

Curves Recipes

SMOOTHIES

& SHAKES



RECIPE CONTENTS

Banana Choc Protein Shake	3
Green Goddess Smoothie	4
Vanilla Coffee Protein Shake	5
Double Chocolate Almond Shake	7
Strawberries & Cream Shake	8
Chocolate Mocha Shake	9



BANANA CHOC PROTEIN SHAKE

INGREDIENTS:

- 1 frozen banana
- 1 serving chocolate protein powder*
- 1 cup blueberries
- 1 cup reduced fat milk

Preparation time: < 5 minutes

Nutritionals per serve: 393 calories (1644kJ), 32.5g protein, 52.5g carbohydrate, 47.6g sugar, 5.5g fat, 3.5g saturated fat

SERVES: 1

METHOD:

1. Place all ingredients in blender and blend until smooth and creamy.
2. Enjoy!

**Talk to your Curves Coach to purchase*



GREEN GODDESS SMOOTHIE

INGREDIENTS:

- 2 cups spinach or kale
- 1 celery stalk
- ¼ avocado
- 1 medium apple (cored)
- ½ cup berries
- 1 cup coconut water
- Small handful mint leaves

Preparation time: < 5 minutes

Nutritionals per serve: 294 calories (1229kJ), 6.5g protein, 37.4g carbohydrate, 35.7g sugar, 13.7g fat, 3.3g saturated fat

SERVES: 1

METHOD:

1. Place all ingredients in blender and blend until smooth.
2. Enjoy!



VANILLA COFFEE PROTEIN SHAKE

INGREDIENTS:

- 2 fl oz/59ml espresso
or 1 tsp instant coffee granules
- 1 serving vanilla protein powder*
- 1 cup milk
- ½ tsp cinnamon
- 1 cup ice
- Honey, to taste if needed

Preparation time: < 5 minutes

Nutritionals per serve: 317 calories (1326kJ), 30.5g protein, 24.7g carbohydrate, 23.7g sugar, 10.8g fat, 7.1g saturated fat

SERVES: 1

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METHOD:

1. Place all ingredients in blender and blend until smooth.
2. Enjoy!

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DOUBLE CHOCOLATE ALMOND SHAKE

INGREDIENTS:

- 10 fl oz/300ml skim milk
- 1 serving chocolate protein powder*
- ½ tbsp cocoa powder
- 2 tsp ground almonds
- Handful of ice cubes

Preparation & cooking time: 5 minutes

Nutritionals per serve: 300 calories (1260kJ), 34g protein, 23g carbohydrate, 8g fat

SERVES: 1

**Talk to your Curves Coach to purchase*

METHOD:

1. Place the skim milk, protein powder,* cocoa, ground almonds and ice into a blender and blend until smooth.
2. Enjoy for breakfast!



STRAWBERRIES & CREAM SHAKE

INGREDIENTS:

- 5 fl oz/150ml skim milk
- ½ serving vanilla protein powder*
- 3 tbsp/50g nonfat plain Greek yogurt
- 10 strawberries
- ½ cup cold water
- 6 almonds
- Ice cubes, to taste

Preparation & cooking time: 5 minutes

Nutritionals per serve: 300 calories (1260kJ), 34g protein, 23g carbohydrate, 8g fat

SERVES: 1

*Talk to your Curves Coach to purchase

METHOD:

1. Place the milk, protein powder,* Greek yogurt, strawberries, ice and cold water in a blender and blend until smooth. Enjoy with almonds on the side!



CHOCOLATE MOCHA SHAKE

INGREDIENTS:

- 6 oz/180ml skimmed milk
- 3 oz/100ml coffee
- ½ tsp vanilla extract
- Cinnamon, to taste
- ½ serving chocolate protein powder*
- Ice cubes, to taste
- 5 almonds

Preparation & cooking time: 5 minutes

Nutritionals per serve: 200 calories (840kJ), 23g protein, 15g carbohydrate, 6g fat

SERVES: 1

**Talk to your Curves Coach to purchase*

METHOD:

1. Place the milk, coffee, vanilla, protein powder and ice in a blender and blend until smooth.
2. Pour into a serving glass and sprinkle with cinnamon if desired. Enjoy almonds on the side.



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