

High Protein Recipes

Recipes contained here are based on 24 grams of protein per scoop/serving of protein powder. Nutritional breakdown is only an estimate. It is always best to read the nutrition fact label.

Fruity High Protein Shake

½ cup of fruit-fresh or frozen (slightly thawed)

½ cup pomegranate or blueberry juice

1 scoop protein powder unflavored

Put all ingredients into blender. Blend until smoothie consistency is reached!

Makes one serving.

Nutrition information per serving: 207 calories; 24 grams protein.

Iced Latte

1 cup decaffeinated coffee, chilled

1 scoop Protein powder, Vanilla or unflavored

4 ice cubes

Place all ingredients in blender. Blend until smooth. Makes one serving.

Nutrition information per serving: 120 calories; about 24 grams protein; 2 grams fat

Vanilla Yogurt Smoothie

1 cup plain, fat free yogurt

1 scoop Protein powder, Vanilla or unflavored

¼ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

Nutrition information per serving: 272 calories; 24 grams protein; 2 grams fat.

Vanilla Yogurt

1 cup plain, fat free yogurt

1 scoop Protein powder, Vanilla or unflavored

Stir protein powder into yogurt. Makes one serving.

Nutrition information per serving: 250 calories; 32 grams protein; 2 grams fat.

Cottage Cheese Ice Cream

2 cups low-fat cottage cheese

1 tablespoon of maple syrup or honey

Blend all in a high-speed blender or food processor until smooth. If using frozen fruit, add that in and blend once more. Transfer the cottage cheese ice cream mixture into a lined pan and freeze for an hour or until frozen. Let the ice cream sit at room temperature for 10 minutes before scooping and serving. Makes 2 servings.

Nutrition information per serving: 217 calories; 26 grams protein; 3 grams fat.

Flavor Options:

Peanut butter. Swirl 1-2 tablespoons of peanut or almond butter into the ice cream before freezing.

Strawberry cheesecake. Blend 1/4 cup of strawberries with the cottage cheese.

Chocolate. Add 1-2 tablespoons cocoa powder.

Vanilla. A little vanilla extract can add a subtle, sweet flavor to your ice cream.

Banana. Add 1 ripe banana to keep the mixture extra rich and creamy and easier to scoop

Hot Cocoa

1 cup milk, skim

1 scoop Protein powder, Vanilla or unflavored

1 packet hot cocoa, sugar free

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached.

Stir in protein powder and hot cocoa until dissolved. Makes one serving.

Nutrition information per serving: 231 calories; 32 grams protein; 2 grams fat.

Vanilla Shake

½ cup milk, skim

¼ cup yogurt, plain, fat free

1 scoop Protein powder, Vanilla or unflavored

4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

Nutrition information per serving: 195 calories; 30 grams protein; 2 grams fat.

Protein Power Orange Frosty

½ cup orange juice, 100%

1 scoop Protein powder, Vanilla or unflavored

4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

Nutrition information per serving: 148 calories; 24 grams protein; 2 grams fat.

Eggnog

1 scoop Protein powder, Vanilla or unflavored
1 cup of skim milk
¼ cup egg substitute
1 Tbsp Instant pudding, vanilla, sugar free, dry
½ tsp. vanilla extract

Put all ingredients into blender. Blend on high for 45 seconds. Chill, and then stir prior to serving. Makes one serving.

Nutrition information per serving: 183 calories; 39 grams protein; 2 grams fat.

Apple Smoothie

½ cup milk, skim
¼ cup yogurt, plain, fat free, no added sugar
¼ cup applesauce, no added sugar
1 scoop Vanilla or unflavored protein powder
pinch nutmeg and cinnamon
¼ tsp. vanilla extract
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

Nutrition information per serving: 221 calories; 32 grams protein; 0 grams fat.

Apple Shake

¾ cup milk, skim
½ cup applesauce, no added sugar
1 scoop Vanilla or unflavored protein powder
pinch cinnamon
pinch nutmeg
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

Nutrition information per serving: 237 calories; 30 grams protein; 2 grams fat

Fruit Freeze

½ cup skim milk
1 scoop Vanilla or unflavored protein powder
5 strawberries, frozen, no added sugar
2 peaches, frozen, no added sugar
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

Nutrition information per serving: 263 calories; 28 grams protein; 2 grams fat; 217 mg sodium, 308 mg calcium.

Mango Smoothie

½ cup Plain Greek Yogurt
½ banana
½ cup frozen mango
¼ cup skim milk
¼ cup or less orange juice
3 tbsp ground Flax Seed

Green Mango Smoothie

½ cup Plain Greek Yogurt
½ banana
½ cup frozen Mango
1 cup spinach leaves
¼ cup skim milk
¼ cup or less orange juice
3 tbsp ground flax seed

Yogurt Parfait

1 small container Greek yogurt (Plain)
4 fresh strawberries
2 tbsp ground flax seed
1 -2 tsp maple syrup
5 small coins of banana (1/2 banana). Blend all until smooth and eat with a spoon
Stage 4 (Mashed Consistency)
Grab and Go Banana Oatmeal Breakfast
2 Bananas
1 cup oatmeal
2 tbsp mini chocolate chips and or a cut up apple (diced small)
2 tbsp each pumpkin seeds, coconut, almonds
1 tsp cinnamon

Mix all. Form into 8 discs. Bake on parchment paper x 20 mins. 2 per serving.

Egg Scramble Cups

6 eggs
½ cup skim milk
½ cup diced ham
½ cup diced red and green peppers
½ cup salsa
½ cup cheese (feta or cheddar)

Mix all

Pour into 12 muffin cups. Bake for 15 min. Store in fridge or freeze. 2 per serving.

Oatmeal Magic

The night before in a mason jar combine the following

- ¼ cup oatmeal
- ½ cup Greek yogurt
- 1 small, diced apple
- ¼ cup fresh blueberries
- ¼ cup sliced strawberries
- 2 tbsp Maple syrup
- Sprinkle of cinnamon
- 8 plain whole almonds diced and added

Cover all with almond milk and let sit overnight in the fridge
Warm and eat or eat cold.

Cottage cheese and fruit

- ½ cup low fat cottage cheese
- Sprinkle of cinnamon
- ½ cup cut mixed fruits like strawberries, blueberries, kiwi
- 8 almonds diced and sprinkled over the top

Oatmeal Pancakes

- 2 eggs
- 1 cup oatmeal
- 2 bananas mashed
- 1 tsp cinnamon
- ¼ cup almond butter optional

Mix. Cook on a frying pan surface (spray some light olive oil on the pan first). Eat with a drizzle of maple syrup and some fresh blueberries or cut strawberries or both.
2 servings

Energy Bites

- ½ cup nut butter (example peanut butter or almond butter)
- 1 cup oatmeal
- ¼ cup ground flax seed or chia seeds
- 2 tbsp maple syrup or honey
- ¼ cup unsweetened coconut
- 2 tbsp mini chocolate chips
- 1 tsp Vanilla or almond extract
- 1 tsp Cinnamon

Form into 18 balls and store in the fridge

Chocolate Chickpea Muffins

1 can chickpeas (rinse well)

3 eggs

¼ cup maple syrup

2 tsp b soda

2 tbsp olive oil

1 tsp Vanilla

1/3 cup cocoa

Blend all in a blender until smooth. Pour into muffin cups and bake on 350 x 15-20 mins. Place a small amount of ground rock salt on the top as they come out of the oven.