

# Chocolate Shakeology Recipes

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*Kathi's favorite Chocolate recipe is:*

- 1 Scoop of Chocolate Shakeology
- 10 ounces of chilled coffee
- 2 Tablespoons of PB2 (Powdered peanut butter)
- 6 – 7 ice cubes

*Blend and enjoy!*



## Mocha Chiller

- 1 serving of Chocolate Shakeology
- 1 cup cold coffee



## Chocolate Twilight

- 1 serving of Chocolate Shakeology
- 1 tsp. vanilla extract
  - 1 cup water

Calories: 142

Protein: 17 g

Carbs: 17 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 144

Protein: 17 g

Carbs: 18 g



### Breakfast at Hazel's

1 serving of Chocolate Shakeology

- 1 tsp. hazelnut extract
- 1 cup water



### Almond Mocha Chiller

1 serving of Chocolate Shakeology

- 1 tsp. almond extract
- 1 cup cold coffee



### Chocolate Minty

1 serving of Chocolate Shakeology

- 1 tsp. mint extract
- 1 cup water

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 152

Protein: 17 g

Carbs: 20 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 154

Protein: 17 g

Carbs: 20 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 156

Protein: 17 g

Carbs: 21 g

Fat: 1 g



### Chocolate-Covered Strawberries

1 serving of Chocolate Shakeology

- 1 cup strawberries
- 1 cup water



### Choc-Orange

1 serving of Chocolate Shakeology

- ½ cup orange juice
- ½ cup water



### Coconut Dream

1 serving of Chocolate Shakeology

- 1 tsp. coconut extract
- ½ cup skim (nonfat) milk
- ½ cup water

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 188

Protein: 18 g

Carbs: 28 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 196

Protein: 18 g

Carbs: 30 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

## 200–300 Calories

Calories: 200

Protein: 21 g

Carbs: 28 g

Fat: 1 g



### Chocolate Raspberry

1 serving of Chocolate Shakeology

- 1 cup raspberries
- 1 cup water



### Dark Blue Moon

1 serving of Chocolate Shakeology

- 1 cup blueberries
- 1 cup water



### Orange U Happy

1 serving of Chocolate Shakeology

- ½ cup raspberries
- ½ cup orange juice
- ½ cup water

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 213

Protein: 18 g

Carbs: 32 g

Fat: 2 g

Saturated Fat: < 1 g

Calories from Fat: 20

Calories: 228

Protein: 18 g

Carbs: 38 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 228

Protein: 19 g

Carbs: 37 g

Fat: 1 g

Saturated Fat: < 1 g



### Chocolate Spice

1 serving of Chocolate Shakeology

- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 1 cup skim (nonfat) milk



### Strawberry Thunder

1 serving of Chocolate Shakeology

- 1 cup strawberries
- ½ cup blueberries
- 1 cup water



### Choconana

1 serving of Chocolate Shakeology

- 1 medium banana
- 1 cup water

Calories from Fat: 10

Calories: 232

Protein: 25 g

Carbs: 32 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 236

Protein: 19 g

Carbs: 39 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 245

Protein: 18 g

Carbs: 44 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10



### Chocolate Berry Blast

1 serving of Chocolate Shakeology

- ½ cup raspberries
- ¼ cup blueberries
- ½ cup blackberries
- 1 cup water

Calories: 252

Protein: 20 g

Carbs: 42 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10



### Piña-Banana

1 serving of Chocolate Shakeology

- ½ medium banana
- ½ cup pineapple juice
- ½ cup water

Calories: 253

Protein: 18 g

Carbs: 45 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10



### Banana Split

1 serving of Chocolate Shakeology

- ½ medium banana
- 2 fresh pineapple rings
- 2 large strawberries
- 1 cup water

Calories: 257

Protein: 18 g

Carbs: 46 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10



### PB and J

1 serving of Chocolate Shakeology

- 1 Tbsp. natural peanut butter
- ½ cup strawberries

Calories: 264

- 1 cup water



### Pumpkin Pie

1 serving of Chocolate Shakeology

- ½ cup unsweetened canned pumpkin
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- 1 cup skim (nonfat) milk



### Nuts for Chocolate

1 serving of Chocolate Shakeology

- 1 Tbsp. almond butter
- ½ tsp. almond extract
- 1 cup almond milk



### Choco Cherry-Licious

1 serving of Chocolate Shakeology

- ½ cup black cherries, pitted
- 1 cup vanilla almond milk

Protein: 21 g

Carbs: 26 g

Fat: 9 g

Saturated Fat: 2 g

Calories from Fat: 80

Calories: 272

Protein: 26 g

Carbs: 41 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 285

Protein: 20 g

Carbs: 23 g

Fat: 13 g

Saturated Fat: < 1 g

Calories from Fat: 120

Calories: 288

Protein: 20 g



### Chocolate Bee

1 serving of Chocolate Shakeology

- 1 Tbsp. honey
- 1 cup skim (nonfat) milk

Carbs: 44 g

Fat: 4 g

Saturated Fat: < 1 g

Calories from Fat: 35

Calories: 288

Protein: 25 g

Carbs: 46 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

## 300–400 Calories



### Chocolate Bananas Foster

1 serving of Chocolate Shakeology

- 1 medium banana
- ½ tsp. cinnamon
- ½ tsp. rum extract
- 1 cup skim (nonfat) milk

Calories: 336

Protein: 26 g

Carbs: 57 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10



### Cheeky Coconut

1 serving of Chocolate Shakeology

- 1 tsp. coconut extract
- 1 medium banana
- 1 cup skim (nonfat) milk

Calories: 337

Protein: 26 g





### Maple Buttercup

1 serving of Chocolate Shakeology

- 1 Tbsp. almond butter
- 1 cup skim (nonfat) milk
- 1 tsp. maple syrup



### Vanilla Almond Fudge

1 serving of Chocolate Shakeology

- 1 Tbsp. almond butter
- 1 tsp. vanilla extract
- 4 dashes cinnamon
- 1 cup skim (nonfat) milk



### Fruit and Nutty

1 serving of Chocolate Shakeology

- 1 Tbsp. peanut butter
- ½ cup raspberries
- ½ cup blackberries
- 1 cup almond milk

Carbs: 61 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

Calories: 337

Protein: 27 g

Carbs: 36 g

Fat: 10 g

Saturated Fat: 1 g

Calories from Fat: 90

Calories: 341

Protein: 27 g

Carbs: 35 g

Fat: 10 g

Saturated Fat: 1 g

Calories from Fat: 90

Calories: 344

Protein: 24 g

Carbs: 36 g



### Chocolate Banana Nutter

1 serving of Chocolate Shakeology

- 1 Tbsp. natural peanut butter
- 1 medium banana
- 1 cup water



### Banana Honeymoon

1 serving of Chocolate Shakeology

- ½ medium banana
- 1 Tbsp. peanut butter
- 1 Tbsp. honey
- 1 cup water



### Cherry Monkey

1 serving of Chocolate Shakeology

- ½ cup black cherries (pitted)
- ½ medium banana
- 1 cup skim (nonfat) milk

Fat: 9 g

Saturated Fat: 2 g

Calories from Fat: 80

Calories: 350

Protein: 22 g

Carbs: 47 g

Fat: 9 g

Saturated Fat: 2 g

Calories from Fat: 80

Calories: 361

Protein: 22 g

Carbs: 50 g

Fat: 9 g

Saturated Fat: 2 g

Calories from Fat: 80

Calories: 381

Protein: 28 g

Carbs: 67 g

Fat: 1 g

Saturated Fat: < 1 g

Calories from Fat: 10

## Chocolate Shakeology Shake-Off Recipes

Check out these yummy recipes submitted in the 2010 and 2011 Shakeology Shake-Off Contests:



### Chocolate Hazelnut

1 serving of Chocolate Shakeology

- 2 Tbsp. sugar-free hazelnut syrup
- 1 cup water
- 1 cup ice

Calories: 150

Protein: 17 g

Carbs: 17 g

Fat: 1 g

Saturated Fat: 0 g

Calories from Fat: 9

**If you want to avoid artificial sweeteners but still love the flavor of hazelnut, replace the sugar-free hazelnut syrup with 1 tablespoon chopped raw hazelnuts.**



### Frozen Mint Chocolate

1 serving of Chocolate Shakeology

- Fresh mint
- 1 cup water
- 1 cup ice

Calories: 163

Protein: 17 g

Carbs: 19.5 g

Fat: 1 g

Saturated Fat: 0 g

Calories from Fat: 9



### Chocolate Mocha Mousse by Alex Velasco (2010)

1 serving of Chocolate Shakeology

- 2 egg whites\*, whipped

Calories: 208

- ¼ cup blueberries
- 1 Tbsp. instant coffee crystals
- ½ cup water

Protein: 25 g

Carbs: 23 g

Fat: 1 g

Saturated Fat: 0 g

Calories from Fat: 9

**\*Consuming raw eggs can increase your risk of foodborne illness.**



### **Nutz About Raisinz by Hamilton Pham (2011)**

1 serving of Chocolate Shakeology

- ½ oz. raisins (one miniature box)
- 1 Tbsp. chopped walnut pieces
- 1 tsp. instant coffee crystals
- 1-½ cups water
- ½ cup unsweetened almond milk

Calories: 255

Protein: 19 g

Carbs: 27.5 g

Fat: 7.5 g

Saturated Fat: < 1 g

Calories from Fat: 67.5



### **Exotic Chai Chiller by Jeannie Young (2011)**

1 serving of Chocolate Shakeology

- ¼ cup prepared unsweetened organic chai
- 4 cardamom pods
- 4 whole black peppercorns
- 3 cloves
- 1 Tbsp. honey
- 1 tsp. ginger root
- ¼ tsp black tea leaves
- 1 cup unsweetened vanilla almond milk

Calories: 288

Protein: 18 g

Carbs: 43.5 g

Fat: 4 g

Saturated Fat: 0 g

Calories from Fat: 37.5



### **Chocolate Glazed Carrot Cake by Jennifer Beck (2011)**

1 serving of Chocolate Shakeology

- ½ cup frozen pineapple
- 4 oz. steamed baby carrots

Calories: 292

- ½ tsp. ground cinnamon
- ½ tsp. vanilla extract
- ½ cup water
- ½ cup unsweetened almond milk
- Ice (optional)

Protein: 19 g

Carbs: 47 g

Fat: 2.5 g

Saturated Fat: 0 g

Calories from Fat: 22.5



### Maple Buttercup by Melissa Rudd (2010 Winner)

1 serving of Chocolate Shakeology

- 1 Tbsp. almond butter
- 1 Tbsp. maple syrup
- 1 cup water or skim (nonfat) milk

Calories: 292

Protein: 20.5 g

Carbs: 31 g

Fat: 9 g

Saturated Fat: < 1 g

Calories from Fat: 80.5

When selecting your maple syrup, use 100% maple syrup as it contains no high fructose corn syrup.



### Turtle Style by Rachel Lickley (2010)

1 serving of Chocolate Shakeology

- 2 Tbsp. caramel syrup
- 1 Tbsp. almond butter
- 1 cup water

Calories: 340

Protein: 21.5 g

Carbs: 43 g

Fat: 9 g

Saturated Fat: < 1 g

Calories from Fat: 80.5

For a recipe with less sugar, use a teaspoon of natural caramel extract instead of caramel syrup.



### Strawberry Cappuccino Frappuccino by Elaina Saperstein (2010)

1 serving of Chocolate Shakeology

- 1 cup cappuccino flavored soy milk
- 1 cup prepared, chilled instant coffee
- 1 cup nonfat vanilla yogurt
- 4 frozen strawberries
- 1 cup ice

Calories: 355

Protein: 31 g

Carbs: 42 g

Fat: 4 g

Saturated Fat: 0 g

Calories from Fat: 36

**For a recipe with less sugar, use plain nonfat yogurt and pure vanilla extract in this recipe.**



### Amazing Banana Split by Perry Tinsley (2010)

1 serving of Chocolate Shakeology

- 2 fresh pineapple rings
- 2 large frozen strawberries
- 1 medium banana
- 1 cup ice
- 1 cup water

Calories: 382

Protein: 18 g

Carbs: 77.5 g

Fat: 1 g

Saturated Fat: 0 g

Calories from Fat: 9



### Almond Joy by Joanna Rodriguez (2010)

1 serving of Chocolate Shakeology

- 1 cup light coconut milk
- 1 Tbsp. almond butter
- Ice
- Water, as needed

Calories: 390

Protein: 21 g

Carbs: 30 g

Fat: 21 g

Saturated Fat: 9.5 g

Calories from Fat: 188.5

For a recipe with less fat, use coconut water instead of coconut milk.



### Banana Bread by David Schmidt (2011)

1 serving of Chocolate Shakeology

- 1 medium banana
- 2 Tbsp. dry quick oats
- 1 Tbsp. chopped pecans
- 1 tsp. vanilla extract
- ½ tsp. cinnamon
- ½ cup skim (nonfat) milk
- ½ cup water

Calories: 399

Protein: 24.5 g

Carbs: 60 g

Fat: 7 g

Saturated Fat: < 1 g

Calories from Fat: 61



### Tropical Chocolate Extreme Dream by Janet Denison (2010)

1 serving of Chocolate Shakeology

- ½ medium banana
- ½ cup pineapple
- ½ cup sliced mango
- ¼ cup light coconut cream
- 1 cup skim (nonfat) milk

Calories: 412

Protein: 27 g

Carbs: 66.5 g

Fat: 5.5 g

Saturated Fat: 4 g

Calories from Fat: 50.5

For a recipe with less sugar and fat, use pure coconut extract and coconut water instead of coconut cream.



### Peanut Butter Cup Cheesecake by Bryan Hughes (2010)

1 serving of Chocolate Shakeology

- ¼ cup fat-free ricotta cheese
- ¼ cup plain nonfat yogurt
- 2 Tbsp. peanut butter
- ½ cup skim (nonfat) milk
- ¼ cup water
- Ice

Calories: 459

Protein: 36 g

Carbs: 39 g

Fat: 18 g

Saturated Fat: 3.5 g



### Funky Monkey by Melissa Thompson (2010)

1 serving of Chocolate Shakeology

- ¼ medium banana
- ¼ cup sweetened condensed milk
- 1 cup skim (nonfat) milk

**For a healthier recipe, use just 2 tablespoons of sweetened condensed milk. Then, add 2 tablespoons of nonfat plain yogurt and 1 teaspoon of pure vanilla extract.**



### Vanilla Almond Fudge by Ashley McTucker (2010)

1 serving of Chocolate Shakeology

- 2 Tbsp. almond butter
- ⅛ teaspoon cinnamon
- 1 cup skim (nonfat) milk
- ½ scoop vanilla protein powder

Calories from Fat: 162

Calories: 475

Protein: 30 g

Carbs: 74.5 g

Fat: 5.5 g

Saturated Fat: 3 g

Calories from Fat: 48.5

Calories: 77

Protein: 45.5 g

Carbs: 32.5 g

Fat: 18 g

Saturated Fat: 1.5 g

Calories from Fat: 161