

Mango Yogurt Bowl

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVES: 1

Ingredients

1 1/4 cup (8 oz) plain Greek yogurt (non-fat or 2%)
1/3 cup cooked oatmeal (plain, unsweetened)
1/4 cup fresh mango, chopped
1/4 cup fresh blueberries
12 whole almonds, roughly chopped
1 teaspoon honey or maple syrup (optional, for sweetness)

Directions

- Prepare the Base:** Spoon the Greek yogurt into a bowl and spread it evenly.
- Add the Oatmeal:** Scoop the cooked oatmeal on top of the yogurt. Spread it evenly or leave it in a mound.
- Add the Berries:** Arrange the sliced strawberries and blueberries over the yogurt.
- Top with Almonds:** Sprinkle the chopped almonds evenly across the bowl for crunch and healthy fats.
- Sweeten (Optional):** Drizzle honey or maple syrup over the top if desired for added sweetness.
- Serve:**



Macros

- Calories 460/serving
- Protein 28g
- Carbs 64g
- Fat 14g

Green Protein Smoothie

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVES: 1

Ingredients

1 cup fresh spinach
1/2 cup cucumber, chopped
1 banana (frozen for creaminess)
1/2 cup Greek yogurt (plain, unsweetened)
1 scoop French Vanilla Transparent Labs whey protein
1/2 cup almond mil
3 ice cubes

Directions

- Prepare for blending:** Add all ingredients to a blender.
- Blend:** On high speed until smooth and creamy.
- Serve:** Pour into glass.



Macros

- Calories 350/serving
- Protein 35g
- Carbs 40g
- Fat 5g

PB + BB Over Night Oats

PREP TIME: 10 MIN COOKING TIME: OVERNIGHT SERVES: 1

Ingredients

½ cup rolled oats
¾ cup unsweetened almond milk
1 scoop vanilla whey protein powder
2 tbsp PB2 powder
½ cup blueberries
1 tsp chia seeds
½ tsp cinnamon
½ tsp vanilla extract
1-2 tsp honey or sweetener of choice

Directions

- Mix Ingredients:** In a jar or container, mix the oats, chia seeds, PB2 powder, cinnamon, and vanilla whey protein powder. Add the almond milk and vanilla extract. Stir well to combine. Layer in the blueberries.
- Cover:** Refrigerate overnight (or at least 4 hours).
- Serve:** In the morning, give it a good stir and enjoy.



Macros

- Calories 650/serving
- Protein 50g
- Carbs 45g
- Fat: 30g

Peanut Butter Protein Pancakes

PREP TIME: 10 MIN COOKING TIME: 10 MIN SERVES: 3

Ingredients

1 ½ cup flour
¼ cup oat flour
2 tablespoon sugar
1 ½ tablespoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 scoop (30g) Transparent Labs peanut butter whey protein
2 tablespoons PB2
1 ½ cup unsweetened almond milk
½ cup cottage cheese
½ cup applesauce
2 tablespoon neutral oil

Directions

- Mix Dry Ingredients:** In a large bowl, whisk together the all-purpose flour, oat flour, sugar, baking powder, baking soda, salt, whey protein, and PB2.
- Blend Wet Ingredients:** In another large bowl, combine the almond milk, cottage cheese, applesauce, and oil. Use an immersion blender to smooth the mixture.
- Combine Wet & Dry:** Gradually add the dry ingredients to the wet ingredients, folding gently until just combined. The batter will be slightly thick but should still be pourable. If needed, add more almond milk to adjust consistency.
- Cook Pancakes:** Heat a griddle or non-stick skillet over medium heat. Lightly grease if necessary. Pour the batter in ¼-cup portions onto the griddle. Cook until the edges appear set and bubbles form on the surface, about 1-2 minutes. Flip and cook for another 1-2 minutes until golden brown and cooked through.
- Serve:** Enjoy warm and top with fresh fruit, Greek yogurt, or a drizzle of honey.
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Macros

- Calories 650/serving
- Protein 39g
- Carbs 76g
- Fat: 22g