

THE BEST SUMMER **shakeology** RECIPES



Meet me... Your Coach!

Summer just brings all the feel-good vibes, doesn't it?! More sunshine and more adventure - Yesssss, please! I actually remember when summer used to stress me out. I worried so much about wearing the swimsuit, short shorts, and tank tops. I finally decided enough was enough and to start loving my body *exactly* where it's at! I was SO over spending my summer self-conscious and embarrassed.

I'm sure you've been hearing the notorious phrase, "Hot Girl Summer," over and over here lately, right? You know what my "Hot Girl Summer" is going to look like? Hitting my water goal every day. Eating fresh fruits and veggies. Making exercise a priority. Wearing alllll the shorts and tanks. And fueling my body with the nutrients it deserves. Because THAT is what makes me feel fierce!

I want to invite you to join my Hot Girl Summer! As your formal invitation, I've put together this PDF of the 25 Best Summer Shakeology Recipes for you to enjoy all month long and into the rest of your summer months.

Hot Girl Summer is officially starting... NOW!

Your Coach,

Nicole





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The Benefits of Shakeology

Okay, so what even is Shakeology?

Shakeology is a delicious superfood shake packed with protein, fiber, vitamins, minerals, probiotics, prebiotics, digestive enzymes, phytonutrients, adaptogens... and that's not even *all*! I honestly wish I had the time to sit here and tell you about all of the benefits I've personally experienced since using Shakeology. But to keep this short and sweet, I've put together a few of my favorites!

1 CURBS CRAVINGS AND PROMOTES HEALTHY WEIGHT LOSS

Here's the deal – Shakeology really isn't meant to be a full meal replacement shake. Yes, it's a delicious protein serving and leaves you feeling full and satisfied, but it's *really* used to fill the gaps in your nutrition and serve as a dietary supplement. Typically when your body experiences cravings, it's because it's lacking some type of nutrient. Shakeology works to fulfil the nutrients your body needs, which in turn can promote healthy weight loss, eliminate cravings, and boost your energy!

2 AIDS IN DIGESTION AND GUT HEALTH

Did you know that improving your gut health can actually improve your brain health, too? When we hear the word "bacteria" we typically think negatively about it, but probiotics and prebiotics are actually good bacteria that our guts need. Not only do probiotics and prebiotics help with overall digestion and the gut, but actually can improve levels of stress, anxiety, and depression. The adaptogens found in Shakeology also work to improve these levels, too!



3 REDUCES INFLAMMATION AND BOOSTS IMMUNITY

Phytonutrients are plant-based compounds that help with cellular repair, prevent diseases such as diabetes, heart disease, high blood pressure, and even cancer, and work to reduce inflammation in the body. Do you feel like you have bloat that you can *never* get rid of? Yup. Shakeology takes care of it.

4 INCREASES ENERGY

Paired with the correct amount of water intake, Shakeology can actually help your body better absorb nutrients. Remember that “good bacteria” we talked about? The ingredients in Shakeology supply good bacteria which help with overall nutrient absorption in the digestive system. When your nutrients are properly absorbed in your body, your energy levels can increase, your sleep can improve, as well as even your skin and nails!

5 BALANCES BLOOD SUGAR LEVELS

Sugar. Sugar. Sugar. It's everywhere. Even in the foods you'd least expect it to be! Did you know *almost* 2 in 10 people have diabetes and nearly 1 in 3 people struggle with prediabetes? Highly processed foods increase our blood sugar and insulin levels, while Shakeology has a very low glycemic index which helps stabilize insulin and blood sugar levels, and increases the glycogen in our body which helps burn more fat! If you're diabetic, be sure to consult your doctor before trying Shakeology.

Shakeology Shake Recipes

To me, there's nothing more refreshing on a hot summer day than sippin' on a cold superfood shake that makes me feel like I'm living my best life! I've included my 10 top favorite Shakeology shake recipes that you can enjoy all summer long!





Pina Colada Shakeology

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 3/4** cup water
- 1/4** cup 100% pineapple juice
- 1/2** tsp. pure coconut extract
- 1** scoop Vanilla Whey (or Plant-Based Vegan) Shakeology
- 1** cup ice

DIRECTIONS

Place water, pineapple juice, coconut extract, Shakeology, and ice in a blender; cover. Blend until smooth.





Minty Watermelon Shakeology

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 1 cup watermelon, cubed
- 1/2 cup water
- 1 scoop Vanilla Whey Shakeology
- 6 fresh mint leaves, chopped
- 1 cup ice

DIRECTIONS

Place watermelon, water, Shakeology, mint, and ice in a blender; cover. Blend until smooth.





Coconut Lime Shakeology

FROM BEACHBODY ON DEMAND

INGREDIENTS

- $\frac{1}{2}$ cup unsweetened coconut milk beverage
- $\frac{1}{2}$ cup water
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 2 tbsp. fresh lime juice
- $\frac{1}{2}$ tsp. pure coconut extract

DIRECTIONS

Place coconut milk, water, ice, Shakeology, lime juice, and extract, in a blender; cover. Blend until smooth.





Peachy Banana Shakeology

FROM SARAH GRIFFITH

INGREDIENTS

- 10 ounces of water
- 10 ounces of ice
- 4 ounces of coconut almond milk
- 1 scoop of Vegan Tropical Strawberry Shakeology
- 1/2 of a very ripe banana
- 1 fresh or frozen peach cut up

DIRECTIONS

Combine water, ice and almond milk into a blender. Add in fruit and Shakeology. Blend until well smooth.





Chocolate Covered Strawberry Shakeology

FROM KATHERINE ROUSSOPOULOS

INGREDIENTS

- 10 ounces of water
- 1 tbsp. raw cocoa powder
- 1 scoop Strawberry Shakeology
- 1/2 cup fresh strawberries
- ice (optional)



DIRECTIONS

Place all ingredients in a blender and mix until smooth.



S'mores Shakeology

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- 1 tsp. pure vanilla extract
- 1 scoop Chocolate Shakeology
- 2 tsp. ground whole wheat graham cracker crumbs, divided use
- 1 cup ice

DIRECTIONS

Place almond milk, extract, Shakeology, 1 tsp. graham cracker crumbs, and ice in blender; cover. Blend until smooth. Pour into a serving glass and garnish with remaining 1 tsp. graham cracker crumbs; serve immediately.





Thin Mint Shakeology

FROM RACHEL FREEBAIRN

INGREDIENTS

- 1 scoop Chocolate Shakeology
- 4 ounces unsweetened almond milk
- 4 ounces water
- 1 tsp. mint extract
- ice (optional)



DIRECTIONS

Either mix all ingredients together in a shaker cup, or if you like your shake thicker, use a blender and add ice. The more ice, the thicker it gets.



Sea Salt Caramel Shakeology

FROM MELANIE MITRO

INGREDIENTS

- 1 pinch of Pink Himalayan Sea Salt
- 1 drop of Caramel Extract
- 1/2 cup of Unsweetened Almond Milk
- 3/4 cup of water
- 1 scoop of Chocolate Shakeology



DIRECTIONS

Combine all ingredients in a blender and mix until smooth.



PB & J Shakeology

FROM JESSICA CASTANEDA

INGREDIENTS

- 1 scoop Strawberry Shakeology
- 1 Tbsp peanut butter
- 1 small banana
- 8 ounces of water
- 3-4 ice cubes



DIRECTIONS

Put all ingredients into a blender and mix until smooth.



Strawberry Mojito Shakeology

FROM HUSTLE & HEART FITNESS

INGREDIENTS

- 1 cup sparkling water, divided use
- 1 tsp. finely grated lime peel
- 3 Tbsp. fresh lime juice
- 1 scoop Tropical Strawberry Shakeology
- 2 Tbsp. chopped fresh mint leaves
- 1 cup ice

Fresh mint sprig (for garnish; optional)

Strawberry slice (for garnish; optional)

DIRECTIONS

Place ½ cup water, lime peel, lime juice, Shakeology, mint, and ice in blender; cover. Blend until smooth.

Add remaining ½ cup water; mix well.

Garnish with mint and strawberry slice if desired.



Shakeology Ball Recipes

If you prefer to eat your nutrients instead of drink them, you might enjoy Shakeology energy bites! They're super simple to prepare, make a perfect to-go snack, and are a whole family favorite.





Birthday Cake Energy Balls

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 1 1/2 scoops Vanilla Whey Shakeology
- 1 1/4 cups dry rolled oats
- 1/3 cup all-natural smooth almond butter
- 4 Medjool dates, coarsely chopped
- 1/4 cup chopped almonds
- 1/2 cup mashed banana (about 1 large banana)
- 1/2 tsp. pure vanilla extract

DIRECTIONS

Combine Shakeology, oats, almond butter, and dates in the food processor; pulse until dates are incorporated.

Add almonds, banana, and extract; pulse until just blended.

Roll into sixteen balls, about 1-inch in diameter each.

Serve immediately, or store in a tightly covered container in the refrigerator for up to three days.



Coconut Vanilla Shakeology Balls

FROM THE DELICIOUS SPOON

INGREDIENTS

- 2 scoops Vanilla Shakeology
- $\frac{1}{2}$ cup natural peanut butter
- $\frac{3}{4}$ cup unsweetened coconut flakes (reserve $\frac{1}{4}$ cup)
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup hemp hearts
- $\frac{1}{4}$ cup chia seeds
- 1 tsp vanilla

DIRECTIONS

In a medium bowl, add all ingredients and mix well until combined.

Roll a heaping tablespoon of mixture until it forms a smooth ball. Repeat with all of the mixture.

Roll balls in remaining $\frac{1}{4}$ cup of coconut flakes.

Store in airtight container in fridge for up to a week or freeze for up to a month.





Cafe Mocha Shakeology Energy Bites

FROM MELISSA MCLAMB

INGREDIENTS

- 1 cup all-natural almond butter
- 1 tsp. pure vanilla extract
- 1 cup quick-cooking rolled oats
- 1/4 cup raw honey
- 1/2 scoop of Chocolate Shakeology
- 1 scoop or packet of Vegan Cafe Latte Shakeology

DIRECTIONS

Combine almond butter, extract, oats, honey, and Shakeology in a medium bowl; mix well with a spatula or clean hands. Roll mixture into twenty four balls, each about 1-inch in size.

Flatten each slightly so that it is shaped like a traditional cookie.

Refrigerate for at least one hour before serving. Or make a big patch and freeze!





Strawberry Shortcake Shakeology Bites

FROM ASHLEY ROBERTS

INGREDIENTS

- $\frac{1}{2}$ scoops strawberry Shakeology
- $\frac{1}{2}$ scoop vanilla Shakeology
- $\frac{1}{2}$ cup natural peanut butter
- $\frac{1}{3}$ cup wildflower honey
- $\frac{1}{2}$ cup quick oats
- 1 tbsp chia seeds

DIRECTIONS

Combine all ingredients in a bowl. Mix well. Roll into 1 inch bite sized balls.



Cookie Dough Shakeology Energy Balls

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 1/2** cup all-natural almond butter
- 1/4** cup honey
- 1/2** cup almonds, finely chopped
- 2 1/4** scoops Vanilla Whey Shakeology
- 2** Tbsp. mini semi-sweet or dark chocolate chips

DIRECTIONS

Combine almond butter, honey, almonds, Shakeology, and chocolate chips in a medium bowl; mix well.

Roll into 13 balls, about 1-inch in diameter each.

Serve immediately, or store in an airtight container in the refrigerator for up to five days.

Shakeology Sweet Treat Recipes

I have to admit - eating my superfood shake as dessert is my favorite way to get my nutrients in. I have a MAJOR sweet tooth all year round.

If you can relate, you might enjoy these 10 Shakeology Sweet Treats that are healthier alternatives to regular cake and ice cream! They're so good, you may find yourself hiding them from the rest of your family!





Super Berry Shakeology Popsicles

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 1/2 cup unsweetened cranberry juice
- 1/2 cup 100% orange juice
- 1 cup fresh or frozen raspberries
- 2 scoops Tropical Strawberry Plant-Based Vegan Shakeology



DIRECTIONS

Place cranberry juice, orange juice, raspberries, and Shakeology in a blender; cover. Blend until smooth.

Pour mixture into ice pop molds.

Freeze for at least four hours, or until set.

Eat immediately, or store frozen in a tightly covered container for up to 5 days.



Cafe Latte Shakeology Chocolate Chip Ice Cream

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 1 medium banana cut into chunks
- 1/2 cup unsweetened almond milk
- 2 scoops Café Latte Whey Shakeology
- 1 Tbsp. cacao nibs



DIRECTIONS

Place banana in a re-sealable plastic bag; freeze for 4 hours, or until completely frozen.

Place banana, almond milk, and Shakeology in a blender (or food processor); cover. Blend until smooth.

Fold in cacao nibs; mix well.

Serve immediately, or freeze in an airtight container up to five days until ready to eat.



Shakeology Brownie Batter

FROM ANDREA WILLIAMS

INGREDIENTS

- 1/2** Scoop Chocolate Shakeology (or go full on and do a WHOLE scoop)
- 1** tbsp coconut oil, melted (2 if you use the whole scoop)
- 2** tsp. all natural Peanut Butter/PB2 (optional)
- 2-3** TBS of water



DIRECTIONS

Melt the oil in the microwave – won't take but a few seconds

Stir in your Shakeology (and PB)

Add water 1 TBS at a time until you reach that "brownie batter" consistency!



Shakeology Peanut Butter Fudge Pops

FROM BROOKE NORMAN

INGREDIENTS

- 1 1/2 scoops Chocolate Shakeology
- 1 cup almond milk
- 1 Tbsp. all-natural peanut butter



DIRECTIONS

Place milk, Shakeology, and peanut butter in a blender; cover. Blend until smooth. Pour evenly into 4 ice pop molds; freeze for 3 hours or until set.



Chocolate Shakeology Mug Cake

FROM MELANIE MITRO

INGREDIENTS

- 1/4** tsp baking powder
- 1** scoop Chocolate Shakeology
- 1** tbsp sweetener of your choice {optional}
- dash of salt
- 1** egg
- optional mix in: peanut butter, cocoa powder
- 2-3** tbsp water/milk



DIRECTIONS

In a mug mix Shakeology, baking powder, salt, cocoa, and sweetener.

Next, mix in an egg and 2-3 tablespoons of water/milk. If you want it to be more moist then add a little more water.

Mix until dry ingredients are wet.

If you'd like to add peanut butter, put one dollop in the center and push it down a bit.

Microwave for 90 sec. Personally I do 55 seconds because I like mine a little more gooey on the inside.

When it is done the edges will pull from the sides.



Chocolate Shakeology Pie

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 1 1/2** cups reduced fat (2%) plain Greek yogurt
- 2** scoops Chocolate Shakeology
- 1/2** cup all-natural peanut butter
- 1/2** whole wheat graham pie crust

Sugar free whipped topping (optional)



DIRECTIONS

In a medium bowl, mix together Greek yogurt, Shakeology, peanut butter, and almond milk.

Spread the mixture onto the pie crust evenly.

Refrigerate 2 hours before serving. Top each slice with sugar free whipped topping if desired.



Strawberry Lemonade Bars

FROM BEACHBODY ON DEMAND

INGREDIENTS

- 2 cups dry rolled oats
- 1 cup unsweetened shredded coconut
- 2 Tbsp. honey
- 4 Medjool dates coarsely chopped
- 2 tsp. finely grated lemon peel (lemon zest)
- 2 Tbsp. extra-virgin organic coconut oil
- 1 scoop Strawberry Whey (or Vanilla Whey) Shakeology
- 1 tsp. pure vanilla extract
- 1/4 tsp. sea salt (or Himalayan salt)

DIRECTIONS

Line an 8 x 8-inch pan with plastic wrap (or aluminum foil). Set aside.

Place oats, coconut, honey, dates, strawberries, lemon peel, oil, Shakeology, extract, and salt in a food processor (or blender). Pulse until smooth. Mixture will be sticky.

Press oat mixture into the prepared pan. Cover with plastic wrap and press down to flatten into the pan. Refrigerate for 1 hour so that bars set.

Cut into eight bars.

Serve immediately, or store in an airtight container in the refrigerator for up to five days until ready to eat.





Blue Ribbon Shakeology Cookies

FROM NEW SCHOOL MOM

INGREDIENTS

- 1 cup all-purpose flour
- 1/4 cup whole wheat flour
Pinch of salt, about 1/8 tsp
- 1/4 tsp baking soda
- 1/2 scoop Vanilla Shakeology
- 1 stick butter
- 1/2 cup stevia
- 1 large egg white
- 1 tsp pure vanilla extract
- 1 cup dark chocolate chips/chunks

DIRECTIONS

Preheat the oven to 300 degree F.
In a medium bowl, whisk together the flours, Shakeology, baking soda, and salt, and set aside.

In your standing mixture (with the paddle attachment) beat butter & sugar until grainy.

Add the egg & vanilla, and mix well.

Add the flour mixture and the chocolate chips and mix on low until just incorporated, try not to over mix! Drop tablespoonfuls of the dough onto an ungreased cookie sheet. Bake for 18-20 minutes.

Makes about 12 large cookies.





Shakeology Reese's Cups

FROM ASHLY LOCKLIN

INGREDIENTS

- 1 heaping Tbsp coconut oil, melted
- 2 tsp peanut butter, melted
- 1 scoop/packet Chocolate Shakeology

DIRECTIONS

Mix the melted coconut oil with the Shakeology powder. If it is too thick, add a little more melted coconut oil.

Place 4 paper liners in a muffin tin.

Cover the bottom of each liner with a thin coat of the chocolate mixture.

Place the pan in the freezer for 5 minutes.

Remove from the freezer and spoon a thin layer of melted peanut butter on top of the hardened chocolate.

Cover the peanut butter with the remaining chocolate mixture.

Place the pan in the freezer for 30 minutes.

Remove paper liners from peanut butter cups and enjoy!





Chunky Monkey Shakeology Pudding

FROM MY HEAVENLY RECIPES

INGREDIENTS

- 1 Medium-Large Organic Banana
- 2 Packet/Scoop Chocolate Shakeology
- 1 tsp honey
- 1 tbsp Organic Peanut Butter, melted
- 1 tbsp Coconut Oil, melted



DIRECTIONS

In a small bowl place peanut butter and coconut oil in the microwave for 30 seconds.

Stir and set aside.

In a medium to large bowl mash the banana until smooth.

Add in honey, stir.

Pour melted peanut butter and coconut oil into the banana mixture, stir.

Mix in the Chocolate Shakeology and mix well.

At this point the mixture will not look like pudding, have no fear!

Place in the freezer for 1-1 ½ hours. The mixture will firm up.

How Can I Get Shakeology?

And now for the most important question – How can I get my hands on this magical stuff?! You can get 30 Shakeology servings when you sign up for my next Challenge Group after purchasing your first Challenge Pack! But when you sign up with your Challenge Pack, you get so much more than just Shakeology! You'll get:

- * A year-long membership that gives you access to ALL of my at-home workout programs. You're getting over 1,500 workouts to choose from that include weight training, cardio, dance, HIIT, yoga, running, and more!
- * An exclusive spot in my virtual Challenge Group that focuses on accountability among other like-minded women, sharing tips and recipes, motivation, and all-around support in your health and fitness journey!
- * And of course... Shakeology! Your Challenge Pack includes your first month's supply of Shakeology to get you started reaping all the benefits it has to offer, and you can use this PDF to guide you through trying all the new recipes!

Hot Girl Summer is about to commend, my friend! I don't want you spending another summer worrying about how you look or what you wear. I want you to live life to its fullest potential and feel the best you possibly can. All of that can start by taking action and joining me! Just shoot me an email at [EMAIL ADDRESS] with the subject line, "Hot Girl Summer" and I'll get you ready to rock my next Challenge Group!

It's time to start being unapologetically and oh-so confidently... YOU!