2 Tbsp coarsely chopped hazelnuts



PB & J

1 serving of Vanilla Shakeology

- ½ cup unsweetened almond milk
- ½ cup water
- ½ cup red grapes
- 2 tsp all-natural peanut butter

Fiber: 6 g

Sugar: 27 g

Protein: 17 g

Calories: 244

Total Fat: 9 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 269 mg

Carbohydrate: 25 g

Fiber: 4 g

Sugar: 14 g

Protein: 18 g

Calories: 266

Total Fat: 9 g

Saturated Fat: 1 g

Cholesterol: 5 mg

Sodium: 303 mg



Vanilla Almond

1 serving of Vanilla Shakeology

- 1 cup unsweetened almond milk
- 1 Tbsp all-natural almond butter



Pumpkin Pie

1 serving of Vanilla Shakeology

- ½ cup canned pumpkin puree
- ¾ cup unsweetened vanilla almond milk
- 1 tsp pure maple syrup (or raw honey)
- 1 tsp pumpkin pie spice
- 1 Tbsp coarsely chopped raw pecans

Carbohydrate: 31 g

Fiber: 5 g

Sugar: 20 g

Protein: 20 g

Calories: 266

Total Fat: 14 g

Saturated Fat: 1 g

Cholesterol: 5 mg

Sodium: 387 mg

Carbohydrate: 19 g

Fiber: 6 g

Sugar: 8 g

Protein: 20 g

Calories: 271

Total Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 5 mg



Maple Pecan

1 serving of Vanilla Shakeology

- 1 cup unsweetened almond milk
- 1 Tbsp coarsely chopped raw pecans
- 1 Tbsp coarsely chopped raw cashews
- 1 tsp maple syrup



Watermelon Breeze

1 serving of Vanilla Shakeology

- 1 cup cubed watermelon
- 1 cup unsweetened rice milk
- 2 fresh basil leaves

Sodium: 349 mg

Carbohydrate: 31 g

Fiber: 10 g

Sugar: 15 g

Protein: 19 g

Calories: 282

Total Fat: 14 g

Saturated Fat: 1 g

Cholesterol: 5 mg

Sodium: 388 mg

Carbohydrate: 24 g

Fiber: 5 g

Sugar: 12 g

Protein: 19 g

Calories: 286

Total Fat: 5 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 319 mg

Carbohydrate: 46 g

Fiber: 4 g

Sugar: 29 g

Protein: 18 g

300–400 Calories



Vanilla Berry Delight

1 serving of Vanilla Shakeology

- 1 cup frozen mixed berries
- 1 cup unsweetened rice milk

Calories: 311

Total Fat: 5 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 267 mg

Carbohydrate: 52 g

Fiber: 9 g

Sugar: 34 g

Protein: 18 g



Just Grape

1 serving of Vanilla Shakeology

- 1 cup red grapes
- 1 cup unsweetened rice milk

Calories: 336

Total Fat: 5 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 269 mg

Carbohydrate: 60 g

Fiber: 4 g

Sugar: 45 g

Protein: 18 g



Greek Islander

1 serving of Vanilla Shakeology

- 1 cup vanilla Greek yogurt
- ½ cup 100% pomegranate juice
- ½ cup fresh or frozen blackberries
- 2 fresh basil leaves

Calories: 357

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 311 mg

Carbohydrate: 49 g

Fiber: 7 g

Sugar: 38 g

Protein: 40 g



Apple Oatmeal

1 serving of Vanilla Shakeology

- 1 packet instant oatmeal
- ½ cup unsweetened applesauce
- ½ cup unsweetened vanilla almond milk
- 1 tsp ground cinnamon

Calories: 379

Total Fat: 6 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 519 mg

Carbohydrate: 65 g

Fiber: 9 g

Sugar: 34 g

Protein: 21 g

400–500 Calories



Nutty Butter

1 serving of Vanilla Shakeology

- ½ medium banana
- 1 cup nonfat milk
- 1 Tbsp all-natural peanut butter
- ¼ cup coarsely chopped raw walnuts

Calories: 408

Total Fat: 15 g

Saturated Fat: 2 g

Cholesterol: 10 mg

Sodium: 312 mg

Carbohydrate: 44 g

Fiber: 6 g

Sugar: 28 g

Protein: 30 g