Shake It Up!

with Aura

YUM

Shake It Up! with Aura

Hello!

I am happy to be a part of your life and diet through my Shake It Up with Aura! Recipes. Shakes are a part of my diet due to the fact that I tend to be very busy to prepare a very hearty meal.

Because I still want to get the amount of macronutrients that my body needs and I want to avoid junk food, I chose the MySmart and Nutrimeal shakes of USANA Health Sciences.

Since I offer both the Sugar Buster Bootcamp and the Clear the Way program and because there are times my body craves sweets, I played around with some ingredients and came up with some recipes to still satisfy my taste buds and not compromise my nutrition.

It is my desire that you enjoy the shakes as much as I do and that you literally shake up your diet to a more healthy and enjoyable one.

Cheers to shaking it up to a healthier you!

Shake It Up!
with AURA

Cinnamon Peach Protein Shake

8 oz unsweetened almond milk
1/2 tsp cinnamon
1 peach
1 peach mango flavor pack
1 pack or 2 scoops of MySmart Soy Protein

Blend All

Cappuccino Protein Shake

1 pack or 2 scoops of MySmart Whey Protein
1 cappuccino flavor pack
1 pack of Nescafé instant coffee
8 oz water

Blend All

Coco Loco Shake

4 oz coconut water
4 oz unsweetened coconut milk
1 pack or 2 scoops of MySmart Whey Protein
1 banana flavor pack
about 1tbsp shredded coconut

Blend All

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Dark Chocolate Mint Shake

1 tbsp unsweetened cocoa (add to your liking)
1 pack or 2 scoops of MySmart Whey Protein
8 oz unsweetened vanilla almond milk
1/2 cup frozen banana
1/4 tsp or 1/2 tsp of mint extract (add to your liking)

Blend All

Morir Soñando Protein Shake

4 oz unsweetened almond milk
4 oz orange juice
1 pack or 2 scoops of MySmart Soy Protein
1/4 tsp vanilla extract

Blend All

Watermelon Protein Shake

8 oz unsweetened almond milk
1 pack or 2 scoops of MySmart Whey Protein
3/4 cup watermelon chunks

Blend All

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Strawberry Shortcake Protein Shake

1 cup of strawberries
8 oz unsweetened vanilla almond milk
1 pack or 2 scoops of MySmart Soy Protein
1tsp butter extract

Blend All

Cranberry Plant Protein Shake

8 oz coconut water
1 pack or 2 scoops of MySmart Plant Protein
1/3 cup of cranberries
1 tsp coconut nectar

Blend All

Very Green Plant Protein Shake

1 cup spinach
1 small Granny Smith apple
1 pack or 2 scoops of MySmart Plant Protein
8 oz water
1/2 tsp coconut nectar

Blend All

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Banana Almond Protein Shake

10 oz unsweetened almond milk
1 banana
1 packet or 2 scoops of MySmart Whey Protein
1tbsp almond butter
some ice

Blend All

Açaí Plant Protein Shake

8 oz coconut water
1 pack or 2 scoops of MySmart Plant Protein
1 packet of pure unsweetened açaí
1/2 banana or 1 banana flavor pack

Blend All

Piña Colada Protein Shake

4 oz coconut cream
4 oz unsweetened coconut milk
1 pack or 2 scoops of MySmart Soy Protein
2 oz coconut water
1/2 cup of pineapple chunks

Blend All

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Papaya Madness Protein Shake

10 oz unsweetened almond milk
1 pack or 2 scoops of MySmart Whey Protein
1/2 cup of papaya

Blend All

Dark Chocolate Minty Love Shake

1 pack or 3 scoops of Dutch Chocolate Nutrimeal
8 oz unsweetened vanilla almond milk
1/2 cup frozen banana
1/4 tsp or 1/2 tsp of mint extract (add to your liking)

Blend All

Pumpkin Spice Protein Shake

1 cup unsweetened almond milk
1 tbsp pumpkin puree
1/2 tsp ground pumpkin spice
1/2 tsp ground cinnamon
1 pack or 3 scoops of Vanilla Nutrimeal

Blend All

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Very Peachy Plant Protein Shake

8 oz water
1 peach
1/4 tsp cinnamon
1 peach mango pack
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Guanábana Plant Protein Shake

8 oz coconut water
1/2 cup fozen guanábana
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Carrot Cake Protein Shake

10 oz unsweetened almond milk
1/4 tsp cinnamon
A pinch of cardamom
1 pack or 2 scoops of MySmart Soy Protein
1/4 tsp pure vanilla extract
1/3 cup shredded carrot
1/4 tsp sucanat (if doing the Sugar Buster Bootcamp, omit sucanat)

Blend All

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Mango Ginger Protein Shake

1 small mango (3/4 cup of mango)
10 oz coconut water
1/4 tsp ground ginger
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Cookies n' Cream Protein Shake

8 oz unsweetened almond milk
1 tbsp instant vanilla pudding (buy at Whole Foods)
1 1/2 cookie & cream (scrape out the cream)
1 pack or 2 scoops of MySmart Whey Protein

Blend All

Cinnamon Raisin Oatmeal Protein Shake

8 oz unsweetened almond milk
1/3 cup rolled oats
1/4 tsp cinnamon
1 1/2 tbsp. raisin (make sure there is no added sugar to it)
1 pack or 2 scoops of MySmart Whey Protein

Blend All (make sure it is well blended and that raisins are chopped well in the process of blending all ingredients)

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Cheery Cherry Protein Shake

8 oz coconut water
1/2 cup of frozen cherries
1/2 juice of lemon
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Hot Mexican Chocolate Protein Shake

10 oz hot water
1 pack or 3 scoops of Dutch Chocolate Nutrimeal
1/4 tsp Mexican spice mix (see recipe below)

Blend All

Mexican Spice Mix

1 tbsp cinnamon
1/2 tbsp. nutmeg
1 tsp cayenne pepper

Mix all Well

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Apple Cider Plant Protein Shake

10 oz. water
1 small apple
1/2 tbsp. apple cider vinegar
1/2 tsp cinnamon
1 pack or 2 scoops of MySmart Plant Protein

Blend All

ManPeachy Plant Shake

3/4 cup frozen peaches
10 oz water
1/2 cup mango
1 tbsp lemon juice
1 pack or 2 scoops of MySmart Plant Protein

Blend All

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Oh Bloody Shake!

10 oz water
1/4 cup lemon juice
1 small mango
1 blood orange juice (moro orange)
1/2 of a banana
1/4 cup shredded carrots
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Chai Deliciousness Shake

12 oz chai tea chilled
1/2 cup banana
1/2 cup frozen cherries
1 tbsp chia seeds
1 pack or 2 scoops of MySmart Soy Protein

Blend All

Cherry Berry Plant Protein Shake

1 cup black cherries (approx. 16 cherries)
1/2 cup blackberries
1/4 cup blueberries
10 oz water
1 pack or 2 scoops of MySmart Plant Protein

Blend All

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Purple Blast Plant Protein Shake

1/2 cucumber
10 oz water
1/4 cup blueberries
1/2 cup spinach
1/2 of a banana
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Dulce No Leche Shake

10 oz unsweetened almond milk
1 pack or 2 scoops of MySmart Soy Protein
4 tbsp all natural salted caramel

Blend All

Pineapple-Mango Plant Protein Shake

10 oz water
1 cup pineapple
3/4 cup mango
1 pack or 2 scoops of MySmart Plant Protein

Blend All

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Chamomile Plant Protein Shake

10 oz chamomile tea chilled
1 lemon juice
1 cup mango
1 pack or 2 scoops of MySmart Plant Protein
Ice

Blend All

Strawberry Blast Plant Protein Shake

1 cup frozen strawberries
10 oz water
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Very Berry Blast Plant Protein Shake

1/2 cup blueberries
1/2 cup blackberries
1/2 cup strawberries
10 oz water
1 pack or 2 scoops of MySmart Plant Protein

Blend All

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Strawberry-Kiwi Plant Protein Shake

3/4 cup strawberries
1 kiwi
10 oz coconut water
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Turmeric Protein Shake

8 oz almond milk
1/4 tsp ground turmeric
1/2 of a lime juice
1 pack or 2 scoops of MySmart Whey Protein

Blend All

Berry Goodness Plant Protein Shake

3/4 cup frozen strawberries
10 oz water
1/2 cup cranberries
1/2 of a banana
1 pack or 2 scoops of MySmart Plant Protein

Blend All

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Banana-Ginger Shake

1 small banana
10 oz water
1/4 tsp grated ginger
1 pack or 2 scoops of MySmart Whey Protein

Blend All

Berry Energetic Plant Protein Shake

10 oz water
1 pack of frozen açaí berry with guarana
1/2 of a banana
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Mad for Melones Plant Protein Shake

10 oz water
3/4 cup watermelon
1/2 cup cantaloupe
1/2 cup honeydew melon
1 pack or 2 scoops of MySmart Plant Protein

Blend All

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Honey Banana Shake

10 oz unsweetened almond milk
1 small banana
1 pack or 2 scoops of MySmart Whey Protein
1 tbsp honey

Blend All

Blueberry Lemonade Shake

10 oz water
3/4 cup blueberries
1/4 cup lemon juice
1 pack or 2 scoops of MySmart Plant Protein

Blend All

Caramel Apple Pie Shake

1 apple
10 oz water
1/4 tsp ground cinnamon
3 tbsp caramal
1 pack or 2 scoops of MySmart Soy Protein

Blend All

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Strawberry Lemonade Shake

10 oz water
1 cup strawberries
1/4 cup lemon juice
1 pack or 2 scoops of MySmart Plant Protein

Blend All

French Toast Protein Shake

2 tbsp maple sugar
12 oz water
1 tsp butter extract
1 tsp cinnamon
1 pack or 2 scoops of MySmart Soy Protein

Blend All

Peach Lemonade Shake

10 oz water
1 pack or 2 scoops of MySmart Plant Protein
1 cup frozen sliced peaches
1/4 cup lemon juice

Blend All