



be
fitfood®

Protein Recipes

The whey to start your day!



Main Meal Smoothies



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

Snack Smoothies





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?*

Main Meal Ideas



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

Snack Ideas



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

Be Fit Food Chocolate Protein Booster

NUTRITIONAL INFORMATION

Servings per package: 7

Serving size: 35g

Nutrients	Average Quantity per Serve	Average Quantity per 100g
Energy	509 KJ (122Cal)	1456 KJ (348Cal)
Protein	24.3g	70.3g
Fat -Total	1.0g	3.5g
- Saturated	0.6g	1.8g
Carbohydrates	1.9g	5.5g
- Sugars	0.9g	2.8g
Sodium	52mg	130mg

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