



**NUTRITIONAL  
FRONTIERS™**

# RECIPE GUIDE

**PROTEIN SHAKES • SMOOTHIES  
BREAKFAST • SNACKS • DESSERT & MORE!**



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# PROTEIN SMOOTHIES

Nutritional Frontiers **Super Shake**, **Ultimate Shake**, **Best Whey**, and **Net-0 Keto** can be used anywhere a recipe calls for protein.

**1 Scoop is equivalent to 1 Scoop of protein.** You can blend all smoothies with a Nutritional Frontiers shaker bottle or a blender.



## Pre-Workout Shake Up

### INGREDIENTS

- 8 to 12 Ounces of water
- 1 Scoop of **Protein Powder**
- 1 Scoop of **Power Fuel**
- 1 Scoop of **Pro Oranges**
- 1 Banana
- Ice

### DIRECTIONS

Mix in blender or shake vigorously for 30 seconds. Enjoy!

## Post-Game/ Practice/Workout

### INGREDIENTS

- 12 Ounces of water
- 1 Scoop of **Protein Powder**
- 1 Scoop of **Super Creatine**
- 1 Scoop of **Frontier BCAA**



*Almond or coconut milk, fruit juice, Greek yogurt, and water are all great ingredients for smoothies.*

# PROTEIN SMOOTHIES

## Apple Sauce

### INGREDIENTS

- 6-8 Frozen apple sauce cubes
- 1 Scoop **Vanilla Protein Powder**
- 1 Scoop **Pro Lean Greens**
- 1/2 Cup almond milk
- 2 Tbsp Greek yogurt

### DIRECTIONS

Add enough water to gain desired thickness. Frozen applesauce is preferred for this smoothie. Also, try using apple-cinnamon applesauce for unique taste.



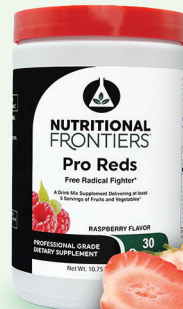
## Strawberry

### INGREDIENTS

- 2 Cups frozen strawberries
- 1 Scoop **Vanilla Protein Powder**
- 1 Scoop **Pro Reds**
- 1/2 Cup almond milk

### DIRECTIONS

Add enough water to cover the fruit. Mix on liquefy setting until desired thickness is achieved.



## Fudge Pop

### INGREDIENTS

- 2 Cups of ice (or frozen chocolate almond milk)
- 1 Scoop **Chocolate Protein Powder**
- 1 Cup chocolate almond milk, and water if you wish to thin out the mixture

### TRY THIS!

This can also be used to make protein pops, simply put them in Dixie Cups and place them in your freezer!



## Tutti Fruitti

### INGREDIENTS

- 1 Scoop **Vanilla Best Whey, Super Shake, or Ultimate Shake**
- 1 Banana
- 6 Strawberries
- 1 Avocado
- 8 Ounces of water
- Ice



## Orange Creamsicle

### INGREDIENTS

- 1 Scoop **Vanilla Protein Powder**
- 1 Scoop **Pro Oranges**
- 1 Scoop **Power Fuel**
- Ice

### SMOOTHIE DIRECTIONS:

Add all ingredients to shaker bottle and shake thoroughly, or add all ingredients into a blender and blend until there is an even consistency.

# PROTEIN SMOOTHIES

## Kickstart My Heart

### INGREDIENTS

- 1 Cup of organic coffee or organic espresso
- 1 Scoop **Super Shake Vanilla**
- ½ Tsp cinnamon
- 1 Tbsp oatmilk

### DIRECTIONS

Shake well and enjoy hot or over ice



## Apple Pie

### INGREDIENTS

- 1 Cup cold, cooked oatmeal
- 1 Apple, cut into large chunks
- 1 Tsp cinnamon
- 1 Scoop **Vanilla Protein Powder**
- 1-2 Packets of stevia, depending on sweetness desired
- 2/3 Cup cold water

### DIRECTIONS

Add all ingredients into a blender in this order: apple chunks, oatmeal, protein powder, cinnamon and stevia. Pour water in last. Blend until smooth.



## Purple Haze

### INGREDIENTS

- 1 Scoop **Vanilla Protein Powder**
- 1 Handful of blueberries, strawberries, and/or raspberries
- 1 Scoop **Pro Purples**
- 8 Ounces of water
- Ice

## Triple Chocolate

### INGREDIENTS

- 1 Cup chocolate almond milk
- 1 Tbsp natural almond or nut butter
- 1 Frozen banana (peel before freezing)
- 1 Tbsp dark chocolate chips
- 1/4 Cup Greek yogurt
- 1 Scoop **Chocolate Protein Powder**



## Chocolate Crush

### INGREDIENTS

- 1 Scoop **Chocolate Protein Powder**
- Tsp organic peanut butter
- Handful of fresh, organic spinach leaves
- Coconut milk
- Ice

## Chocolate Peanut Butter Cup Blizzard

### INGREDIENTS

- 1 Scoop peanut butter
- 1 Scoop **Peanut Butter Super Shake**
- 1 Scoop natural nut butter
- Ice
- 8 Ounces of water



## Messino Protocchino

### INGREDIENTS

- Organic espresso or organic coffee
- 1 Tbsp **Super Shake Cafe Mocha**
- Hot water

### DIRECTIONS

While organic espresso is brewing, place a tablespoon full of Super Shake Cafe Mocha in a cup and add hot water stirring continuously. Then add the espresso to the heated Cafe Mocha mix and enjoy. If you have access to a frothing mechanism on an espresso machine, use it to heat and froth the Cafe Mocha and then add espresso.



## SMOOTHIE DIRECTIONS:

Add all ingredients to shaker bottle and shake thoroughly, or add all ingredients into a blender and blend until there is an even consistency.

# PROTEIN SMOOTHIES

## Fruity Pebbles

### INGREDIENTS

- 1 Scoop **Banana Strawberry Super Shake**
- 1 Scoop **Pro Reds, Pro Oranges, Pro Purples, Pro Lean Greens**
- Mixed frozen fruits
- Ice



## Piña Colada

### INGREDIENTS

- 1 Scoop **Pineapple Coconut Ultimate Shake**
- 1 Scoop **Pro Greens**
- 8-12 Ounces coconut milk
- Frozen pineapples
- Ice

## GI-Complete Margarita

### INGREDIENTS

- 1 Scoop **Ultimate Shake Pineapple Coconut**
- 1 Scoop **GI Complete Lemon Lime**
- 1 Scoop **Pro Lean Greens**
- 1 Scoop **IgG Lemon Lime**
- 8-12 Ounces Water
- Frozen pineapples
- Ice



## SMOOTHIE DIRECTIONS:

Add all ingredients to shaker bottle and shake thoroughly, or add all ingredients into a blender and blend until there is an even consistency.

# PROTEIN BREAKFAST

## Protein Pancakes

Serves 4 (Yields 8 pancakes)

### INGREDIENTS

- 2 Scoops **Vanilla Protein Powder**
- 2 Organic eggs
- 4-6 Ounces coconut or almond milk
- Organic butter
- Organic syrup to taste

### Optional:

- Blueberries
- Cinnamon
- Nut butter
- Apples

### DIRECTIONS

Mix all ingredients in a bowl and then add slowly to dry ingredients, whisking until smooth.

Brush bottom of a heavy skillet or pancake griddle with oil and set over medium heat. Heat until a drop of water sizzles and evaporates immediately.

Stir batter and then pour approximately 1/4 cup of batter into 4" circles, allowing plenty of space between each.

Cook until bubbles form on surface and edges are cooked. Turn and cook flipside. Serve immediately topped with your choice of fresh berries, yogurt or maple syrup. (Can also be frozen to enjoy on a later date.)

***High in protein and fiber, these tasty gluten free protein pancakes will fill you up with the essentials you need to get your day started right.***



## Oh Yeah! Oatmeal

### INGREDIENTS

- 1 Cup organic oats
- 1/2 to 1 Cup oat, almond, or coconut milk
- 1 Cup blueberries
- 1 Scoop **Vanilla Protein Powder**

### DIRECTIONS

Cook oats on stove top with milk for 2 1/2 to 3 minutes. Thoroughly mix protein powder into the oats. Add blueberries on top and enjoy.



# PROTEIN MUFFINS

## Individual Chocolate Protein Muffin

*Yields 1 Muffin*

### INGREDIENTS

- 1 Scoop **Vanilla Protein Powder**
- 1 Egg
- 2 Tbsp cocoa or carob powder
- 1 Tsp xylitol (optional for sweetness) or a few drops of stevia
- Splash of vanilla
- 1 Tsp maca powder (optional)
- 1/4 Cup water

**Prep time – 5 minutes**

**Bake time – About 30-33 minutes**

### DIRECTIONS

Pre-heat oven to 350 degrees. Place all ingredients into a bowl and mix together.

Scoop muffin batter into one large muffin pan or individual ramekin. (If you do not have a large muffin pan then use regular size muffin pan but put muffin batter into two muffin liners.)

Some might find this recipe to be a little dry. Feel free to add in 1-2 tablespoon of coconut oil or puree of some sort to help make it more moist. We found the texture to be perfect.

*(Gluten free, grain free, soy free, sugar free, nut free)*

## Vegan Protein Powder Muffin

*Yields 1 Large Muffin*

### INGREDIENTS

- 1/4 Cup vanilla **Super Shake Protein Powder**
- 1/4 Cup flax meal (just grind up flax seeds into a powder form)
- 1/4 Tsp baking soda
- 1/2 Tsp baking powder
- 1/4 Tsp liquid stevia (adjust to taste, add in more if you want it sweeter)
- 5 Tbsp water

**Bake time – About 20 minutes**

**Bake in a large muffin pan or a ramekin.**

### DIRECTIONS

Pre-heat your oven to 350 degrees. Place protein powder and flax meal into a bowl.

Next add in your baking soda, baking powder and stevia. Begin to stir. (If you do not want to use stevia in this recipe, use about 1-2 tablespoons of your favorite sugar.)

Next add in your 5 tablespoons water. You can use a non-dairy milk alternative if you would like.

**\*\*Batter will be REALLY THICK.**

Place muffin batter into a lightly coconut oiled pan. Bake for about 20 minutes. Take out from warm oven let cool slightly and then enjoy.

*(Vegan, gluten free, soy free, peanut free, low in sugar)*

# Gluten Free Pumpkin Protein Muffins

Yields 12 Muffins

## INGREDIENTS

- Muffin tins, foil liners (optional), large mixing bowl, whisk, measuring cups, and spoons
- 1 ½ Cups almond meal flour
- 2 Scoops **Vanilla Protein Powder**
- 1 Tsp baking soda
- 1/2 Tsp sea salt

## Spice Blend:

- 1 Tsp cinnamon
- 1/2 Tsp ginger
- 1/4 Tsp cloves
- 1/4 Tsp allspice
- 1 Cup pumpkin puree
- 3 Eggs
- 1/4 Cup grapeseed oil
- 1/2 Cup agave
- 1/4 Cup 70% dark chocolate pieces
- 1/4 Cup walnuts
- 2 Tbsp unsweetened coconut flakes
- 3 Tbsp hemp seeds

## DIRECTIONS

Preheat oven to 350 degrees. Measure all the dry ingredients, including the spice blend, into the bowl and mix together.

Add in the pumpkin, eggs, and whisk well.

Measure grapeseed oil and agave. Beat in.

Line muffin tins with foil cups or grease with cooking oil. Evenly distribute batter in 12 regular sized muffin cups. You can fill them about 3/4 of the way full.

Mix the topping and measure about a tablespoon onto each muffin.

**Bake time – About 22 minutes or until a toothpick or cake tester inserted comes out clean.**



# Banana Protein Muffins

Yields Approx. 12 Muffins

## INGREDIENTS

- 3/4 Cup very ripe banana
- 3/4 Cup egg whites
- 1/2 Cup plain low-fat Greek yogurt
- 3/4 Cup oats (we used old-fashioned)
- 2 Scoops **Vanilla Protein Powder**
- 1/4 Cup baking stevia
- 1 Tsp baking powder
- 1 Tsp baking soda
- 1 Tsp cinnamon
- Foil liners
- Cooking spray

## DIRECTIONS

Heat oven to 350 degrees. Line a muffin tray with 12 foil liners and spray with cooking spray. (**Note: Liners and spray are a must.** Muffins made with oats instead of flour tend to stick.)

Place all ingredients in a blender and blend until smooth. Divide batter between the 12 muffin cups.

**Bake time – 15-18 minutes**

## PROTEIN COOKIES



### Cookie Dough

#### INGREDIENTS

- 1/2 Cup **Vanilla Caramel NET-0 KETO**
- 1/4 Cup chickpeas (rinsed and drained from a can)
- 1/2 Cup of milk (almond or coconut)
- 2 Tbsp organic dark chocolate chips

#### DIRECTIONS

Mix all ingredients except the chocolate chips with a hand blender for several minutes until mixture starts to thicken. Add the chocolate chips and stir. Enjoy right away.



### No-Bake Peanut Butter Cookies

#### INGREDIENTS

- 1 Cup natural peanut butter
- 1 Cup organic quick cooking rolled oats
- 1/2 Cup raw honey
- 1 Cup **Chocolate Protein Powder**

#### DIRECTIONS

Combine peanut butter, honey, oats, Chocolate Super Shake, or Best Whey in a medium bowl. Mix well. Roll 24 balls, each the size of 1 tablespoon. Flatten each slightly so it takes on the shape of a cookie. No baking is needed. Enjoy!

# PROTEIN SNACK BARS

## Chocolate Peanut Butter Rice Crispies

### INGREDIENTS

- 10 Ounce bag of marshmallows
- 1/4 Cup butter or coconut oil
- 1 Cup peanut butter
- 1 Scoop **Super Shake Peanut Butter Protein Powder**

### DIRECTIONS

In a large bowl, put marshmallows, butter, and peanut butter. Microwave until all melted. Add in protein powder & rice crispies.

Press into 9x13 pan and melt 2 cups chocolate with 1 Tbsp coconut oil and pour over the top.



## Peanut Butter Protein Squares

### INGREDIENTS

#### Peanut Butter Bar:

- 1 1/4 Cup peanut butter
- 1/3 Cup maple syrup (organic amber maple syrup/365 Brand from Whole Foods)
- 1 Scoop **Super Shake Peanut Butter Protein Powder**

#### Chocolate Topping:

- 1 Cup vegan chocolate chips
- 1 Tbsp coconut oil

### DIRECTIONS

In a large bowl, mix the peanut butter, maple syrup, and protein powder until you have dough. Press into an 8x8 pan lined with parchment paper.

Place in freezer while you melt the chocolate and coconut oil. Pour the mixture evenly over the peanut butter layer and let set before slicing.



# PROTEIN DESSERT

## Chocolate Avocado Banana Pudding

Yields 2-4 Servings

### INGREDIENTS

- 2 Avocados, ripe
- 2 Medium bananas, ripe
- 6-8 Tbsp unsweetened cocoa powder
- 1 Tsp vanilla extract
- 1 Tsp cinnamon
- 1 Scoop **Super Shake or Best Why**

**Notes:** This has the consistency of a thick pudding but is not similar to chocolate pudding from a box. If you want a thinner consistency, add your favorite milk. Start with 1T at a time. Do not use frozen bananas. The riper the banana the sweeter and stronger the flavor will be.

### DIRECTIONS

In a food processor combine the avocado + banana. Process until smooth. Scrape down the sides of the bowl as necessary.

Add the cocoa powder, vanilla, cinnamon, and protein powder [if using]. Process again until smooth.

Refrigerate until ready to serve and add any topping you like.

Store in a sealed container and eat within 2-3 days.

Your avocados should be slightly soft to the touch but not mushy, hard, or watery when cut. If you don't like banana, feel free to sub in a squash puree [drained of excess liquid]. Add honey or maple syrup if desired. An immersion blender should also work for this.





## Cookie Dough Protein Pudding

*Yields Approx. 2 Servings*

### INGREDIENTS

- 1 Scoop of **Super Shake or Best Whey**
- 1/4 Cup chickpeas (rinsed and drained from a can)
- 1/2 Cup of milk (any kind)
- A few drops of melted butter flavoring (optional)
- 2 Tbsp chocolate chips
- 1 Tbsp coconut oil

**This simple pudding almost tastes like chocolate chip cookie dough! The secret ingredient is the protein powder; it makes the mixture thicker and creamier.**

### DIRECTIONS

Mix all ingredients except the chocolate chips with a hand blender for several minutes until mixture starts to thicken. Add the chocolate chips and stir. Enjoy right away.

*Estimated nutrition facts for 1 serving: 204kcal, 25g of protein, 17g of carbs, 7g of sugar, 4g of fat.*



## Protein Balls

*Yields 2 Dozen Balls*

### INGREDIENTS

- 2 Cups natural peanut butter
- 1 1/3 Cups honey
- 2 1/2 Cups oats
- 2 Scoops **Protein Powder**
- May add ground flax seeds, coconut flakes, or substitute butters

### DIRECTIONS

Soften the above ingredients. Mix well. Shape into bite size balls.

**May refrigerate if desired.**





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