

## KIM'S PROTEIN BITES

### Ingredients:

- 2 Cups Crunchy Peanut Butter
- 1/2-1 Cup of Honey and/or coconut oil
- 2 1/2 Cups Oats
- 2 Cups Protein Powder of your Choice
- May add ground flax seeds, coconut flakes, or substitute butters

### Directions:

Mix well to soften the above ingredients. Shape into bite size balls and enjoy! May refrigerate if desired.



# LIFESTYLE RECIPE GUIDE

*"WHEN YOU'RE ON THE GO"*



BRADY'S BERRY BLAST PG. 2

FEATURING NUTRITIONAL FRONTIERS' PROTEIN SHAKES  
**BEST WHEY • SUPER SHAKE • NET-0 KETO • POWER CLEANSE**

## KANSAS' COOKIE DOUGH

### Ingredients:

- 1/2 Cup of Vanilla Caramel NET-0 KETO
- 1/4 Cup Chickpeas (rinsed and drained from a can)
- 1/2 Cup of Milk (Almond or Coconut)
- 2 tsp Organic Dark Chocolate Chips

### Directions:

Mix all ingredients except the chocolate chips with a hand blender for several minutes until mixture starts to thicken. Add the chocolate chips and stir. Enjoy right away.



## SIMPLY ZACH SHAKE

### Ingredients:

- Chocolate Whey
- 1 Banana
- Ice and 8 ounces of water
- Optional, 1/2 organic dark chocolate bar

### Directions:

Add all ingredients into a blender and blend until there is an even consistency.



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## MICHAELA'S KICKSTART

### Ingredients:

- 1 Cup of Organic Coffee
- 1 1/2 Scoops of Super Shake Cafe Mocha
- Ice

### Directions:

Add all ingredients to shaker bottle and shake thoroughly.

## MESSINO PROTOCCHINO

### Ingredients:

- Organic Espresso
- 1 Tbsp. of Super Shake Cafe Mocha
- Hot Water

### Directions:

While organic espresso is brewing, place a tablespoon full of Super Shake Cafe Mocha in a cup and add hot water, stirring continuously. Next, add the espresso to the heated Cafe Mocha mix and enjoy. If you have access to a frothing mechanism on an espresso machine use it to heat and froth the Cafe Mocha and then add espresso.



## J.D.'S REESE'S TWIST

### Ingredients:

- 1/2 scoop of Net-O Keto Peanut Butter Ice Cream
- 1 Scoop of Chocolate Best Whey, Super Shake, or Power Cleanse
- 1/2 of a Frozen Banana
- 4 Ice Cubes
- 10 Ounces Water

### Directions:

Add all ingredients into a blender and blend until there is an even consistency.



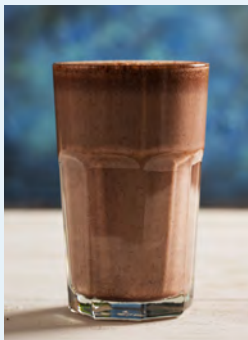
## COURTNEY'S CHOCOLATE CRUSH

### Ingredients:

- 1 Scoop of Chocolate Best Whey, or Super Shake
- 1 Teaspoon of Organic Peanut Butter
- Handful of Fresh, Organic Spinach Leaves
- 6-8 Ounces of Coconut milk

### Directions:

Add all ingredients into a blender and blend until there is an even consistency.



## KIM'S AVOCADO BANANA SMOOTHIE

### Ingredients:

- 1 Scoop Vanilla Best Whey, Super Shake, or Power Cleanse
- 1 Banana
- 5-6 Strawberries
- 1 Avocado
- 8 Ounces of Water
- Ice Cubes

### Directions:

Add all ingredients into a blender and blend until there is an even consistency.



## BRADY'S BERRY BLAST

### Ingredients:

- 1 Scoop Vanilla Best Whey, Super Shake, or Power Cleanse
- 1 Handful of Blueberries
- 5-6 Strawberries
- 1 Handful of Raspberries
- 8 Ounces of Water
- Ice Cubes

### Directions:

Add all ingredients into a blender and blend until there is an even consistency.

## MIKE'S SUPERMAN SHAKE

### Ingredients:

- 1 Scoop Vanilla Best Whey, Super Shake, or Power Cleanse
- 1 Scoop of NF Pro Oranges
- 1 Scoop of NF Power Fuel
- 1 Banana
- Ice Cubes

### Directions:

Add all ingredients into a blender and blend until there is an even consistency.



## LARRY LOVE GI-COMPLETE MARGARITA

### Ingredients:

- 3 oz Silver Tequila
- 1/3 scoop GI Complete Lemon Lime
- 1oz Grand Mariner
- 2oz Light Margarita Mix
- Fresh Lime & Orange Wedges
- Ice Cubes

### Directions:

Add all ingredients shake or stir and serve.

