



# Breakfast and Bowls

RECIPE BOOK



## Strawberry Protein Smoothie Bowl

### 2 SERVINGS

- 2 scoops Strawberry Life Shake™
- 1 Banana
- 1 cup Frozen strawberries
- 2 Tbsp. Almond butter
- 1 ½ cups Almond milk
- 3 Tbsp. Coconut sugar

### DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. Top with your choice of seeds, nuts, or berries.

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381 CALORIES    13 g FAT    16 g PROTEIN    52 g CARBOHYDRATES

## Almond Butter Overnight Oats with Berries

### 2 SERVINGS

- 2 scoops French Vanilla Life Shake
- ½ cup Unsweetened almond milk
- 3 Tbsp. Creamy almond butter
- 1 Tbsp. Honey
- ½ Tbsp Chia seeds
- ½ cup Rolled oats
- ½ cup Fresh berries for topping

### DIRECTIONS

1. Stir together the almond milk, almond butter, honey, chia seeds, protein powder, and oats until thoroughly combined. Cover and refrigerate for atleast 6 hours.
2. Serve with fresh berries on top.

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406 CALORIES    18 g FAT    20 g PROTEIN    42 g CARBOHYDRATES

## Vanilla Shake Protein Pancakes

### 2 SERVINGS

- 2 scoops French Vanilla Life Shake
- 1 ¼ cups Flour
- 1 tsp. Vanilla extract
- ¼ cup Coconut sugar
- 1 Large egg
- 2 Tbsp. Olive oil
- ½ cup Almond milk
- ½ tsp Baking powder

### DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, and sugar) in a bowl.
2. Add wet ingredients (milk, oil, vanilla, and egg) and stir until just mixed together. Don't overmix.
3. Heat oil in a nonstick pan. When the pan gets hot, pour in ¼ of the pancake mix.
4. When bubbles appear on the surface, flip the pancake over and cook until brown.

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386 CALORIES    18 g FAT    14 g PROTEIN    44 g CARBOHYDRATES

## Chocolate Shake Protein Pancakes

### 2 SERVINGS

2 scoops Rich Chocolate Life Shake™

1 ¼ cup Flour

1 Tbsp. Cacao powder

¼ cup Coconut sugar

1 Large egg

2 Tbsp. Olive oil

⅓ cup Almond milk

½ tsp. Baking powder

### DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, cacao powder, and sugar) in a bowl.

2. Add wet ingredients (milk, oil, and egg) and stir until just mixed together. Don't overmix.

3. Heat oil in a nonstick pan. When the pan gets hot, pour in ¼ of the pancake mix.

4. When bubbles appear on the surface, flip the pancake over and cook until brown.

397 CALORIES 19 g FAT 14 g PROTEIN 44 g CARBOHYDRATES

## Lemony Overnight Oats with Berry Jam and Pistachios

### 1 SERVING

2 scoops French Vanilla Life Shake

⅓ cup Rolled oats

¼ cup Unsweetened almond milk

1 Tbsp. Dried blueberries

¾ tsp. Honey

½ tsp. Vanilla extract

½ Lemon, zested

¼ tsp. Ground cinnamon

¼ tsp. Salt

¼ cup Frozen mixed berries

½ Tbsp. Chia seeds

1 Tbsp. Raw unsalted pistachios, roughly chopped

1 Tbsp. Toasted coconut flakes or desiccated coconut

### DIRECTIONS

1. The night before, mix the oats with milk, ⅔ of the

honey, the vanilla, lemon zest, cinnamon, and salt. Stir well and divide evenly between two bowls.

2. Put the frozen mixed berries in a blender with the remaining honey and chia seeds. Blend until smooth. Transfer to a bowl, cover, and let sit overnight in the fridge. This will form your mixed berry jam.

3. In the morning, top each bowl of oats with the pistachios, coconut, and a dollop of mixed berry jam.

229 CALORIES 7 g FAT 13 g PROTEIN 29 g CARBOHYDRATES

## Pina Colada Quinoa Porridge

### 1 SERVING

2 scoops French Vanilla Life Shake

½ Tbsp. Honey

¾ Tbsp. Sliced almonds

2 Tbsp. Quinoa flakes

⅓ cup Unsweetened coconut milk

¼ tsp. Vanilla extract

¼ tsp. Coconut oil

¼ cup Chopped fresh pineapple

2 tsp. Cinnamon

⅓ cup Coconut yogurt

### DIRECTIONS

1. Heat the honey in a small pot for a few minutes until it starts to caramelize, then add the nuts and cook for they turn golden.

2. Pour into a shallow baking pan lined with parchment paper in a thin layer to cool.

3. Mix the quinoa flakes and milk, vanilla, and coconut oil in a small pot. Heat for 5–7 minutes until cooked through. Mix in pineapple and cinnamon.

4. Allow to cool, then add the coconut yogurt.

5. Serve topped with the caramelized almonds.

399 CALORIES 11 g FAT 25 g PROTEIN 50 g CARBOHYDRATES



## Citrusy Coconut Chia Seed Pudding with Banana

### 1 SERVING

2 scoops French Vanilla Life Shake™

1 cup Light coconut milk

½ tsp. Orange zest

¼ tsp. Vanilla extract

2 Tbsp. Chia seeds

½ Banana

### DIRECTIONS

1. Combine milk, orange zest, banana, and vanilla and whisk in chia seeds. Let sit in a container overnight.

2. Top with sliced banana.

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422 CALORIES    14 g FAT    27 g PROTEIN    47 g CARBOHYDRATES

## Protein Blueberry Muffins

### 1 SERVING

2 scoops French Vanilla Life Shake

1 cup All-purpose flour

½ tsp. Baking soda

½ tsp. Salt

2 tsp. Baking powder

½ cup Sugar

1 cup Vanilla almond milk unsweetened

⅓ cup Coconut oil

1 tsp. Vanilla extract

1 cup Fresh blueberries

### DIRECTIONS

1. Preheat the oven to 350 °F.

2. Spray a muffin pan with cooking spray or use muffin wrappers.

3. Combine all dry ingredients in a bowl & mix well.

4. Mix in milk, oil, and vanilla. Fold in blueberries and stir until just mixed.

5. Fill each muffin tin ⅔ full.

6. Bake for 20 minutes or until the muffins are golden brown.

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136 CALORIES    7 g FAT    3 g PROTEIN    16 g CARBOHYDRATES

## Healthy Banana Protein Muffins

### 12 SERVING

2 scoops French Vanilla Life Shake

1 Banana

4 Egg whites

½ cup Plain fat free Greek yogurt

¾ cup Rolled oats

½ cup Sugar

1 tsp. Baking powder

1 tsp. Baking soda

½ tsp. Cinnamon

### DIRECTIONS

Preheat the oven to 350 °F.

2. Spray a muffin pan with cooking spray or use muffin wrappers.

3. Combine all dry ingredients in a bowl and mix well.

4. Mix in egg whites and Greek yogurt. Fold in bananas and stir until just mixed.

5. Fill each muffin tin ⅔ full.

6. Bake for 20 minutes or until the muffins are golden brown.

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103 CALORIES    1 g FAT    5 g PROTEIN    19 g CARBOHYDRATES

