

**WORK HARD, EAT RIGHT**

RECIPE BOOK SERIES

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# PROTEIN PACKED RECIPES

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12 PROTEIN PACKED RECIPES TO USE WITH  
OUR WHEY PROTEIN ISOLATE



**ABOUTTIME**



# WORK HARD, EAT RIGHT

RECIPE BOOK SERIES

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# PROTEIN PACKED RECIPES

## Chocolate Chip Cookies



### INGREDIENTS:

- 2 c oat flour
- 1 scoop Vanilla Whey Protein
- 1/2 c brown sugar
- 1/2 c coconut oil
- 1 egg
- 1 tsp baking soda
- 1 tsp baking powder (optional)
- 1 tsp sea salt
- 1/2 c chocolate chips



### PREPARATION:

Preheat oven to 350° Mix all items together except 1/4c chips. Scoop, roll into cookies, flatten with palm of hand. Top cookies with remaining chips. Bake 8 minutes turning tray half way between.





# PROTEIN PACKED RECIPES

## Purple Berry Smoothie



### INGREDIENTS:

- 1/2 c frozen grapes
- 1/3 c frozen blueberries
- 1 scoop Vanilla Whey Protein
- 1 c nut milk



### PREPARATION:

Blend all items together.





# PROTEIN PACKED RECIPES

## Pumpkin Waffles



### INGREDIENTS:

- 1 c pumpkin
- 1/2 c oats
- 2 scoops Vanilla Whey Protein
- 2 T coconut sugar
- 2 T ground chia seeds
- 1/2 T cinnamon
- 1/2 T pumpkin spice
- 1/2 T vanilla extract
- 1 t baking powder
- 1/2 t baking soda
- 1/2 t all spice
- 1/4 t ginger



### PREPARATION:

Mix waffle batter. Place in waffle iron, remove when golden brown. Serve with a homemade Blueberry Jam.





# PROTEIN PACKED RECIPES

## Blueberry Jam



### INGREDIENTS:

- 1 c blueberry or pomegranate juice
- 1/2 c mashed blueberries
- 1/4 c chia seeds.
- 1 scoop Cinnamon Swirl Protein



### PREPARATION:

Heat together until a boil starts. Remove from the heat and add 1/4 c chia seeds. Allow to cool to a warm. Add 1 scoop Cinnamon Swirl whey protein. Refrigerate until set.





# PROTEIN PACKED RECIPES

## Oatmeal Raisin Cookie Dough Dip



### INGREDIENTS:

- 4 oz chick peas + juice
- 1/4 c Birthday Cake Protein
- 3T raisins split in half
- 3T Gf oats split in half
- 1 t vanilla extract
- 1 1/2 t molasses or dates
- 1 stevia packet
- Dash of salt



### PREPARATION:

Blend all items except raisins and oats. Once creamy, add half the oats and raisins, pulse a few times to break down and leave nice colored speckles. Fold in. Remaining half of raisins and oats. Serve with fruit or just eat.





## Carrot and Butternut Squash Soup



### INGREDIENTS:

- 12 oz bag fresh carrots, peeled
- 1lb cubed butternut squash
- 4 c vegetable stock
- 4 stems of fresh Thyme
- 1 Scoop Unflavored Whey Protein
- 1T cumin powder
- Sea salt to taste



### PREPARATION:

Simmer until veggies are soft. Remove thyme. Blend with immersion blender or place into a food processor/juice blender Adjust sea salt your taste. Add in: 1 Scoop unflavored whey isolate. Top with a dash of coconut sugar and hemp seeds to round out the cumin infusion.





## Almond Flour Cacao Nib Cookies



### INGREDIENTS:

- 2 c almond flour
- 1/2 c whey protein \*flavor of choice
- 1/2 c cacao nibs
- 5 oz Greek yogurt (or coconut yogurt)
- 1/4 coconut sugar (or 4 stevia packets)
- 2 T coconut oil
- 1 T vanilla extract
- 1 T flax meal+ 3T water
- 1 t baking soda
- 1/4 T sea salt



### PREPARATION:

Mix all items together, bake at 325° for 9 minutes. Turn pan halfway through cooking. Do not over cook.





## Spicy Nutritional Yeast Mac n Cheese

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### INGREDIENTS:

- 1/2 box par-cooked elbow macaroni
- 1/2 T red pepper flakes
- 1 c nut milk 3/4
- 2 t Himalayan sea salt
- c nutritional yeast
- 1 1/2 t black pepper
- 3/4 c mashed sweet potato
- 1 1/2 t garlic powder
- 1/4 c chopped parsley
- 1 1/2 t turmeric
- 1/4 c unflavored whey protein
- A few dashes of soy
- 1T lemon juice
- Vegan Worcestershire Sauce
- 1T olive oil



### PREPARATION:

Mix all items except oil and noodles. Add noodles. Top with oil. Bake 375° until browned and heated.





## Carrot Cake Pancakes



### INGREDIENTS:

- ½ c barley flour
- ½ c carrot Juice
- ½ c orange juice
- 10 ground baby carrots
- 2T ground chia
- 1T cinnamon
- 1 scoop Vanilla or Cinnamon Swirl Protein
- 1 t baking powder
- 1/2 t baking soda
- 1/2 t nutmeg
- 1/2 t salt
- 1/4 t ginger
- 2 Stevia packets



### PREPARATION:

Mix your dry, add your wet and allow batter to rest a few minutes. Preheat griddle to 325 degrees and spray with non-stick spray. Scoop on the batter, flip when lightly browned. Remove when cooked through.





# PROTEIN PACKED RECIPES

## Rice Krispie Treats



### INGREDIENTS:

- 1/2 cup agave nectar or honey
- 1/2 cup natural smooth nut butter
- 4 cups crispy brown rice cereal
- 2 scoops vanilla whey
- 2/3 cup chopped dried cherries or blueberries, or any dried fruit that is desired.



### PREPARATION:

Combine honey and nut butter in a large pot, mix well, add protein and mix well. Heat over medium-low heat until melted, about 2-3 minutes. Add cereal/fruit and stir to combine until mixture is sticky. Press into a 9 by 13-inch pan. Let cool, then chill in refrigerator for 30 minutes. Cut into 15 squares.





## Pumpkin Spice Overnight Oats

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### INGREDIENTS:

- 1 1/2 c oats
- 10 oz nut milk
- 1/2 c pumpkin
- 1 scoop whey isolate protein  
\*flavor of choice
- 1T maple syrup
- 1/2 T pumpkin pie spice



### PREPARATION:

Mix, Refrigerate overnight. Top with Nut butter, Pumpkin seeds and Chocolate shavings.





## Peanut Butter & Chocolate Oat Bars

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### INGREDIENTS:

- 1 1/4 c oats
- 1 c almond flour
- 1 c white or chocolate chips
- 2/3 c coconut oil
- 1/3 c cashew milk
- 1/4 c Chocolate Peanut Butter Protein
- 2 T chia seeds
- 2T cinnamon
- 2T vanilla extract
- 2 t baking soda
- 1 t himalayan sea salt
- 4 packets Stevia



### PREPARATION:

Mix all items together and separate into two bowls. In 1 bowl add à 1/4 c peanut flour in the other bowl add à 1/4 c carob powder. Mix each bowl well. Place better in rows of different sizes into an 8x8 lined pan. This will give you a marbled look when cutting bars. Bake 350° for 10 minutes. Remove from oven, cool completely. Cut and serve.

