

52 *Amazing Fat Burning* PROTEIN SHAKES

THE ULTIMATE GUIDE
TO DRINK YOURSELF FIT

Andie Thueson

MAYBEIWILL.COM

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Andie Thueson
MAYBE I WILL

Lemon
BLUEBERRY
Protein Shake

This week I was drooling over the fresh blueberries that are out right now! Nothing is more refreshing than lemon and blueberries! Oh man this baby is so fresh and tasty!! It is one of my new favorites!!

LEMON BLUEBERRY PROTEIN SHAKE

Andie Thueson

1 Scoop Vanilla Whey Protein
zest of one lemon – to taste
Lemon Juice – I used half a lemon
1 Cup Blueberries
1 Cup Vanilla Almond Breeze
6-7 Ice Cubes – to desired thickness
1 tsp sugar free vanilla powdered coffee
creamer – optional adds 15 calories

Blend and Enjoy!

CAL:	258
FAT:	7.0G
FIBER:	5.5G
PROTEIN:	20.0G

Maybe I Will

ON THE FRUITY SIDE 1

Maybe I Will



**Pearartastic-
Raspberry
PROTEIN SHAKE**

The other day my Mom brought over a bucket of raspberries that she had picked, They were sooo good!! There is nothing like freshly picked berries! Store bought ones just don't even compare! So as I was nibbling on the berry goodness, I remembered how good raspberries are paired with pears! And the inspiration for this shake was born!

**PEARTASTIC RASPBERRY
PROTEIN SHAKE**

Andie Thueson

- 1 Scoop Vanilla Whey Protein Powder
- 1 Cup Almond Breeze Almond Milk Vanilla Unsweetened
- 1 Cup Raspberries
- 1/2 Cup Canned Pears in Light Juice
(I used some we had canned last year)-yep I'm nerdy like that
- 1 tsp Sugar Free Powdered Vanilla Coffee Creamer
- 1/2 tsp raspberry extract – optional

Blend and Enjoy!

CAL:	334
FAT:	6.8G
FIBER:	11.0G
PROTEIN:	28.7G

Maybe I Will



Strawberry Blond Protein Shake

I Love EVERYTHING about the beach! The sun, the water, relaxing, and just taking it all in. What makes the beach EVEN better?!?! When the resort you're staying at is on the beach and you can get refreshing drinks brought right to you! My favorite resort drink is a virgin strawberry blonde! The drink for the invariably indecisive... Where you get to have a pina colada AND a strawberry daiquiri. The marriage of two amazing flavors! What a great source of inspiration for a great shake!

STRAWBERRY BLONDE PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Whey Protein Powder
- 1 Cup Almond Breeze Vanilla Unsweetened Almond Milk
- 1/2 Canned Pineapple w/ juices
- 1 Cup Strawberries
- 1/2 a lime Squeezed
- 1/4 tsp coconut extract
- 8-10 ice cubes depending on desired consistency

Blend and Enjoy!

CAL:	259
FAT:	8.7G
FIBER:	5.8G
PROTEIN:	16.1G

Maybe I Will

This Watermelon Strawberry is so delicious and amazingly refreshing! It is the perfect light and tasty treat!

STRAWBERRY WATERMELON PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Cup Cubed Watermelon
1 Scoop Vanilla Whey Protein Powder (or protein powder of choice)
½ packet Watermelon-Strawberry Mix in
(add more if you would like) Walmart has this kind! They even
have an all natural version sweetened with Stevia!
8-10 Ice Cubes or more as needed for desired
consistency

Blend and Enjoy!

CAL:	205
FAT:	5.0G
FIBER:	1.5G
PROTEIN:	28.5G

strawberry watermelon
protein shake

Maybe I Will

One of my favorite fruits of the season is Pomegranates!!! They are the best! I love the flavor, plus they are an amazing antioxidant super food, linked to helping your heart and protecting your body against cancer! After being sick and eating crap cause lets face it, when you're sick, a heaping plate of salad is the last thing you want. I decided a power-packed shake with an antioxidant super fruit was just what the doctor ordered to get me back on track!!! Enjoy!!

CHERRY VANILLA POMEGRANATE PROTEIN SHAKE

Andie Thueson

2/3 C Pomegranate Seeds – approx 1 pomegranate
1/4 C Pomegranate Juice
3/4 C Unsweetened Vanilla Almond Milk
1 Scoop Vanilla Whey Protein Powder
1 tsp sugar free vanilla coffee creamer
1/2 pkt Cherry Pomegranate Antioxidant Flavor Mix In
(Both Crystal Light and Walmart brands have this flavor)
8-10 Ice Cubes

Blend and Enjoy!!

CAL:	423
FAT:	4.7G
FIBER:	1.8G
PROTEIN:	23.7G

*Cherry Vanilla Pomegranate
Protein Shake*



This has quickly become my go-to shake! I have it pretty much everyday lately! It provides berries which keep me full, green tea leaves which give me a healthy boost of energy and of course a healthy dose of protein! It is the PERFECT breakfast to help me get my day started right! So blend up your own and Enjoy!

BERRY ALMOND ENERGIZER PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla or Strawberry Protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 1 TSP Almond Butter
- 1 Cup Frozen Mixes Berries
- 1 -2 tsp Edible Green Tea Leaves
- 8-10 Ice Cubes to get desired consistency

Blend and Enjoy!!

CAL:	268
FAT:	9.5G
FIBER:	8.5G
PROTEIN:	34G

Berry Almond Energizer Protein Shake



MAYBE I WILL

POSITIVE / FIT / HEALTHY

This tropical shake is so light and refreshing it oozes with summer flavors and tropical goodness!

TROPICAL BLISS PROTEIN SHAKE

Andie Thueson

- 1 Cup Silk Unsweetened Vanilla Soy Milk
- 1 Scoop Vanilla Protein Powder
- 1 Cup Tropical Blend Frozen Fruit
- 1 -2 Cups Fresh Spinach - I just throw a big handful in!
- Juice of 1 Lime
- ½ tsp coconut extract
- 1 Cup Crushed Ice -or to desired consistency

Blend and Enjoy!!

CAL:	267
FAT:	3.1G
FIBER:	8.7G
PROTEIN:	23.9G

Tropical
Bliss
Protein Shake

Maybe I Will



Strawberries
Gone Wild!
Protein Shake

This week's shake is a dedication to my LOVE of strawberries! There nothing better than a fresh strawberry shake in the summer when strawberries are in season and seem to be everywhere! For whatever reason strawberries just seem to taste better in the summer! So this shake is jammed packed with fresh strawberries, strawberry protein powder and the secret ingredient crystal light wild energy mix in! So not only to you get your protein in, you get a nice little energy boost as well... After all the late nights, I don't know about you but I need it!

**STRAWBERRIES GONE WILD
PROTEIN SHAKE**

Andie Thueson

- 1 Scoop Strawberry Protein Powder
- 1 Cup Fresh Strawberries
- 1 Cup Unsweetened Almond Milk
- ½-1 pkt Crystal Light Wild Strawberry Mix In

--Using the whole packet made it SUPER Sweet so just add to your flavor tastes - I liked the ½ pkt better - but my taste testers like the whole packet - it's all personal preference. ;)

8-10 Ice Cubes to desired consistency

Blend and Enjoy!!

CAL:	224
FAT:	5.0G
FIBER:	4.0G
PROTEIN:	28.0G

Maybe I Will

This past weekend I met up with Kelly in Cali for a weekend of fun! We had so much fun just being together again. It's amazing how just going to see a movie together was exactly what I needed! Living apart is rough... I'm so excited for us to be living under the same roof again! Wahoo! Only 14 more days! Since I still have the sun and fun of California on my mind I thought I would whip up a Shake and dedicate to my Sunny days in Cali!

CALIFORNIA SUNSHINE PROTEIN SHAKE

Andie Thueson

1 Scoop Vanilla Protein Powder
1 Cup Vanilla Almond Milk
1 Cup Strawberries
1/2 Banana
1/4 tsp orange extract
8-10 Ice Cubes

Blend and Enjoy!!

CAL:	272
FAT:	5.6G
FIBER:	5.6G
PROTEIN:	29.6G

California Sunshine Protein Shake



Pineapple whip
protein shake

Did Someone Say Pineapple Whip Protein Shake?!? Umm Yes Please! This is my favorite Summer drink! All the yumminess and reminders of a magical place on earth without the guilt!

PINEAPPLE WHIP PROTEIN SHAKE

Andie Thueson

1 Cup Frozen Pineapple --

Do not use canned! I will hunt you down!! Just Don't!!! ;)

1 Cup Filtered Water

½ a lime freshly Squeezed

1 Scoop Vanilla Whey Protein

Blend and Enjoy!!

CAL:	222
FAT:	2.0G
FIBER:	4.0G
PROTEIN:	28.0G

Maybe I Will

In honor of my favorite season, I thought it would only be fitting to give it a proper send off and a final tribute with my Creamsicle Protein Shake! Nothing SCREAMS summer to me than a delicious and creamy orange Creamsicle Popsicle. I am pretty sure there are more than a few pictures of me as a kid with a Popsicle crusted smile and a Creamsicle in my hand! I will miss you summer and the great times we shared, so until next year dear summer... I will dedicate this yummy deliciousness of a Protein Shake to you with love!

CREAMSICLE PROTEIN SHAKE

Andie Thueson

- 1 Cup Vanilla Unsweetened Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1/2 pkt sugar free orange Jell-O Mix
- 1 tsp sugar free powdered coffee creamer
- 1 TBS Frozen Orange Concentrate
- 1 tsp orange zest
- 8-10 ice cubes to reach desired consistency

Blend and Enjoy!!

CAL:	290
FAT:	5.0G
FIBER:	1.3G
PROTEIN:	25.2G

Creamsicle
Protein Shake

Maybe I Will



Bananas Foster Protein Shake

I am a total foodie! I love to go to fancy restaurants and try all kinds of culinary works of art. One of my favorite "fancy" desserts is Bananas Foster! You just can't beat it when they bring the party to your table to flambe the bananas in buttery caramelly goodness! So to save on calories I whipped up my own healthy Bananas Foster Protein Shake! I gotta tell ya! I savored this one! I enjoyed every last sip of this goodness! It was quite the treat!

BANANA'S FOSTER PROTEIN SHAKE

Andie Thueson

- 1 cup unsweetened vanilla almond milk
- 1 scoop vanilla protein powder
- 1 banana
- 1 tsp sugar free caramel flavored syrup (the kind you use for coffee and hot chocolate)
- 1 tsp dry sugar free butterscotch jello pudding mix
- 1 tsp cinnamon
- 6-8 ice cubes depending on desired consistency

Blend and Enjoy!!

CAL:	267
FAT:	4.9G
FIBER:	5.3G
PROTEIN:	24.6G



CARAMEL APPLE PROTEIN SHAKE

Nothing says fall like a caramel apple! This combo goes way back and for good reason its a match made in apple heaven. So instead of indulging in the naughty version... Try my slimmed down protein backed version.

CARAMEL APPLE PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Whey Protein
- 1 Cup Unsweetened Vanilla Almond Breeze
- 1 Apple Chopped and Steamed
- 1 2 oz sugar free caramel Syrup
- 1 tsp sugar free caramel fount with ice cream topping
- 8-10 ice cubes

Blend and Enjoy!!

CAL:	514
FAT:	5.0G
FIBER:	5.4G
PROTEIN:	28.0G



SNICKER'S PROTEIN SHAKE

This rich and creamy protein shake has all the salty sweet goodness of a Snicker's bar! So skip the splurge and enjoy this instead!

SNICKER'S PROTEIN SHAKE

Andie Thueson

1 Scoop Chocolate Protein Powder
1 Cup Unsweetened Vanilla Almond Milk
1/2 oz Sugar Free Caramel Coffee Syrup
1 TBS Sugar Free Caramel Topping
1 TBS All Natural Peanut Butter
8-10 Ice Cubes

Blend and Enjoy!!

CAL:	310
FAT:	13.0G
FIBER:	2.0G
PROTEIN:	25.5G

Maybe I Will

I am super picking when it comes to pairing chocolate with fruit... I'm typically really leery of such things. Chocolate is acceptable paired with Strawberries and Raspberries and that's pretty much it. {In my eyes anyways} Are you picky too? Or do you think I'm smoking crack?!? I had some frozen Raspberries in my freezer and I was craving chocolate, so I married the two and whipped up this delicious Chocolatey Raspberry Shake... It was Divine!

CHOCOLATE RASPBERRY PROTEIN SHAKE

Andie Thueson

- 1 Scoop Chocolate Protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 1 TBS Cocoa Powder
- 1 Cup Frozen Raspberries
- 1-2 TBS Stevia
- 6-8 Ice Cubes for desired consistency

Blend and Enjoy!!

CAL:	226
FAT:	6.0G
FIBER:	11.4G
PROTEIN:	23.4G

CHOCOLATE LOVERS UNITE 15

Chocolate Raspberry
Protein Shake

Maybe I Will



Chocolate Cinnamon Roll
Protein Shake

Awhile ago I made this delicious Chocolate Honey Bun Cake. It was Amazing, the chocolate and the cinnamon and honey just worked! So when I first was jotting down ideas for this crazy year of Shakes adventure I'm on, the chocolate honey bun cake was on my list as an "inspiration" source. As a shake it works as well! It's like Mexican hot chocolate and a cinnamon roll hooked up and had a delicious baby!! So Yummy!!!

CHOCOLATE CINNAMON ROLL PROTEIN SHAKE

Andie Thueson

- 1 Cup Unsweetened Vanilla Almond Milk
- 1 Scoop Chocolate Protein Powder
- 1 TBS Honey
- 1/2 tsp cinnamon
- 1/2 banana
- 8-10 Ice Cubes as needed for desired consistency

Blend and Enjoy!!

CAL:	269
FAT:	4.7G
FIBER:	3.9G
PROTEIN:	21.7G

Maybe I Will

This shake is SUPER simple and is SOOO flavorful you'll swear that you picked it up at the drive thru window... Enjoy!

WENDY'S FROSTY PROTEIN SHAKE

Andie Thueson

8 oz Unsweetened Vanilla Almond Milk
1 Scoop Chocolate Whey Protein Powder
2 TBS Sugar Free Powdered Vanilla Coffee
Creamer
1 TBS Cocoa Powder
8-10 Ice Cubes – to reach desired consistency

Blend and Enjoy!!

CAL:	270
FAT:	6.1G
FIBER:	3.5G
PROTEIN:	26.9G

Wendy's Frosty Inspired*
Protein Shake

Maybe I Will

This shake is actually a favorite of mine that I make quite a bit! Sometimes you just need some almond and coconut!

ALMOND JOY PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Scoop Chocolate Protein Powder
1 TBS Almond Butter
1-2 tsp Sugar Free Coconut Syrup
8-10 Ice Cubes or More as need for desired Consistency.

Blend and Enjoy!!

CAL:	265
FAT:	13.0G
FIBER:	2.5G
PROTEIN:	31.0G

Almond Joy
Protein Shake

Maybe I Will



Chocolate Hazelnut Protein Shake

I recently had to file for divorce! It was messy, but I know that it was the right thing to do! I had to divorce Nutella! This chocolaty, hazelnutty goodness was a trigger for me! I couldn't be stop at just a tablespoon... I would end up eating it straight out of the jar with a spoon, practically licking the jar... So with Nutella moving out for good.. I had to find a healthy substitute! So I concocted this yummy Chocolate Hazelnut Protein Shake without a hint of my ex! Enjoy!!! Have you ever had to divorce a food?

CHOCOLATE HAZELNUT PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond
1 Scoop Chocolate Protein Powder
2 TBS Sugar Free Hazelnut Coffee Creamer
1 tsp unprocessed cocoa powder
8-10 Ice Cubes Blend & Enjoy

Blend and Enjoy!!

CAL:	230
FAT:	10.0G
FIBER:	1.0G
PROTEIN:	28.0G

Maybe I Will

Chocolate Pina Colada... At first I was a little worried about it.. Not the most natural marrying of flavors in my mind. Much to my surprise I quite liked it. This combo rocks!

CHOCOLATE PINA COLADA PROTEIN SHAKE

Andie Thueson

- 1 Cup Unsweetened Vanilla Almond Milk
- 1 Scoop Chocolate Protein Powder
- 1/2 C Cubed Pineapple
- 2 TBS Sugar Free Coconut Syrup
- 8-10 Ice Cubes more/less dependent on desired consistency

Blend and Enjoy!!

CAL:	202
FAT:	6.0G
FIBER:	2.0G
PROTEIN:	24.0G

*Chocolate Pina Colada
Protein Shake*

Maybe I Will



Mocha Almond Protein Shake

Happy Saturday Y' all! Hope your week was a good one! This past week for whatever reason I have been craving a big bowl of Chocolate Almond Mocha Ice Cream! Doesn't that sound divine! I'm not a coffee drinker, but I love mocha flavored stuff! So this week I whipped up a Protein Shake inspired by my ice cream craving! It was freaking delicious! I was patting my own back and I think I actually even might of tried to lick the blender clean... just say'n! If you're a Mocha flavored fan this one is for you!!!

MOCHA ALMOND PROTEIN SHAKE

Andie Thueson

- 1 Scoop of Chocolate Protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 1/4 tsp espresso powder
- 1/4 tsp almond extract
- 1 TBS Almond Butter
- 2 tsp Sugar Free Vanilla Coffee Creamer
- 8-10 Ice Cubes or more as needed for desired consistency

Blend and Enjoy!!

CAL:	202
FAT:	6.0G
FIBER:	2.0G
PROTEIN:	24.0G

CHOCOLATE LOVERS UNITE **21**



Snickerdoodle Protein Shake

This past week has been a crazy busy one and I just have not had time to mess with a bunch of new flavors. AS much as I love and want to!! So I decided to share my super simple favorite go to protein shake! Sometimes simple is just best! No long list of ingredients just nice simple flavors... This yummy protein shake may seem simple but it tastes just like a homemade sweet snickerdoodle cookie and just makes me happy! Enjoy!

SNICKERDOODLE PROTEIN SHAKE

Andie Thueson

1 Scoop Vanilla Whey Protein Powder
1 Cup Unsweetened Vanilla Almond Breeze
2 tsp sugar-free vanilla powdered coffee creamer
1 heaping tsp cinnamon
8-10 ice cubes to reach desired consistency

Blend and Enjoy!!

CAL:	277
FAT:	8.5G
FIBER:	4.2G
PROTEIN:	17.1G

Maybe I Will

I love a good chewy oatmeal cookie with delicious raisins and nuts!! So I decided to attempt to make a Shake based on these flavors! I was a little concerned putting raw raisins in a blender as part of a Shake... but it works and this Shake is AWESOME! It's like home made goodness in a Shake!!

OATMEAL RAISIN PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla whey protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 1 TBS Raisins
- 4 Pecan Halves
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/4 dry oatmeal
- 8-10 Ice Cubes or more based on desired consistency

Blend and Enjoy!!

CAL:	334
FAT:	9.0G
FIBER:	4.3G
PROTEIN:	31.3G

Oatmeal Raisin
Cookie Protein
Shake

Maybe I Will

I hope you all had a fantastic Valentine's Day!! Mine was AWESOME! Kelly is home and I am loving having him home even if it is only for a couple days... Earlier this week I whipped up this deliciously awesome Banana Split Shake. Bananas Pineapple Strawberry and Chocolate. Yes Please!

BANANA SPLIT PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Scoop Chocolate Protein Powder
1/2 Banana
1 Cup Strawberries
1/2 C Pineapple
1 tsp cocoa powder
8-10 Ice Cubes for Desired Consistency

Blend and Enjoy!!

CAL:	254
FAT:	2.5G
FIBER:	6.9G
PROTEIN:	22.4G

*Banana Split
Protein Shake*



Maybe I Will

Cherry Garcias Protein Shake

I am currently sitting in an airport writing this post on my way to see my man! I'm Sooo excited to see him after six weeks! I'll be hanging out in Cali for a few days just enjoying a little alone time with one of my favorite peeps in the world! AS a homage to this awesome man of mine I made a protein Shake based on his favorite flavor of Ice Cream Cherry Garcias from the genius that is Ben and Jerry! This one is a keeper! Soooo flippn' good just like my guy :)

CHERRY GARCIAS PROTEIN SHAKE

Andie Thueson

1 Scoop Chocolate Protein Powder
1 Cup Vanilla Unsweetened Almond Milk
1 Cup Dark Pitted Cherries
1 TBS Almond Butter
1/2 tsp Cherry Extract
1 tsp Sugar Free Powdered Vanilla Coffee Creamer
8-10 Ice Cubes — Blend and Enjoy!

Blend and Enjoy!!

CAL:	354
FAT:	12.7G
FIBER:	6.5G
PROTEIN:	37.2G



Chubby Hubby Protein Shake

Ben and Jerry's Chubby Hubby Ice Cream is pretty much the best flavor of ice cream in the world... Peanut Butter, Pretzels, Chocolate, and Caramel! It's heaven on earth and the perfect source of inspiration for this week's flavor of the week!!! If I don't want to end up being a Chubby Hubby I better stick with this Slimmed down version! So good and only 354 calories for the whole blender-full!!! Not just a 1/2 Cup of Ice Cream... Cuz lets be honest who only eats a 1/2 Cup of Ice Cream... No ONE!!

CHUBBY HUBBY PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Scoop Chocolate Protein Powder
4 Whole Wheat Honey Twist Pretzels
1 TBS Natural Peanut Putter
1 Tsp Sugar Free Caramel Topping
8-10 Ice Cubes or needed for desired consistency

Blend and Enjoy!!

CAL:	265
FAT:	12.5G
FIBER:	2.8G
PROTEIN:	26.0G



Creamy Caramel Cashew
Protein Shake

Cashews and Caramel -- need I say more! This perfect salty and Sweet Combo!

CREAMY CARAMEL CASHEW PROTEIN SHAKE

Andie Thueson

1 Cup Silk® Unsweetened Cashewmilk
1oz Cashews
1 TBS Sugar Free Caramael Syrup
8-10 Ice Cubes

Blend and Enjoy!!

CAL:	324
FAT:	16.7G
FIBER:	1.4G
PROTEIN:	31.3G



Peaches and
Cream
Protein Shake

Ahhh yeah it's peach season! I LOVE me some peaches! As per the annual tradition in our home we ordered boxes of Utah peaches and then Kelly and I get our "can" on and can the day away. Last year we ordered two 20 lb boxes and canned them. The peaches only lasted till about April. So this year we bought four 20lb boxes... But before the canning commenced I made my fair share of peach protein shakes, messing around with the cream/vanilla to peach flavor ratios to come up with just the right mix! This shake is just right mix of peaches and cream!

PEACHES & CREAM PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Protein Powder
- 1 peach – diced and pit removed
- 1 TBS Sugar Free Vanilla Powdered Coffee Creamer
- 1/4 tsp vanilla extract
- 1 Cup Vanilla Unsweetened Almond Milk
- 8-10 Ice Cubes for desired consistency

Blend and Enjoy!!

CAL:	133
FAT:	6.2G
FIBER:	3.5G
PROTEIN:	16.9G



Maybe I Will

Nothing says Easter quite like Carrot Cake... I'm not sure how these two actually hooked up. But I'm glad they did! I LOVE me some good Carrot Cake! I'm pretty sure if I made a Carrot Cake I might eat the whole thing by myself... I love it that much! So I decided in the interests of keeping my waist line trim, I should just avoid it this year! So in lieu of the fresh baked stuff, I opted for making a yummy Carrot Cake inspired Protein Shake instead! It was sooo good! So Enjoy!

CARROT CAKE PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 1/2 C Pineapple
- 1/4 C Grated Carrot
- 1 tsp honey
- 1 tsp cinnamon
- 1/2 tsp fresh grated nutmeg
- 2 tsps greek cream cheese
- 8-10 Ice Cubes as needed for desired consistency

Blend and Enjoy!!

CAL:	286
FAT:	6.6G
FIBER:	2.2G
PROTEIN:	30.7G

Carrot Cake
Protein Shake

Maybe I Will

This week my first born turns 10! Can you believe it!?! How am I old enough to have a kid in the double digits! But with this big mile stone approaching and my feelings of being old... I really wanted to drown my sorrows in a cheesecake. But instead I used that energy to create a Raspberry Cheesecake Protein Shake that is AMAZING! I keep telling myself if I continue to be fit and active and eat healthy at least I won't look old.... Right?!?? Here's to the Birthday Girl!

RASPBERRY CHEESECAKE PROTEIN SHAKE

Andie Thueson

1 Cup Vanilla Unsweetened Almond Milk
1 Scoop Vanilla Protein Powder
1 Cup Fresh or Fresh Frozen Raspberries
1 oz Greek Cream Cheese
1 half sheet of reduced fat graham cracker
1/2 tsp raspberry extract
1-2 TBS Stevia to taste
8-10 Ice Cubes — less if you're using frozen strawberries

Blend and Enjoy!!

CAL:	324
FAT:	9.8G
FIBER:	9.2G
PROTEIN:	34.0G

*Raspberry Cheesecake
Protein Shake*

Maybe I Will

This past week a cake I made over a year ago was the featured recipe on My Recipe Magic... And I was reminded of that cake and how scrumptious it is!!! If you want to indulge you can find the recipe here. But as a throw back I thought I would reinvent this yumminess and make it into a yummy healthier protein shake!!

STRAWBERRY BANANA PUDDING CAKE PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Scoop Vanilla Protein Powder
1 Tsp Sugar Free Vanilla Pudding
1 belVita cinnamon brown sugar cracker -not
the whole pack
1 cup strawberries
1/2 banana
1/4 tsp rum extract
8-10 Ice Cubes or more as needed for desired consistency

Blend and Enjoy!!

CAL:	349
FAT:	7.5G
FIBER:	6.3G
PROTEIN:	30.7G

*Strawberry Banana Pudding Cake
Protein Shake*

Pumpkin Cheesecake Protein Shake



The best thing about it being October is the fact that it is now socially acceptable to bust out the pumpkin and put it in pretty much everything... And why the heck not!!! Pumpkin is pretty much one of my favorite flavors of all time! There is nothing like a GOOD pumpkin flavored treat. But if you're trying to watch your figure these yummy goodies are not your friend. So I concocted a yummy pumpkin cheesecake inspired shake to help you & I fight the urge to start any pumpkin baking...

PUMPKIN CHEESECAKE PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Whey Protein
- 1 Cup Unsweetened Vanilla Almond Milk
- 1/4 Cup Canned Pumpkin
- 1 TBS Greek Cream Cheese (Softened)
- 1 tsp Pumpkin Pie Spice
- 1 tsp Cinnamon
- 1 tsp sugar free vanilla coffee creamer
- 8-10 Ice Cubes or more to desired Consistency .. Blend all ingredients until desired consistency is reached

Blend and Enjoy!!

CAL:	351
FAT:	5.4G
FIBER:	4.2G
PROTEIN:	28.9G

Maybe I Will

Maybe I Will

To be perfectly honest the thought of throwing raw zucchini in my Shake kinda grossed me out... But I don't back down from a challenge! So I pondered on how to make a Shake that would be worthy of making it on my blog... I don't make up crappy flavors! I was so happy when I finally came up with "the" recipe!! Not to brag but this Shake is da domb!!! I might be throwing zucchini in my Shake until I run out..

ZUCCHINI BREAD PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Whey Protein
- 1 Cup Unsweetened Vanilla Almond Milk
- 2 TBS Spice Cake Mix
- 1 tsp cinnamon
- 1/4 tsp nutmeg (I used freshly grated nutmeg ... if you have it on hand)
- 1 Cup grated Zucchini
- 8-10 Ice Cubes or as needed for desired consistency

Blend and Enjoy!!

CAL:	392
FAT:	5.4G
FIBER:	3.6G
PROTEIN:	29.5G

Zucchini Bread Protein Shake

Sweet Potato Pie
Protein Shake

One of my Thanksgiving favorites is Sweet Potato Pie or Candied Yams — pretty much anything along these lines are among my favorite Thanksgiving side dishes. I even made up a healthified version of my Ruth Chris Inspired Sweet Potato Bake the recipe that you can scout out on the blog. So using that as my inspiration I concocted a Sweet Potato Pie Protein Shake as my way of showing gratitude for one of my favorite Holidays!! Enjoy!

SWEET POTATO PIE PROTEIN SHAKE

Andie Thueson

1/2 C Unsweetened Vanilla Almond Milk
1/2 C Soy Egg Nog
1 Scoop Vanilla Protein Powder
1/4 C Cooked Sweet Potato - I baked mine in the oven and just cut off a chunk and threw it in the blender
1 tsp maple Syrup
1/2 tsp cinnamon
1/2 tsp nutmeg
2 tsp stevia
8-10 Ice cubes as needed for desired consistency

Blend and Enjoy!!

CAL:	334
FAT:	5.3G
FIBER:	3.0G
PROTEIN:	29.6G

Maybe I Will

Tis the season for body aches and sniffles.. But I did a little research and concocted one heck of a protein Shake that has 5 Super Strength Cold & Flu Fighting foods blended right in! Bonus it is pretty delicious as well! Enjoy!

COLD & FLU BUSTER PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Whey Protein Powder
- 1 Cup Vanilla Unsweetend Almond Milk
- 1 Whole Grapefruit (sectioned off and fruit added)
- 1 TBS Frozen 100% Orange Juice Concentrate
- 1 Pkt Emergen-C – I used Tangerine Flavor
- 1 Cup Spinach leaves
- 1/2 C Greek Yogurt
- 8-10 Ice Cubes or more as needed for desired consistency.

Blend and Enjoy!!

CAL:	381
FAT:	5.2G
FIBER:	6.0G
PROTEIN:	42.8G

Cold & Flu Buster Protein Shake

Maybe I

When "Green" shakes made their appearance a couple years ago I was more than a little apprehensive throwing spinach and kale in a shake just didn't sound like my cup of tea... Um NASTY! But I consider myself a somewhat adventurous eater and decided I would try a few. Most of them were tolerable but not anything I was gonna write home about. Until I found one that The Girl Who Ate Everything featured on her blog from our Mutual High School Alumni blogger Mommy in Manhattan. It became my go to "green" shake it was delightful and didn't taste like I was eating a couple handfuls of spinach! I punched it up a notch adding my own Andie flair... But it is by far (like miles) my favorite "green" shake! Enjoy!!!

THE BEST "GREEN" PROTEIN SHAKE

Andie Thueson

- 1 Cup Unsweetened Vanilla Almond Breeze
- 1 TBS Your Choice Nut Butter –
Almond and Peanut are my personal favs
- 1 TBS Cocoa Powder
- 1 banana
- 2-3 Handfuls Spinach
- 1 Scoop Chocolate Whey Powder
- 8-10 Ice Cubes or until it gets to desired consistency

Blend and Enjoy!!

CAL:	468
FAT:	8.8G
FIBER:	8.7G
PROTEIN:	32.2G

The Best "Green"
Protein Shake

Maybe I Will

I LOVE me So Egg Nog! It is creamy and delicious, and it is one of my favorite flavors to cook with this time of year. A dash of Egg Nog in pretty much anything adds the perfect touch! But Egg Nog does not love me back it is laden with calories and fat... So it's out this year if I want to keep trim this holiday season. I was excited when I found Soy Milk Egg Nog! It is really good and it has a fraction of the calories and fat! So It is a great swap! I paired it with pumpkin so I could sneak in some veggies! Enjoy!!!

PUMPKIN EGG NOG PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Protein Powder
- 1/2 Cup Unsweetened Vanilla Almond Milk
- 1/2 Cup Soy Egg Nog (I used the Silk brand)
- 1/2 Canned Pumpkin
- 1 tsp cinnamon
- 1/2 tsp fresh ground nutmeg
- 2 tsp Stevia
- 8-10 Ice Cubes or as needed for desired consistency

Blend and Enjoy!!

CAL:	271
FAT:	8.9G
FIBER:	3.9G
PROTEIN:	31.6G

*Pumpkin Egg Nog
Protein Shake*



Maybe I Will

Yippee the Holiday Season is officially in full swing! Our Christmas tree is up, the stockings are hung! Let the holiday flavor festival begin! I love a good soft gingerbread cookie! So yummy! I thought it only fitting to kick off the season with a Gingerbread Shake! Enjoy!

GINGERBREAD PROTEIN SHAKE

Andie Thueson

- 1 Cup Unsweetened Vanilla Almond Milk
- 1 Scoop Vanilla Whey Protein
- 1/4 tsp ginger
- 1/4 tsp ground cloves
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 2 tsp stevia
- 1/2 tsp molasses
- 8-10 Ice Cubes or more as needed for desired consistency

Blend and Enjoy!!

CAL:	284
FAT:	5.2G
FIBER:	1.9G
PROTEIN:	28.1G

Maybe I Will

Nothing says Christmas like peppermint flavored goodness! This shake is the perfect peppermint concoction!

GINGERBREAD PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Scoop Vanilla Protein Powder
1/2 a Candy Cane Crushed into a fine powder
1 TBS Sugar Free Vanilla Coffee Creamer
A drop of peppermint extract —BE SO CAREFUL!!! This is one way to Kill your shake fast!! Too much peppermint extract is NASTY!
8-10 Ice Cubes as needed for desired consistency

Blend and Enjoy!!

CAL:	270
FAT:	4.5G
FIBER:	1.0G
PROTEIN:	23.0G

CANDY CANE
Protein Shake

Maybe I Will

One of my favorite Christmas goodies is sugar cookies! It doesn't quite feel like Christmas without cutouts of stockings, candy canes, and Christmas trees with gobs of delightful frosting... Why not swap out a couple cookies for a Shake here and there this Christmas! :) It's all about moderation this time of year... right!

SUGAR COOKIE PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Whey Protein
- 1 Cup Unsweetened Vanilla Almond Milk
- 1 TBS Almond Flour
- 1/2 tsp Vanilla Extract
- 1 tsp Honey
- 1/2 ripe banana
- 8-10 Ice Cubes for desired consistency

Blend and Enjoy!!

I added some Christmas Sprinkles just for fun!

CAL:	250
FAT:	5.2G
FIBER:	2.5G
PROTEIN:	28.7G

SUGAR COOKIE
Protein Shake

Maybe I Will

It's not a big secret I like me some Egg Nog!
Why not match up my favorite with another
favorite Chocolate!! Ding Ding we have a winner!
Good Stuff Peeps! Enjoy!

CHOCOLATE EGG NOG PROTEIN SHAKE

Andie Thueson

1 Cup Silk Egg Nog
1 Scoop Chocolate Whey Protein
1 TBS Cocoa Powder
8-10 Ice Cubes for desired consistency

Blend it all up and Enjoy!!!

CAL:	282
FAT:	5.2G
FIBER:	1.6G
PROTEIN:	34.0G

Chocolate Egg Nog
Protein Shake



Coconut Lime
Protein Shake

You put the lime in the coconut... Y'all know I have a thing for this magical combo! If not you might want to check out my Coconut Lime Cookies and Better Than Yo Mamma's Cake ... If you are wanting a more glutenous option. ;) Since those treats are reserved for cheat days and special occasions. I had to find a healthier way to scratch my itch for this winning combo!! So came the birth of this delightful and sinful tasting protein shake!! So perfect!! Enjoy without a case of caloric remorse!

COCONUT LIME PROTEIN SHAKE

Andie Thueson

- 1 Cup Unsweetened Vanilla Almond Milk
- 1 Scoop Vanilla Protein Powder
- 2-2 1/2 TBS Sugar Free Coconut Syrup or to taste
- 2 Small limes juiced
- zest of one of the limes
- 8-10 ice cubes or more for desired consistency

Blend and Enjoy!

CAL:	170
FAT:	5.0G
FIBER:	1.0G
PROTEIN:	28.0G



Maybe I Will

APPLE PIE PROTEIN SHAKE

This shake has all the goodness and comfort of its namesake but without all the guilt and calories. So cozy up to this shake after a run out in the increasingly cold weather. I'm such a pansy I'm not sure how much longer I can stand running outside. Soon it will be back to treadmill running until Spring... I'll savor them while I can!

APPLE PIE PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Protein Powder
- 1 Apple Steamed in microwave with 1 tsp honey and 1 tsp cinnamon
- 1 cup Unsweetened Vanilla Almond Milk
- 1 Square reduced fat graham cracker
- 1 tsp apple pie or pumpkin pie spice
- 1 tsp sugarfree vanilla powdered coffee creamer
- 8-10 ice cubes

Blend and Enjoy!

CAL:	357
FAT:	6.7G
FIBER:	5.9G
PROTEIN:	29.5G

To steam apple cut in to small bite size pieces and top with cinnamon and honey, cover with saran wrap and microwave for 2 minutes at 70% power... continue for 30 sec intervals if apples are not tender. Place in fridge or freezer to cool. Once cooled add to blender with other ingredients and blend to desired consistency

Maybe I Will

Happy Belated Pi Day Peeps!!! In honor of this most distinguished holiday I whipped a Lemon Meringue Pie inspired Protein Shake! So lay down your forks and drink up!!

LEMON MERINGUE PIE PROTEIN SHAKE

Andie Thueson

1 Cup Vanilla Unsweetened Almond Milk
1 Scoop Vanilla Protein Powder
Juice from 1 lemon
1 tsp vanilla
1 TBS Almond Flour
1 tsp lemon zest
2 TBS Sugar Free Vanilla Powdered Coffee Creamer
8-10 Ice Cubes

Blend and Enjoy!

CAL:	245
FAT:	10.8G
FIBER:	1.2G
PROTEIN:	28.8G

*Lemon Meringue Pie
Protein Shake*

Maybe I Will

I need summer to be here! I miss the sun and more importantly the heat! AS a result of this need for summer I have been craving sweet, yummy, juicy, summer peaches... Is there anything better?!? So I busted out one of my precious jars of self canned summer peaches and made this delightful cobbler/peach crisp inspired peach protein shake! It was so flippp' good! It took be right back to thoughts of summer! So cheers to the impending summer days!

PEACH COBBLER PROTEIN SHAKE

Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Scoop Vanilla Protein
1 Cup Peaches
1 tsp honey
1/4C Old Fashioned Oats
1 tsp cinnamon
1/4 tsp freshly ground nutmeg
8-10 Ice Cubes

Blend and Enjoy!

CAL:	331
FAT:	6.7G
FIBER:	5.6G
PROTEIN:	32.0G

*Peach Cobbler Protein
Shake*



Banana Cream Pie
Protein Shake

I'm back!! After a crazy and super stressful move from our home in Idaho Falls, ID to our new home Henderson, NV! I am officially settled in and back to work! Which means a NEW shake! I love a good cream pie and this banana cream pie protein shake is DA bomb!! So rich and creamy you'll feel like a total cheater!

BANANA CREAM PIE PROTEIN SHAKE

Andie Thueson

- 1 Cup Vanilla Unsweetened Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1/2 banana
- 2 TBS Dry Sugar Free Pudding Mix
- 1 Sheet low fat graham cracker
- 8-10 Ice Cubes or more based on desired consistency

Blend and Enjoy!

CAL:	295
FAT:	6.0G
FIBER:	3.5G
PROTEIN:	29.5G

Maybe I Will



PB & J Protein Shake

Nothing says comfort like an ooey gooey peanut butter and jelly sandwich! I love smothering 1Z1-861 home made wheat bread with peanut butter and home made jam. It's enough to cure even the roughest day! But a PB & J sandwich will cost you more than a few calories and if you're watching your carbs – a PB&J is totally out! So I am coming 000-373 to your rescue with a super satisfying and delicious protein shake!

PB & J PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 1 TBS Peanut Butter
- 1 Cup Strawberries
- 7-8 Ice Cubes as needed for desired consistency

Blend and Enjoy!

CAL:	323
FAT:	16.6G
FIBER:	5.9G
PROTEIN:	22.0G



PEANUT BUTTER HONEY BANANA SANDWICH
PROTEIN SHAKE

One of my favorite Sandwiches growing up was a PB, Honey and Banana Sandwich...never tried one?!? Well friend you are missing out!!! This awesome sandwich is pretty much the epitome of goodness and home in my humble opinion.. So awhile back I decided that this type of goodness would make ONE awesome Shake! And I was right! This Super Simple Shake has made it into my ongoing daily Shake regimen. And is one of my favorites, that I have created thus far. And that's saying a lot, cuz I have made up some pretty tasty Shakes thus far!!!

PEANUT BUTTER BANANA HONEY SANDWICH PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 1 TBS Natural Peanut Butter
- 1 TBS Honey
- 1 Banana
- 8-10 Ice Cubes or more as needed for desired consistency!

Blend and Enjoy!

CAL:	420
FAT:	11.5G
FIBER:	5.6G
PROTEIN:	34.4G

Maybe I Will

I asked... you responded, and by popular demand... Here it is folks a Reese's Peanut Butter Cup inspired protein shake! I am pretty happy with the outcome of this one! Not only is this one a great source of protein, I also got you covered with some fiber!! You're welcome! ;) If you did indulge in a couple real deal Reese's cups on Halloween this will help get you back on track! I love hearing from you!! Have you tried any of my shakes?!? Which one is your favorite? Any requests? I love a good challenge ;)

PEANUT BUTTER CUP PROTEIN SHAKE

Andie Thueson

- 1 Scoop Chocolate Whey Protein
- 1 Cup Unsweetened Vanilla Almond Milk
- 2 TBS Chocolate PB2
- 1 tsp cocoa powder
- 4 pitted dates — this adds the right texture and a yummy sweetness so DON'T be scared!
- 1 tsp stevia or to taste
- 8-10 Ices Cubes to achieve desired consistency

Blend and Enjoy!

CAL:	323
FAT:	6.9G
FIBER:	5.2G
PROTEIN:	33.1G

PEANUT BUTTER LOVE

*Peanut Butter Cup
Protein Shake*

Maybe I Will

One of my favorite "naughty" treats are good old fashioned no bake cookies. You can throw them together quickly and they are SOOOO Yummy! Man my mouth is watering... So the other day after picking up a bag of chocolate protein powder (you got to mix it up) I thought about how I could recreate this yummy treat without actually making it as a dessert. (I have seen the "healthy" versions and in theory it's fantastic...but when you eat 5-6 or more, you totally negate the "healthiness") After a couple "tries" I came up with the perfect combo of ingredients for my No Bake Cookie Protein Shake!

NO BAKE COOKIE PROTEIN SHAKE

Andie Thueson

- 1 Cup Unsweetened Vanilla Almond Milk
- 1 Scoop Chocolate whey protein Powder
- 1 tsp unprocessed cocoa powder
- 1 TBS Peanut Butter
- 1/4 Old Fashioned Oats
- 8-10 Ice Cubes depending on desired thickness

Throw items in the blender and BLEND!

CAL:	308
FAT:	13.1G
FIBER:	4.6G
PROTEIN:	35.0G

PEANUT BUTTER LOVE 50

No Bake Cookie
Protein Shake



Love Potion No. 9 Protein Shake

Valentines Day coming is one of my favorite holiday's! I think I ended up only getting a 1/4th of this shake cuz my kids Drank most of it! Don't feel too bad for me, I'll be making this one again on multiple occasions. :) I love You Tube for several reasons, but for one BIG reason when my kids look at me like I'm crazy when I sing an older song.. I simply go to You Tube and they can see what I am talking about! I came across this little gem from The Searchers Singing Love Potion No. 9, Since my kids were wondering what the heck Love Potion No. 9 was?

LOVE POTION NO. 9 PROTEIN SHAKE Andie Thueson

1 Cup Unsweetened Vanilla Almond Milk
1 Scoop Chocolate Protein Powder
1 Cup Strawberries
1 TBS Unsweetened Cocoa Powder
1 tsp sugar free Strawberry jello powder
8-10 Ice Cubes or More as needed for desired consistency

Blend and Enjoy!

CAL:	229
FAT:	6.0G
FIBER:	6.0G
PROTEIN:	29.0G



St Patty's day is kind of a big deal around the Thueson household. The leprechauns come and leave little treats for my kiddos. We eat green pancakes that somewhat resemble a shamrock and we ALL must wear green. The pinching gets a little intense if you don't! Just fair warning for those of you who might stop in on us! :) You've been warned! So with this in mind I had to come up with a St Patty's inspired Shake! I took one of my favorite flavors... Irish Cream and made the tastiest creamiest Irish Cream Protein Shake!

LOVE POTION NO. 9 PROTEIN SHAKE

Andie Thueson

- 1 Scoop Vanilla Protein Powder
- 1 Cup Unsweetened Vanilla Almond Milk
- 2 TBS Sugar Free Irish Cream
- 1 TBS Sugar Free Vanilla Coffee Creamer (powdered)
- 8-10 Ice Cubes as needed for desired consistency

Blend and Enjoy!

CAL:	195
FAT:	6.5G
FIBER:	1.0G
PROTEIN:	28.0G



Luck O' the Irish Protein Shake