These are deliberately simple: a protein anchor, a creamy or frozen texture, a flavor system, and enough fluid to blend. Adjust portions to fit your daily protein and calorie target.

Berry Power Shake

Bright, fast and training-friendly.

Serves -2

5 min

Ingredients

2 scoops dairy-free vanilla protein powder

1 cup frozen mixed berries

1 small frozen banana

1 cup unsweetened almond or pea milk

1 tbsp chia seeds

Ice as needed

Method

~30g protein

~290 kcal

1. Add all ingredients to a blender.

2. Blend until thick and smooth; add ice or a splash of milk to adjust texture.

3. Serve immediately

Gluten-free eating does not automatically mean high-protein. The trick is to build meals around a protein anchor and then choose gluten-free grains, starches and sauces.

Turkey Quinoa Power Skillet

One-pan meal prep with bold flavor.

Serves- 4

25 min

Ingredients

1 lb. lean ground turkey

2 cups of cooked quinoa

1 bell pepper, diced

1 zucchini, diced

1 cup black beans, rinsed

1 cup salsa

1 tsp cumin

1 tsp smoked paprika

1 tbsp olive oil

Method

~34g protein

~440 kcal

25. Brown turkey in olive oil.

26. Add pepper, zucchini and spices; cook until tender.

27. Stir in quinoa, beans and salsa; heat through.

28. Divide into four portions.

Desserts belong to a sustainable diet. The TS Fix & Fit approach is to make the treat more satisfying with protein and whole-food ingredients, not to pretend dessert is a healthy food.

Chocolate Protein Mousse

Rich enough to feel like dessert.

Serves -2

10 min

Ingredients

1 ripe avocado

1 scoop chocolate dairy-free protein powder

2 tbsp cocoa powder

1/2 banana

2 tbsp unsweetened almond milk

1/2 tsp vanilla

Method

~20g protein

~260 kcal

89. Blend until silky smooth.

90. Taste and adjust with a tiny amount of maple syrup if needed.

91. Chill for 30 minutes for a thicker texture.