



5-Minute, Protein-Packed

RECIPES

7 FINGER LICKING GOOD RECIPES THAT MAKE IT
ALMOST IMPOSSIBLE TO GET OFF TRACK

BY DR. COLIN PASQUE, DPT



Protein Smoothie

5 - MINUTE RECIPE

Ingredients:

- 8 oz GF Oat milk (use any milk, or water)
- 1 1/2 Cup Mixed Organic Frozen Fruit
- 4x Scoops Promix Vegan Protein (2-servings)
 - [LINK TO PROTEIN](#) code: "COLIN"
- 2 tbs Organic Almond Butter
- 1 tsp Organic Local Honey

Instructions

- 1 Add milk and frozen fruit to blender
- 2 Add remaining ingredients + anything else you prefer to add to your smoothies
- 3 Blend until smooth & creamy, and enjoy!
- 4 Enjoy!

Protein = 60g (depending on protein powder added)



Protein Pancakes

5 - MINUTE RECIPE

Ingredients:

- 1x Fresh Banana (mashed)
- 1x Egg
- 1x Scoop Promix Vegan Protein Powder
 - [LINK TO PROTEIN](#) code: "COLIN"
- 1 tbs Organic Coconut Oil
- 2 tbs Organic Almond Butter (optional)

Instructions

- 1 Mash up Banana, Egg, and Protein Powder in bowl with fork
- 2 Heat coconut oil in pan on stove top on medium heat
- 3 Cook pancakes until golden brown on both sides
- 4 Enjoy with Almond or any other nut butter!

Protein = 30g per 1 serving



Protein Coffee

5 - MINUTE RECIPE

Ingredients:

- 8-16x Ounces Your Choice of Coffee
- 1-2x Serving Unflavored Promix Collagen
 - [LINK TO COLLAGEN](#) code: "COLIN"
- 1 tbs Lairds Vanilla Superfood Creamer (Optional - I like the taste!)

Instructions

- 1 Brew your 8-16 ounces of black coffee (I prefer french press)
- 2 Add 1-2x Servings of Unflavored Collagen Protein to coffee, blend
- 3 Optional - add 1 tbs Lairds Vanilla Superfood Creamer
- 4 Enjoy!

Protein = 20-40g Depending on How Much Collagen Protein Added



Ground Beef + Chips

5 - MINUTE RECIPE

Ingredients:

- 16x Ounces Organic 90/10 Grass Fed Ground Beef
- 1/2 Packet Siete Taco Seasoning
- 1-2 servings of Siete Tortilla Chips (optional)
- 1/4 Cup Mozzarella Cheese (optional)

Instructions

- 1 Sauté 16 ounces 90/10 ground beef in pan until brown
- 2 Add 1/2-1 packet of Taco Seasoning and mix
- 3 Optional - add tortilla chips & cheese if desired
- 4 Enjoy!

Protein = 50-100g Depending on
How Much Grass Fed Beef Used



Ground Turkey Bowl

5 - MINUTE RECIPE

Ingredients:

- 8-16x Ounces Organic Ground Turkey
- 1/2 Packet Siete Taco Seasoning
- Diced Sweet Potatos
- 1/8 cup diced Cilantro
- 1-2 servings of Siete Tortilla Chips (optional)
- 1/4 Cup Mozzarella Cheese (optional)

Instructions

- 1 Sauté 16 ounces ground turkey in pan until brown
- 2 Add 1/2-1 packet of Taco Seasoning and mix for flavor
- 3 Mix with pre-made diced sweet potatoes (1/4" cubed)
- 4 Flavor with cheese, cilantro, & any other toppings you prefer!

Protein = 120g



Grilled Chicken & Guac

5 - MINUTE RECIPE

Ingredients:

- 16x Ounces Organic Grilled Chicken (this can be meal-prepped in larger quantity to decrease prep time)
- 1/4 cup lime juice
- 2 tablespoons olive oil
- 1/4 cup fresh cilantro
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 cup Pre-made Guacamole

Instructions

- 1 To a small bowl, add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 teaspoon of salt. Whisk until mixed.
- 2 Add chicken and marinade to a large ziplock bag. Let chicken marinate for 15 minutes.
- 3 Preheat grill to medium high heat (about 400°F). Place chicken on grill and grill each side for 4–6 minutes, until chicken is no longer pink.
- 4 Add 16oz of chicken to plate, and top with 1/4 cup pre-made store bought guac. Enjoy!

Protein = 120g



Greek Yogurt Dessert

5 - MINUTE RECIPE

Ingredients:

- 1 cup Unflavored Greek Yogurt
- 1 serving Promix Vegan Protein Powder
 - [LINK TO PROTEIN](#) code: "COLIN"
- 2 tbs Organic Almond Butter (or any other nut butter you like)
- 1/4 cup pecans (optional)
- 1 tsp Organic Local Honey (optional)

Instructions

- 1 Add 1 cup unflavored greek yogurt to bowl (brand of your choice)
- 2 Mix 1 serving of Promix vegan protein, nut butter, & honey (optional) into yogurt
- 3 Add pecans or other granola of your choice for crunch (optional)
- 4 Mix all of it together & enjoy!

Protein = 50-60g (depending on toppings added)

