

# **FAST FITNESS FOODS**

## **Bake it!**

- Use WheySmooth or other protein powders to make muffins, pancakes and waffles. Check out our recipes for more!



## **Blend it!**

- Make a protein smoothie to replace any meal, fuel workouts and recovery or for a bed time snack



## **Mix it!**

- Mix any protein into yogurt or oatmeal and top with berries.



## **On the go!**

- Keep bars in your purse, backpack, car, and at the office and skip the vending machines or office snacks. Pair with a piece of fruit or handful of almonds.

