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Dear Healthy Client:

Many thanks for your interest in **EDGE Protein**. I know you won't be disappointed in this product's exceptional nutrient profile, superb absorbability and amazing taste!

Here are some tasty protein recipes for you to try. The recipe I use every morning is ***Karen's Power Protein Shake***. I love it! Enjoy!

Don't forget to check out my **10-Week Best Shape of Your Life Challenge** to get you in the best shape of your life, and my hugely popular **Healthy Living Program** for non-stop training, nutrition, menu plans, recipes, seminars, interviews videos and more!

Until then, enjoy!

And stay strong!

Karen



Power Up! with these EDGE Protein Recipes

Karen's Power Protein Shake!

- 1 cup almond or soy milk and 1 cup water
- 1 scoop vanilla or chocolate **EDGE protein** powder
- 1 cup berries
- 1 Tsp Udo's or flax oil
- 1 TBSP hemp or flax seeds – total calories - 425

Pina Colada Passion

- 12 oz. water
- 4 ice cubes
- 3 scoops vanilla **EDGE protein** powder
- ½ cup pineapple chunks
- 2 tsp. Coconut extract

Chocolate Banana Shake

- 1 to 2 scoops of chocolate **EDGE protein** powder
- 6 to 8 ounces of water
- 8 strawberries
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Chocolate Strawberry Blast

- 1 to 2 scoops of chocolate **EDGE protein** powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 8 strawberries
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Vanilla Banana Creamy

- 1 to 2 scoops of vanilla **EDGE protein** powder
- 6 to 8 ounces of water or whole (or 2%) milk
- 6 ice cubes
- 1 banana
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Raspberry Chocolate Thick

- 1 to 2 scoops of chocolate **EDGE protein** powder
- 6 to 8 ounces of whole (or 2%) milk
- 6 ice cubes
- 8 raspberries

- Mix in a blender on medium for 1 minute. Pour into a tall glass. Drink or eat with a spoon!

Orange Creamsicle

- 1 to 2 scoops of vanilla **EDGE protein** powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 1 to 2 peeled oranges
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Blueberry Blaster

- 1 to 2 scoops of vanilla **EDGE protein** powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 20-30 blueberries
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Protein & Oatmeal Pancakes

- $\frac{1}{3}$ cup oatmeal
- 2 or 3 egg whites scrambled (or $\frac{1}{2}$ cup eggbeaters)
- 1 scoop vanilla **EDGE protein**
- $\frac{1}{2}$ tsp baking soda
- dash of pumpkin pie spice
- $\frac{1}{8}$ tsp sweet-n-low brown

Mix all ingredients in a small bowl and allow mixture to thicken for 2 to 3 minutes. Pour onto preheated frying pan or griddle. Cook over medium heat until golden brown, about 2 minutes per side. Garnish with fresh strawberries or sugar free syrup. Makes 1 serving.

Variation - Add $\frac{1}{2}$ pack sugar free apple cider mix. Lots of flavor, only 8 more calories!

Peanut Butter Balls

- $\frac{1}{2}$ cup all natural creamy peanut butter
- $\frac{1}{4}$ cup honey
- 1 $\frac{1}{2}$ scoop vanilla **EDGE protein**

Mix all ingredients in a small bowl. Roll by hand into 1" balls and chill until firm (about an hour). They make great high protein snacks and are an excellent source of healthy fats. Makes 4 servings.

Protein Pudding Shots

- Try mixing your scoop of protein with 2 tbs fat free, sugar free pudding mix and 1 oz ice water. Allow mixture to thicken and eat it with a spoon. Adds 50 calories and 6 grams of carbohydrates.