

30 RECIPES TO SHAKE THINGS UP!



"This is the BEST Vanilla Flavored Protein Powder I have ever tasted!"
ROSALIE BROWN, PERSONAL TRAINER & FITNESS EXPERT

BLUEBERRY TART

1 scoop FITBLAST
¾ cup water
¼ cup unsweetened cranberry juice
½ cup fresh or frozen blueberries



COCO-LISHOUS RASPBERRY

1 scoop FITBLAST
1 cup unsweetened vanilla coconut milk
¾ cup frozen unsweetened raspberries
1/8 tsp. coconut extract
½ cup unsweetened coconut flakes

GOING BANANAS

1 scoop FITBLAST
1 cup of unsweetened vanilla almond milk
1 ripe medium banana
1/2 cup to 1 cup crushed ice
1 tsp. pure vanilla extract
dash of ground nutmeg
dash of ground cinnamon



STRAWBERRY VANILLA PARFAIT

1 scoop FITBLAST
1 cup strawberries
1 cup unsweetened vanilla almond milk
1 banana
1 cup plain yogurt

BERRY PEACHIE

1 1 scoop FITBLAST
¼ cup frozen wild blueberries
1/2 cup frozen peaches
1/4 cup plain yogurt
¾ cup unsweetened almond milk
1-2 tbsp. honey
1/4 tsp. pure vanilla extract

GREEN MINT-NILLA

1 scoop FITBLAST
¾ cup unsweetened vanilla almond milk
1/3 cup spinach
1/3 cup kale
1/8 tsp. peppermint extract



STRAWBERRY LEMONADE

1 scoop FITBLAST
1 cup water
2 tbsp. fresh lemon juice
¾ cup sliced strawberries

VANILLA ALMOND BUTTER

1 scoop FITBLAST
1 cup unsweetened almond milk
1 tbsp. almond butter

PEACHES & CRÈME

1 scoop FITBLAST
2/3 cup water
2/3 cup unsweetened vanilla coconut milk
1 tbsp. fresh lemon or pure lemon juice
½ cup frozen peaches



ALMOND BERRY JOY

1 scoop FITBLAST
½ unsweetened almond milk
½ cup blueberries
¼ cup unsweetened coconut flakes
1 tbsp. almond butter
1 tsp. almond extract
½ cup water

VANILLA SPRINKLE

1 scoop FITBLAST
1 cup vanilla almond milk
½ tsp. butter extract
1 tbsp. non-fat cheesecake pudding mix
Optional topping: Top with sprinkles to celebrate

STRAWBERRY SUNSET

1 scoop FITBLAST
½ cup 100% orange juice
½ cup water
½ cup strawberries
1 small peeled orange



CANDIED PECAN

1 scoop FITBLAST
1 cup unsweetened almond milk
1 tbsp. coarsely chopped raw pecans
1 tbsp. coarsely chopped raw cashews
1 tsp. pure maple syrup

WATERMELON REFRESHER

1 scoop FITBLAST
½ cup water
½ cup diced watermelon
2 tbsp. chopped fresh mint or 5 fresh mint leaves

VANILLA BEAN MOJITO

1 scoop FITBLAST
1 cup water
2 tbsp. fresh lime juice
3 to 4 fresh mint leaves



PINA COLADA COOLER

1 scoop FITBLAST
½ cup coconut water
½ cup 100% pineapple juice
½ tsp. pure coconut extract
¼ cup unsweetened coconut flakes (optional)

PECAN PIE

1 scoop FITBLAST
2 tbsp. raw pecans
½ tsp. nutmeg
1 cup unsweetened almond milk

GINGER RITA

1 scoop FITBLAST
graded ginger to spice liking
4-5 fresh mint leaves
1 cup water
1 tbsp. lime juice



MINTY PASSION FRUIT

1 scoop FITBLAST
1 cup water
¼ cup frozen passion fruit pulp (or 3 passion fruit peeled/seedless)
5 fresh mint leaves

MINTY MELON

1 scoop FITBLAST
1 cup cubed honeydew
1 cup water
4-5 fresh mint leaves

ALMOND BUTTERCUP

1 scoop FITBLAST
1 cup unsweetened almond milk
1 tbsp. almond butter
1 tsp. cacao
1 tsp. agave
1 banana
½ tsp. cinnamon

AVOCADO RUSH

1 scoop FITBLAST
½ cup water
½ cup unsweetened coconut milk
½ large or 1 small avocado
¼ cup unsweetened coconut flakes
½ cup frozen mango

PB & J

1 scoop FITBLAST
½ cup unsweetened almond milk
½ cup water
½ tsp. natural peanut butter
½ cup red grapes

RAZZLE DAZZLE

1 scoop FITBLAST
½ cup raspberries
½ cup strawberries
½ cup coco water
½ cup water



BLUEBERRY BASIL BLAST

1 scoop FITBLAST
½ cup water
½ cup unsweetened almond milk
½ cup fresh or frozen pineapple
½ cup fresh or frozen blueberries
4 fresh basil leaves

ORANGE-CICLE

1 scoop FITBLAST
½ cup orange juice
½ cup unsweetened almond milk
1 small peeled orange



NUTTY CHOCOLATE MONKEY

2 tbsp. FITBLAST
1 cup unsweetened vanilla almond milk
1 banana
1/3 cup cacao chips
2 tbsp. almond or peanut butter

KIWI-TASTIC

1 scoop FITBLAST
1 cup unsweetened coconut milk
½ cup cubed kiwi
½ cup fresh/frozen strawberries

COCO CHERRY-LICIOUS

1 scoop FITBLAST
1 cup unsweetened vanilla almond milk
½ cup frozen unsweetened pitted black cherries
1 tbsp. cacao

CINNAMON BUNS

1 scoop FITBLAST
1 tsp. vanilla extract
1 tsp. almond butter
1 cup almond milk
1 tsp. cinnamon
1 tsp. honey
1 banana



FITBLAST MEAL REPLACEMENT SHAKE

INSTRUCTIONS

Combine all ingredients in a blender and mix until smooth. Based on texture preference, 4-5 ice cubes may be used or frozen fruit acts as a thickener like ice does.



total gym