

Muffin recipe

Stevia 1 cup
Coconut flour 1/2 cup
Baking powder 1 tsp
Baking soda 1/2 tsp
6 scoops Formula 1
Pinch of salt
Coconut oil 1/4 cup melted
1/2 cup almond milk
1 cup egg whites
1 tsp of vanilla extract

15 mins in the muffin maker

Makes 9 muffins last batch i made was Dutch chocolate with chocolate chips walnuts on top with chocolate syrup

130 cals
8 grams fat
8 grams carbs
10 grams protein

To make the icing add protein drink mix (4 scoops) and 2 -3 tablespoons of stevia plus almond milk - stir to make the icing. Can add extract or torani syrups to taste.

Protein Truffles

Two cups f1
two cups agave
One cup peanut butter
One cup p2
One cup pdm
3-4 cups corn flakes or khashi

Can add wheat germ

Another recipe
Cup of formula one
One cup low fat powder milk
(Whole package)
Cup of honey
Cup of peanut butter

Ball up in balls and put in bag

Roll in wheat germ

Donut Hole – Fat Burning Prolessa Shot

Donut holes for weight loss:
(Or use Carmel Syrup)
2 squirts of cookie dough syrup
One scoop of prolessa
Dash of cinnamon
Warm water small amount

Mug Cake

In a Mug –
One egg and a couple tablespoons of egg white
1/4 tsp baking powder
2 Formula 1 Any Flavor
2 PDM
Stir like batter - thick

Add in's can be things like:
1/4 frozen blueberries
Microwave for 2 minutes in a mug

Top with Greek yogurt like ice cream

Energy Jello Shots

Use 5 lift off tablets for a package of jello
Mix jello as directed – just add the liftoff with it.

Serve like normal jello shots