



PRESTIGELABS®

PRESTIGE PROTEIN

RECIPE GUIDE

VANILLA ICE CREAM FLAVOR EDITION





VANILLA BERRY PROTEIN SMOOTHIE



TOOLS

- Blender
- Measuring cup
- Tablespoon
- Glass



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Add ice and blend until smooth.

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- 1 cup 0% plain Greek yogurt
- 1 cup berries of choice (strawberries, blueberries, and/or raspberries)
- 1 cup Fairlife 2% milk (or milk of your choice)
- 1 tbsp chia seeds
- 5-6 ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH (2
SERVINGS IN TOTAL:

480

54g

10.5g

41g

PER SERVING:

240

27g

5g

20.5g





HIGH PROTEIN GREENS SMOOTHIE



TOOLS

- Blender
- Measuring cup



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Add ice and blend until smooth.

INGREDIENTS

- **1 scoop Prestige Greens**
- **1 scoop Prestige Vanilla whey protein powder**
- 1 cup 0% Greek yogurt
- 1 cup Fairlife 2% milk (or milk of your choice)
- 5-6 ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

350

51g

7g

19g

PER SERVING:

350

51g

7g

19g





VANILLA BANANA PROTEIN SMOOTHIE



TOOLS

- Blender
- Measuring cup
- Tablespoon



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Add ice and blend until smooth.

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- 1/4 cup rolled oats
- 1/2 small banana
- 1 tsp cinnamon
- 2 tbsp 0% plain Greek yogurt
- 1 cup Fairlife 2% milk (or milk of your choice)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

390

39g

9g

39g

PER SERVING:

390

39g

9g

39g





TROPICAL PROTEIN SMOOTHIE



TOOLS

- Blender
- Measuring cup
- Tablespoon



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Add ice and blend until smooth.

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- 1/2 cup pineapple
- 1/2 cup mango
- 1 cup Fairlife 2% milk (or milk of your choice)
- 1/2 cup 0% plain Greek yogurt
- 1/4 tsp vanilla extract



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

394

43g

7g

39g

PER SERVING:

394

43g

7g

39g



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Vanilla Protein Recipe Guide



NINJA CREAMI GREENS & PROTEIN ICE CREAM



TOOLS

- Ninja Creami
- Whisk
- Measuring cup
- Tablespoon
- Freezer-safe container



PREP TIME

- **Prep Time:** 5 minutes
- **Freeze time:** 24+ hours

INSTRUCTIONS

1. Mix all ingredients in the Ninja Creami pint container.
2. Freeze for 24 hours.
3. After freezing, place the container in the Ninja Creami and use the "Lite Ice Cream" setting.
4. Add a splash of milk if needed to achieve a creamier consistency, then hit "Re-Spin."

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- **1 scoop Prestige Greens**
- 12oz Fairlife 2% milk (or milk of your choice)
- 1 tbsp vanilla instant pudding mix



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

280

33g

7g

21g

PER SERVING:

280

33g

7g

21g





PROTEIN COOKIE DOUGH



TOOLS

- Food processor
- Mixing bowl
- Measuring cup
- Teaspoon
- Baking tray or plate



PREP TIME

- 45 minutes

INSTRUCTIONS

1. In a food processor, blend the cottage cheese and rolled oats until smooth.
2. Add the protein powder, nut butter, honey, and vanilla extract. Blend until the mixture forms a dough.
3. Stir in the dark chocolate chips by hand.
4. Shape the dough into balls or flatten them into cookie shapes.
5. Place them on a tray or plate and chill in the fridge for 30 minutes.

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- 1/2 cup low-fat cottage cheese
- 1/2 cup rolled oats
- 1/4 cup nut butter of choice
- 1/4 cup honey
- 1 tsp vanilla extract
- 1/4 cup dark chocolate chips



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION FACTS
FOR BATCH (10 SERVINGS
DEPENDING ON SIZE):**

893

47g

29.5g

124g

PER SERVING:

89

4.5g

12.5g

3g





PROTEIN PANCAKES



TOOLS

- Mixing bowl
- Fork or whisk
- Non-stick pan
- Spatula
- Measuring cup
- Teaspoon



PREP TIME

- 15 minutes

INSTRUCTIONS

1. Mash the ripe banana in a bowl until smooth.
2. Add the eggs, rolled oats, protein powder, and baking powder to the mashed banana. Mix well until the batter is smooth and combined.
3. Heat a non-stick pan over medium heat.
4. Pour approximately 1/4 of the batter into the pan to form each pancake.
5. Cook until bubbles start to form on the surface of the pancake.
6. Flip the pancake and cook for another 1-2 minutes or until golden brown.
7. Optional: Top with sugar-free maple syrup sparingly

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- 1 ripe banana
- 2 eggs
- 1/2 cup rolled oats
- 1/2 tsp baking powder
- Optional: Sugar-free maple syrup sparingly



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION
FACTS FOR BATCH (4
PANCAKES IN TOTAL):**

511

38g

15.5g

58g

**PER SERVING
(PER PANCAKE):**

128

9.5g

14.5g

4g



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Vanilla Protein Recipe Guide



MOCHA VANILLA PROTEIN OVERNIGHT OATS



TOOLS

- Mixing bowl
- Measuring cup
- Tablespoon
- Spoon



PREP TIME

- Active Prep Time: 5 minutes
- Freezing Time: 24+ hours

INSTRUCTIONS

1. In a bowl, combine both protein powders, rolled oats, chia seeds, and milk.
2. Stir the mixture well until all ingredients are evenly mixed.
3. Cover the bowl and refrigerate overnight.
4. In the morning, stir again and enjoy!

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- **1 scoop Prestige Mocha whey protein powder**
- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 12oz Fairlife 2% milk (or milk of your choice)



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION FACTS FOR
BATCH (2 SERVINGS TOTAL):**

650

66.5g

18.5g

56g

PER SERVING:

325

33g

9g

28g





MOCHA VANILLA PROTEIN ICED COFFEE SHAKE



TOOLS

- Blender
- Measuring cup



PREP TIME





5 minutes

INSTRUCTIONS

1. Add both protein powders, coffee, milk, and ice cubes into the blender.
2. Blend until smooth and creamy.

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- **1 scoop Prestige Mocha whey protein powder**
- 1 cup cold brewed coffee
- 1/2 cup Fairlife 2% milk (or milk of your choice)
- 5-6 ice cubes

	 CALORIES:	 PROTEIN:	 FAT:	 CARBS:
TOTAL NUTRITION FACTS FOR BATCH:	260	40g	7g	14g
PER SERVING:	260	40g	7g	14g





VANILLA PROTEIN MUG CAKE



TOOLS

- Microwave-safe mug
- Fork or whisk
- Microwave



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. In a mug, combine all the ingredients and mix well until smooth.
2. Microwave on high for 60-90 seconds, depending on your microwave's power. Check after 60 seconds to avoid overcooking.
3. Let it cool for a minute, then enjoy your mug cake directly from the mug!

INGREDIENTS

- **1 scoop Prestige Vanilla whey protein powder**
- 1 tbsp almond flour
- 1 egg
- 1/4 tsp baking powder
- 2 tbsp almond milk



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

236

27g

10g

9g

PER SERVING:

236

27g

10g

9g



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