

Strawberry Shakeology Recipes

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Kathi's favorite Strawberry recipe is:

- 1 Scoop of Strawberry Shakeology
- 2 tbsp of fat-free plain yogurt or you could use Greek yogurt
- 1 cup of vanilla almond milk
- 1 cup of ice cubes

Blend and enjoy!

Less than 200 Calories



Mojito

1 serving of Tropical Strawberry Shakeology

- 1 Tbsp. fresh lime
- 2 Tbsp. chopped fresh mint leaves
- 1 cup water

Calories:166.09
Protein:15.18 g
Carbs:21.77 g
Fat:1.04 g
Saturated Fat:0.01 g
Calories from Fat:9.9



Watermelon Mojito

1 serving of Tropical Strawberry Shakeology

- 1 cup water
- 1 Tbsp. fresh lime juice
- 2 Tbsp. chopped fresh mint
- 1/2 cup chopped watermelon

Calories:188.89
Protein:15.65 g
Carbs:27.51 g
Fat:1.16 g
Saturated Fat:0.02 g
Calories from Fat:10.73



Watermelon Wave

1 serving of Tropical Strawberry Shakeology

- 1 cup water
- 1/2 cup chopped watermelon

Calories:182.8
Protein:15.46 g
Carbs:25.74 g
Fat:1.11 g
Saturated Fat:0.01 g
Calories from Fat:10.48

200–300 Calories



Orange Sunshine

1 serving of Tropical Strawberry Shakeology

- 1/2 cup 100% orange juice
- 1/2 cup water

Calories:215.8
Protein:15.87 g
Carbs:32.9 g
Fat:1.25 g
Saturated Fat:0.03 g
Calories from Fat:11.75



Almond Paradise

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened almond milk
- 1 tsp. natural almond butter

Calories:232.5
Protein:17.33 g
Carbs:23 g
Fat:6.83 g
Saturated Fat:0.17 g
Calories from Fat:64.17



Fruity Colada

1 serving of Tropical Strawberry Shakeology

- 1 cup coconut water
- 1/2 tsp. coconut extract
- 1/2 cup unsweetened pineapple chunks

Calories:248.03
Protein:17.17 g
Carbs:40.03 g
Fat:1.58 g
Saturated Fat:0.43 g
Calories from Fat:14.5



Almond Nutter

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened almond milk
- 1 Tbsp. natural peanut butter

Calories:294.81
Protein:19.54 g
Carbs:25.87 g
Fat:11.99 g
Saturated Fat:1.53 g
Calories from Fat:37.27



Apple in the Tropics

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened almond milk
- 1/4 cup unsweetened apple sauce

Calories:225.62
Protein:16.1 g
Carbs:28.87 g
Fat:4.06 g
Saturated Fat:0.01 g
Calories from Fat:16.88



Citrus Berry

1 serving of Tropical Strawberry Shakeology

- 1/2 cup water
- 1/2 cup 100% orange juice
- 1/4 cup raspberries

Calories:231.79
 Protein:16.24 g
 Carbs:36.57 g
 Fat:1.45 g
 Saturated Fat:0.04 g
 Calories from Fat:5.81



Coconut Twist

1 serving of Tropical Strawberry Shakeology

- 1 cup coconut water
- 2 Tbsp. 100% grapefruit juice
- 1/2 cup unsweetened pineapple chunks

Calories:258.89
 Protein:17.33 g
 Carbs:42.57 g
 Fat:1.61 g
 Saturated Fat:0.43 g
 Calories from Fat:5.7



Cranberry Zinger

1 serving of Tropical Strawberry Shakeology

- 1 pinch ground nutmeg
- 1 pinch ground cloves
- 1/4 tsp. ground cinnamon
- 1/2 cup unsweetened cranberry juice
- 1/2 cup water
- 1/4 cup 100% orange juice

Calories:249.91
 Protein:15.98 g
 Carbs:42.65 g
 Fat:1.46 g
 Saturated Fat:0.12 g
 Calories from Fat:5.29



Creamy Cantaloupe

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened rice milk
- 1/2 cup chopped cantaloupe

Calories:297.2
 Protein:16.67 g
 Carbs:46.53 g
 Fat:3.65 g
 Saturated Fat:0.04 g
 Calories from Fat:11.51



Fresca

1 serving of Tropical Strawberry Shakeology

- 1 cup chopped watermelon
- 1/2 cup unsweetened pineapple chunks

Calories:246.85
 Protein:16.37 g
 Carbs:42.3 g
 Fat:1.33 g
 Saturated Fat:0.03 g
 Calories from Fat:4.845



Fruit and Nutty

1 serving of Tropical Strawberry Shakeology

- 1 cup water
- 1 Tbsp. natural peanut butter

Calories:281.56
 Protein:19.56 g
 Carbs:29.37 g
 Fat:9.5 g
 Saturated Fat:1.26 g

- 1/2 cup sliced strawberries

Calories from Fat:30.4



Kiwilicious

1 serving of Tropical Strawberry Shakeology

- 1 cup water
- 1/2 cup chopped watermelon
- 1 kiwi fruit, peeled, chopped

Calories:224.89

Protein:16.25 g

Carbs:35.85 g

Fat:1.47 g

Saturated Fat:0.03 g

Calories from Fat:5.98



Mambo

1 serving of Tropical Strawberry Shakeology

- 1 cup water
- 1/2 cup unsweetened pineapple chunks
- 1/2 cup chopped mango

Calories:250.75

Protein:16.12 g

Carbs:43.18 g

Fat:1.41 g

Saturated Fat:0.08 g

Calories from Fat:5.09



Mango Breeze

1 serving of Tropical Strawberry Shakeology

- 1 cup water
- 1/2 cup chopped mango

Calories:209.5

Protein:15.68 g

Carbs:32.36 g

Fat:1.31 g

Saturated Fat:0.08 g

Calories from Fat:5.8



Orange Sunset

1 serving of Tropical Strawberry Shakeology

- 1/2 cup unsweetened pomegranate juice
- 1/2 cup 100% orange juice

Calories:283.03

Protein:16.05 g

Carbs:49.24 g

Fat:1.61 g

Saturated Fat:0.13 g

Calories from Fat:5.25



Papaya Coconut

1 serving of Tropical Strawberry Shakeology

- 1 cup coconut water
- 1/2 cup chopped papaya

Calories:235.7

Protein:17.06 g

Carbs:36.48 g

Fat:1.66 g

Saturated Fat:0.48 g

Calories from Fat:6.53



Peach Paradise

1 serving of Tropical Strawberry Shakeology

- 1/2 cup unsweetened pomegranate juice
- 1/2 cup water
- 1/4 cup sliced fresh peaches

Calories:265.03
Protein:15.95 g
Carbs:46.35 g
Fat:1.19 g
Saturated Fat:0.01 g
Calories from Fat:4.13



Pomegranate Splash

1 serving of Tropical Strawberry Shakeology

- 1/2 cup unsweetened pomegranate juice
- 1/2 cup water

Calories:235
Protein:15.25 g
Carbs:39 g
Fat:1 g
Saturated Fat:0 g
Calories from Fat:3.98



Tropical Nut Spice

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened almond milk
- 1 Tbsp. natural almond butter
- Dash of cayenne pepper

Calories:297.85
Protein:18.9 g
Carbs:25.06 g
Fat:12.52 g
Saturated Fat:0.5 g
Calories from Fat:38.46

300–400 Calories



Harvest Pie

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened rice milk
- 2 Tbsp. chopped walnut
- 1/2 tsp. ground cinnamon

Calories:368.45
Protein:18.27 g
Carbs:42.92 g
Fat:13.05 g
Saturated Fat:0.9 g
Calories from Fat:119.48



Tropical Breeze

1 serving of Tropical Strawberry Shakeology

- 1 cup coconut milk beverage (carton variety)
- 1/2 cup sliced strawberries
- 1 small orange, peeled, chopped
- 1/2 medium banana

Calories:363.02
Protein:18.09 g
Carbs:58.03 g
Fat:6.49 g
Saturated Fat:5.02 g
Calories from Fat:58.4



Carrot Cake

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened rice milk
- 1/2 cup steamed chopped carrots
- 1 Tbsp. natural almond butter
- 1/4 tsp. ground cinnamon

Calories:385.14
Protein:20.62 g
Carbs:47.59 g
Fat:12.16 g
Saturated Fat:0.53 g
Calories from Fat:110.27



Dark Moon

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened rice milk
- 1/4 cup blackberries
- 1 Tbsp. chopped walnuts

Calories:323.3
Protein:17.61 g
Carbs:42.46 g
Fat:8.45 g
Saturated Fat:0.45 g
Calories from Fat:24.03



Oh So Walnut

1 serving of Tropical Strawberry Shakeology

- 2 Tbsp. chopped walnuts
- 1 cup unsweetened rice milk

Calories:355.65
Protein:18.23 g
Carbs:40.01 g
Fat:13.04 g
Saturated Fat:0.9 g
Calories from Fat:119.14



Veg and Coconut

1 serving of Tropical Strawberry Shakeology

- 1/4 cup young Thai coconut meat
- 1 cup coconut water from young coconut or ready to drink
- 1 cup fresh spinach

Calories:352.5

Protein:18.59 g

Carbs:35.99 g

Fat:14.6 g

Saturated Fat:12.44 g

Calories from Fat:132.43

More than 400 Calories



Maple Almond Delight

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened almond milk
- 2 Tbsp. natural almond butter
- 1 tsp. 100% pure maple syrup

Calories:412.44

Protein:24 g

Carbs:32.5 g

Fat:21 g

Saturated Fat:1 g

Calories from Fat:45.55



Strawberry Parfait

1 serving of Tropical Strawberry Shakeology

- 1 cup unsweetened rice milk
- 1/2 cup sliced strawberries

Calories:478.05

Protein:18.9 g

Carbs:73.05 g

Fat:13.2 g

Saturated Fat:0.9 g

Calories from Fat:24.42