

SPRING TO YOUR GOALS
WEIGHT LOSS CHALLENGE
30 DAY HEALTHY LIVING PLAN



PROTEIN MILKSHAKE

Ready to feel happier with an easy weight loss routine that lets you enjoy food?

The 30 Day Spring To Your Goals challenge will help you reach your goals while saving you time, and money and the frustration of not knowing what to eat. So you can relax and lose up to 15 pounds in 30 days.

More importantly, this plan will help you manage emotional eating and introduce you to a new way of enjoying the flavors of your favorite foods while transforming the habits that have been holding you back from your goals!

Curb cravings, lose weight and those stubborn inches from your waist with a high purity protein source that is formulated to keep your hormones balanced and your energy high.

The basic rules of the 30 Day Transformation are easy. Your daily menu will have protein packed meals, such as Protein Milkshakes, healthy carbs and fats to keep you energized, and veggies in unlimited quantities.

The secret will be to maintain your daily macro goals of 100g protein, while staying under 100g carbs and 50g fat, and keeping within 1200 - 1800 calories, depending on your activity level.

You'll feel full, all while kicking your sugar cravings and reach your goals while enjoying the flavors of the foods you love.

Get started now – and finally enjoy the results you want!

Your 30 Day Transformation Plan

1. Two servings of Protein Milkshake a day (as a shake or in a recipe) + 1-2 healthy meals to meet your daily calorie and macro requirements.

2. Daily Macro Requirements – this will vary depending on your weight – use the calorie calculator on the next page:

⊖ 100g protein

⊖ up to 100g carbs

⊖ up to 100g fat

If you are on keto, stay within your carb guidelines, and maintain the calorie, fat and protein guidelines in this plan.

If you don't see weight loss after week 1, drop your calories by 200-500 calories, but do not go under 1200 calories/day.

3. For best results, exercise 5x a week is recommended. It will boost your serotonin levels – giving you a feeling of happiness unrelated to food – which helps fix emotional eating, and improve your digestion and sleep, which will accelerate your weight loss.

**Tracking your calories is the key to your success on this plan. Eating the same foods weekly will help make this process easier for you.*

Step #1 - Calculate Your Daily Calories

How Many CALORIES TO EAT

TAKE YOUR
BODYWEIGHT



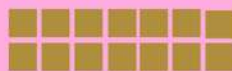
**Want to
LOSE FAT?**

MULTIPLY BY
10-12



**Want To
MAINTAIN?**

MULTIPLY BY
14



**Want To
GAIN MUSCLE?**

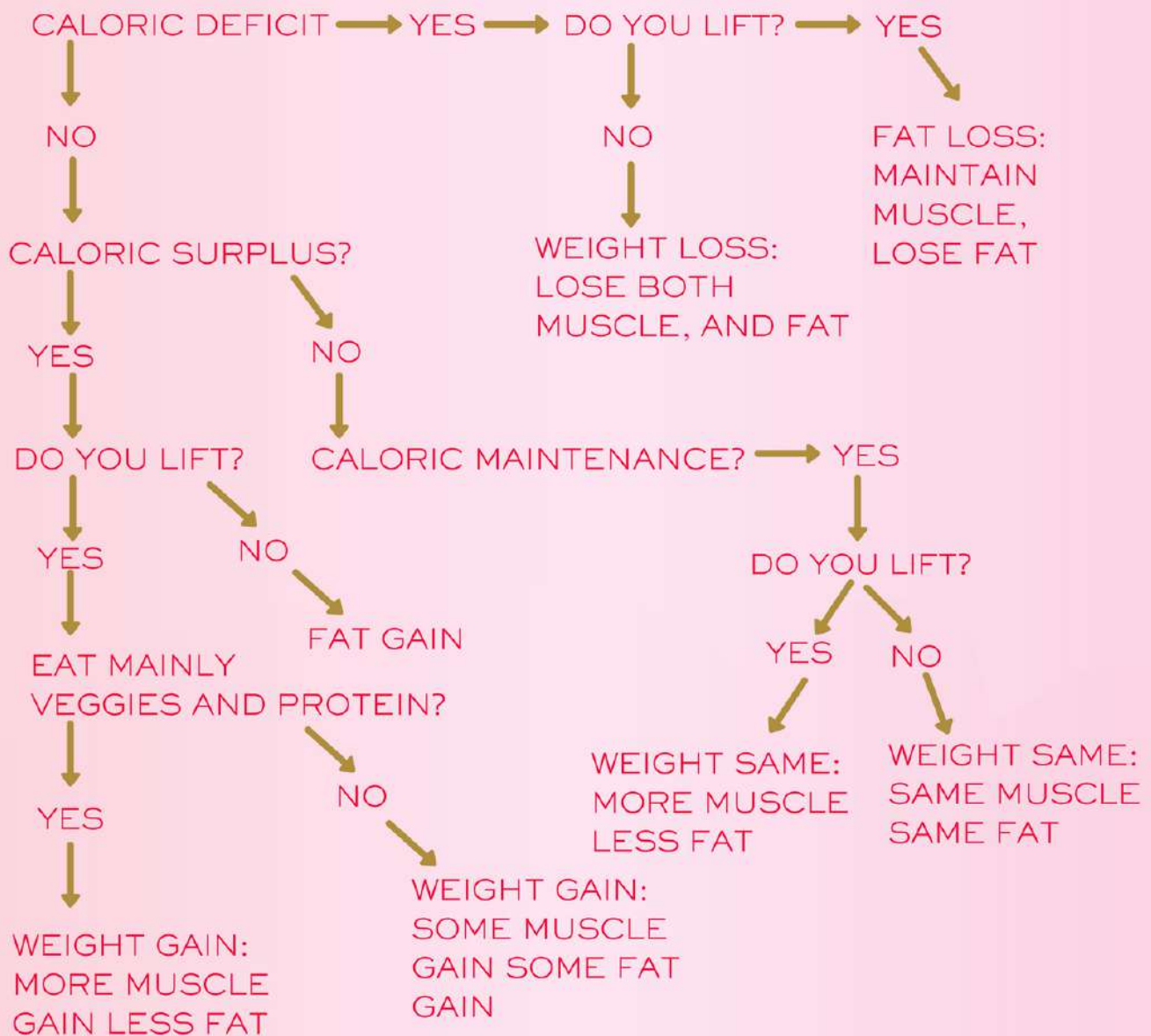
MULTIPLY BY
16-18



@proteinmilkshake

Step #2 - Understand Your Calories

HOW DO CALORIES WORK?



@proteinmilkshake

Step #3 - Manage Your Expectations

What WEIGHT LOSS actually looks like.



Wednesday

Excited for a great week, you've had some success, now it's time to keep going



Thursday

Who knows, maybe some unexpected sodium. You might be annoyed by this but try not to be.



Friday

Peed the water retention out.



Saturday

Typical fluctuation nothing new here.



Sunday

Ate well but had a drink = dehydrated.



Monday

Not dehydrated anymore.



Tuesday

2 pounds off seemingly overnight. But really 2 pounds off for 7 days of consistency. Keep this in mind every time the scale jumps. Consistency wins.

@proteinmilkshake

Give Yourself 30 Days To See Results

The FAT Whoosh

You're not losing, but you're doing everything right. What's happening?



As you start to lose fat, your cells start to fill up with water as a 'place holder', waiting for the cell to fill up with fat again. Fat cells can be stubborn and hold on for days. Once they realize there's no fat coming, they release and the cell collapses. (And finally you will see a big, fat drop on the scale.)

@proteinmilkshake

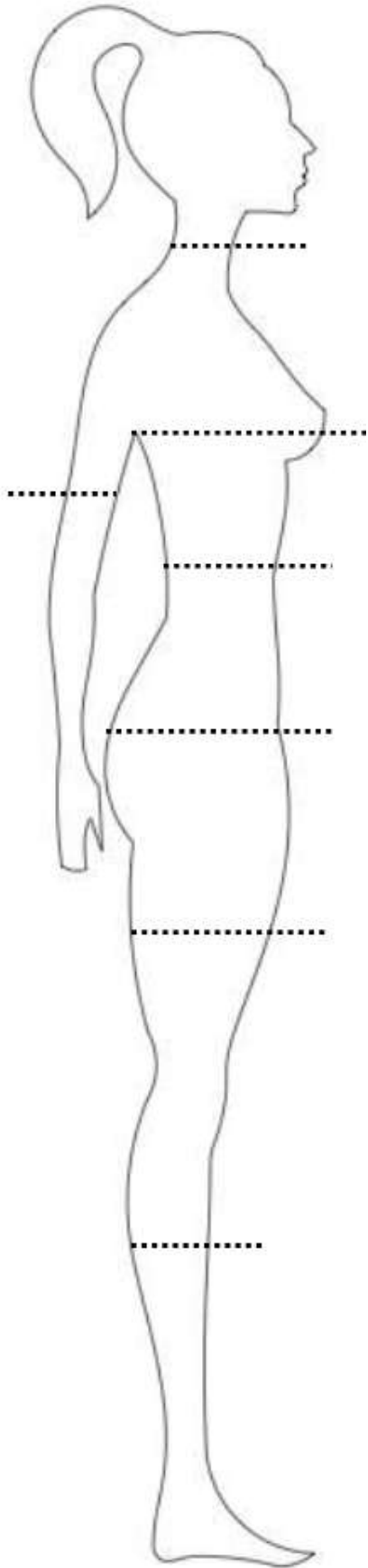
Tips For Success

- ✓ *For best results track all your food. Eat to meet daily protein, carbs, calorie and fat macro goals outlined in the Meal Plan Guidelines. Download the [Myfitnesspal](#) app or any similar program to track your food daily and stay on track with your progress.*
- ✓ *Use the approved foods and ingredients in the recipes to stay within the macro guidelines. Or choose products that match meet your daily macros. Choose organic foods with clean ingredients, and no artificial ingredients.*
- ✓ *Stay on the plan, without taking cheat days. If you have a cheat, record it in your daily food tracker and adjust your next meals to stay within your daily calorie goals.*
- ✓ *Practice a self care activity when you feel like going off plan to help you stay focused on your progress.*
- ✓ *Follow social media accounts online who help keep you inspired, motivated and on track with your goals.*
- ✓ *Have a plan for yourself for the times that could get in the way of following your plan. Make an extra batch of protein pasta, waffles and burgers and freeze so you can grab and go when you are in a rush.*
- ✓ *Celebrate your progress everyday! You are amazing!*

Recommended Transformation Plan Bundle



PROGRESS TRACKER



WEEK ONE DATE:

___ / ___ / ___

Goal Weight

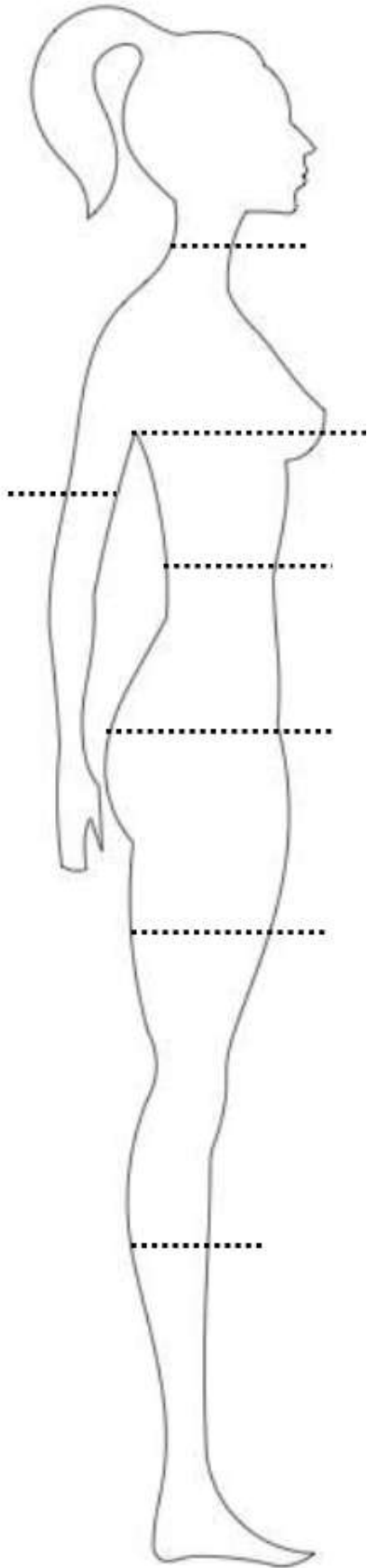
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MEASUREMENTS

LOSS/GAIN

<i>weight</i>	
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<i>neck</i>	
---	---
<i>arms</i>	
---	---
<i>chest</i>	
---	---
<i>waist</i>	
---	---
<i>hips</i>	
---	---
<i>thighs</i>	
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<i>calf</i>	
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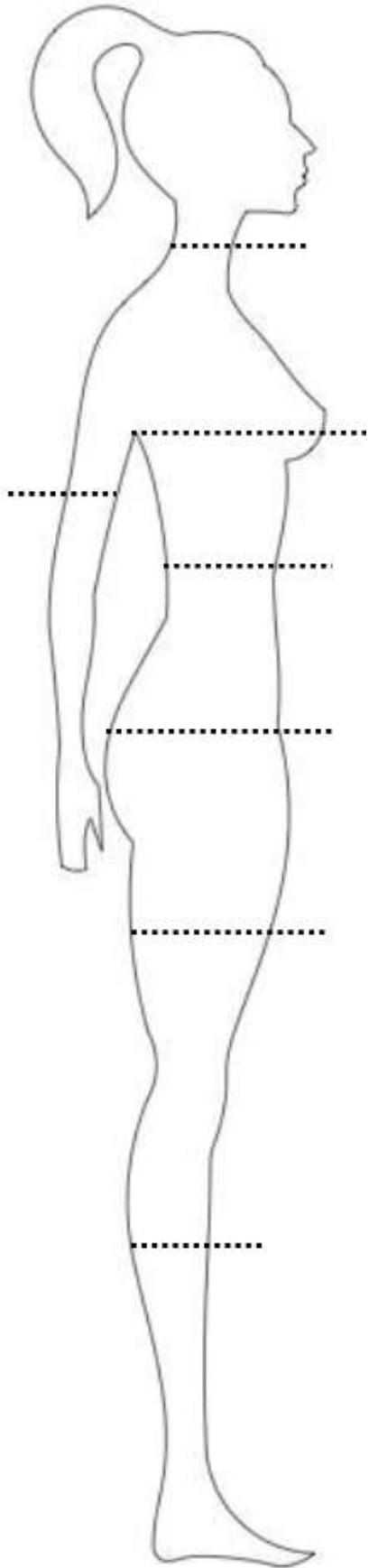
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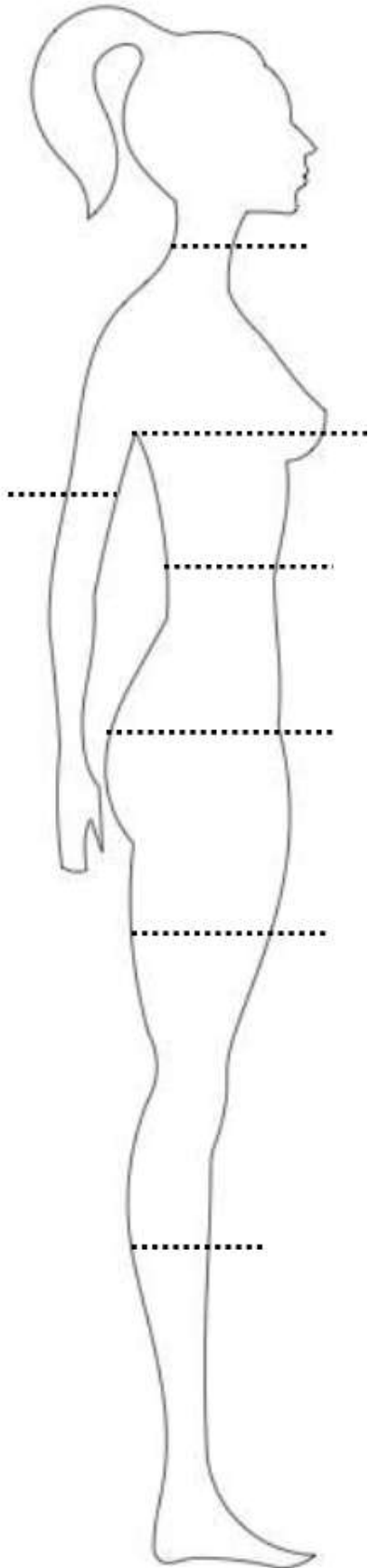


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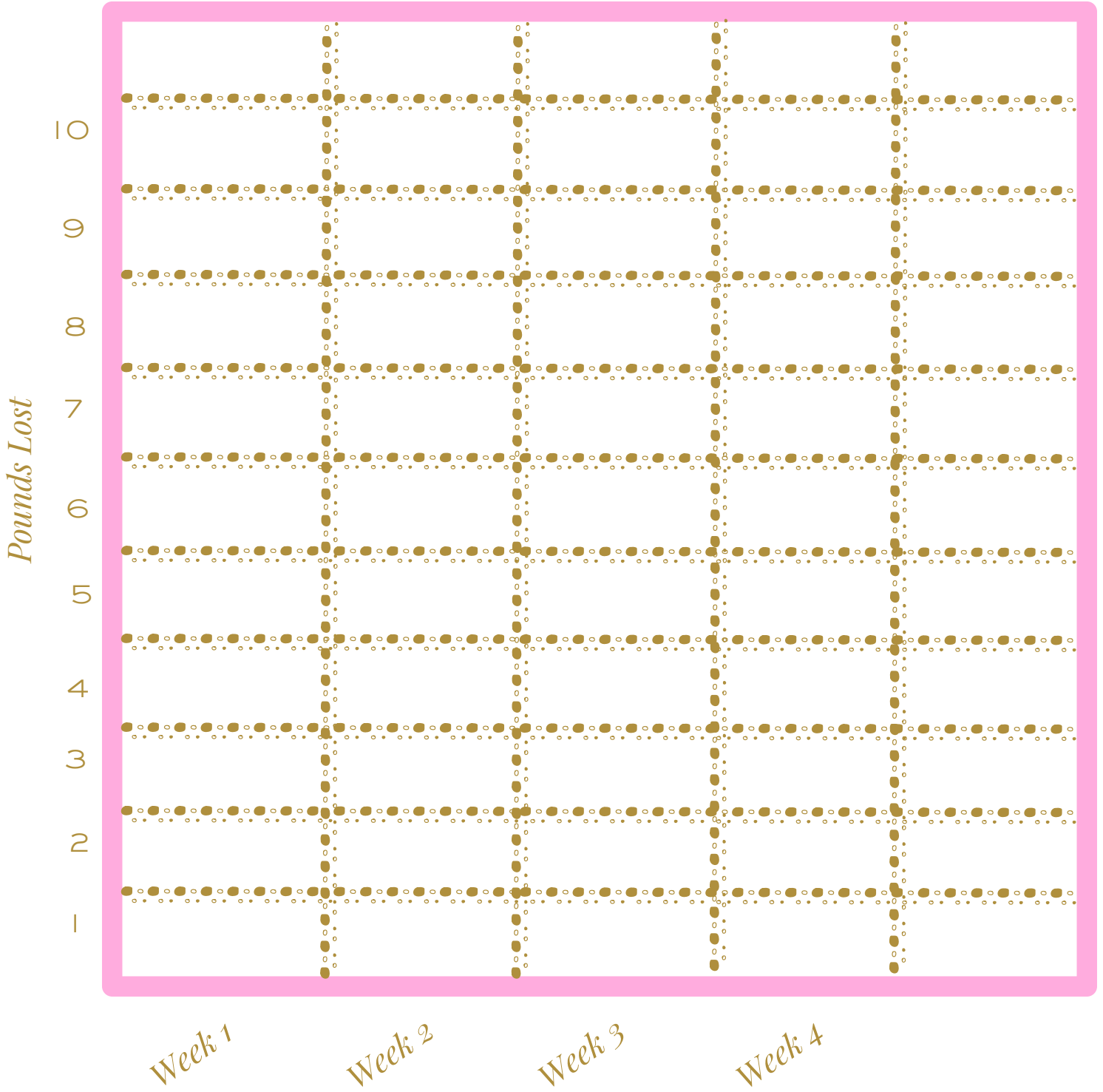
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<i>calf</i>	

WEIGHT LOSS TRACKER



Grocery List

Customize this list with your favorite foods

Protein

Protein Milkshake

Chicken Breast or
plant based protein
of choice

Eggs

Carbs

Oats (optional)

Low Carb Protein

Pasta

Fats

Spray Oil

Butter

Produce

Brocoli

Zucchini

Asparagus

Berries

Pantry

Plant Milk

Almond Flour

Apple Sauce

Other/Optional

Sugar free syrup

Daily Meal Plan Goals



SAMPLE MENU

Breakfast

Lunch

Dinner

Protein Milkshake

Protein Mug Cake

*Protein Milkshake
pancakes/waffles*

*Protein Milkshake
& Keto Grits*

*Protein pasta &
veggies.*

Burger & veggies

Burrito bowl

Protein Milkshake

& side of veggies

Keto Pizza

Burger & veggies

*Protein & veggie
stirfry*

Protein Milkshake

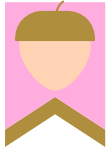
*Low Carb Chicken
Parmesean*

Keto Spanish Rice

*Snacks: Protein Milkshake, Veggies, Protein Mug Cake, Protein Waffles,
Protein Fluff, Protein Coffee*

Progress Journal

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Gratitude List

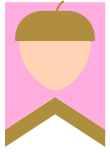


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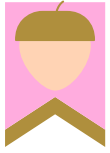


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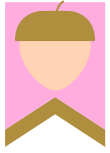


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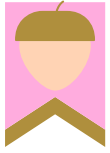


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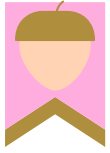


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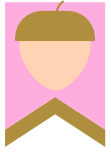


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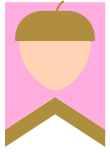


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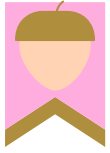


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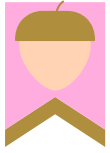


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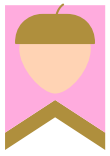


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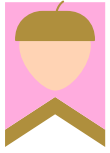


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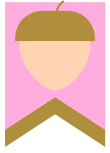


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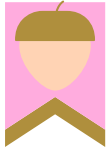


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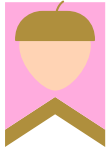


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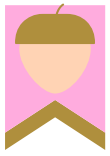


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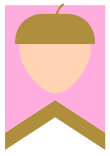


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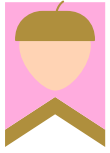


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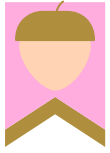


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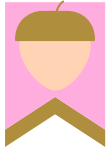


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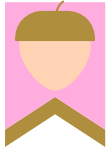


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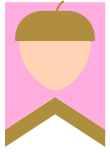


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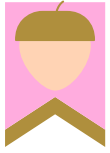


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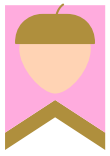


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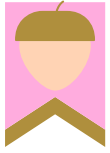


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Snacks



Gratitude List

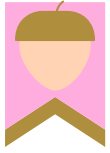


SELF CARE

- Workout
- Read A Book
- Affirmations / Prayer

Progress Journal

DATE M T W T F S S



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Schedule

am _____

noon _____

pm _____

FOOD DIARY

Breakfast

Lunch

Dinner

Snacks



Gratitude List

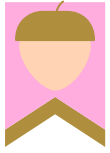


SELF CARE

- Workout*
- Read A Book*
- Affirmations / Prayer*

Progress Journal

DATE M T W T F S S



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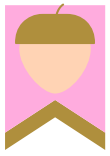


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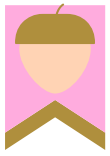


SELF CARE

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DATE M T W T F S S



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Gratitude List



SELF CARE

- Workout*
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Classic Protein Milkshake

🕒 1 MIN

👤 SERVES 1

🌿 LOW CALORIE



Ingredients

- 1 scoop [Protein Milkshake](#)
- 1 cup sugar free plant milk

Optional Add-ins

- fruit
- nut butter
- pb powder
- sugar free syrup
- sugar free pudding
- baking spices
- vanilla extract
- ice

Directions

Blend & enjoy!

Nutrition (with milk + protein)

Calories: 180

Fat: 1.5g

Protein: 22g

Fiber: 0g

Carbs: 3g

Sugar: 0g

Low Carb Protein Pasta

🕒 30 MINS 👤 SERVES 4 🍷 KETO OPTION



Ingredients

- 1/8 cup lentil protein pasta, zucchini spirals or spaghetti squash
- 3 cups veggies of choice
- 1 cup tomato pasta sauce
- low fat protein of choice
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- spray oil

Directions

1. Cook pasta/zucchini spirals/spaghetti squash.
2. Cooked protein in a pan with your seasonings of choice.
3. Add veggies and sauce to cooked protein and add pasta after veggies are cooked to your preference.



Servings 1
Calories: 371
Fat: 20g
Protein: 28g
Fiber: 2g
Net Carbs: 20g
Sugar: 1g

Low Carb Burrito Bowl

🕒 30 MINS 👤 SERVES 1 🥗 KETO OPTION



Ingredients

- 4 oz protein of choice
- 2 cups veggies
- 1 tbsp taco spice
- 1/4 cup greek yogurt
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- spray oil

Directions

1. Cook protein with spices and add veggies
2. Remove and enjoy with greek yogurt.
3. You can also plate it over Spanish "rice" or make it into a burrito using a low carb wrap.



Servings 1
Calories: 320
Fat: 15g
Protein: 20g
Fiber: 4g
Net Carbs: 4g
Sugar: 0g

Keto Cheesy Brussel and Chicken Bake

🕒 30 MINS 👤 SERVES 4 🥗 KETO OPTION



Ingredients

- 1lb Brussel sprouts
- Rotisserie chicken
- 2 cloves minced garlic
- Shredded parmesan
- 1/2 stick butter
- Salt, pepper
- and red pepper flakes
- Italian dressing

Directions

1. Preheat oven to 375 and grease your casserole dish (used 8x7).
2. Rinse and half your brussels, place in the bottom of the dish—season with salt and pepper .
3. Top Brussels with rotisserie chicken.
4. Add butter and garlic to microwave save dish and melt. Pour over chicken and brussels.
5. Top with Parmesan and mozzarella.
6. Bake uncovered 30 minutes.
7. Top with red pepper flakes and plate. Drizzle with Italian dressing if you want (you definitely do).

Keto Cheesy Ranch Cauliflower Bake

🕒 30 MINS 👤 SERVES 4 🥗 KETO OPTION



Ingredients

- 1 head cauliflower chopped into bite sized pieces
- 8oz cream cheese
- 2 tbsp ranch seasoning
- 1 lb spicy sausage
- 1 can Rotel, drained of its liquid
- 1.5 cups cheddar, shredded

Directions

1. Preheat oven to 375.
2. Melt cream cheese in the microwave for 1 minute, stir in ranch seasoning. Add chopped cauliflower and mix well.
3. Brown sausage. Remove from pan if you are using a cast iron skillet. In same pan add cauliflower mixture - If baking in a casserole layer the same way.
4. Layer browed sausage over cauliflower and then layer drained rotel over the sausage. Top with cheese and bake for 30 minutes.

Low Carb Pizza

🕒 30 MINS 👤 SERVES 4 🥗 KETO OPTION



Ingredients

Crust

- 2 (10-ounce) bags frozen riced cauliflower
- 1 egg or flax egg beaten
- 3/4 shredded cheese, softened
- 1 medium clove garlic, peeled and minced
- 1 1/2 tsp Italian seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

Toppings:

- 1 cup no-sugar-added pasta sauce
- 1 tsp Italian seasoning
- 1 medium clove garlic, peeled and minced
- 1/4 tsp salt
- 2 cups mozzarella cheese
- Veggies of choice (mushrooms, zucchini, olives, broccoli, peppers & spinach)
- 1 tsp dried or fresh parsley

Directions

1. Preheat oven to 420 F. Grease a 9" x 9" baking dish.
2. In a medium microwave-safe bowl, add cauliflower and microwave on high for 4-5 minutes until tender. Let cool and place on a kitchen towel. Wrap up cauliflower and squeeze out any excess water.
3. In a large bowl, combine cauliflower with remaining Crust ingredients. Stir until dough forms.
4. Place dough ball in prepared baking dish. Using your hands, spread the dough evenly, pushing firmly into place, dough will be somewhat loose).
5. Bake 8-10 minutes until crust is golden and crispy. If crust over browns too early, cover with foil and return to the oven.

Low Carb Pizza

🕒 30 MINS 👤 SERVES 4 🍷 KETO OPTION



Directions cont..

6. In a medium bowl, whisk together pasta sauce, Italian seasoning, garlic, and salt until well blended.
7. Remove crust from oven and evenly spread sauce mixture on top. Next, evenly top with mozzarella. Finally, top evenly with pepperoni slices.
8. Return to oven 3-5 minutes to melt cheese.
9. Cut into six slices, sprinkle evenly with parsley and serve.



Calories: 229
Fat: 14g
Protein: 16g
Fiber: 3g
Carbs: 8g
Net Carbs: 5g
Sugar: 4g

Low Carb Shrimp & Grits

🕒 20 MINS 👤 SERVES 4 🥗 KETO OPTION



Ingredients

- 1 (100z) bag frozen riced cauliflower
- 2 tbsp butter
- 1 lb shrimp deveined
- 1 tbsp cajun seasoning
- 1 tsp minced garlic

Directions

1. In a microwave safe bowl, add riced cauliflower and microwave on high 4-5 minutes until tender.
2. In a large skillet over medium heat, melt butter. Stir in shrimp and seasoning and cook 10 minutes covered while stirring.
3. Add riced cauliflower and garlic. Stir to combine.
4. Cook covered 10 minutes, stirring regularly.
5. Serve warm.

Calories: 148

Fat: 6g

Protein: 17g

Fiber: 2g

Carbs: 5g

Net Carbs: 3g

Sugar: 1g

Low Carb Spanish "Rice"

🕒 20 MINS 👤 SERVES 4 🥗 KETO OPTION



Ingredients

- 2 tbsp unsalted butter
- 1 (100z bag) riced cauliflower
- 1/2 medium bell pepper, seeded and finely chopped
- 1/4 cup chopped onion
- 1/2 cup no sugar added diced tomatoes with green chillies, drained
- 1 tbsp taco seasoning

Directions

1. In a large skillet over medium heat, melt butter. Stir in cauliflower and cook 10 minutes while stirring.
2. Stir in remaining ingredients and cook an additional 10 minutes while stirring to remove excess moisture.
3. Serve warm.



Calories: 85
Fat: 5g
Protein: 2g
Fiber: 3g
Carbs: 7g
Net Carbs: 4g
Sugar: 1g

Low Carb Chicken Parmesan

🕒 30 MINS 👤 SERVES 4 🥗 KETO



Ingredients

- 1/2 cup almond flour
- 1 egg mixed with 4 tbsp water
- 3/4 cup grated parmesan cheese
- 1 medium clove garlic, peeled and minced
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 4 (2 oz) boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 cup no-sugar-added pasta sauce
- 1 cup shredded whole milk mozzarella cheese

Directions

1. In a medium bowl, combine almond flour, parmesan, garlic, salt and pepper.
2. Place a large piece of parchment paper on your counter. Place chicken breasts on top and pound chicken to no thicker than 3/4"
3. Pat dry and dredge breasts in egg mixture, then lay in the flour mixture ensuring both sides are evenly coated.
4. In a large skillet over medium heat the oil. Fry all four breasts together for 10 minutes until golden. Flip and fry another 10 minutes.
5. In a medium microwave-safe bowl, add pasta sauce and microwave on high covered for 30 seconds. Stir and microwave again for 30 seconds.
6. Remove each breast to a dinner plate. Spoon pasta sauce over chicken and top with equal amounts of mozzarella. Serve warm



Healthy Keto Corn Bread

🕒 30 MINS 👤 SERVES 4 🥑 KETO



Ingredients

- 1 cup almond flour
- 2 tbsp coconut flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 tbsp full-fat sour cream
- 1/4 cup unsalted butter, melted
- 2 eggs beaten
- 12 drops sweetener
- 1/2 cup shredded Cheddar Cheese
- 3 tbsp unsalted butter
- 1/4 cup sugar-free pancake syrup

Directions

1. Preheat oven to 375F. Grease a 9 x 9 baking dish.
2. In a medium mixing bowl, whisk together flours, baking powder and salt.
3. In a separate medium mixing bowl, stir to combine sour cream, melted butter, eggs and sweetener.
4. Stir dry mixture into wet mixture until thoroughly combined.
5. Fold in cheddar until thoroughly mixed and then spread evenly in prepared baking dish.
6. Bake 25 minutes until firm and golden.
7. Slice and serve warm with remaining butter and sugar-free pancake syrup drizzled on top of each serving.



Servings 4
Calories: 471
Fat: 20g
Protein: 28g
Fiber: 2g
Carbs: 6g
Sugar: 1g

Keto Chicken Cordon Bleu Casserole

🕒 30 MINS 🧑 SERVES 4 🥗 KETO



Ingredients

- 12 oz broccoli chopped
- 1 rotisserie chicken
- 5 slices deli ham cut into bite sized pieces
- 8oz cream cheese melted
- @publix Dijon mustard
- 8 oz @publix brand Swiss cheese(grating your own is best)
- Salt, pepper, parsley

Crunchy topping:

- 2 tbsp butter melted
- 1 cup @porkkinggood unseasoned crumbs
- Parsley, salt

Directions

1. Preheat oven to 375 and grease a casserole dish.
2. Layer in chopped broccoli, season with salt and pepper and spread cream cheese over top.
3. Add chicken and spread enough Dijon mustard over to coat.
4. Add sliced ham and shredded cheese.
5. Mix melted butter, pork rind crumbs, parsley and salt. Sprinkle over top.
6. Bake 30 minutes and enjoy!!!



Healthy Protein Burger

🕒 10 MINS 👤 SERVES 1 🥗 KETO



Ingredients

- 1 burger
- veggies & toppings of choice

Directions

1. Cook burger according to directions and enjoy burger according to your preference.
2. Enjoy with a side salad, Spanish "rice" and/or steamed veggies.



Servings 1
Calories: 250
Fat: 18g
Protein: 20g
Fiber: 0g
Net Carbs: 5g
Sugar: 0g

Low Carb Protein Cupcakes

🕒 30 MINS 👤 SERVES 6 🥑 KETO



Ingredients

- 1 scoop [@proteinmilkshake Cupcake Batter](#)
- 1 cup almond flour
- 2 flax eggs or eggs
- 6 tbsp unsweetened apple sauce or butter softened
- 1/8 cup sugar free sweetener
- 2 tbsp vanilla extract
- 2 tbsp almond milk
- 1/2 tsp baking powder

Directions

1. Preheat oven to 350.
2. Mix dry ingredients. Melt and mix wet ingredients. Combine wet and dry ingredients.
3. Pour into muffin pan or silicon baking cups and bake for 15 minutes until golden brown
4. Remove & let cool before frosting.

Frosting

1. 1 cup double cream or canned full fat coconut cream
2. 1 tbsp Cupcake Batter Protein Milkshake

Beat the cream until fluffy then fold in the protein powder. Dollop the topping onto each cupcake. \



Sugarless Sugar Cookie Bars

🕒 30 MINS 👤 SERVES 6 🍷 KETO



Ingredients

- 1 scoop @proteinmilkshake Cupcake Batter
- 1/4 cup almond flour
- 1 flax eggs or eggs
- 3 tbsp unsweetened apple sauce or butter softened
- 1/8 cup sugar free sweetener
- 2 tbsp vanilla extract
- 2 tbsp almond milk
- 1/2 tsp baking powder

Directions

1. Preheat oven to 350.
2. Mix dry ingredients. Melt and mix wet ingredients. Combine wet and dry ingredients.
3. Pour into baking pan and bake for 15 minutes until golden brown
4. Remove & let cool before frosting.

Frosting

1. 1 cup double cream or canned full fat coconut cream
2. 1 tbsp Cupcake Batter Protein Milkshake

Beat the cream until fluffy then fold in the protein powder. spread over the bars.



Protein Fluff



1 MINS



SERVES 1



KETO



Ingredients

- 1 scoop [@proteinmilkshake](#) Cupcake Batter
- 1/2 cup greek yogurt
- toppings of choice

Directions

1. Mix ingredients until well combined... and that's it!
2. Add in your toppings of choice and enjoy with fresh fruit or straight out of the bowl.



Servings 1
Calories: 220
Fat: 5g
Protein: 30g
Fiber: 0g
Net Carbs: 5g
Sugar: 1g

Keto Protein Brownies

🕒 30 MINS 👤 SERVES 6 🍷 KETO



Ingredients

- 1 scoop [@proteinmilkshake](#)
- 1 cup pumpkin purée
- 1 egg
- 2 tbsp almond butter
- 2tbsp cocoa powder
- 2 tbsp [@pyureorganic](#) stevia/ erythritol blend
- 1/4C Sugar free chocolate chips plus more for topping.
- 8 drops [@oooflavors](#) pumpkin spice

Directions

1. Preheat oven to 350.
2. Mix all ingredients excepts chips well with hand mixer.
3. Stir in chips and divide batter among mini cupcake tins/liners.
4. Top each with more chips.
5. Bake 12-15 minutes until done.



Keto Protein Brownie Batter

🕒 30 MINS 👤 SERVES 6 🥗 KETO



Ingredients

- 2 scoops [@proteinmilkshake](#)
- 1/2 cup organic heavy whipping cream
- 8-10 stevia drops
- 2 containers(cups) [@twogoodyogurt](#) vanilla flavor
- 1/2 c sugar free chocolate chips, melted
- 1/2 c fine almond flour

Directions

1. Place heavy whipping cream and stevia drops into a large bowl and whisk with hand or stand mixer until double in size.
2. Add yogurt and flavoring, whip until light and fluffy (2-3 minutes)
3. Add in remaining ingredients (not toppings) and whip until fully incorporated.
4. Top with nibs and bark for some yummy crunch!



Healthy Birthday Cake Mug Cake

🕒 2 MINS 👤 SERVES 1 🍷 KETO



Ingredients

- 1 scoop [Protein Milkshake](#)
- 1/2 tbsp coconut flour
- 1/4 tsp baking powder
- 1 large egg
- 1/4 cup plant milk
- 1 tbsp melted butter

Directions

1. Spray a coffee mug with cooking spray, mix all ingredients in mug and microwave for 90 seconds.
2. Top with Frosting: 2oz whipped cream cheese 1 tsp vanilla 2 tsp swerve sweetener 1 tbsp macadamia nut milk
3. Mix all together and top with 2 tsp sprinkles.



Protein Pancakes & Waffles

🕒 20 MINS 👤 SERVES 1 🍷 KETO



Ingredients

- 1 scoop [Protein Milkshake](#)
- 1/4 cup almond milk
- 1 tsp flour
- 1 large egg
- sprinkles
- 1 tbsp melted butter

Directions

1. Blend well and pour in a griddle or waffle iron until cooked. Top with your favorite healthy toppings like whipped cream, fruit and sugar free syrup.



Servings 1
Calories: 230
Fat: 6g
Protein: 30g
Fiber: 1g
Net Carbs: 8g
Sugar: 0g

Healthy Protein Oatmeal

🕒 20 MINS 👤 SERVES 1 🥗 KETO



Ingredients

- 1 scoop [Protein Milkshake](#)
- 1 cup almond milk
- 1/4 cup organic oats
- 1 cup water
- sprinkles

Directions

1. Cook oats with water according to package directions.
2. Blend protein with almond milk and pour over cooked oats. Top with sprinkles.



Servings 1
Calories: 230
Fat: 6g
Protein: 30g
Fiber: 1g
Net Carbs: 8g
Sugar: 0g

Have questions or want more recipes and healthy inspiration?

Join us on Instagram to join a community of 32,000 others sharing their weight loss success tips, recipes and motivation!



[@proteinmilkshake](https://www.instagram.com/proteinmilkshake)

Have questions or need help? Contact us!



call/text 855.582.2580



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