

EASY PROTEIN TREATS

10 PROTEIN PACKED RECIPES
PREPARED IN 5 MINUTES OR LESS

Food and pre/post workout fuel can get old. Some of your favorite treats might not necessarily fit in with your nutritional plan...

Here are 10 simple recipes made with minimal ingredients and easy to follow steps that will spice up your routine. Whether you're craving something more than your traditional protein shake and water or need some ideas for how to still work in an indulgence every now and then, this book is full of protein packed recipes to satisfy your sweet tooth without the junk.

Hit your macros, and stay on track with these tasty options!



SMOOTHIES

BERRY SMOOTHIE

290

CALORIES

25G

PROTEIN

12G

CARBS

16G

FAT

1

SERVINGS



INGREDIENTS

- 1 Scoops Protein Powder
- 1/2 Cup Mixed Berries
- 1 Tbsp Coconut Oil or Nut Butter
- 1/2 Cup Ice
- 1/2 Cup Unsweetened Almond Milk or Water

Extra Weight Gain

245 Cal. | 10G Protein | 30G Carbs | 11G Fat

- 1/2 Cup Oats
- 1 Tbsp Almond Butter

DIRECTIONS

1. Add the ingredients to a blender and puree until smooth.
2. Pour into glass and serve immediately.

Tip: Double the recipe and refrigerate for morning meal prep.

PUMPKIN SPICE LATTE

120
CALORIES

24G
PROTEIN

3G
CARBS

1G
FAT

1
SERVINGS



INGREDIENTS

- 1 Scoops Protein Powder
- 1 Cup Coffee
- 2 Tsp Cinnamon
- 4 Drops Pumpkin Spice Syrup

DIRECTIONS

- 1. Mix protein and syrup into coffee and enjoy!

Tip: For an added treat and a little sweetness add some whipped cream!

CHOCOLATE PEANUT BUTTER SMOOTHIE

289

CALORIES

26G

PROTEIN

23G

CARBS

11G

FAT

1

SERVINGS



INGREDIENTS

1.5 Scoops Protein Powder

1 Tsp Chia Seeds

1 Tbsp Nut Butter

½ Frozen Banana

½ Cup of Ice

½ Cup Almond

Milk or Water

Extra Weight Gain

245 Cal. | 10G Protein | 30G Carbs | 11G Fat

½ Cup Oats

1 Tbsp Peanut Butter

DIRECTIONS

1. Add the ingredients to a blender and puree until smooth.
2. Pour into glass and serve immediately.

Tip: Buy extra bananas or fruit when shopping so you always have frozen fruit on hand.

GREEN VANILLA ALMOND SMOOTHIE

289

CALORIES

26G

PROTEIN

23G

CARBS

11G

FAT

1

SERVINGS



INGREDIENTS

- | | | | |
|---|-----------------------------|---|--------------------------|
| 1 | Scoops Protein Powder | 1 | Tsp Chia Seeds |
| 1 | Cup Spinach or Power Greens | ½ | Cup Almond Milk or Water |
| 1 | Tbsp Nut Butter | 1 | Dash of Cinnamon |
| ½ | Ripe or Frozen Banana | | |
| ½ | Cup of Ice | | |

Extra Weight Gain

245 Cal. | 10G Protein | 30G Carbs | 11G Fat

- | | |
|---|--------------------|
| ½ | Cup Oats |
| 1 | Tbsp Almond Butter |

DIRECTIONS

1. Add the ingredients to a blender and puree until smooth.
2. Pour into glass and serve immediately.

Tip: Buy extra bananas or fruit when shopping so you always have frozen fruit on hand.

CAFE MOCHA SMOOTHIE

175

CALORIES

25G

PROTEIN

16G

CARBS

1G

FAT

1

SERVINGS



INGREDIENTS

- 1.5 Scoops Protein Powder
- 1 Cup Black Coffee
- ½ Frozen Banana
- ½ Cup of Ice

DIRECTIONS

1. Add the ingredients to a blender and puree until smooth.
2. Pour into glasses and serve immediately.

Tip: Add 1 Tbsp of coconut oil or nut butter for extra fat.



OVERNIGHT OATS

PROTEIN PLUS OVERNIGHT OATS

220

CALORIES

16G

PROTEIN

29G

CARBS

4G

FAT

2

SERVINGS



INGREDIENTS

- ½ Scoop Protein Powder
- 1 Cup Almond or Coconut Milk
- ½ Old Fashion Oats
- 1 Packets of Stevia or 4 Drops of Liquid

DIRECTIONS

1. In a small bowl, mix all of the ingredients together.
2. Cover and refrigerate overnight (or for at least an hour) so the oats soften and absorb the liquid).
3. Can be server hot or cold.

Tip: Add a tablespoon of your favorite nut butter and fresh berries when serving.

BROWNIE BATTER OVERNIGHT OATS

315

CALORIES

28G

PROTEIN

32G

CARBS

8G

FAT

2

SERVINGS



INGREDIENTS

- | | | | |
|-----|---|-----|--------------------------------------|
| 1.5 | Scoops Protein Powder | 1/2 | Cup Plain low fat plain Greek Yogurt |
| 1 | Cup Unsweetened Almond Milk or Low Fat Milk | 1 | mashed banana or pumpkin |
| 2 | Packets of Stevia or 8 Drops of Liquid | 1 | Cup Old Fashioned Oats |

DIRECTIONS

1. In a small bowl, mix all of the ingredients together.
2. Divide between 2 small bowls, mugs, or mason jars.
3. Cover and refrigerate overnight or for at least an hour. The oats will soften and absorb the liquid.

Tip: Top with chopped nuts, chocolate chips or coconut!
Enjoy cold, or microwave for 30–60 seconds to enjoy warm!

PROTEIN PLUS YOGURT

170
CALORIES

33G
PROTEIN

7G
CARBS

1G
FAT

1
SERVINGS



INGREDIENTS

- 1 Scoop Protein Powder
- ½ Cup Plain Nonfat Yogurt
- 1 Packets of Stevia or
4 Drops of Liquid

DIRECTIONS

1. In a small bowl, mix all of the ingredients together.
2. Can be served Immediately

Tip: Add a chopped nuts, granola, and fresh berries when serving.



SNACKS & TREATS

PROTEIN NUT BUTTER SPREAD

310

CALORIES

32G

PROTEIN

9G

CARBS

18G

FAT

2

SERVINGS



INGREDIENTS

- 1 Scoops Protein Powder
- 2 Tbsp Your Favorite Nut butter
- 2 Drops of Stevia

DIRECTIONS

- 1. Combine all ingredients in a small bowl.
- 2. Apply spread to whole grain bread, bagel, or top off a bowl of oatmeal.

Tip: Top spread with sliced banana or fruit for extra flavor!

PROTEIN COOKIE DOUGH

152
CALORIES

11G
PROTEIN

16G
CARBS

5G
FAT

2
SERVINGS



INGREDIENTS

- 2 Scoops Protein Powder
- 1 Tbsp Almond or Peanut Butter
- 1 Tbsp Unsweetened Almond Milk or Low Fat Milk of Choice
- 2 Tsp Mini Chocolate Chips

DIRECTIONS

1. Combine all ingredients in a small bowl and mix until smooth.
2. Refrigerate mixture until firm (about an hour) before serving.

Tip: Add salted nuts or M&M's to the top for an extra crunch!

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