



Be Fit Food Chocolate Protein Booster Recipes



***Low Lactose
Gluten Free***

Contains Pre-Biotics & Post-Biotics for supporting good gut health



Be Fit Food Chocolate Protein Booster

Our scientifically balanced blend of WPI and WPC is high in protein and low in carbs to assist with optimal weight management and protecting lean body mass. Our low lactose formula also has Pre-Biotics and Post-Biotics for easy digestion and for supporting good gut health. Our Protein Booster can be used within 30 minutes post work-out to support muscle growth and repair or just to boost protein intake for those with higher protein requirements and for active individuals.

The Be Fit Food Protein Booster can be mixed with water for convenience on-the-go, however we recommend using the Protein Booster in combination our range of healthy recipes in this guide!

NUTRITION INFORMATION		
Servings per package: 7		
Serving size: 35 g		
	Average Qty per Serve	Average Qty per 100g
Energy	509kJ (122Cal)	1454kJ (348Cal)
Protein	24.3g	69.4g
- gluten	Nil Detected	Nil Detected
Fat, total	1.0g	3.0g
- saturated	0.6g	1.9g
Carbohydrate	1.9g	5.3g
- sugars	0.9g	2.5g
Sodium	52mg	149mg
Lactose	0.6g	1.6g
Lactobacillus Plantarum	7 Billion CFU	20 Billion CFU

Warnings: Not suitable for children under 15 years of age or pregnant/breastfeeding women.

Main Meal Recipes

Peanutty Banana Smoothie

- 35g Be Fit Chocolate Protein Booster
- 50g frozen banana (1/2 medium banana)
- 2 tsp peanut butter
- 1 tsp cacao powder
- 1 tsp psyllium husk
- 250ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 348g

	Average Quantity per Serving	Average Quantity per 100g
Energy	979kJ (234Cal)	282kJ (67Cal)
Protein	27.8g	7.9g
Fat, Total	6.2g	1.8g
- Saturated	1.3g	0.4g
Carbohydrate	13.3g	3.9g
- Sugars	7.6g	2.2g
Sodium	88mg	25mg



Berry Chia Smoothie

- 35g Be Fit Chocolate Protein Booster
 - 100g frozen raspberries
 - 50g frozen strawberries
 - 1 tsp chia seeds
 - 85g Chobani Fit Vanilla Protein Yoghurt
 - 200ml water
 - + ice
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- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 474g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1051kJ (251Cal)	222kJ (53Cal)
Protein	34.0g	7.2g
Fat, Total	2.7g	0.6g
- Saturated	0.8g	0.2g
Carbohydrate	14.6g	3.1g
- Sugars	11.8g	2.5g
Sodium	91mg	19mg



Salted Caramel Smoothie

- 35g Be Fit Chocolate Protein Booster
- 50g frozen banana (1/2 medium banana)
- 2 dates, pitted
- 1 tsp chia seeds
- Pinch of salt
- 125ml unsweetened almond milk
- 125ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 358g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1043kJ (249Cal)	292kJ (70Cal)
Protein	26.5g	7.4g
Fat, Total	4.9g	1.4g
- Saturated	1.0g	0.3g
Carbohydrate	19.1g	5.3g
- Sugars	14.0g	3.9g
Sodium	263mg	73mg



Lamington Smoothie

- 35g Be Fit Chocolate Protein Booster
- 50g frozen banana (1/2 medium banana)
- 100g frozen strawberries
- 1 tsp desiccated coconut
- 1 tsp cacao powder
- 125ml unsweetened almond milk
- 125ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 445g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1003kJ (240Cal)	225kJ (54Cal)
Protein	26.8g	6.0g
Fat, Total	5.2g	1.2g
- Saturated	2.0g	0.4g
Carbohydrate	16.5g	3.7g
- Sugars	11.4g	2.6g
Sodium	109mg	24mg



Brekkie Smoothie

- 35g Be Fit Chocolate Protein Booster
- 40g frozen banana (1/2 small banana)
- 1/4 cup frozen mixed berries
- 2 tbsp oats or quinoa flakes
- 2 tbsp unsweetened Greek yoghurt
- 1/2 tsp vanilla extract
- 250ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 397g

	Average Quantity per Serving	Average Quantity per 100g
Energy	971kJ (232 Cal)	244kJ (58Cal)
Protein	27.4g	6.9g
Fat, Total	2.8g	0.7g
- Saturated	1.3g	0.3g
Carbohydrate	18.8g	4.7g
- Sugars	11.2g	2.8g
Sodium	76mg	19mg

Chocolate Protein Pancakes



- 30g Be Fit Chocolate Protein Booster
- 40g rolled oats
- 1 large egg
- 20g Chobani 0.5% Plain Greek Yoghurt
- 50ml unsweetened almond milk
- 10g stevia
- ½ teaspoon baking powder
- 1 ½ teaspoons coconut oil

Topping:

- ½ cup blueberries
- 4 teaspoons Chobani 0.5% Plain Greek Yoghurt

- Place the oats in a food processor and pulse until it resembles a powdery consistency.
- Add the protein powder, egg, yoghurt, almond milk, stevia, baking powder and 1 teaspoon of coconut oil to the oats in the food processor. Combine for approximately 30 seconds until smooth.
- Heat a non-stick pan over medium heat. Use some of the leftover ½ teaspoon coconut oil to coat the pan. When oil is melted, spoon 50g of the mixture (this will make two pancakes per serve), or 25g of the mixture (this will make four pikelets per serve) onto the pan. Cook each side for approximately 2 minutes, or until golden.
- Repeat the last step until all pancakes are cooked.
- To serve, place two pancakes or four pikelets on each plate. Top each stack with 2 teaspoons of yoghurt and ¼ cup blueberries.
- Enjoy!!

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 50g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1000kJ (239Cal)	676kJ (161Cal)
Protein	19.3g	13.0g
Fat, Total	9.8g	6.6g
- Saturated	5.3g	3.6g
Carbohydrate	16.6g	11.2g
- Sugars	4.8g	3.3g
Sodium	482mg	325mg



Nice Cream

- 1/2 frozen banana
- 1 tsp cocoa powder
- 1 scoop Chocolate Protein Booster
- 1 drop vanilla extract
- 1 tbsp almond milk

- Blend everything until well combined, aim for a thick consistency.
- Add ice cubes and blend if too runny
- Place into container and freeze for 1-2 hours. Use ice-cream scoop to serve

NUTRITIONAL INFORMATION

Servings per package: 1

Serving Size: 100g

	Average Quantity per Serving	Average Quantity per 100g
Energy	752kJ (180 Cal)	752kJ (180 Cal)
Protein	25.4g	25.4g
Fat, Total	1.7g	1.7g
- Saturated	0.8g	0.8g
Carbohydrate	11.7g	11.7g
- Sugars	7.2g	7.2g
Sodium	59mg	59mg

Cookie Dough

- 1 scoop Chocolate Protein Booster
- 30g Chobani 0.5% Greek Yoghurt Plain
- 16g sugar free chocolate chips
- 2 tsp natural peanut butter
- Water, as required to achieve desired consistency

- In bowl combine protein powder, peanut butter and Greek yogurt. Mix until combined.
- If the cookie dough is still dry, add 5 to 10 ml of water to consistency.
- Fold in chocolate chips.
- Serve cookie dough right away or pop it in the fridge and let chill

NUTRITIONAL INFORMATION

Servings per package: 1

Serving Size: 91g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1134kJ (271 Cal)	1246kJ (298 Cal)
Protein	30.8g	33.8
Fat, Total	10.7g	11.8g
- Saturated	4.1g	4.5g
Carbohydrate	4.9g	5.4g
- Sugars	2.4g	2.6g
Sodium	93mg	102mg



Protein Bowl

- 20g Chocolate Protein Booster
 - 100g cottage cheese
 - 1 tsp cocoa powder
 - 1/4 tsp vanilla extract
 - 3 walnuts, broken into small pieces
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- Place the cottage cheese, protein powder, cocoa, and vanilla into a blender. Blend until a “whipped” consistency has been reached.
 - Pour into a bowl and add walnuts and other desired toppings.

NUTRITIONAL INFORMATION

Servings per package: 1		
Serving Size: 130g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1046kJ (250 Cal)	807kJ (193 Cal)
Protein	30.6g	23.6g
Fat, Total	11.1g	8.6g
- Saturated	4.3g	3.3g
Carbohydrate	3.3g	2.5g
- Sugars	2.5g	1.9g
Sodium	308mg	238mg





Protein Chocolate Mousse

- 1 scoop Chocolate Protein Booster
- 95g avocado
- 1 tsp cocoa powder
- 1 tbsp sugar free maple syrup
- 2-3 tbsp almond milk, as required to gain desired consistency

- Add all ingredients to a blender or food processor and mix until smooth and creamy. Add almond milk as required until desired consistency is achieved.
- Adjust with more sugar free maple syrup to taste, then spoon into a glass. Serve right away or cover and keep refrigerated for a maximum of one day.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving Size: 113g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1147kJ (274 Cal)	641kJ (153 Cal)
Protein	26.4g	14.7g
Fat, Total	14.5g	8.1g
- Saturated	2.7g	1.5g
Carbohydrate	3.4g	1.9g
- Sugars	1.0g	0.5g
Sodium	75mg	42mg

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Snack Recipes

Choc Mint Smoothie

- 17g (half a serve) Be Fit Chocolate Protein Booster
- 2 tsp cacao powder
- 1/4 medium avocado
- 15 fresh mint leaves
- 100ml unsweetened coconut milk
- 50ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 220g

	Average Quantity per Serving	Average Quantity per 100g
Energy	594kJ (142Cal)	220kJ (52Cal)
Protein	13.5g	5.0g
Fat, Total	7.0g	2.6g
- Saturated	3.1g	1.2g
Carbohydrate	3.4g	1.3g
- Sugars	0.9g	0.3g
Sodium	62mg	23mg

Mocha Smoothie

- 17g (half a serve) Be Fit Chocolate Protein Booster
- 40g frozen banana
- 1/2 tsp cinnamon
- 2 tsp instant coffee (dissolved in water)
- 125ml unsweetened almond milk
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 384g

	Average Quantity per Serving	Average Quantity per 100g
Energy	539kJ (129Cal)	279kJ (67Cal)
Protein	13.3g	7.1g
Fat, Total	3.4g	1.7g
- Saturated	0.7g	0.3g
Carbohydrate	9.4g	4.7g
- Sugars	11.0g	2.9g
Sodium	79mg	41mg

Green Smoothie

- 17g (half a serve) Be Fit Chocolate Protein Booster
- 50g frozen mango
- 30g fresh spinach
- 60g cucumber
- 2 tsp hemp seeds
- 250ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 412g

	Average Quantity per Serving	Average Quantity per 100g
Energy	549kJ (131Cal)	133kJ (32Cal)
Protein	14.9g	3.6g
Fat, Total	3.0g	0.7g
- Saturated	0.6g	0.1g
Carbohydrate	8.6g	2.1g
- Sugars	7.7g	1.9g
Sodium	67mg	16mg



Carrot Cake Smoothie

- 17g (half a serve) Be Fit Chocolate Protein Booster
- 1 small carrot
- 1 tsp desiccated coconut
- 1/4 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/2 tsp vanilla extract
- 100ml unsweetened coconut
- 50ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 247g

	Average Quantity per Serving	Average Quantity per 100g
Energy	578kJ (138Cal)	233kJ (56Cal)
Protein	12.7g	5.1g
Fat, Total	4.2g	1.7g
- Saturated	3.7g	1.5g
Carbohydrate	7.9g	3.2g
- Sugars	5.4g	2.2g
Sodium	90mg	36mg

Mango Matcha Smoothie

- 17g (half a serve) Be Fit Chocolate Protein Booster
- 50g frozen mango
- 15g fresh spinach
- 1/2 tsp matcha powder
- 100ml unsweetened coconut milk
- 50ml water
- + ice

- Combine all ingredients in a blender and blend until smooth.

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 232g

	Average Quantity per Serving	Average Quantity per 100g
Energy	499kJ (119Cal)	214kJ (51Cal)
Protein	12.8g	5.5g
Fat, Total	2.8g	1.2g
- Saturated	2.4g	1.0g
Carbohydrate	8.7g	3.7g
- Sugars	7.2g	3.1g
Sodium	66mg	28mg

*Did you know
Be Fit Protein Booster
contains prebiotics to
support good gut health?*

Dark Chocolate Espresso Protein Balls

- 260g Dates (pitted)
- 140g Almond meal 42g
- Cacao powder (organic)
- 160g Be Fit Food Chocolate Protein Booster
- 80ml 2 x shots coffee
- 18g Cacao nibs (organic)
- 1tb Coconut oil 100g
- Shredded coconut

- Blend all ingredients except the shredded coconut in a high powered mixer until
- Roll mixture into balls coating with shredded coconut (makes 25 balls)

NUTRITIONAL INFORMATION

Servings per package: 1

Serving Size: 23g

	Average Quantity per Serving	Average Quantity per 100g
Energy	98.3Cal	423Cal
Protein	4.6g	20.2g
Fat, Total	6.0g	26.1g
- Saturated	3.9g	17.0g
Carbohydrate	5.8g	25.3g
- Sugars	5.0g	21.9g
Sodium	12mg	53mg

Choc Protein Chia Pudding

- 1 scoop Be Fit Chocolate Protein Booster
- 3 tbsp chia seeds
- 1 tbs rolled oats (optional)
- 200ml unsweetened almond milk
- 4 tbs high protein Greek style yoghurt
- 1/2 cup frozen raspberries, softened
- 1 tsp vanilla
- Fresh raspberries, to garnish

- Place the chia seeds, oats and protein powder into a bowl and whisk to combine.
- Add the almond milk and whisk until smooth, removing all lumps. Set aside for ~15 minutes to thicken
- Make the raspberry layer by combining raspberries, yoghurt and vanilla. Mix well, until smooth and creamy.
- Divide the mixture between 3 jars and once the chia mixture has thickened, layer a chocolate layer on top of the raspberry layer
- Top with fresh raspberries and enjoy or refrigerate for up to 3 days



NUTRITIONAL INFORMATION

Servings per package: 3

Serving Size: 137g

	Average Quantity per Serving	Average Quantity per 100g
Energy	437kJ (104 Cal)	319kJ (76 Cal)
Protein	12.4g	9.1g
Fat, Total	3.0g	2.2g
- Saturated	0.6g	0.4g
Carbohydrate	5.3g	3.9g
- Sugars	2.8g	2.1g
Sodium	50mg	36mg



Microwave Cake Cup

- 1/2 scoop Chocolate Protein Booster
- 1/4 tsp baking powder
- 1 egg
- 1 tbsp almond milk
- 1 tsp vanilla extract

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- Mix all dry ingredients in a mug
 - In a separate bowl whisk egg and pour into dry mixture
 - Add vanilla extract and milk, and mix until combined
 - Microwave for 1 minute

NUTRITIONAL INFORMATION

Servings per package: 1

Serving Size: 82g

	Average Quantity per Serving	Average Quantity per 100g
Energy	559kJ (134 Cal)	685kJ (164 Cal)
Protein	17.8g	21.8g
Fat, Total	4.5g	5.5g
- Saturated	1.3g	1.6g
Carbohydrate	1.5g	1.9g
- Sugars	0.6g	0.7g
Sodium	235mg	287mg

Protein Pudding

- 1/2 scoop Be Fit Chocolate Protein Booster
 - 1 tsp cacao powder
 - 3/4 cup almond milk
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- Combine the protein powder, cacao powder and milk in a bowl
 - Stir well until most of the lumps are fully removed
 - Start with 3/4 cup of almond milk and add a little at a time so it doesn't get too runny
 - Refrigerate for 8 hours or serve immediately

NUTRITIONAL INFORMATION

Servings per package: 1

Serving Size: 216g

	Average Quantity per Serving	Average Quantity per 100g
Energy	553kJ (132 Cal)	256kJ (61 Cal)
Protein	13.6g	6.3g
Fat, Total	5.8g	2.7g
- Saturated	0.8g	0.3g
Carbohydrate	5.2g	2.4g
- Sugars	4.3g	2.0g
Sodium	141mg	65mg



Fruit salad with protein yoghurt

- 1/4 cup yoghurt
- 1/4 scoop Choc Protein Booster
- 1/2-3/4 cup mixed fruit

- Cut up fruit and place into a bowl
- Mix together yoghurt and protein in a separate bowl and put on top of fruit salad
- Enjoy!

NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 137g

	Average Quantity per Serving	Average Quantity per 100g
Energy	437kJ (104 Cal)	319kJ (76 Cal)
Protein	10.5g	7.7g
Fat, Total	1.7g	1.2g
- Saturated	0.9g	0.7g
Carbohydrate	9.4g	6.8g
- Sugars	8.6g	6.2g
Sodium	56mg	41mg

