



106

MOUTH
WATERING
SMOOTHIES FOR
EASY MEAL
REPLACEMENTS
OR POST
WORKOUT
SHAKES!



BERRY BLASTS



8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE WHEY PROTEIN
1/4 CUP FROZEN RASPBERRIES
1/4 CUP FROZEN BLACKBERRIES
1/4 CUP FROZEN STRAWBERRIES
1/4 CUP FROZEN DARK CHERRIES
BLEND WELL IN A BLENDER.

1 1/2 CUPS UNSWEETENED ALMOND
MILK OR COCONUT MILK
1 1/2 CUPS FROZEN MIXED BERRIES
3/4 GREEK PLAIN YOGURT
1 TABLESPOON HONEY (OPTIONAL)
1 SCOOP CRAVE WHEY VANILLA



ALMŌND JŌY

8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE WHEY CHOCOLATE/PB
1/2 TSP. COCONUT EXTRACT
1 TBSP COCOA POWDER
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER.

BANANA ISLAND

8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE
1/2 SMALL FROZEN BANANA
1/2 TSP. COCONUT EXTRACT
OPTIONAL:
1/2 C UP FAGE PLAIN GREEK YOGURT
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER.



BANANA CREAM PIE

8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE
1/2 CUP PLAIN FAGE GREEK YOGURT
.1/2 BANANA
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER.



BANANA SPLIT

8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE
1/2 SMALL FROZEN BANANA
3 STRAWBERRIES
2 TBSP. UNSWEETENED COCOA POWDER
1 TBSP. REDUCED SUGAR PEANUT BUTTER
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER

BIRTHDAY CAKE

8 OZ. UNSWEETENED ALMOND MILK

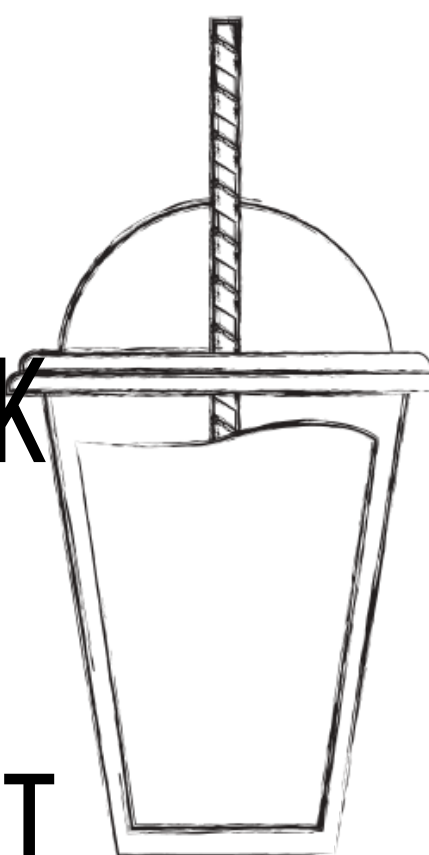
1 SCOOP CRAVE WHEY

1/2 TSP. BUTTER FLAVOR EXTRACT

1/2 TSP VANILLA EXTRACT

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.



ANGEL FOOD CAKE

8 OZ. UNSWEETENED

ALMOND MILK

1 SCOOP CRAVE VANILLA

1/2 TSP.COCONUT

EXTRACT 1/2 TSP. VANILLA

EXTRACT

3 ICE CUBES

BLEND WELL IN BLENDER.



CARMELLŌ

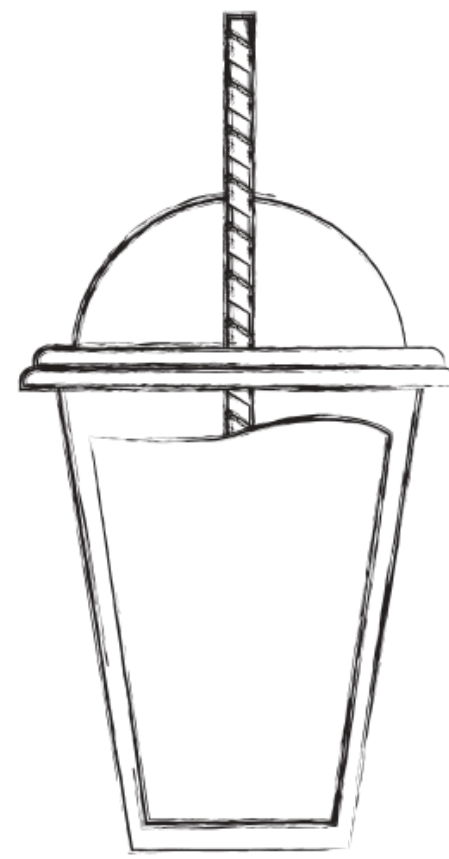
8 ŌZ. UNSWEETENED ALMŌND MILK

1 SCŌŌP CRAVE VAINLLA

2 TSP. SUGAR-FREE CARAMEL FLAVŌRING

HANDFUL ŌF ICE CUBES

BLEND WELL IN A BLENDER



BANANA BREAD

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE

1 TSP. BUTTER EXTRACT FLAVORING

.1/2 BANANA

1 TSP. CINNAMON

1/2 TSP. VANILLA EXTRACT

1 TBSP. PECANS

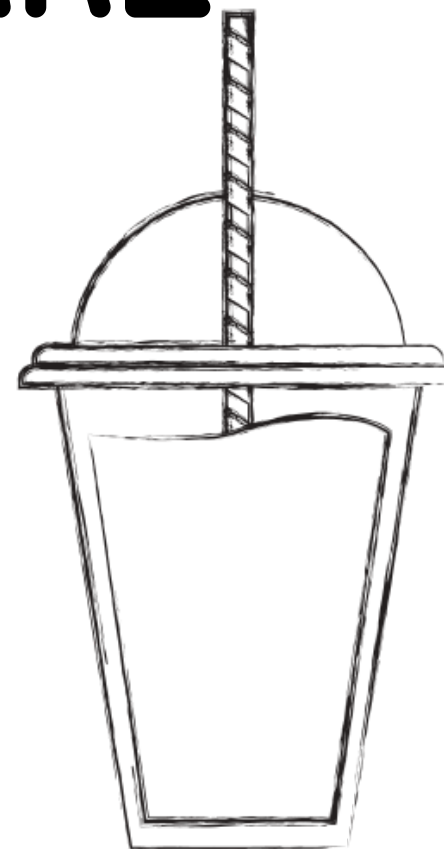
HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER



TURTLE CHEESECAKE

8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE
1 TSP. SUGAR-FREE CARAMEL FLAVORING
2 OZ. FAT-FREE CREAM CHEESE
4 PECANS
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER.



CHOCOLATE COVERED CHERRIES

8 OZ. ALMOND MILK
1 SCOOP CRAVE CHOCOLATE PEANUT BUTTER
10 FROZEN DARK SWEET CHERRIES
1 TBSP. UNSWEETENED COCOA POWDER
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER.



LEMŌN MERINGUE PIE

8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE WHEY VANILLA
1 TSP. SUGAR-FREE KEMON PUDDING MIX
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER.



KEY LIME PIE

8 OZ. UNSWEETENED ALMOND MILK
1 SCOOP CRAVE WHEY PROTEIN
1 LIME (JUICED)
3 TSP. GROUND FLAX SEED
HANDFUL OF ICE CUBES
BLEND WELL IN A BLENDER.



CHOCOLATE COVERED STRAWBERRIES

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE CHOCOLATE PB OR VANILLA

5 FROZEN STRAWBERRIES

1 TBSP. COCOA POWDER

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

PEANUT BUTTER CUP

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE VANILLA

1 TBSP. PEANUT BUTTER OR ALMOND BUTTER

1 TBSP. UNSWEETENED COCOA POWDER

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER



CINNAMON BUN

8 OZ. UNSWEETENED VANILLA ALMOND MILK

1 SCOOP CRAVE WHEY PROTEIN VANILLA

1/2 TSP. CINNAMON

1/2 TSP. VANILLA EXTRACT

1 TSP. BUTTER BUDS (OR BUTTER EXTRACT)

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

SOUR BERRY

4 OZ. UNSWEETENED ALMOND MILK

4 OZ. ORANGE JUICE* (NOT KETO)

1 SCOOP CRAVE VANILLA

. CUP FROZEN STRAWBERRIES

1 TSP. LEMON JUICE

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.





SNICKERDÖÖDLE

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE VANILLA

1 TSP. CINNAMON

1 TBSP. HONEY

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

CHŌCŌLATE CŌCŌNUT

8 OZ. SKIM MILK

1 SCOOP CRAVE

1 TBSP. UNSWEETENED COCOA POWDER

1 TSP. COCONUT EXTRACT

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.



BLACKBERRY CHEESECAKE

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE VANILLA

1 CUP FROZEN BLACKBERRIES

1 TBSP. GRAHAM CRACKER CRUMBS OR FLAX SEED IF KETO

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

3

ALMŌND BANANA

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE VANILLA

1 TBSP. ALMOND BUTTER

. BANANA

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.



STRAWBERRY CHEESECAKE

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE

8 FROZEN STRAWBERRIES

4 TBSP. SOUR CREAM

GREEK YOGURT OR CREAM CHEESE

OPTIONAL:

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

PEANUT BRITTLE

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE

1 TBSP. PEANUT BUTTER

1 TBSP. SUGAR-FREE BUTTERSCOTCH PUDDING MIX

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.



THIN MINTS

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE

1-2 TBSP. UNSWEETENED COCOA POWDER

A FEW DROPS OF MINT EXTRACT

OPTIONAL: GLUTEN-FREE GRAHAM CRACKER

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

BUTTERFINGER

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE VANILLA

2 TBSP. SUGER-FREE BUTTERSCOTCH PUDDING MIX

1 TBSP. ALMOND BUTTER

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER



CHOCOLATE CHEESECAKE

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE VANILLA OR CHOCOLATE

2 TBSP. UNSWEETENED COCOA POWDER

2 OZ. CREAM CHEESE

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER

GREEN GÖDDESS

4 OZ. UNSWEETENED ALMOND MILK

4 OZ. WATER

1 SCOOP CRAVE WHEY PROTEIN

1 PACKED CUP BABY SPINACH OR KALE

1/2 AVOCADO

1 TBSP. PARSLEY

SQUIRT OF LIME JUICE

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER



SKINNY UP

4 OZ. UNSWEETENED ALMOND MILK

4 OZ. WATER

1 SCOOP CRAVE VANILLA

1 PACKED CUP BABY SPINACH

SPLASH OF LEMON JUICE

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.



ALMŌND DREAM

6 OZ. UNSWEETENED ALMOND MILK OR SKIM MILK

1 SCOOP CRAVE WHEY PROTEIN

1 TBSP. SLIVERED ALMONDS

3 DROPS VANILLA EXTRACT

1 TSP. SUGAR- FREE SYRUP

1/2 CUP GREEK YOGURT

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

FIBER UP

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE

2 TBSP. CHIA SEEDS OR FLAX SEEDS

1 TSP. CINNAMON

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.



BLUEBERRY BLAST

8 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE

30 FROZEN BLUEBERRIES

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

CHOCOLATE GODDESS

8 OZ. SKIM MILK OR

UNSWEETENED ALMOND MILK

1 SCOOP CRAVE

1/2 BANANA (3" INCHES)

1 TBSP. UNSWEETENED COCOA POWDER

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.

CAFÉ MŌCHA

1 CUP COFFEE-INSTANT OR COOLED-REGULAR
OR DECAF, PREPARED WITH WATER

.1/2 CUP HEAVY CREAM OR HALF AND HALF

1 SCOOP CRAVE

1 TBSP. UNSWEETENED COCOA POWDER

HANDFUL OF ICE CUBES

BLEND WELL IN A BLENDER.



FRAPPE

4 OZ. PREMADE COFFEE

4 OZ. UNSWEETENED ALMOND MILK

1 SCOOP CRAVE VANILLA

OPTIONAL: HANDFULL OF ICE CUBES

BLEND WELL IN A BLENDER,

OR A SHAKER BOTTLE WITHOUT ICE.

RŌŌT BEER (FLŌAT) CREAM SŌDA



4 OZ. UNSWEETENED ALMOND MILK

1/2 CAN DIET ROOT BEER

1 SCOOP CRAVE VANILLA

1/2 CUP ICE CUBES

IN A BLENDER, MIX UNSWEETENED

ALMOND MILK AND CRAVE

ADD 1/2 CUP ICE AND 1/2 CAN

OF DIET ROOT BEER AND PULSE

A FEW TIMES TO MIX.

POST WRORKOUT POWER UP

- 1 SCOOP CRAVE
- 1 UNSWEETENED VANILLA ALMOND MILK
- 1 GRANNY SMITH APPLE (CORED, SLICED) POST WORKOUT
- ½ FROZEN BANANA POST WORKOUT
- 1 TSP CINNAMON
- STEVIA (TO TASTE)
- 5 ICE CUBES



BLUE BŌMBER

- 1 SCOOP CRAVE
- ½ CUP FAT-FREE PLAIN YOGURT
- 1 CUP WATER
- 2 CUPS FROZEN BLUEBERRIES
- STEVIA (TO TASTE)
- 5 ICE CUBES

BLUEBERRY BLISS

- 1 CUP UNSWEETENED ALMOND MILK
- 1 CUP FROZEN BLUEBERRIES
- 1 SCOOP CRAVE VANILLA
- ½ FROZEN BANANA
- 2 TBSP FLAXSEED MEAL
- STEVIA (TO TASTE)
- 5 ICE CUBES



CARRŌT CAKE

- 1 CUP UNSWEETENED VANILLA ALMOND MILK
 - 1 SCOOP CRAVE WHEY PROTEIN
 - 1 FROZEN BANANA
 - ½ CUP BABY CARROTS
 - 2 TBSP FLAXSEED MEAL
 - ½ TSP VANILLA EXTRACT
 - ½ TSP EACH OF CINNAMON AND NUTMEG
 - STEVIA (TO TASTE)
 - 5 ICE CUBES

CINNA MŌCHA SUPREME

- 1 SCOOP CRAVE
- ½ CUP BREWED COFFEE
- ½ CUP UNSWEETENED ALMOND MILK
- 1 FROZEN BANANA*
- 2 TBSP CHIA SEEDS
- 1 TSP GROUND CINNAMON
- ½ TSP GROUND NUTMEG
- 5 ICE CUBES

CREAMY PEACH*



- 1 SCOOP CRAVE
- ½ CUP PLAIN YOGURT
- 1 CUP WATER
- **• 1 PEACH (PITTED AND SLICED)
- **• 2 TBSP HONEY
- 5 ICE CUBES

MIXED BERRY

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP PLAIN FAGE YOGURT
- ½ CUP FROZEN STRAWBERRIES
- ½ CUP FROZEN BLUEBERRIES
- ½ CUP FROZEN RASPBERRIES
- 1 TBSP LAKANTO SYRUP
- 5 ICE CUBES

PINA CŌLADA



- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- **• ½ CUP FROZEN PINEAPPLE CHUNKS
- 3 TBSP UNSWEETENED SHREDDED COCONUT
- STEVIA (TO TASTE)
- 5 ICE CUBES

STRAWBERRY BANANA

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 1 FROZEN BANANA
- 1 CUP FROZEN STRAWBERRIES
- STEVIA (TO TASTE)
- 5 ICE CUBES

BANANA CŌCŌNUT



- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED COCONUT MILK
- 3 TBSP UNSWEETENED SHREDDED COCONUT
 - ½ FROZEN BANANA
- 1 TSP COCONUT EXTRACT
 - 5 ICE CUBES

BERRIES AND CREAM

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP LOW-FAT COTTAGE CHEESE
- ½ CUP FROZEN STRAWBERRIES
- ½ CUP FROZEN BLUEBERRIES
- 2 TBSP FLAXSEED MEAL
- 5 ICE CUBES

CHOCOLATE LOVERS



- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
 - 1 TBSP PURE COCOA POWDER
 - 1 TBSP NATURAL PEANUT BUTTER
 - ½ FROZEN BANANA
- ½ TBSP EXTRA VIRGIN COCONUT OIL
 - STEVIA (TO TASTE)
 - 5 ICE CUBES

CINNAMON ROLL

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 1 TSP CINNAMON
- ½ TSP VANILLA EXTRACT
- 1 TSP BUTTER BUDS OR BUTTER EXTRACT
- STEVIA (TO TASTE)
- 5 ICE CUBES

COCOA MOCHA



- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED COCONUT MILK
- 1 TBSP COCONUT OIL, EXTRA VIRGIN, COLD-PRESSED
- ½ BANANA, FROZEN (OPTIONAL)
- 5 ICE CUBES

GREEN SUPERFOOD

- 1 SCOOP CRAVE
- 1 CUP WATER
- 1 CUP KALE LEAVES (RIBS AND STEMS REMOVED)
- ½ FROZEN BANANA
- 3 TBSP UNSWEETENED COCONUT FLAKES
- STEVIA (TO TASTE)
- 5 ICE CUBES

GREEN TEA PRŌTEIN



- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 1 FROZEN BANANA
- 1 TSP MATCHA GREEN TEA POWDER
- STEVIA (TO TASTE)
- 5 ICE CUBES

MŌCHA ALMŌND BERRY

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- $\frac{3}{4}$ CUP FROZEN RASPBERRIES, UNSWEETENED
- 1 TBSP ALMOND BUTTER
- 5 ICE CUBES



MŌCHA MŌNKEY

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED COCONUT MILK
 - $\frac{1}{2}$ OUNCE WALNUTS
 - 1 FROZEN BANANA
- $\frac{1}{2}$ TSP VANILLA EXTRACT
 - $\frac{1}{2}$ TSP CINNAMON
- 5 ICE CUBES

PB BANANA DELIGHT

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP LOW-FAT COTTAGE CHEESE
- ½ FROZEN BANANA
- 1 HEAPING TBSP PEANUT BUTTER
- STEVIA (TO TASTE)
- 5 ICE CUBES



PB CUP

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
 - ½ FROZEN BANANA
- 2 TBSP NATURAL PEANUT BUTTER
 - 1 TBSP PURE COCOA POWDER
 - STEVIA (TO TASTE)
 - 5 ICE CUBES

PB BANANA DELIGHT

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP LOW-FAT COTTAGE CHEESE
- ½ FROZEN BANANA
- 1 HEAPING TBSP PEANUT BUTTER
- STEVIA (TO TASTE)
- 5 ICE CUBES



PB CUP

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
 - ½ FROZEN BANANA
- 2 TBSP NATURAL PEANUT BUTTER
 - 1 TBSP PURE COCOA POWDER
 - STEVIA (TO TASTE)
 - 5 ICE CUBES

SUPER SPINACH

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- 3 CUPS SPINACH
- ½ FROZEN BANANA
- 1 TBSP NATURAL PEANUT BUTTER
- STEVIA (TO TASTE)
- 5 ICE CUBES

SALTED CARAMEL



- 1 SCOOP CRAVE WHEY PROTEIN
 - ½ CUP BREWED COFFEE
- ½ CUP UNSWEETENED ALMOND MILK
 - ½ AVOCADO
 - ½ FROZEN BANANA
 - 1 TBSP COCOA
- ½ - 1 TSP NATURAL CARAMEL EXTRACT
 - 1 TSP SEA SALT
 - 5 ICE CUBES

STRAWBERRY SHŌRTCAKE

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 10 FROZEN STRAWBERRIES
- ½ TSP ALMOND EXTRACT
- STEVIA (TO TASTE)
- 5 ICE CUBES

VANILLA MŌCHA



- 1 SCOOP CRAVE WHEY PROTEIN
- ½ CUP UNSWEETENED VANILLA ALMOND MILK
- ½ CUP PLAIN GREEK YOGURT
 - ½ FROZEN BANANA
- 2 TBSP GROUND FLAXSEED
- ½ TSP VANILLA EXTRACT
- 5 ICE CUBES

VEGGIE LÖVERS DELIGHT

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP NONFAT GREEK YOGURT
- 1 CUP SPINACH
- 1 TOMATO (SMALL)
- ¼ CUP EACH: BABY CARROTS, ONION, AVOCADO, CUCUMBER
- ½ TBSP COCONUT OIL
- ½ OZ CASHEWS
- 5 ICE CUBES



CHŌCŌLATE CŌCŌNUT

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
 - 1 TBSP NATURAL ALMOND BUTTER
 - 3 TBSP UNSWEETENED SHREDDED COCONUT
 - STEVIA (TO TASTE)
 - 5 ICE CUBES

CHOCOLATE COVERED ALMOND JOY

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED COCONUT MILK
- 1 TBSP SHREDDED COCONUT
- ½ OZ ALMONDS
- ½ TSP ALMOND EXTRACT
- 1 TBSP PURE COCOA POWDER
- STEVIA (TO TASTE)
- 5 ICE CUBES

CHOCOLATE LATTE SUPREME



- 1 SCOOP CRAVE WHEY PROTEIN
- ½ CUP BREWED COFFEE
- ½ CUP UNSWEETENED CHOCOLATE ALMOND MILK
- ½ AVOCADO
- 1 TBSP COCOA
- 5 ICE CUBES

CHOCO MINT SMOOTHIE

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
- 1 TSP PURE COCOA POWDER
- 2 TSP MINT EXTRACT
- STEVIA (TO TASTE)
- 5 ICE CUBES



COCONUT PROTEIN

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED ALMOND MILK
- 1 TBSP EXTRA VIRGIN COCONUT OIL
- ½ FROZEN BANANA
- STEVIA (TO TASTE)
- 5 ICE CUBES

CHOCOLATE COVERED CASHEW

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
- 1 TBSP CASHEW BUTTER
- 1 TSP VANILLA EXTRACT
- STEVIA, TO TASTE (OPTIONAL)
- 5 ICE CUBES



VANILLA MINT

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 3 TBSP HEAVY WHIPPING CREAM
 - 3-6 DROPS MINT EXTRACT
 - STEVIA (TO TASTE)
- 5 ICE CUBES

HAZELNUT DREAM

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
- 2 TBSP HEMP SEEDS
- 1 TBSP HAZELNUT BUTTER
- 5 ICE CUBES



HIGH OCTANE

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP BREWED COFFEE
- 1 TBSP COCONUT OIL, EXTRA VIRGIN, COLD-PRESSED
- 1 TBSP GRASS-FED BUTTER
- 5 ICE CUBES

LEPRECHAUN SMŌŌTHIE

- 1 SCOOP CRAVE 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP LOW-FAT COTTAGE CHEESE
- ½ TSP MINT EXTRACT
- 3 DROPS GREEN FOOD COLORING
- STEVIA (TO TASTE)
- 5 ICE CUBES

MILK CHŌCŌLATE CŌCŌNUT DELIGHT



- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED CHOCOLATE ALMOND MILK
- ½ TBSP COCONUT OIL (EXTRA VIRGIN, COLD-PRESSED)
- 1 TSP ALMOND EXTRACT
- STEVIA, TO TASTE (OPTIONAL)
- 5 ICE CUBES

NUTS AND FLAX SMOOTHIE

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP LOW-FAT COTTAGE CHEESE
- 2 TBSP FLAXSEED MEAL
- ½ OZ WALNUTS
- ½ OZ ALMONDS
- STEVIA (TO TASTE)
- 5 ICE CUBES



NEW YORK CHEESECAKE

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED ALMOND MILK
 - ½ CUP COTTAGE CHEESE
- STEVIA, TO TASTE (OPTIONAL)
 - 5 ICE CUBES

ORANGE CREAMSICKLE

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 1 TBSP HEAVY WHIPPING CREAM
- 1 TSP PURE ORANGE EXTRACT
- 2 TBSP FLAXSEED MEAL
- STEVIA (TO TASTE)
- 5 ICE CUBES



PB & J SMOOTHIE

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP LOW-FAT COTTAGE CHEESE
- 1 TBSP NATURAL PEANUT BUTTER
- 5 FROZEN STRAWBERRIES
- STEVIA (TO TASTE)
- 5 ICE CUBES

PUMPKIN PIE

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- ½ CUP PUMPKIN PUREE
- 1 TSP CINNAMON
- ½ TSP NUTMEG
- STEVIA (TO TASTE)
- 5 ICE CUBES



STRAWBERRY MACADAMIA

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- ½ CUP FROZEN STRAWBERRIES
- 1 OZ MACADAMIA NUTS (OR SHAVINGS)
- STEVIA (TO TASTE)
- 5 ICE CUBES

VANILLA ALMOND SWIRL

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 1 TBSP ALMOND BUTTER
- ½ TSP ALMOND EXTRACT
- ½ TSP PUMPKIN PIE SPICE
- STEVIA (TO TASTE)
- 5 ICE CUBES



VANILLA AND FLAX

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED VANILLA ALMOND MILK
 - ½ CUP FAGE GREEK YOGURT
 - 2 TBSP FLAXSEED MEAL
- 1 TSP PURE VANILLA EXTRACT
 - STEVIA (TO TASTE)
 - 5 ICE CUBES

PEACH MANGŌ*

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 PEACH, PITTED AND QUARTERED
- 1/2 CUP RASPBERRIES
- 1/2 CUP PLAIN YOGURT
- 1/4 CUP UNSWEETENED ALMOND MILK



BERRY BLAST

- 1 SCOOP CRAVE WHEY PROTEIN
- 1/2 CUP BLUEBERRIES
- 1 CUP STRAWBERRIES, HULLED
- 1/2 CUP PLAIN LOW-FAT YOGURT
- 1/4 CUP UNSWEETENED ALMOND MILK

CINNAMON ALMOND BUTTER

- 1 SCOOP CRAVE
- 1 1/2 CUPS UNSWEETENED NUT MILK
- 1 SCOOP COLLAGEN PEPTIDES
- 2 TBSP ALMOND BUTTER
- 2 TBSP GOLDEN FLAX MEAL
- 1/2 TSP CINNAMON
- 15 DROPS LIQUID STEVIA
- 1/8 TSP ALMOND EXTRACT
- 1/8 TSP SALT
- 6–8 ICE CUBES



• 80Z NUT MILK (UNSWEETENED ALMOND, COCONUT, HEMP, OR RICE)

PINK FLAMINGO*

- 1 SCOOP CRAVE WHEY PROTEIN
- 80Z WATER
- 1/2-1C PINEAPPLE (FROZEN)
- 1/2-1C RASPBERRIES (FRESH OR FROZEN)
- 1 SMALL BANANA (FROZEN)
- 1 TBSP COCONUT OIL/CREAM (OPTIONAL)
- 5 ICE CUBES

PURPLE CRUSH

- 1 SCOOP CRAVE
- 80Z UNSWEETENED ALMOND MILK (OR ANY UNSWEETENED NUT MILK)
- 80Z WATER
- 1-2 C WILD BLUEBERRIES (FROZEN)
- 1 C LEAFY GREENS



CARAMEL CŌFFEE

- 1 SCOOP CRAVE WHEY PROTEIN
- 80Z COLD COFFEE (COLD BREWED
- 80Z WATER
- 2C ICE
- 1 TBSP COCONUT OIL/CREAM)

ORANGE SPLASH

- 1 SCOOP CRAVE
- 1 CUP COLD WATER
- 1 CUP UNSWEETENED ALMOND MILK
- 10 STEVIA DROPS
- 10 ORANGE EXTRACT DROPS
- 1 TEASPOON VANILLA EXTRACT
- 10 ICE CUBES



DETOX SMOOTHIE 1

- 1 SCOOP CRAVE WHEY PROTEIN
 - 3 HANDFULS SPINACH
 - 2 CUPS WATER
- 1 CUP STRAWBERRIES
 - 1 STEVIA PACKET
- 2 TABLESPOONS GROUND FLAXSEEDS)

DETOX SMOOTHIE #2

- 1 SCOOP CRAVE
- 3 HANDFULS SPRING MIX
- 2 CUPS WATER
- 1 BANANA
- 1.5 CUPS FROZEN STRAWBERRIES
- 2 STEVIA PACKETS
- 2 TABLESPOONS GROUND FLAXSEEDS



DETOX SMOOTHIE #3

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 HANDFUL SPRING MIX GREENS
 - 2 HANDFULS SPINACH
 - 2 CUPS WATER
- 1.5 CUP FROZEN BLUEBERRIES
 - **• 1 BANANA
 - **• 1 APPLE
- 1 PACKET STEVIA
- 2 TABLESPOON GROUND FLAXSEEDS)

DETOX #4

- 1 SCOOP CRAVE
- 1 HANDFUL SPINACH OR 2 HANDFULS KALE
- 2 CUP WATER
- 2 APPLES**
- 1.5 CUP FROZEN PEACHES
- 1.4 CUP FROZEN MIXED BERRIES
- 2 PACKETS STEVIA
- 2 TABLESPOON GROUND FLAXSEEDS



DETOX #5

- 1 SCOOP CRAVE WHEY PROTEIN
- 3 HANDFULS SPINACH
- 2 CUP WATER
- 1 C FROZEN PEACHES
- 1 HANDFUL FRESH OR FROZEN SEEDLESS GRAPES
- 1.5 CUP BLUEBERRIES
- 3 PACKETS STEVIA
- 2 TABLESPOON GROUND FLAXSEEDS)

BLUEBERRY SUPERFOOD SMOOTHIE

- 1 SCOOP CRAVE
- 1 CUP UNSWEETENED ALMOND MILK
- 1 BANANA*
- 1/2 CUP FROZEN BLUEBERRIES
- 1 TBSP CHIA SEEDS
- 1 TSP CINNAMON
- 1 TSP SPIRULINA
- 1 CUP ICE CUBES



KALE & AVO SMOOTHIE

- 1 SCOOP CRAVE WHEY PROTEIN
- 3 HANDFULS OF KALE
- 1 AVOCADO (PEELED AND SEEDED)
- 4 FLORETS BROCCOLI
- 1/3 CUCUMBER
- 1 STICK OF CELERY (WITH LEAVES)
- 1 WHOLE PEAR (HALVED)
- 1 BANANA (PEELED)
- 1/2 MANGO (PEELED AND SEEDED)
- 1 HANDFUL BASIL
- 1-2 CUPS WATER
- 2 CUPS ICE CUBES)

NATURE'S RED BULL SMOOTHIE

- 1 SCOOP CRAVE
- 1-2 CUPS SEEDLESS GRAPES
- 1-2 STRAWBERRIES
- 1 SLICE PINEAPPLE (WITH CORE)
- 1 SMALL SLICE LIME (WITH PEEL)
- 1 SMALL SLICE GINGER (WITH PEEL)
- 1 CUP ICE



POST WORKOUT ENERGY SMOOTHIE

- 1 SCOOP CRAVE WHEY PROTEIN
- 1 CUP UNSWEETENED ALMOND MILK)
- 1 BANANA
- 5 STRAWBERRIES
- 1 TSP SPIRULINA
- 1 TSP ACAI BERRY
- 1 TBSP CHIA SEEDS
- 1 TSP CINNAMON
- ICE CUBES TO CHILL)

SUPER CACŌA HEALTHY SHAKE

- 1 SCOOP CRAVE
- 1 CUP HUNSWEETENED ALMOND MILK
- 3 TBSP CACAO NIBS
- 1 BANANA
- 5 STRAWBERRIES
- 1 TBSP GOJI BERRIES
- 1 TSP CHIA SEEDS
- 1/3 VANILLA BEAN STEM
- 1 CUP ICE



SUPER DETŌX*

- SCOOP CRAVE WHEY PROTEIN
 - 1/2 BEETROOT (PEELED)
 - 1 CARROT
 - 1 STICK CELERY
 - 1 WHOLE PEAR (HALVED)
- 1 WHOLE APPLE (QUARTERED)
 - 1-2 HANDFULS OF RED SEEDLESS GRAPES
- 1 SLICE GINGER (WITH PEEL)
 - 1-2 CUPS ICE CUBES
 - 1 CUP WATER

EASY GREENS

- 1 SCOOP CRAVE
- 2 HANDFULS KALE
- 2 HANDFULS PARSLEY
- 2 HANDFULS BABY SPINACH
- 1/2 CUCUMBER
- 1-2 SLICES PINEAPPLE (WITH CORE)
- 2 SLICES HONEYDEW MELON (WITH SEEDS)
- 1 WHOLE APPLE (QUARTERED)
- 1 WHOLE PEAR (HALVED)
- 1-2 CUPS ICE CUBES
- 1/2 CUP WATER



BEET ROOT DETOX

- 1 SCOOP CRAVE WHEY PROTEIN
- 2 CUPS ROOM TEMPERATURE WATER
 - 2 BEETROOTS (PEELED)
 - 2 WHOLE TOMATOES
- 8 STRAWBERRIES (WITH STEM)
- 5 SHALLOTS/SPRING ONION STALKS (WITHOUT ROOT)R

CHERRY BLAST

- 1 CUP FILTERED WATER
- 1 ½ SCOOPS OF CRAVE VANILLA
- 2 TEASPOONS RAW CACAO POWDER
- ½ CUP FROZEN CHERRIES
- ½ CUP FROZEN RASPBERRIES
- 3 DROPS LIQUID STEVIA (GLUTEN FREE)
- 4 CUBES OF ICE



*BLUEBERRY ICE CREAM SMOOTHIE

- 1 SCOOP CRAVE WHEY PROTEIN
- 1/2 CUP VANILLA OR PLAIN YOGURT
 - 1 LARGE BANANA (PEELED)
- 1/2 C UNSWEETENED ALMOND MILK
 - 1/2 CUP TOFU

PLEASE NOTE: NOT ALL SMOOTHIES
ARE "KETO" FRIENDLY. LIMIT THE
BANANAS AND FRUITS THAT ARE NOT
KETO FRIENDLY TO YOUR WORKOUT
DAYS ONLY!

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