

BEYOND

THE

SHAKE

EASY RECIPES TO SUPERCHARGE
YOUR HEALTHY LIFESTYLE WITH
MUSCLETECH® GRASS-FED
100% WHEY PROTEIN

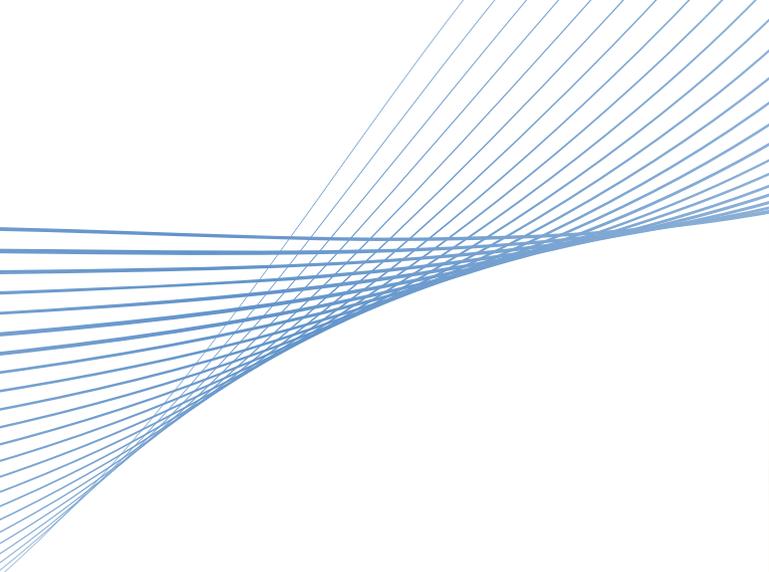




TIRED OF THE SAME OLD PROTEIN RECIPES?

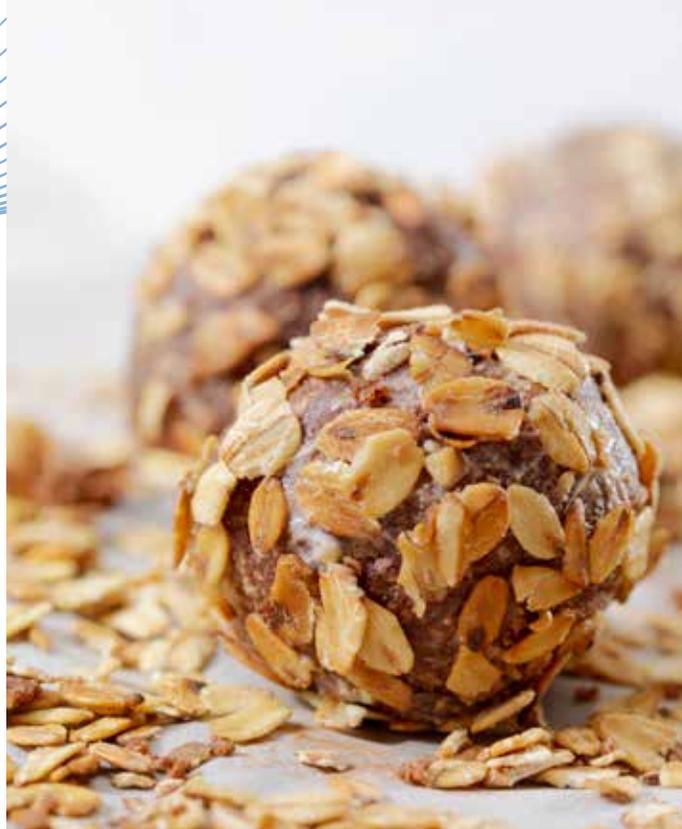
THIS IS THE BOOK FOR YOU

Written with the whole fit family in mind, it's a collection of delicious recipes, including exclusive creations from MuscleTech® fitness and nutrition experts. Be sure to keep it bookmarked. We guarantee that you'll keep coming back for more.



This book is dedicated to those who are looking to get more out of their protein. It's dedicated to anyone who wants to fuel their day with healthy nutrition or build lean muscle with trustworthy ingredients; to dessert lovers who want to expand their guilt-free, no-bake options; and to moms and dads who want an ultra-clean protein source the whole family can enjoy.

**AT AN
INCREDIBLE
VALUE**



EXCLUSIVELY AT SAM'S CLUB

MuscleTech® Grass-Fed 100% Whey Protein is all of this and more. It's sourced primarily from pasture-raised dairy cows without the use of growth hormones or GMOs. It's loaded with clean ingredients to feel good about, and free of artificial colors and flavors. To help maximize its benefits, we've designed these exciting recipes just for you. Each one includes a scoop or two of Deluxe Vanilla or Triple Chocolate, plus more nutritious ingredients to support your healthy lifestyle. They'll keep your protein quota high and make cooking and food prep exciting again.

AVAILABLE IN TWO GREAT FLAVORS:
TRIPLE CHOCOLATE & DELUXE VANILLA

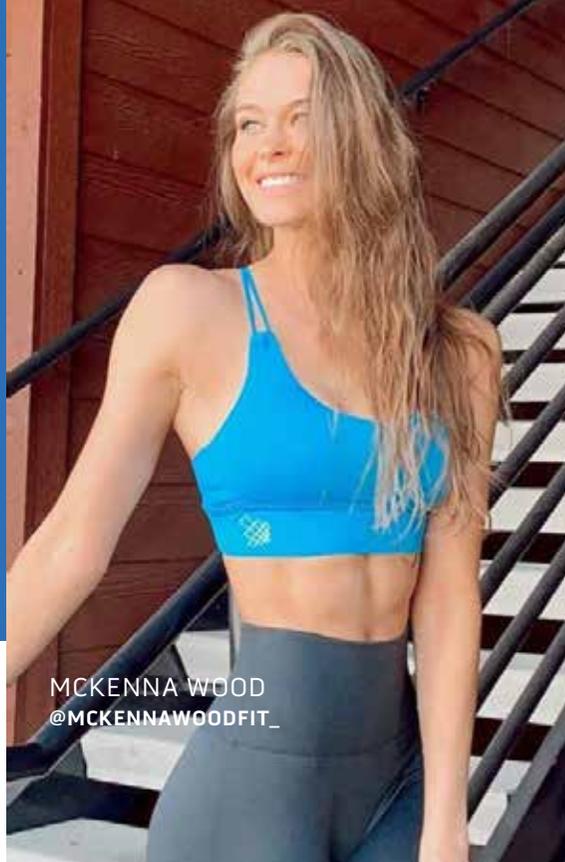


SHAKE UP YOUR PROTEIN

WITH TEAM MUSCLETECH®

Though Team MuscleTech brings people together to celebrate fitness every day on small screens and social media platforms all over the world, we think there's something special about bringing them together in the kitchen to contribute to this album of tasty treats. Protein shakes are fine and all, but Team MuscleTech's recipes have to hold their own, and they do — from Chocolate Chip Breakfast Cookies to Superfood Smoothies. Finally, you'll flip for Protein-Packed Blueberry Pancakes, rounding out a book full of protein-packed recipes you're going to make again and again.

8.



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FITNESS AND NUTRITION EXPERTS

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PRE

IDEAL FOR:
SUSTENANCE AND
ENERGY FOR THE
DAY AHEAD

BLUEBERRY MATCHA OVERNIGHT CHIA PUDDING

You'll love this powerful pudding, packed with catechins and other healthy components. It's a cool pre-workout alternative to help boost endurance and deliver an energy boost.

INGREDIENTS:

- 1 1/2 cups unsweetened almond milk (or milk of choice)
- 1 tsp. organic matcha
- 1/4 cup chia seeds
- 1/4 cup fresh or frozen blueberries
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Add almond milk, matcha, chia seeds and protein to a small jar. Shake lightly for 30 to 45 seconds. Place in the fridge and leave overnight to set. Top with 1/4 cup of fresh or frozen blueberries.

NUTRITIONAL VALUE
PER SERVING

389
CALORIES

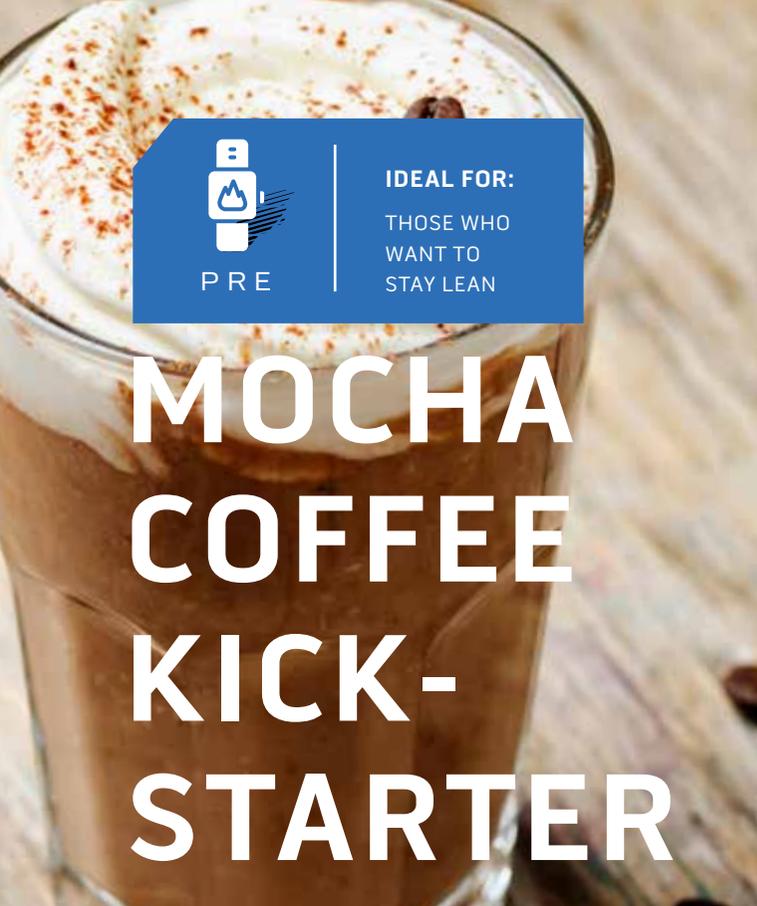
27G
PROTEIN

15.5G
FAT

31G
CARBS

7G
SUGAR





PRE

IDEAL FOR:

THOSE WHO
WANT TO
STAY LEAN

MOCHA COFFEE KICK- STARTER



INGREDIENTS:

- 1 tsp. instant coffee, dissolved in 1/4 cup water
- 1 cup unsweetened almond milk (or milk of choice)
- 1/4 tsp. cinnamon
- 1 scoop Triple Chocolate Grass-Fed 100% Whey Protein

DIRECTIONS:

Add all ingredients to a blender and blend on medium for 30 seconds, until consistency is smooth.

NUTRITIONAL VALUE
PER SERVING

20g
PROTEIN

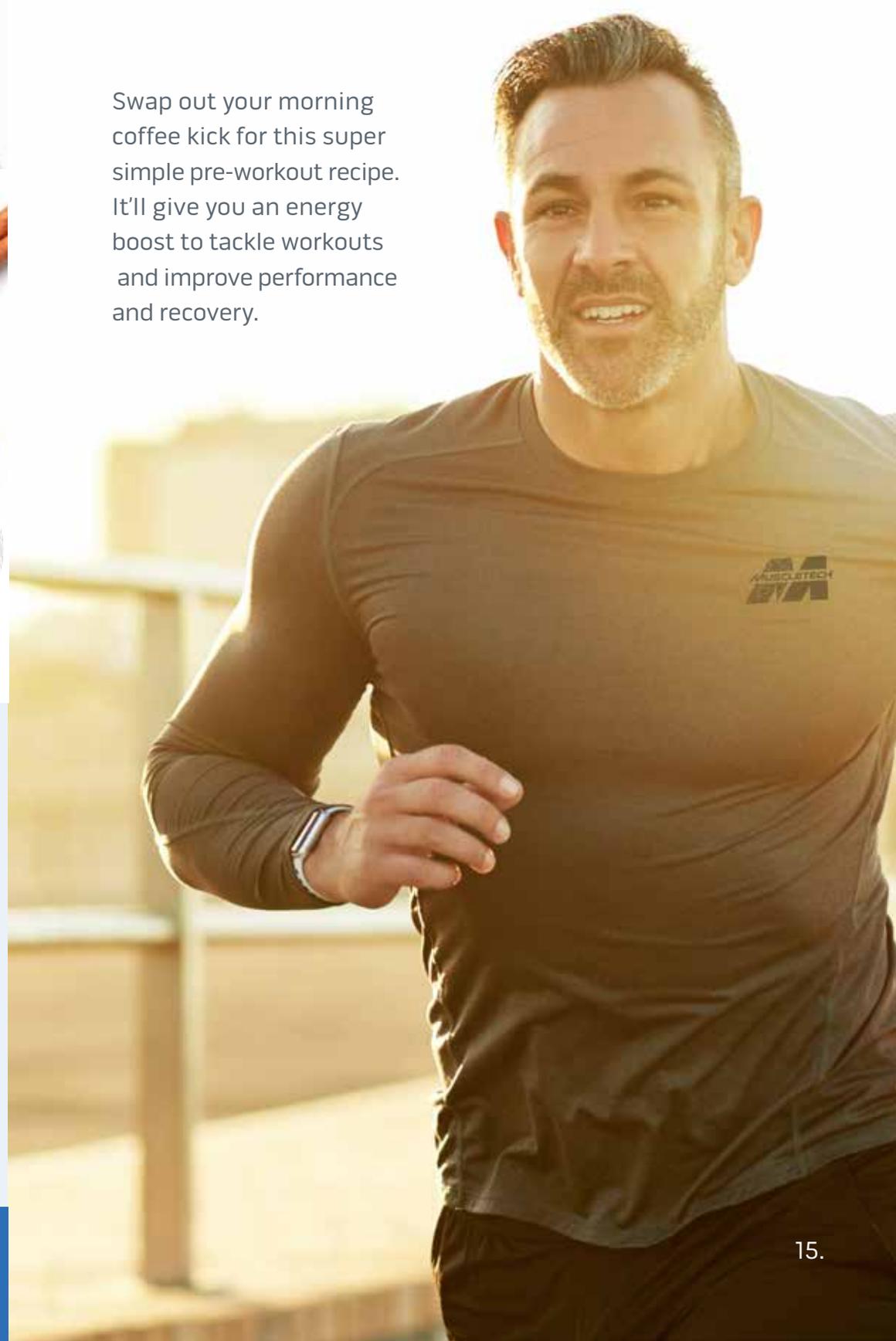
2.5g
FAT

9g
CARBS

2g
SUGAR

151
CALORIES

Swap out your morning coffee kick for this super simple pre-workout recipe. It'll give you an energy boost to tackle workouts and improve performance and recovery.





IDEAL FOR:
POST-WORKOUT
RECOVERY

VANILLA CUPCAKE COOLDOWN SHAKE

A protein-packed drink after working up a sweat can help your body repair itself throughout the day. It'll help build stronger muscles, increase training efficacy and speed up muscle recovery time. Consider it a satisfying reward for your sweet tooth, too.

INGREDIENTS:

- 1 banana
- 1 1/2 cups unsweetened almond milk (or milk of choice)
- 1/4 cup vanilla yogurt
- 1 tbsp. maple syrup
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Add all ingredients to a blender and blend on medium for 30 seconds, until consistency is smooth. Top with cinnamon, if desired.

NUTRITIONAL VALUE
PER SERVING

27g
PROTEIN

15.5g
FAT

31g
CARBS

7g
SUGAR

389
CALORIES





POST

IDEAL FOR:
THOSE WHO
WANT TO
STAY LEAN

THE SUNSHINE REFRESHER

Add some joy to your day with this boosting beverage. It's perfect post-workout, and with the low amount of carbs and fat, it's a formula you can feel good about.

INGREDIENTS:

- 1 medium orange, quartered
- 1 thumb of ginger
- 4 to 5 mint leaves
- 1/2 banana
- 1 tbsp. hemp seeds
- 4 ice cubes
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Add all ingredients to a blender and blend on medium for 30 seconds, until consistency is smooth.

NUTRITIONAL VALUE
PER SERVING

20g
PROTEIN

2.5g
FAT

9g
CARBS

18g
SUGAR

215
CALORIES



BY: MCKENNA WOOD | @MCKENNAWOODFIT_

Arizona based McKenna thrives on the fit life with a focus on balanced living. She loves the great outdoors and leg day.



SUPER FOOD SMOOTHIE



Incorporate superfoods into your day with this jacked-up smoothie. Chia, flax, kale, ginger and mega amounts of protein will keep you fueled, so you can get things done.

INGREDIENTS:

- 1 cup berries
- 1/2 cup spinach
- 1/2 cup kale
- 1/2 cup Greek yogurt
- 1/2 banana
- 100g egg whites
- 1/2 tsp. chia seeds
- 1/2 tsp. flaxseeds
- 1 inch of ginger, thinly sliced
- 1/4 cup oats
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein
- Water, as needed*

DIRECTIONS:

Add all ingredients to a blender and blend on medium for 30 seconds, until desired consistency.
*Less liquid equals a thicker smoothie.

NUTRITIONAL VALUE
PER SERVING

40g
PROTEIN

4.9g
FAT

50g
CARBS

20g
SUGAR

480
CALORIES



POST

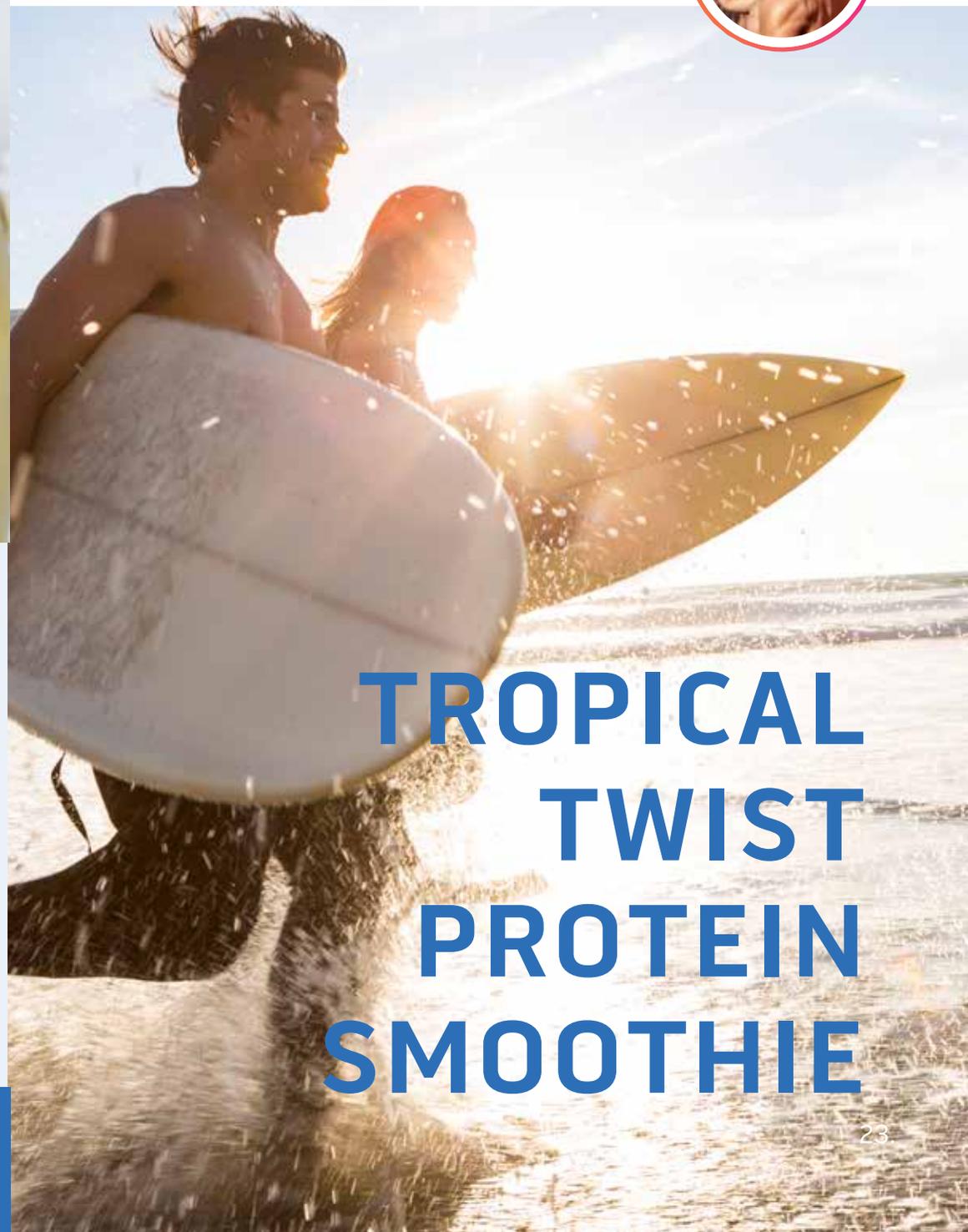
IDEAL FOR:

THOSE LOOKING FOR A HEALTHY SNACK

Enjoy a taste of the tropics with this fresh post-workout shake. Especially following an outdoor fitness sesh.

BY: WARREN JAMES | @PROVE_IT

If this California based calisthenics expert looks familiar, chances are you've seen him demo his moves on live television competitions.



TROPICAL TWIST PROTEIN SMOOTHIE

INGREDIENTS:

- 1/2 cup ice cubes
- 1/2 cup frozen pineapples
- 8 oz. pineapple juice
- 3 oz. coconut water
- 1/2 banana
- 1/2 cup oats
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Add all ingredients to a blender and blend on medium for 30 seconds, until consistency is smooth.

NUTRITIONAL VALUE PER SERVING

28G
PROTEIN

3G
FAT

50G
CARBS

30G
SUGAR

470
CALORIES

BY: BROGAN MORRIS | @FITNESSWITHBROGAN

This Palm Beach based personal trainer loves dancing, spreading positive vibes and animal print workout gear.



PEANUT BUTTER CUP SMOOTHIE

24.

19.



IDEAL FOR:

THOSE WHO WANT FOLLOW A KETO-GENIC DIET

A high-protein meal replacement that tastes like a decadent peanut butter cup? Sign us up!

INGREDIENTS:

- 1/2 banana
- 1 tbsp. peanut butter (or nut butter of choice)
- 1 1/2 cups unsweetened almond milk (or milk of choice)
- 1 tsp. powdered maca (optional)
- 1 scoop Triple Chocolate Grass-Fed 100% Whey Protein

DIRECTIONS:

Add all ingredients to a blender and blend on medium for 30 seconds, until consistency is smooth.

NUTRITIONAL VALUE PER SERVING

25.5g
PROTEIN

14.5g
FAT

31g
CARBS

9.5g
SUGAR

386
CALORIES



TREAT

IDEAL FOR:
THOSE LOOKING
FOR A HEALTHY
SNACK

EASY CHOCOLATE MUG CAKE

INGREDIENTS:

- 1 tbsp. coconut flour
- 1/2 tsp. baking powder
- 1 tbsp. cocoa powder
- 1/4 cup unsweetened almond milk (or milk of choice)
- 1 large egg
- 1 scoop Triple Chocolate Grass-Fed 100% Whey Protein

DIRECTIONS:

Mix all ingredients in a small bowl, then add to a lightly greased microwave-safe dish. Microwave for 60 seconds.

NUTRITIONAL VALUE
PER SERVING

381
CALORIES

26g
PROTEIN

9.5g
FAT

42g
CARBS

7g
SUGAR





PINEAPPLE- MANGO POWER POPSICLES

28.



TREAT

IDEAL FOR:

THOSE WHO
WANT TO
STAY LEAN



Gather the whole fam for this one. The kids will love helping with these tropical treats. If they turn up their nose at the spinach, just tell them it's superhero approved!

INGREDIENTS:

- 3/4 cup frozen mango
- 3/4 cup frozen pineapple
- 2 cups coconut water
- 1/2 cup spinach
- 1 1/2 scoops Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Add all ingredients to a blender and blend until smooth. Add the mixture to 6 popsicle molds (don't forget the sticks) and allow several hours to set.

NUTRITIONAL VALUE
PER SERVING
(1 POPSICLE)

6G
PROTEIN

0.5G
FAT

10.5G
CARBS

5G
SUGAR

97
CALORIES



TREAT

IDEAL FOR:
SUSTENANCE AND
ENERGY FOR THE
DAY AHEAD



BLACK FOREST GREEK YOGURT



INGREDIENTS:

- 1 cup non-fat Greek yogurt
- 1/4 cup fresh or frozen cherries
- 1 tbsp. dark chocolate chips
- 1 scoop Triple Chocolate Grass-Fed 100% Whey Protein

DIRECTIONS:

Mix Greek yogurt with chocolate protein powder until well combined. Top with cherries and chocolate chips.

NUTRITIONAL VALUE
PER SERVING
(1 CONTAINER)

21g
PROTEIN

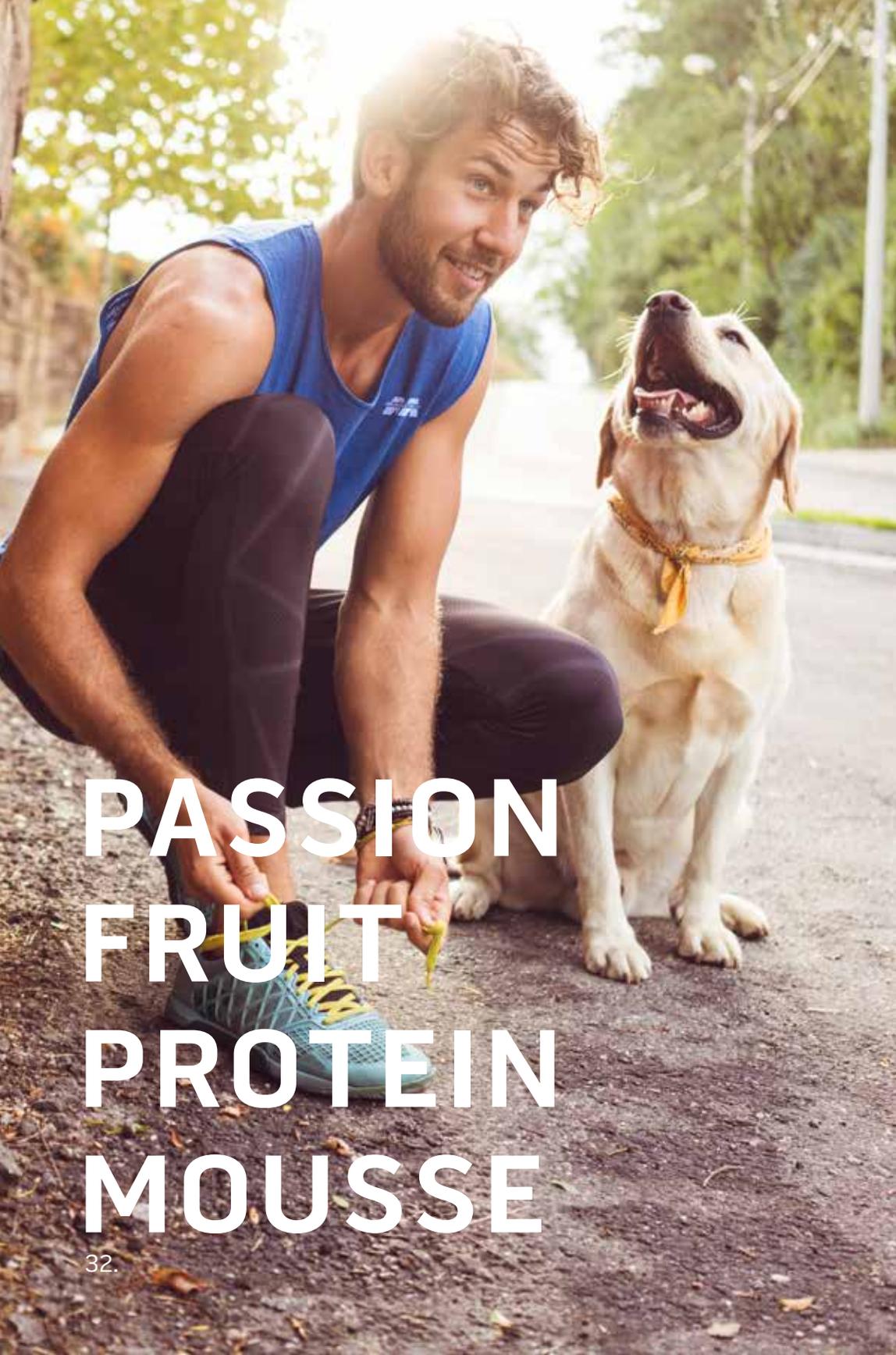
7.5g
FAT

30g
CARBS

17.5g
SUGAR

348
CALORIES

Black Forest Cake just got a do-over. The 2020 version of this classic dessert delivers antioxidants, calcium and 21g of protein. It's social media worthy, but so good you might want to keep this gem all to yourself.



PASSION FRUIT PROTEIN MOUSSE

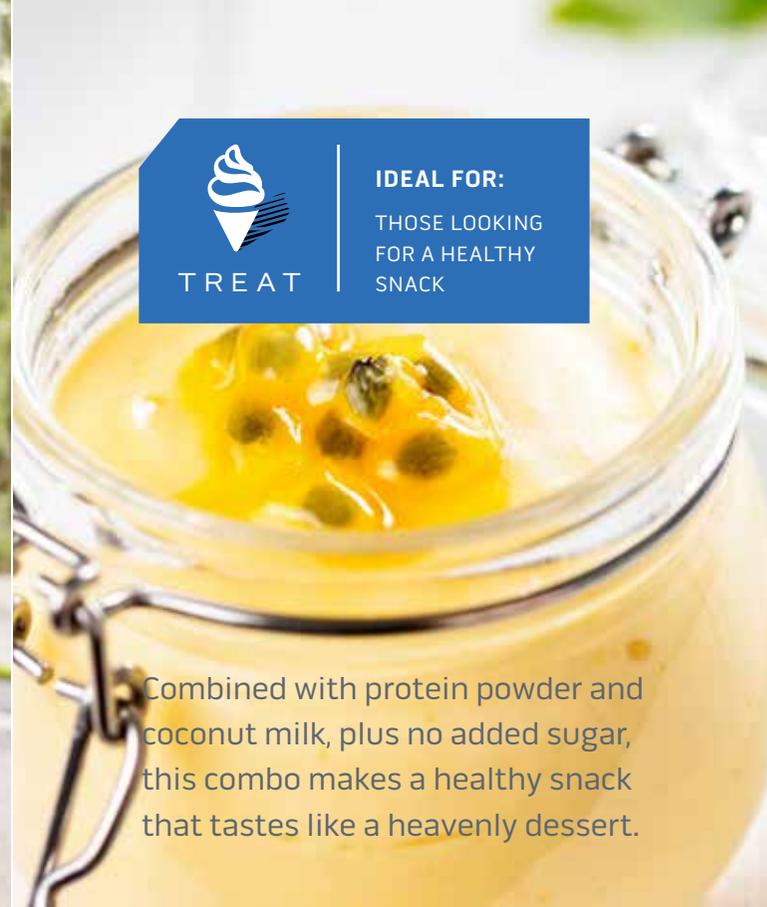
32.



TREAT

IDEAL FOR:

THOSE LOOKING
FOR A HEALTHY
SNACK



Combined with protein powder and coconut milk, plus no added sugar, this combo makes a healthy snack that tastes like a heavenly dessert.



INGREDIENTS:

- 1 can full-fat coconut milk
- 1 cup passion fruit pulp
- 1 tsp. pure vanilla extract
- 2 scoops Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Mix all ingredients together in a small bowl. Separate into 2 containers or jars. Place in the fridge and allow 2 to 3 hours to set. Makes 2 servings.

NUTRITIONAL VALUE
PER SERVING
(1 CONTAINER)

22.5g
PROTEIN

30g
FAT

43.5g
CARBS

16g
SUGAR

490
CALORIES




TREAT

IDEAL FOR:
THOSE WHO
WANT TO
STAY LEAN

If you thought this vintage ingredient was a thing of the past, it's reinvention time. With a killer taste, it's a welcome addition to the dessert department.



HIGH-PROTEIN STRAWBERRY JELLY MOUSSE

INGREDIENTS:

- 1 small package sugar-free strawberry gelatin dessert
- 1 cup water
- 1 cup non-fat Greek yogurt
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Bring water to a boil. Place gelatin dessert powder in a bowl. Once water is boiled, combine and whisk. Add in Greek yogurt and protein powder. Divide into 4 containers and allow 3 to 4 hours to set.

NUTRITIONAL VALUE
PER SERVING
(1 CONTAINER)

12.5G
PROTEIN

2G
FAT

5.5G
CARBS

1.5G
SUGAR

96
CALORIES

If apple-based desserts are your jam, you're going to love this clean version of a home cooking classic.

CINNAMON-VANILLA APPLE CHUNKS



TREAT

IDEAL FOR:

THOSE LOOKING FOR A HEALTHY SNACK



INGREDIENTS:

- 1 medium apple
- 1/8 tsp. cinnamon
- Dash of nutmeg
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Mix cinnamon, nutmeg and protein powder together in a small bowl. Cut the apple into bite-sized chunks, then top with spice and protein mix.

NUTRITIONAL VALUE
PER SERVING

20g
PROTEIN

2.5g
FAT

34g
CARBS

21g
SUGAR

323
CALORIES



BY: ROB WASLOWSKI | @ROBWASLOWSKI

This Canadian boy loves fishing, fitness modeling and physique competitions. Rob's mantra is "Believe to Achieve." He believes that listening to your body is key when it comes to food and training.



MORNING

IDEAL FOR:

THOSE WHO
WANT TO
ADD MUSCLE

INGREDIENTS:

- 1 cup oats
- 1 egg
- 1/4 cup blueberries
- 1/4 cup unsweetened almond milk (or milk of choice)
- 1 tsp. baking powder
- Olive oil, for cooking
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Mix dry ingredients in a bowl. Add egg and almond milk and mix until smooth. Fold in blueberries. On medium heat, coat a hot pan with olive oil. Add 1/2 cup of batter. Once it bubbles, flip, and cook 2 more minutes.

PROTEIN- PACKED BLUEBERRY PANCAKES

NUTRITIONAL VALUE
PER SERVING

493
CALORIES

39g
PROTEIN

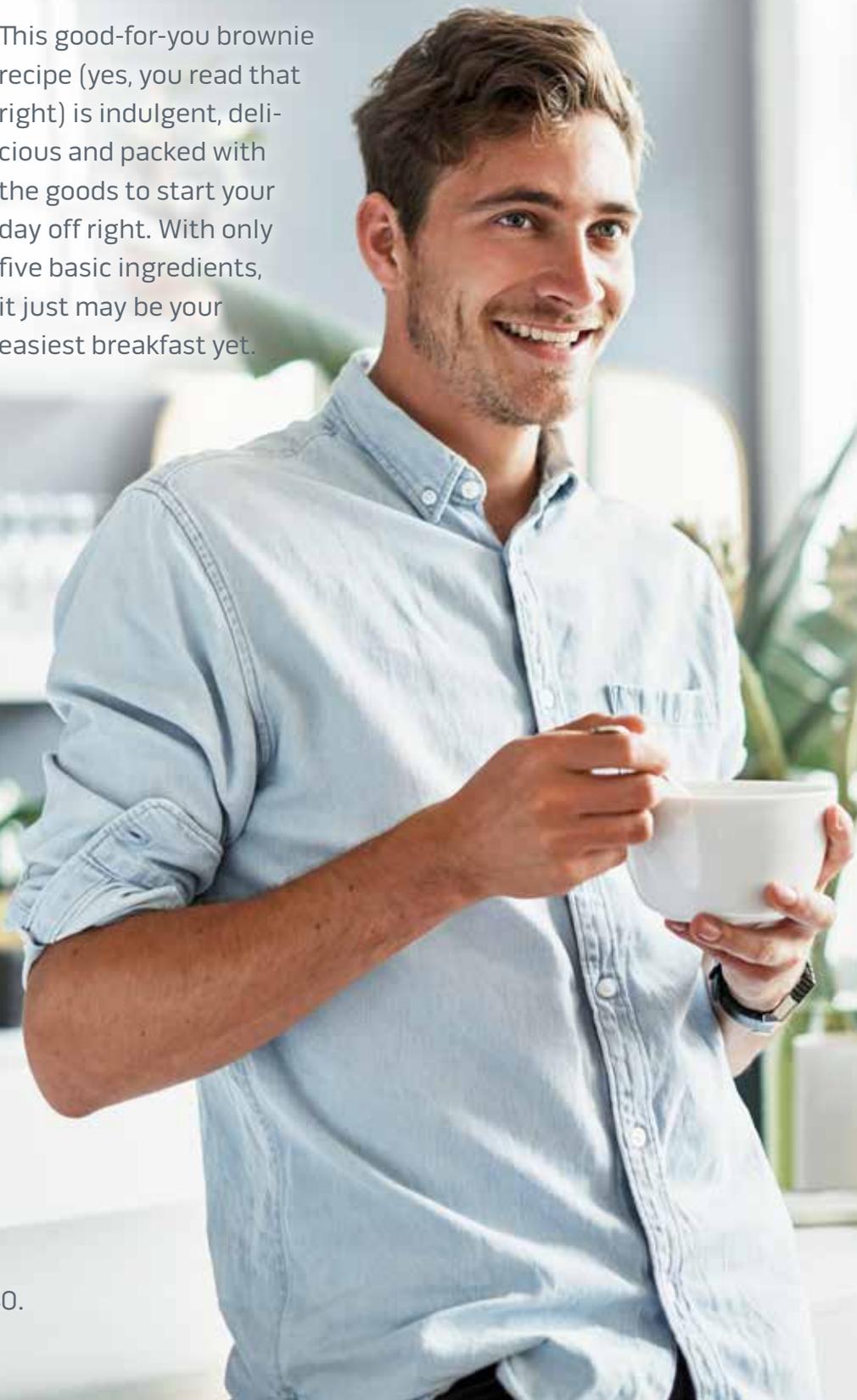
21g
FAT

37g
CARBS

4g
SUGAR



This good-for-you brownie recipe (yes, you read that right) is indulgent, delicious and packed with the goods to start your day off right. With only five basic ingredients, it just may be your easiest breakfast yet.



MORNING

IDEAL FOR:
SUSTENANCE AND
ENERGY FOR THE
DAY AHEAD



BROWNIE BREAKFAST OATS

INGREDIENTS:

- 1/2 cup quick oats
- 1 cup water
- 1 square of dark chocolate
- Dash of salt
- 1 scoop Triple Chocolate Grass-Fed 100% Whey Protein

DIRECTIONS:

Bring water to a boil and add quick oats, stirring for 60 seconds. Remove from heat. Mix in protein powder and salt. Top with 1 square of dark chocolate and allow to melt, then consume while still warm.

NUTRITIONAL VALUE
PER SERVING

26G
PROTEIN

9.5G
FAT

42G
CARBS

7G
SUGAR

381
CALORIES



IDEAL FOR:
THOSE WHO
WANT TO
STAY LEAN

ULTIMATE BREAKFAST COOKIES

INGREDIENTS:

- 2 ripe bananas, mashed
- 1 cup oats
- 2 tbsp. natural peanut butter
- 1/3 cup chocolate chips
- 2 scoops Deluxe Vanilla Grass-Fed 100% Whey Protein

DIRECTIONS:

Preheat oven to 350°F. Line a baking sheet with parchment paper. Mix all ingredients. Add a little water to help mix, if needed. Drop 12 heaping tablespoons onto the baking sheet. Bake for 10 to 12 minutes.

NUTRITIONAL VALUE
PER SERVING
(1 COOKIE)

3.6G
PROTEIN

5.5G
FAT

13.8G
CARBS

5.3G
SUGAR

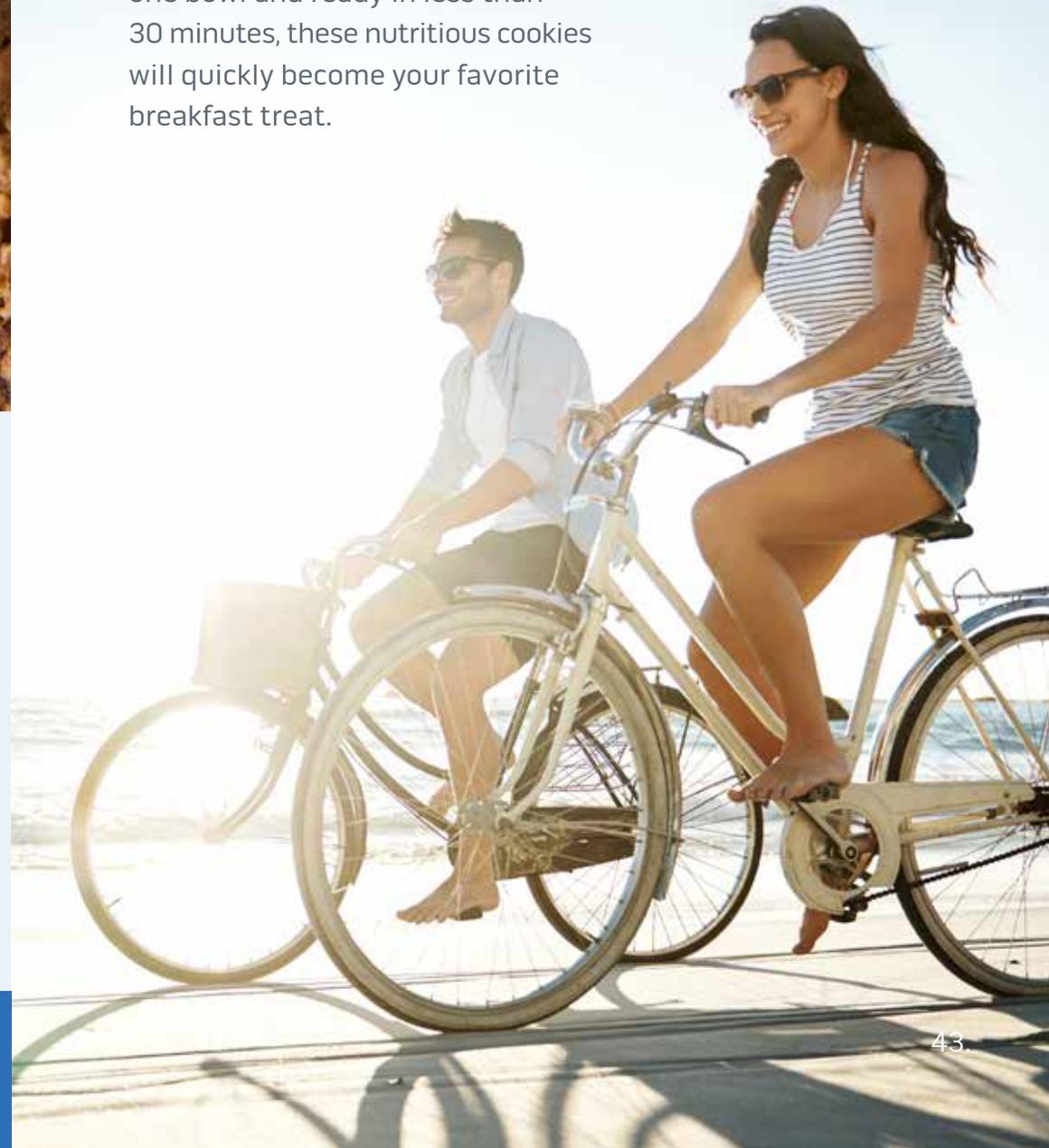
137
CALORIES

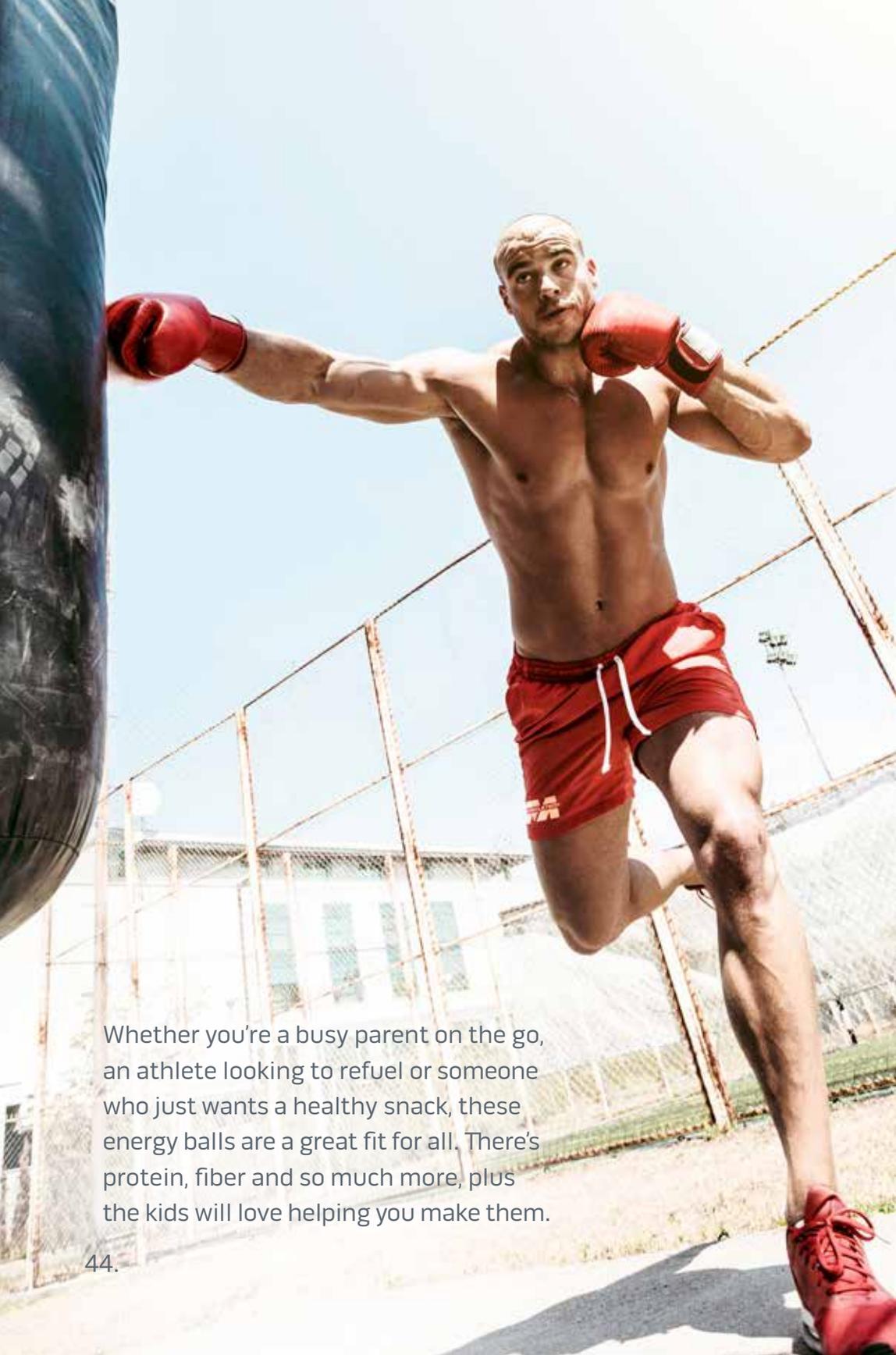
BY: LINDSAY CAPPOTELLI | @LINDSAYCAPPOTELLI

Family, food, fitness and flexing are what power Lindsay through the day. Check out her social for a ton of home workout ideas.



Start the day off right! Made in one bowl and ready in less than 30 minutes, these nutritious cookies will quickly become your favorite breakfast treat.





IDEAL FOR:
THOSE LOOKING
FOR ENERGY ON
THE GO

NO-BAKE CHOCOLATE ENERGY BALLS

Whether you're a busy parent on the go, an athlete looking to refuel or someone who just wants a healthy snack, these energy balls are a great fit for all. There's protein, fiber and so much more, plus the kids will love helping you make them.

INGREDIENTS:

- 3/4 cup oat flour (or flour of choice)
- 1/2 cup tahini
- 1/4 cup water
- 1 tbsp. ground flaxseed
- 2 scoops Triple Chocolate Grass-Fed 100% Whey Protein

DIRECTIONS:

Add oat flour, protein powder and ground flaxseed to a bowl. Mix in tahini and water. Once the mixture is consistent, roll into 6 bite-sized protein balls.

NUTRITIONAL VALUE
PER SERVING
(2 PROTEIN BALLS)

24g
PROTEIN

26g
FAT

32g
CARBS

1g
SUGAR

462
CALORIES



ENERGY

IDEAL FOR:

THOSE LOOKING
FOR ENERGY ON
THE GO



These energy bars are packed with protein, antioxidants and a double dose of chocolatey goodness. Here's a tip, when shopping for ingredients, make sure to go for Quick Oats rather than Old-Fashioned and Steel-Cut oats.

INGREDIENTS FOR BASE:

- 15 oz. can chickpeas, drained and rinsed
- 1 1/2 cups plain quick oats (or rolled)
- 1/4 tsp. sea salt
- 2 tbsp. almond butter (or tahini)
- 2 tbsp. coconut oil
- 1 scoop Deluxe Vanilla Grass-Fed 100% Whey Protein

INGREDIENTS FOR TOP LAYER:

- 2 tbsp. cocoa powder
- 1/2 cup melted coconut oil
- 1 scoop Triple Chocolate Grass-Fed 100% Whey Protein

DIRECTIONS:

Add all base ingredients to a food processor and mix until well incorporated. Then, add chocolate chips. Press evenly into an 8x8-inch pan lined with parchment paper. Whisk together all top layer ingredients and add on top.

NUTRITIONAL VALUE
PER SERVING
(1 SQUARE)

9.5g
PROTEIN

17g
FAT

16.5g
CARBS

2g
SUGAR

137
CALORIES

NO-BAKE COOKIE DOUGH ENERGY BARS





STRENGTH REDEFINED

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