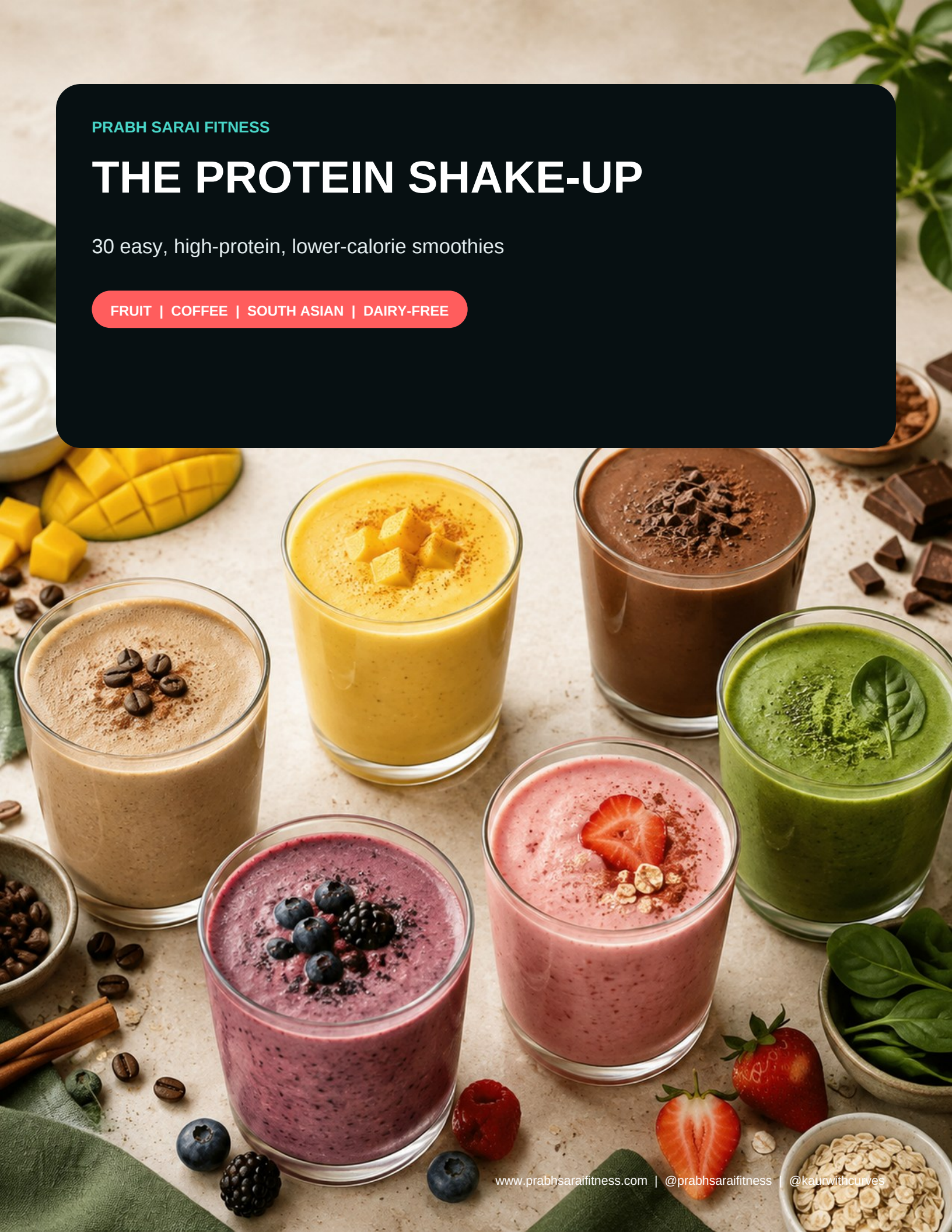


PRABH SARAI FITNESS

THE PROTEIN SHAKE-UP

30 easy, high-protein, lower-calorie smoothies

FRUIT | COFFEE | SOUTH ASIAN | DAIRY-FREE



WELCOME

Thirty fast smoothies for rushed mornings, afternoon hunger and post-workout convenience. Every recipe serves one and lists estimated calories, protein and common allergens. The collection includes dairy, dairy-free, fruit, coffee, chocolate and South Asian-inspired flavours.

LIQUID FIRST

Add liquid, then powder and soft ingredients, with frozen fruit last. Blend for a full 45-60 seconds.

CHOOSE ONE POWDER

A plain vanilla and a plain chocolate powder cover the whole book. Your label controls the final nutrition numbers.

USE THE RIGHT SIZE

Smoothies around 300 calories and 30 g protein can suit breakfast. Smaller recipes work better as snacks alongside regular meals.

KEEP CHEWING

One smoothie can be a practical tool. It is not a detox, cleanse or reason to replace every meal with liquids.

BEFORE YOU START

NUTRITION ESTIMATES

Calories and protein are estimates based on common Canadian products and standard portions. Your brands, substitutions, portioning and cooking oil will change the numbers. Use your package labels when precision matters.

ALLERGIES

Every recipe flags common allergens, but labels and cross-contamination vary. Check every package each time, especially protein powders, spice blends, broths, sauces, oats and plant milks.

MEDICAL BOUNDARY

This book is general education, not medical advice or a personalized diet. Speak with a physician or registered dietitian before major dietary changes if you are pregnant or postpartum, take medication, have a medical condition, or have a history of disordered eating.

PROTEIN POWDER

Protein powder is optional convenience, not medicine. Whey contains milk; plant blends may contain soy, nuts, peanuts or sesame. Check your label and ask a clinician or pharmacist if supplements are not appropriate for you.

NO DETOX CLAIMS. NO CRASH DIETS. NO GUARANTEED OUTCOMES.

RECIPE INDEX 01-15

01	Everyday Vanilla Berry	270 kcal	35 g
02	Strawberry Banana Protein	270 kcal	30 g
03	Tropical Mango Pineapple	305 kcal	33 g
04	Blueberry Almond	320 kcal	34 g
05	Peach Vanilla Greek	290 kcal	36 g
06	Green Apple & Spinach	285 kcal	28 g
07	Cherry Vanilla	315 kcal	38 g
08	Watermelon Mint Refresher	185 kcal	22 g
09	Classic Chocolate Protein	275 kcal	35 g
10	Chocolate Peanut Butter	310 kcal	40 g
11	Mocha Protein	250 kcal	40 g
12	Cold Brew Vanilla Latte	280 kcal	45 g
13	Chocolate Cherry	305 kcal	37 g
14	Chocolate Mint	230 kcal	35 g
15	Salted Date & Coffee	265 kcal	33 g

RECIPE INDEX 16-30

16	Mango Lassi Protein Smoothie	305 kcal	36 g
17	Rose & Cardamom Lassi	285 kcal	42 g
18	Salted Masala Chaas	150 kcal	25 g
19	Badam Protein Milk	315 kcal	36 g
20	Kesar Pista	320 kcal	42 g
21	Thandai-Inspired Protein Shake	305 kcal	36 g
22	Chai Masala Protein Smoothie	230 kcal	38 g
23	Falooda-Inspired Rose & Chia	320 kcal	41 g
24	Dairy-Free Chocolate Banana	325 kcal	31 g
25	Silken Tofu Berry	285 kcal	30 g
26	Peanut Butter Oat	360 kcal	31 g
27	Coconut Mango Turmeric	280 kcal	23 g
28	Green Machine	310 kcal	31 g
29	Pumpkin Spice Protein	255 kcal	34 g
30	Lemon Berry Cheesecake	330 kcal	42 g



EVERYDAY & FRUIT

Smoothies 01-08

1

Everyday Vanilla Berry

The default. If you only ever make one smoothie from this book, make this one.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) unsweetened almond milk
- 150 g (2/3 cup) 0% Greek yogurt
- 25 g (about 1 scoop) vanilla protein powder
- 120 g (1 cup) frozen mixed berries
- 1/2 tsp (2.5 ml) vanilla extract

METHOD

- 1 Add the almond milk, yogurt, protein powder and vanilla to the blender.
- 2 Top with the frozen berries and blend 45 seconds until completely smooth.



270 CALORIES

35 G PROTEIN

ALLERGENS: Milk, tree nuts (almond milk). Check protein powder.

2

Strawberry Banana Protein

The one that converts people who think they don't like protein shakes.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 25 g (about 1 scoop) vanilla protein powder
- 100 g (3/4 cup) frozen strawberries
- 1/2 medium banana (50 g), frozen
- 1/4 tsp cinnamon

METHOD

- 1 Pour the milk into the blender, then add the protein powder and cinnamon.
- 2 Add the frozen strawberries and banana.
- 3 Blend 45 seconds until smooth and thick.



270 CALORIES

30 G PROTEIN

ALLERGENS: Milk. Check protein powder.

3

Tropical Mango Pineapple

Bright, sharp and genuinely refreshing - the smoothie for a hot day and a hard workout.

Serves 1

INGREDIENTS

- 150 ml (2/3 cup) coconut water
- 150 g (2/3 cup) 0% Greek yogurt
- 20 g (about 3/4 scoop) vanilla protein powder
- 120 g (3/4 cup) frozen mango chunks
- 80 g (1/2 cup) frozen pineapple
- 1 tbsp (15 ml) lime juice

METHOD

- 1 Add the coconut water, yogurt, protein powder and lime juice to the blender.
- 2 Top with the frozen mango and pineapple and blend 45-60 seconds until smooth.



305 CALORIES

33 G PROTEIN

ALLERGENS: Milk. Check protein powder and coconut water for added sulphites.

4

Blueberry Almond

Creamy, nutty and a little dessert-like without tipping into dessert calories.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) unsweetened almond milk
- 150 g (2/3 cup) 0% Greek yogurt
- 20 g (about 3/4 scoop) vanilla protein powder
- 120 g (3/4 cup) frozen blueberries
- 10 g (2 tsp) almond butter
- 1/4 tsp cinnamon

METHOD

- 1 Blend the almond milk, yogurt, protein powder, almond butter and cinnamon for 15 seconds.
- 2 Add the frozen blueberries and blend a further 45 seconds until smooth.



320 CALORIES

34 G PROTEIN

ALLERGENS: Milk, tree nuts (almond, almond butter). Check protein powder.

5

Peach Vanilla Greek

Tastes like a peaches-and-cream dessert and comes in under 300 calories.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) skim milk
- 170 g (3/4 cup) 0% Greek yogurt
- 15 g (about 1/2 scoop) vanilla protein powder
- 150 g (1 cup) frozen peach slices
- 1/2 tsp (2.5 ml) vanilla extract
- Pinch of nutmeg

METHOD

- 1 Add the milk, yogurt, protein powder, vanilla and nutmeg to the blender.
- 2 Top with the frozen peaches and blend 45 seconds until creamy.



290 CALORIES

36 G PROTEIN

ALLERGENS: Milk. Check protein powder.

6

Green Apple & Spinach

Green, but it tastes like apple. The spinach is genuinely undetectable - you're just getting the volume and the nutrients.

Serves 1

INGREDIENTS

- 250 ml (1 cup) unsweetened almond milk
- 1 small green apple (150 g), cored and chopped
- 40 g (2 large handfuls) baby spinach
- 30 g (about 1 scoop) vanilla protein powder
- 10 g (1 tbsp) chia seeds, soaked in 60 ml water for 15 minutes
- 1 tbsp (15 ml) lemon juice

METHOD

- 1 Blend the almond milk, spinach and lemon juice for 30 seconds first, until no leaf pieces remain.
- 2 Add the apple, protein powder and soaked chia. Blend a further 45 seconds.
- 3 Add ice if you want it colder and thicker.



285 CALORIES

28 G PROTEIN

ALLERGENS: Tree nuts (almond milk). Check protein powder.

7

Cherry Vanilla

Dark cherries make this taste far richer than the numbers suggest.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) skim milk
- 150 g (2/3 cup) 0% Greek yogurt
- 20 g (about 3/4 scoop) vanilla protein powder
- 130 g (1 cup) frozen dark sweet cherries
- 1/4 tsp almond extract

METHOD

- 1 Add the milk, yogurt, protein powder and almond extract to the blender.
- 2 Top with the frozen cherries and blend 45-60 seconds until smooth.



315 CALORIES

38 G PROTEIN

ALLERGENS: Milk. Almond extract is usually nut-free but check the bottle. Check protein powder.

8

Watermelon Mint Refresher

The lightest drink in the book - thin, cold and sharp, ideal after training in the heat.

Serves 1

INGREDIENTS

- 300 g (2 cups) frozen watermelon chunks
- 150 ml (2/3 cup) cold water
- 25 g (about 1 scoop) unflavoured or vanilla whey isolate
- 2 tbsp (6 g) fresh mint leaves
- 1 tbsp (15 ml) lime juice
- Pinch of salt

METHOD

- 1 Blend the water, protein powder, mint, lime juice and salt for 20 seconds.
- 2 Add the frozen watermelon and blend a further 40 seconds until slushy.



185 CALORIES

22 G PROTEIN

ALLERGENS: Milk (whey). Check protein powder.



CHOCOLATE & COFFEE

Smoothies 09-15

9

Classic Chocolate Protein

The benchmark. Four ingredients, ninety seconds, no thinking required.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 30 g (about 1 scoop) chocolate protein powder
- 1 tbsp (6 g) unsweetened cocoa powder
- 1/2 medium banana (50 g), frozen
- 4-5 ice cubes

METHOD

- 1 Add the milk, protein powder and cocoa to the blender and blend 15 seconds.
- 2 Add the frozen banana and ice, and blend a further 45 seconds until thick.



275 CALORIES

35 G PROTEIN

ALLERGENS: Milk. Check protein powder.

10

Chocolate Peanut Butter

Peanut butter powder gives you the flavour at a fraction of the calories of the real thing.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 30 g (about 1 scoop) chocolate protein powder
- 15 g (2 tbsp) powdered peanut butter
- 1/2 medium banana (50 g), frozen
- Pinch of salt
- 4-5 ice cubes

METHOD

- 1 Blend the milk, protein powder, peanut butter powder and salt for 15 seconds.
- 2 Add the frozen banana and ice and blend a further 45 seconds.



310 CALORIES

40 G PROTEIN

ALLERGENS: Milk, peanuts. Check protein powder.

11

Mocha Protein

Coffee and chocolate, 40 g of protein, 250 calories. This replaces a lot of drive-through orders.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) skim milk
- 1 shot (30 ml) espresso, cooled, or 1 tsp instant coffee dissolved in 30 ml hot water
- 100 g (3/8 cup) 0% Greek yogurt
- 30 g (about 1 scoop) chocolate protein powder
- 5-6 ice cubes

METHOD

- 1 Blend the milk, cooled coffee, yogurt and protein powder for 20 seconds.
- 2 Add the ice and blend a further 40 seconds until frothy.



250 CALORIES

40 G PROTEIN

ALLERGENS: Milk. Check protein powder.

12

Cold Brew Vanilla Latte

Blended cold brew with 45 g of protein - the best morning trade in this book.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) cold brew coffee
- 200 ml (3/4 cup) skim milk
- 150 g (2/3 cup) 0% Greek yogurt
- 30 g (about 1 scoop) vanilla protein powder
- 1/4 tsp cinnamon
- 5-6 ice cubes

METHOD

- 1 Blend the cold brew, milk, yogurt, protein powder and cinnamon for 20 seconds.
- 2 Add the ice and blend a further 40 seconds.



280 CALORIES

45 G PROTEIN

ALLERGENS: Milk. Check protein powder.

13

Chocolate Cherry

Rich, dark and slightly tart - the most "dessert" this book gets without becoming dessert.

Serves 1

INGREDIENTS

- 250 ml (1 cup) unsweetened almond milk
- 100 g (3/8 cup) 0% Greek yogurt
- 30 g (about 1 scoop) chocolate protein powder
- 1 tbsp (6 g) unsweetened cocoa powder
- 130 g (1 cup) frozen dark sweet cherries

METHOD

- 1 Blend the almond milk, yogurt, protein powder and cocoa for 15 seconds.
- 2 Add the frozen cherries and blend a further 45-60 seconds until smooth.



305 CALORIES

37 G PROTEIN

ALLERGENS: Milk, tree nuts (almond milk). Check protein powder.

14

Chocolate Mint

Mint chocolate, and the green comes from spinach rather than food colouring.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 30 g (about 1 scoop) chocolate protein powder
- 1 tbsp (6 g) unsweetened cocoa powder
- 30 g (1 large handful) baby spinach
- 1/4 tsp (1.25 ml) peppermint extract
- 5-6 ice cubes

METHOD

- 1 Blend the milk and spinach for 30 seconds until completely smooth.
- 2 Add the protein powder, cocoa and peppermint extract and blend 15 seconds.
- 3 Add the ice and blend a further 30 seconds.



230 CALORIES

35 G PROTEIN

ALLERGENS: Milk. Check protein powder.

15

Salted Date & Coffee

One date does the work of three teaspoons of sugar, and the salt makes it taste like caramel.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 1 shot (30 ml) espresso, cooled, or 1 tsp instant coffee in 30 ml hot water
- 30 g (about 1 scoop) vanilla protein powder
- 1 Medjool date (20 g), pitted
- 1/4 tsp flaky salt
- 5-6 ice cubes

METHOD

- 1 Blend the milk, coffee, date and salt for 45 seconds until the date has completely broken down.
- 2 Add the protein powder and ice and blend a further 30 seconds.



265 CALORIES

33 G PROTEIN

ALLERGENS: Milk. Check protein powder and dates for sulphites.

SOUTH ASIAN FLAVOURS

Smoothies 16-23

16

Mango Lassi Protein Smoothie

The one everyone asks for. Same lassi you grew up with, rebuilt to actually hold you until lunch.

Serves 1

INGREDIENTS

- 150 g (2/3 cup) 0% Greek yogurt
- 150 ml (2/3 cup) skim milk
- 20 g (about 3/4 scoop) vanilla protein powder
- 150 g (1 cup) frozen mango chunks
- 1/4 tsp ground cardamom
- 1 tbsp (15 ml) lime juice

METHOD

- 1 Add the yogurt, milk, protein powder, cardamom and lime juice to the blender.
- 2 Top with the frozen mango and blend 45-60 seconds until thick and smooth.



305 CALORIES

36 G PROTEIN

ALLERGENS: Milk. Check protein powder.

17

Rose & Cardamom Lassi

Delicate, floral and cold - this is the one to make in July.

Serves 1

INGREDIENTS

- 200 g (3/4 cup) 0% Greek yogurt
- 200 ml (3/4 cup) skim milk
- 20 g (about 3/4 scoop) vanilla protein powder
- 1 tsp (5 ml) rose water
- 1/4 tsp ground cardamom
- 1 tsp (7 g) honey
- 6-8 ice cubes
- Crushed pistachios, to finish (optional, adds about 30 calories per 5 g)

METHOD

- 1 Blend the yogurt, milk, protein powder, rose water, cardamom and honey for 20 seconds.
- 2 Add the ice and blend a further 40 seconds until frothy.
- 3 Pour and finish with crushed pistachios if using.



285 CALORIES

42 G PROTEIN

ALLERGENS: Milk; tree nuts if garnishing with pistachios. Check protein powder and rose water.

18

Salted Masala Chaas

Savoury, cooling and 150 calories - this is what to drink with a heavy lunch instead of a soft drink.

Serves 1

INGREDIENTS

- 250 g (1 cup) 0% Greek yogurt
- 250 ml (1 cup) cold water
- 1/2 tsp (1 g) roasted cumin powder
- 1/2 tsp (3 g) kala namak (black salt), or regular salt
- 1/2 green chilli, deseeded
- 1 tsp (3 g) grated ginger
- 2 tbsp (6 g) fresh mint leaves
- 2 tbsp (7 g) fresh coriander
- Ice, to serve

METHOD

- 1 Blend everything except the ice for 45 seconds until completely smooth and frothy.
- 2 Taste and adjust the salt, then pour over ice.



150 CALORIES

25 G PROTEIN

ALLERGENS: Milk. No protein powder required in this recipe.

19

Badam Protein Milk

Saffron, cardamom and almond - badam milk with enough protein to count as a meal.

Serves 1

INGREDIENTS

- 300 ml (1 1/4 cups) skim milk
- 30 g (about 1 scoop) vanilla protein powder
- 12 g (2 tsp) almond butter, or 10 almonds soaked and peeled
- Small pinch of saffron threads, soaked in 1 tbsp warm milk
- 1/4 tsp ground cardamom
- 1 tsp (7 g) honey
- Ice, to serve

METHOD

- 1 Soak the saffron in the warm milk for 5 minutes to draw out the colour.
- 2 Blend everything for 45-60 seconds until smooth.
- 3 Serve over ice, hot or cold - this one works warm as well.



315 CALORIES

36 G PROTEIN

ALLERGENS: Milk, tree nuts (almond). Check protein powder.

20

Kesar Pista

Saffron and pistachio - the flavour of good kulfi, in a glass, without the cream.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 150 g (2/3 cup) 0% Greek yogurt
- 20 g (about 3/4 scoop) vanilla protein powder
- 12 g (1 tbsp) shelled unsalted pistachios
- Small pinch of saffron threads, soaked in 1 tbsp warm milk
- 1/4 tsp ground cardamom
- 5-6 ice cubes

METHOD

- 1 Soak the saffron in warm milk for 5 minutes.
- 2 Blend the pistachios with the milk for 30 seconds first, so they break down fully.
- 3 Add everything else and blend a further 45 seconds.



320 CALORIES

42 G PROTEIN

ALLERGENS: Milk, tree nuts (pistachio). Check protein powder.

21

Thandai-Inspired Protein Shake

Fennel, cardamom, pepper and nuts - the Holi classic, minus the sugar load.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 30 g (about 1 scoop) vanilla protein powder
- 8 g (about 8) almonds
- 6 g (1 1/2 tsp) shelled pistachios
- 1/4 tsp fennel seed powder
- 1/4 tsp ground cardamom
- Small pinch of black pepper
- Small pinch of saffron
- 1 tsp (7 g) honey
- Ice, to serve

METHOD

- 1 Blend the almonds, pistachios and milk for 40 seconds until no grit remains.
- 2 Add the protein powder, spices, saffron and honey and blend a further 30 seconds.
- 3 Pour over ice.



305 CALORIES

36 G PROTEIN

ALLERGENS: Milk, tree nuts (almond, pistachio). Check protein powder.

22

Chai Masala Protein Smoothie

Blended iced chai with 38 g of protein. Make the chai on Sunday and this takes sixty seconds.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) strong brewed chai, cooled (no sugar)
- 150 ml (2/3 cup) skim milk
- 100 g (3/8 cup) 0% Greek yogurt
- 30 g (about 1 scoop) vanilla protein powder
- 1/2 tsp (1 g) chai masala, or a pinch each of cardamom, cinnamon, ginger and clove
- 5-6 ice cubes

METHOD

- 1 Blend the cooled chai, milk, yogurt, protein powder and chai masala for 20 seconds.
- 2 Add the ice and blend a further 40 seconds until frothy.



230 CALORIES

38 G PROTEIN

ALLERGENS: Milk. Check chai masala for tree nuts and sesame, and check protein powder.

23

Falooda-Inspired Rose & Chia

Rose, milk and chia standing in for basil seeds - all the nostalgia, a fraction of the sugar.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 150 g (2/3 cup) 0% Greek yogurt
- 20 g (about 3/4 scoop) vanilla protein powder
- 10 g (1 tbsp) chia seeds, soaked in 60 ml water for 15 minutes
- 2 tsp (10 ml) rose water
- 1 tsp (4 g) sugar, or to taste
- Ice, to serve

METHOD

- 1 Soak the chia seeds in water for 15 minutes until fully gelled.
- 2 Blend the milk, yogurt, protein powder, rose water and sugar for 30 seconds.
- 3 Stir - don't blend - the soaked chia through, and pour over ice.



320 CALORIES

41 G PROTEIN

ALLERGENS: Milk. Check protein powder and rose water.



DAIRY-FREE

Smoothies 24-28

24

Dairy-Free Chocolate Banana

Soy milk and plant protein - no dairy, and it still lands over 30 g of protein.

Serves 1

INGREDIENTS

- 300 ml (11/4 cups) unsweetened soy milk
- 30 g (about 1 scoop) chocolate plant protein powder
- 1 medium banana (100 g), frozen
- 1 tbsp (6 g) unsweetened cocoa powder
- Pinch of salt

METHOD

- 1 Blend the soy milk, protein powder, cocoa and salt for 15 seconds.
- 2 Add the frozen banana and blend a further 45 seconds until thick.



325 CALORIES

31 G PROTEIN

ALLERGENS: Soy. Plant protein blends commonly contain soy, pea, peanut, almond or sesame - check your label.

25

Silken Tofu Berry

Silken tofu makes the creamiest dairy-free smoothie there is, and it tastes of nothing but berries.

Serves 1

INGREDIENTS

- 250 ml (1 cup) unsweetened almond milk
- 150 g silken tofu
- 25 g (about 1 scoop) vanilla plant protein powder
- 120 g (1 cup) frozen mixed berries
- 1 tbsp (15 ml) lemon juice
- 1/2 tsp (2.5 ml) vanilla extract

METHOD

- 1 Blend the almond milk, silken tofu, protein powder, lemon juice and vanilla for 30 seconds.
- 2 Add the frozen berries and blend a further 45 seconds until smooth.



285 CALORIES

30 G PROTEIN

ALLERGENS: Soy (tofu), tree nuts (almond milk). Check protein powder.

26

Peanut Butter Oat

The most filling drink in the book - a proper breakfast when you have no time to eat one.

Serves 1

INGREDIENTS

- 300 ml (1 1/4 cups) unsweetened soy milk
- 25 g (about 1 scoop) vanilla plant protein powder
- 15 g (2 1/2 tbsp) rolled oats
- 10 g (2 tsp) natural peanut butter
- 1/2 medium banana (50 g), frozen
- 1/2 tsp cinnamon

METHOD

- 1 Blend the soy milk and oats for 30 seconds first, so the oats break down completely.
- 2 Add the protein powder, peanut butter and cinnamon and blend 15 seconds.
- 3 Add the frozen banana and blend a further 45 seconds.



360 CALORIES

31 G PROTEIN

ALLERGENS: Soy, peanuts, oats (frequently cross-contaminated with wheat - use certified gluten-free oats if needed). Check protein powder.

27

Coconut Mango Turmeric

Warm spice against sweet mango, with black pepper because turmeric needs it.

Serves 1

INGREDIENTS

- 250 ml (1 cup) unsweetened almond milk
- 30 g (about 1 scoop) vanilla plant protein powder
- 150 g (1 cup) frozen mango chunks
- 5 g (1 tbsp) unsweetened desiccated coconut
- 1/4 tsp ground turmeric
- Small pinch of black pepper
- 1 tbsp (15 ml) lime juice

METHOD

- 1 Blend the almond milk, protein powder, coconut, turmeric, pepper and lime juice for 20 seconds.
- 2 Add the frozen mango and blend a further 45 seconds until smooth.



280 CALORIES

23 G PROTEIN

ALLERGENS: Tree nuts (almond milk; coconut is classed as a tree nut in Canada). Check protein powder.

28

Green Machine

Dairy-free, green, and structured so you actually feel full afterwards.

Serves 1

INGREDIENTS

- 250 ml (1 cup) unsweetened soy milk
- 40 g (2 large handfuls) baby spinach
- 30 g (about 1 scoop) vanilla plant protein powder
- 1/2 medium banana (50 g), frozen
- 10 g (1 tbsp) chia seeds, soaked in 60 ml water for 15 minutes
- 1 tbsp (15 ml) lemon juice

METHOD

- 1 Blend the soy milk, spinach and lemon juice for 30 seconds until no leaf pieces remain.
- 2 Add the protein powder, soaked chia and frozen banana, and blend a further 45 seconds.



310 CALORIES

31 G PROTEIN

ALLERGENS: Soy. Check protein powder.



DESSERT-STYLE

Smoothies 29-30

29

Pumpkin Spice Protein

Canned pumpkin is one of the great low-calorie thickeners, and it's in every Canadian grocery store year-round.

Serves 1

INGREDIENTS

- 250 ml (1 cup) skim milk
- 100 g (3/8 cup) canned pure pumpkin purée (not pie filling)
- 30 g (about 1 scoop) vanilla protein powder
- 1/2 tsp pumpkin pie spice, or 1/4 tsp cinnamon plus a pinch each of nutmeg, ginger and clove
- 1 tsp (7 ml) maple syrup
- 5-6 ice cubes

METHOD

- 1 Blend the milk, pumpkin purée, protein powder, spice and maple syrup for 20 seconds.
- 2 Add the ice and blend a further 40 seconds until thick and frothy.



255 CALORIES

34 G PROTEIN

ALLERGENS: Milk. Check protein powder and the pumpkin can for added ingredients.

30

Lemon Berry Cheesecake

Cottage cheese blended smooth genuinely tastes like cheesecake batter. This is the dessert one.

Serves 1

INGREDIENTS

- 200 ml (3/4 cup) skim milk
- 150 g (2/3 cup) 2% cottage cheese
- 20 g (about 3/4 scoop) vanilla protein powder
- 120 g (1 cup) frozen mixed berries
- Zest and juice of 1/2 lemon
- 1/2 tsp (2.5 ml) vanilla extract

METHOD

- 1 Blend the milk, cottage cheese, protein powder, lemon zest, lemon juice and vanilla for 45 seconds - take the full time, this is what makes it smooth rather than grainy.
- 2 Add the frozen berries and blend a further 45 seconds.



330 CALORIES

42 G PROTEIN

ALLERGENS: Milk. Check protein powder.

YOUR PLAN. YOUR PROGRESS. ONE COACHING SYSTEM.

These recipes are a useful starting point. Personalized coaching connects your food preferences, schedule, training, check-ins and progress inside one practical system.

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