

Case Specific Nutrition 'Daily Whey' Recipes

Smoothie (30g Protein, 12g Fat, 30g Carbohydrate) = 350 kcal

1-scoop Vanilla 'Daily Whey' Protein Powder (24g Protein, 1.5g Fat, 4g CHO)
8oz BD Almond Breeze Unswtnd Almond & Coconut Blend (1g Pro, 3g Fat, 7g CHO)
1 Tbsp Natural Peanut Butter (4g Protein, 8g Fat, 4g CHO)
1 serving of Fruit (1/4 cup of berries, 1/2 cup of apple, banana, or grapes) (15g CHO)

Blueberry Vanilla Protein Pancakes (50g Protein, 60g CHO, 4g Fat) = 475 kcal

1 Scoop Vanilla 'Daily Whey' Protein Powder (24g Protein, 1.5g Fat, 4g CHO)
1/2 cup Blended Oats or 1/3 cup Buckwheat Flour (30g CHO, 5g Protein, 1.5g Fat)
1 tsp Baking Powder
2 egg white (8g Protein)
1/4 cup Plain non-fat Greek yogurt (12g Protein, 6g CHO)
2oz Milk of Choice (Low-fat Milk, Almond Milk, Coconut Milk) (4g CHO max)
1 tsp Vanilla extract
1/4 cup blueberries (15g CHO)

***Apply 1 Tbsp of Peanut Butter to your pancakes as a topping once completed.

Post-workout PrOatmeal (55g CHO, 12g Fat, 40g Protein) = 490 calories

1/2 cup of Oats (27g CHO, 2g Fat, 5g Protein)
1/2 scoop Vanilla 'Daily Whey' Protein Powder (4g CHO, 1.5 Fat, 24g Protein)
4 oz Skim Milk (6g CHO, 0g Fat, 4g Protein)
1 Tbsp of Peanut Butter (4g CHO, 8g Fat, 4g Protein)
1 Serving of Fruit (1/4 cup of berries, 1/2 cup of apple, banana, or grapes) (15g CHO)
4-6 oz water to cook oats
1 tsp cinnamon or pumpkin spice

*Women can use a half scoop and either less oats, less fruit, or no milk.

Pro-gurt (30g Protein, 30g Carbohydrate, 8g Fat) = 310 kcal

6oz Plain Greek Yogurt (18g Protein, 8g CHO, 0g Fat)
1/3 scoop Vanilla 'Daily Whey' Protein Powder (8g Protein, 1g CHO, 0.5g Fat)
1/4 cup Blueberries (15g CHO)
1 Tbsp Peanut Butter (4g Protein, 4g CHO, 8g Fat)

*Reduced calorie version just remove peanut butter

No Bake Pre-workout Protein Bars (36g Fat, 80g Protein, 80g CHO, 10g Fiber)

1/4 cup Natural Creamy Peanut Butter (32g Fat, 16g Protein, 12g CHO) 4g Fiber
2 scoops Vanilla 'Daily Whey' Protein Powder (3g Fat, 48g Protein, 8g CHO)
1/2 cup Dry Oats (1g Fat, 6g Protein, 27g CHO) 4g Fiber
10oz Skim Milk (0g Fat, 10g Protein, 15g CHO)
1/2 cup sliced Banana (0g Fat, 0g Protein, 17g CHO) 2g Fiber
1 tsp cinnamon or pumpkin spice

***Makes 4 Protein Bars**

(9g Fat, 20g Protein, 20g CHO, 3g Fiber) =240 calories

Baked Protein Cupcakes w/ PB

Cupcake: (5g Fat, 65g Protein, 50g CHO, 4g Fiber)
2 scoops Vanilla 'Daily Whey' Protein Powder (3g Fat, 48g Protein, 8g CHO)
6 oz Unsweetened Vanilla Almond Milk (2g Fat, 1g Protein, 2g CHO)
1/3 cup Oats (0.5g Fat, 3g Protein, 20g CHO, 4g Fiber)
1/2 cup Plain Greek Yogurt (12g Protein, 6g CHO)
1/4 cup Blueberries (15g CHO)
1/2 tsp ground cinnamon or vanilla extract

Top each cupcake with a 1/2 Tbsp of Peanut or Almond Butter, or your favorite spread

Makes 6 Cupcakes

(per cupcake = 4.5g Fat, 15g Protein, 12g CHO, 1g Fiber) = 150 kcal

OR

PB Protein Frosting: (18g Fat, 32g Protein, 10g CHO, 2g Fiber)
2 Tbsp Peanut Butter (16g Fat, 8g Protein, 6g CHO, 2g Fiber)
1 scoop Vanilla 'Daily Whey' Protein Powder (1.5g Fat, 24g Protein, 4g CHO)
4 Tbsp Water or Almond Milk

'WhEggos' (Whey Protein Waffles!)

Recipe Makes 2 Waffle (Based on waffle maker size)

1 scoops Vanilla 'Daily Whey' Protein Powder (1.5g Fat, 24g Protein, 4g CHO)
2oz Unsweetened Almond Milk
4oz Low-fat Milk (1g Fat, 4g Protein, 6g CHO)
4oz Greek Yogurt (0g Fat, 12g Protein, 5g CHO)
1/2 cup Dry Oats (1.5 g Fat, 5g Protein, 27g CHO)
1 Tbsp Vegetable Oil (14g Fat)
1 Egg (4.5g Fat, 6g Protein)
1/2 Tsp Baking Powder

*Combine all ingredients in a blend and blend at highest level. Blend will blend oats so fine, you won't notice they are in the waffle!

Each Waffle: 280 kcal, 25g Protein, 11g Fat, 21g Carbohydrates!

You can make them higher in protein and lower in carbohydrates, but this recipe can be a part of a balanced breakfast! Add banana slices on top for a complete postworkout!