

4TH OF JULY

COOKBOOK



15 HIGH PROTEIN RECIPES!

BPN
BARE PERFORMANCE NUTRITION

BANANA PROTEIN ICE CREAM

MAKES 1 SERVING

INGREDIENTS:

- 1 FROZEN BANANA
- 1/2 CUP MILK OR MILK SUBSTITUTE
- 1 SCOOP BPN WHEY PROTEIN (FLAVOR OF YOUR CHOICE)

INSTRUCTIONS:

1. CUT FROZEN BANANA INTO 1/2 INCH SLICES.
2. PLACE BANANA SLICES IN BLENDER WITH MILK AND BLEND UNTIL THE MIXTURE REACHES A CREAMY CONSISTENCY.
3. ADD PROTEIN POWDER AND BLEND AGAIN UNTIL FULLY MIXED.

MACROS:

38g
CARBS

30g
PROTEIN

3g
FAT

BLUEBERRY CHIA OVERNIGHT PROTEIN OATS

MAKES 1 SERVING

INGREDIENTS:

- 1 CUP OLD FASHIONED OATS
- 1 TBSP. CHIA SEEDS
- 1 SCOOP BPN CINNAMON ROLL WHEY PROTEIN
- 3/4 CUP MILK OR MILK SUBSTITUTE
- 1 TBSP. SUGAR-FREE MAPLE SYRUP
- 1/2 CUP BLUEBERRIES

INSTRUCTIONS:

1. PLACE THE OATS, CHIA SEEDS, PROTEIN POWDER, ALMOND MILK AND MAPLE SYRUP IN A BOWL. STIR TOGETHER UNTIL COMBINED.
2. COVER WITH PLASTIC WRAP AND STORE IN FRIDGE OVERNIGHT.
3. IN THE MORNING, STIR IN BLUEBERRIES.

MACROS:

78g
CARBS

39g
PROTEIN

13g
FAT

BLUEBERRY PROTEIN MUFFINS

MAKES 15 MUFFINS

INGREDIENTS:

- 4 OZ. VANILLA GREEK YOGURT
- 1 1/2 TSP. BAKING SODA
- 1/2 TSP. BAKING POWDER
- 1 CUP OATS
- 3 SCOOPS BPN VANILLA WHEY PROTEIN
- 1/2 CUP MILK OR MILK SUBSTITUTE
- 4 TBSP. STEVIA
- 1 EGG WHITE
- 2 EGGS
- 1 TSP. VANILLA EXTRACT
- 1 CUP BLUEBERRIES

INSTRUCTIONS:

1. PREHEAT OVEN TO 375F. SPRAY MUFFIN TINS WITH COOKING SPRAY.
2. ADD ALL DRY INGREDIENTS INTO A BOWL & MIX UNTIL COMBINED.
3. ADD IN WET INGREDIENTS AND MIX UNTIL SMOOTH.
4. GENTLY FOLD IN BLUEBERRIES INTO BATTER.
5. POUR BATTER INTO MUFFIN CUPS FILLING 3/4 OF THE WAY FULL.
6. BAKE 12-15 MINUTES OR UNTIL GOLDEN BROWN.

MACROS PER MUFFIN:

11g
CARBS

6g
PROTEIN

1.5g
FAT

CHOCOLATE PEANUT BUTTER PROTEIN PANCAKES

MAKES 4 PANCAKES

INGREDIENTS:

- 1 SCOOP OF BPN CHOCOLATE PEANUT BUTTER WHEY PROTEIN
- 1/2 SMALL BANANA, MASHED
- 1 TBSP. FLOUR OR PANCAKE MIX
- 3 EGG WHITES
- 1/3 CUP WATER
- 1/2 TSP. BAKING POWDER

INSTRUCTIONS:

1. IN A MEDIUM BOWL, WHISK ALL INGREDIENTS TOGETHER UNTIL FULLY COMBINED.
2. SPRAY A SKILLET OR GRILL PAN WITH NON-STICK COOKING SPRAY AND HEAT STOVETOP OVER MEDIUM HEAT. SPOON MIXTURE ONTO HEATED PAN INTO 4 MEDIUM SIZED PANCAKES.
3. HEAT 2-3 MINUTES, OR UNTIL BUBBLY. FLIP & HEAT OTHER SIDE AN ADDITIONAL 2-3 MINUTES.

MACROS FOR 4 PANCAKES:

25g
CARBS

37g
PROTEIN

3g
FAT

CINNAMON SWIRL PROTEIN MUFFINS

MAKES 12 MUFFINS

INGREDIENTS:

- 1 CUP VANILLA GREEK YOGURT
- 3/4 CUP UNSWEETENED APPLESAUCE
- 1 1/2 CUPS OLD FASHIONED OATS
- 2 SCOOPS BPN CINNAMON ROLL WHEY PROTEIN
- 1/3 CUP STEVIA
- 2 EGGS
- 1 TSP. CINNAMON
- 1 TSP. BAKING POWDER

INSTRUCTIONS:

1. PREHEAT OVEN TO 400F.
2. ADD ALL INGREDIENTS INTO MIXER OR BLENDER AND BLEND UNTIL FULLY COMBINED.
3. POUR INTO MUFFIN TINS THAT HAVE BEEN SPRAYED WITH NON-STICK SPRAY.
4. BAKE FOR 15-20 MINUTES OR UNTIL GOLDEN BROWN.

MACROS PER MUFFIN:

10g
CARBS

8g
PROTEIN

2g
FAT

PROTEIN FUDGSICLES

MAKES 6 FUDGSICLES

INGREDIENTS:

- 1 CAN COCONUT MILK
- 2 SCOOPS OF BPN FUDGE CHOCOLATE WHEY PROTEIN
- 1 TSP. VANILLA
- 1 TBSP. SUGAR-FREE MAPLE SYRUP

INSTRUCTIONS:

1. IN A BLENDER, ADD ALL INGREDIENTS AND BLEND ON HIGH UNTIL SMOOTH.
2. POUR MIXTURE INTO POPSICLE MOLDS AND LET FREEZE OVERNIGHT.

MACROS PER FUDGSICLE:

3g
CARBS

9g
PROTEIN

4g
FAT

PROTEIN ICED COFFEE

MAKES 1 SERVING

INGREDIENTS:

- 1 CUP OF HOT BREWED COFFEE
- 1 CUP ICE CUBES
- 1 SCOOP BPN VANILLA OR CINNAMON ROLL WHEY PROTEIN
- 1/3 CUP MILK OR MILK SUBSTITUTE

INSTRUCTIONS:

1. COMBINE COFFEE, WHEY PROTEIN & MILK IN A BLENDER AND BLEND UNTIL SMOOTH.
2. POUR OVER ICE.

MACROS:

5g
CARBS

25g
PROTEIN

6g
FAT

CHOCOLATE PROTEIN MUG CAKE

MAKES 1 SERVING

INGREDIENTS:

- 1 SCOOP BPN FUDGE CHOCOLATE WHEY PROTEIN
- 1/4 TSP. BAKING POWDER
- 1 EGG WHITE
- 1/2 TSP. VANILLA EXTRACT
- 2 TBSP. MILK OR MILK SUBSTITUTE
- 1 TBSP. STEVIA

INSTRUCTIONS:

1. COMBINE ALL INGREDIENTS IN A COFFEE MUG AND WHISK UNTIL FULLY COMBINED.
2. MICROWAVE ON HIGH FOR 1 MINUTE. IF THE BATTER RAISES OVER THE MUG, STOP THE MICROWAVE AND CONTINUE COOKING IN INTERVALS.

MACROS:

6g
CARBS

30g
PROTEIN

3g
FAT

ORANGE CREAMSICLE PROTEIN SHAKE

MAKES 1 SHAKE

INGREDIENTS:

- 1 SCOOP BPN VANILLA WHEY PROTEIN
- 1 CUP ORANGE JUICE
- HANDFUL OF ICE CUBES
- 1 CUP MILK OR MILK SUBSTITUTE
- 1/2 BANANA

INSTRUCTIONS:

1. COMBINE ALL INGREDIENTS INTO A BLENDER & BLEND UNTIL SMOOTH.

MACROS:

44g
CARBS

28g
PROTEIN

6g
FAT

OREO PROTEIN SHAKE

MAKES 1 SHAKE

INGREDIENTS:

- 1 SCOOP OF BPN MILK N' COOKIES WHEY PROTEIN
- 2 OREOS
- 1 TSP. UNSWEETENED COCOA POWDER
- 1 CUP MILK OR MILK SUBSTITUTE
- HANDFUL OF ICE CUBES

INSTRUCTIONS:

1. ADD ALL INGREDIENTS INTO BLENDER AND BLEND ON HIGH UNTIL SMOOTH. GARNISH WITH EXTRA OREO CRUMBS FOR ADDED FLAVOR.

MACROS:

23g
CARBS

26g
PROTEIN

11g
FAT

PB & J PROTEIN SHAKE

MAKES 1 SHAKE

INGREDIENTS:

- 1 CUP MIXED FROZEN BERRIES
- 1 TBSP. ALL-NATURAL PEANUT BUTTER
- 1/4 CUP BPN VANILLA WHEY PROTEIN
- 2 TBSP. OATS
- 1 CUP MILK OR MILK SUBSTITUTE

INSTRUCTIONS:

1. ADD ALL INGREDIENTS IN A BLENDER AND BLEND ON HIGH UNTIL SMOOTH.

MACROS:

38g
CARBS

34g
PROTEIN

16g
FAT

PINA COLADA PROTEIN SHAKE

MAKES 1 SHAKE

INGREDIENTS:

- 1 CUP FROZEN PINEAPPLE CHUNKS
- 1/2 FROZEN BANANA
- 6 OZ. UNSWEETENED COCONUT MILK
- 1/2 TSP. COCONUT EXTRACT
- 1 SCOOP BPN VANILLA WHEY PROTEIN

INSTRUCTIONS:

1. COMBINE ALL INGREDIENTS INTO A BLENDER & BLEND UNTIL SMOOTH.

MACROS:

39g
CARBS

27g
PROTEIN

5g
FAT

PROTEIN PUDDING

MAKES 1 SERVING

INGREDIENTS:

- 2 TBSP. SUGAR-FREE PUDDING MIX
- 2 SCOOPS OF BPN FUDGE CHOCOLATE WHEY PROTEIN
- 1 CUP OF MILK OR MILK SUBSTITUTE

INSTRUCTIONS:

1. IN A MEDIUM BOWL, COMBINE ALL INGREDIENTS AND MIX UNTIL FULLY COMBINED.
2. REFRIGERATE FOR AT LEAST 3 HOURS BEFORE SERVING.

MACROS:

18g
CARBS

49g
PROTEIN

7g
FAT

PROTEIN PUPPY CHOW

MAKES 8 SERVINGS

INGREDIENTS:

- 3 OZ. SEMI-SWEET CHOCOLATE CHIPS
- 1/4 CUP NATURAL PEANUT BUTTER
- 1/4 CUP HONEY
- 1 TBSP. COCONUT OIL
- 1 TSP. VANILLA EXTRACT
- 4 1/2 CUPS RICE CHEX CEREAL
- 1 CUP BPN CHOCOLATE OR VANILLA WHEY PROTEIN

INSTRUCTIONS:

1. IN A LARGE, MICROWAVE SAFE BOWL, MELT THE CHOCOLATE, PEANUT BUTTER, HONEY & COCONUT OIL. TAKE OUT IN 20 SECOND INTERVALS AND STIR UNTIL SMOOTH.
2. STIR THE VANILLA EXTRACT INTO THE MIXTURE, FOLLOWED BY THE RICE CHEX. STIR THE CEREAL UNTIL EVERY PIECE IS COATED.
3. PLACE THE PROTEIN POWDER INTO A LARGE ZIPLOC BAG AND SCOOP THE CEREAL MIXTURE INTO THE BAG. SEAL THE BAG AND SHAKE AROUND UNTIL THE PROTEIN POWDER EVENLY COATS THE CEREAL. LET COOL BEFORE SERVING.

MACROS PER SERVING:

40g
CARBS

8g
PROTEIN

10g
FAT

STRONG GREENS SMOOTHIE

MAKES 1 SMOOTHIE

INGREDIENTS:

- 2 CUPS SPINACH
- 1 CUP COCONUT WATER
- 1/4 CUP CHOPPED APPLE
- 1 TBSP. GRATED GINGER
- JUICE FROM 1 SQUEEZED LEMON
- 1 SCOOP OF BPN STRONG GREENS
- 1 SCOOP OF BPN VANILLA WHEY PROTEIN
- HANDFUL OF ICE CUBES

INSTRUCTIONS:

1. ADD ALL INGREDIENTS IN A BLENDER AND BLEND ON HIGH UNTIL SMOOTH.

MACROS:

25g
CARBS

27g
PROTEIN

3g
FAT