

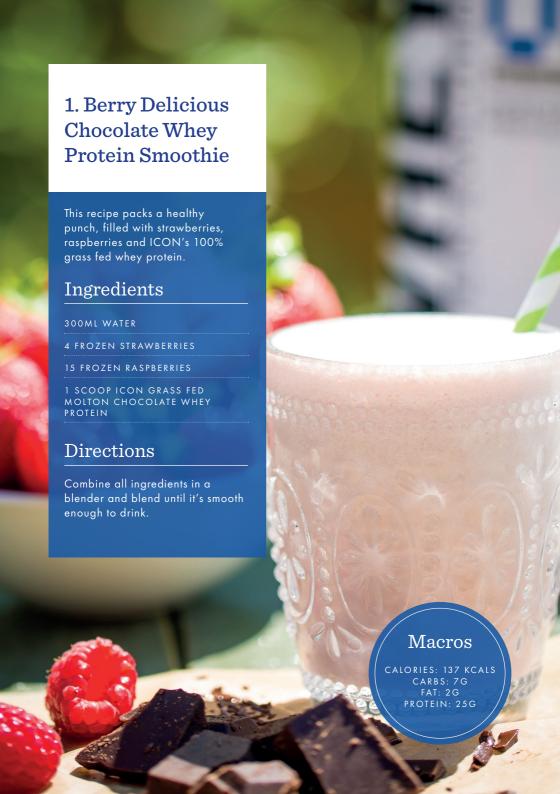


Great Tasting and Easy to Make

Recipes that combine all the benefits of our grass fed whey protein along with natural healthy fats and tasty treats.

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- 10. STRAWBERRY MILKSHAKE PROTEIN SWIRL
- 11. TASTY RASPBERRY PROTEIN SMOOTHIE







This curbs any sweet tooth and is great for recovery post exercise. It's high in protein and heart-kind healthy fats.

Ingredients

- 1 SCOOP ICON GRASS FED MOLTON CHOCOLATE WHEY PROTEIN
- 1 HANDFULICE

300ML WATER

- 2 TBSP GREEK YOGURT
- 1 TBSP HAZELNUT BUTTER
 GARNISH > CRUSHED HAZELNUTS

Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

Macros

CALORIES: 228 KCALS CARBS: 6G FAT: 10G PROTEIN: 32G





When blended together these tasty ingredients make for a delicious healthy high protein shake.

Ingredients

1/2 CUP GREEK YOGHURT

1 SCOOP ICON GRASS FED CINNAMON VANILLA SWIRL WHEY PROTEIN

400ML ALMOND MILK

1 CUP OF ICE CUBES

2 X PITTED MEDJOOL DATES

Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

Macros

CALORIES: 356 KCALS
CARBS: 51G
FAT: 6G
PROTEIN: 28G













Known as nature's candy, raspberries are chocked full of health benefits and contain the powerful antioxidants alpha and beta-carotene, lutein, zeaxanthin, and choline.

Ingredients

2 TBSP GREEK YOGURT

1 SCOOP ICON GRASS FED STRAWBERRY MILKSHAKE WHEY PROTEIN

15 FROZEN RASPBERRIES

300ML WATER

Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

Macros

CALORIES: 144 KCALS CARBS: 4G FAT: 2G PROTEIN: 28G

The Benefits of Grass Fed Whey Protein

OUR WHEY IS SOURCED FROM HORMONE FREE GRASS FED COWS WHICH MEANS YOU'RE GETTING THE FOLLOWING EXTRA BENEFITS:

- 1. No growth hormones: Hormones are used to raise cattle by making them bigger faster with lots more milk. This also makes the cows more susceptible to getting ill. It also lowers your risk of having any side effects from the added hormones in your whey powder.
- 2. Complete Amino Acid profile: Cows that are allowed to graze freely on grass produce a much higher quality milk that's rich in essential amino acids. This helps us build lean muscle and it will also boost our skin's collagen production.
- **3. Non GMO:** Grass fed cows means they are not eating things like corn which are often genetically modified. Anything genetically modified contain harmful pesticides and are linked to a number of health issues.
- **4. Superior health benefits:** Whey protein has many health benefits apart from just building muscle. It's good for nail and hair growth, detoxification, and growth of healthy intestinal flora. The latter is very important as a healthy gut is something which we should all try to maintain especially as 70% of our immune system in located in our gut.
- **5. Better for the planet:** Grass fed cows produce 'significantly' less methane compared to cows that are forced to eat corn. Methane is one of the biggest contributors of greenhouse gases that are linked to climate change.
- **6. Superior taste and texture:** A grass fed whey protein powder is going to taste smooth, clean and sweeter but not the horrid sweet taste produced from adding tons of artificial sweetener. We only add 0.1% sucralose to our whey powder, the absolute minimum needed to produce a really delicious tasting protein shake.

Eating Right...

With the right supplements and a healthy balanced diet, you have the power to not only lose weight, but get stronger, fitter and leaner.

Avoid

FACTORY FARMED MEAT AND FISH

PROCESSED FOODS

MARGARINES AND GRAIN FED BUTTERS

REFINED COOKING OILS

HIGH SALT AND HYDROGENATED FAT JUNK FOOD AND SNACKS

CANNED FRUIT AND VEGETABLES

CONCENTRATED FRUIT JUICES

REFINED SUGARS

REFINED CARBOHYDRATES

'LOW FAT' ALTERNATIVES

ALCOHOL

Enjoy

FRESH FISH/SEAFOOD

ORGANIC & FREE RANGE LEAN WHITE MEAT

ORGANIC & FREE RANGE EGGS

ORGANIC RED MEAT

EXTRA VIRGIN OLIVE OIL

AVOCADO OIL

RAW NUTS AND SEEDS

ORGANIC NATURAL YOGHURT

FRESH VEGETABLES

AVOCADOS

FRESH FRUITS

AT LEAST 2 LITRES OF WATER PER DAY TO KEEP YOU HYDRATED



