



ALL PLANT PROTEIN RECIPES

1 scoop
Nutrilite™
All Plant
Protein
Powder



Salt,
to taste



1/4 cup
Olive oil



1/4 cup
fresh parsley, chopped,
more for garnish



1 tsp
dried chili flakes,
or to taste



ground
black pepper,
to taste

Pasta Arrabiata



200 grams
dried penne
rigate



Water,
for boiling

2 cups
diced
tomatoes



6 cloves
garlic,
peeled,
chopped



#SuperPROTEIN

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1 tbsp.
Rie Bran



1/4 portion
Medium Banana



1 tbsp.
Raw Honey



250 ml
Skim Milk



4 pieces
Raw Almonds

Chocolate Wake Up



1 scoop
Nutrilite™
All Plant Protein Powder



#SuperPROTEIN

A



200 grams
shrimp, peeled
and deveined



1/4 cup
onion,
chopped

1 cup tomatoes,
seeds removed
and chopped



2 tablespoons refined
coconut oil, divided



2 teaspoons
fish sauce
(patis)



1 1/3 cup munggo
(mung beans)



Munggo Rice



1 1/3 cup
brown rice



1 cup
malunggay leaves
(moringa)

2 teaspoons
ginger, minced



1 cup
string beans
(sitaw), sliced
into 1-inch pieces
and blanched



1 tablespoon
garlic,
minced

#SuperPROTEIN

A

1 scoop
Nutrilite™
Protein Mix Berries Flavour



1 cup
Watermelon
(chopped)



Watermelon Cooler



1 tsp
Lime juice



1 cup
Ice cubes



#SuperPROTEIN

A

1 SCOOP
Nutrilite™
All Plant Protein Powder

3 cups
Soy Milk



Banana Soy Milk Smoothie

2-3 sliced
Medium Banana

1 cup
Ice cubes



#SuperPROTEIN

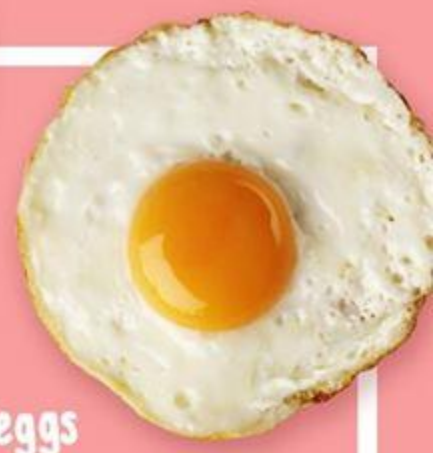
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1/2 kilo
Beef Sirloin,
sliced into 1/2-inch strips



6 cups
Garlic fried rice,
to serve



6 eggs
Cooked sunny
side up

Nutrilite™ All Plant
Protein Powder



Beef Tapa



Vegetable Oil
for frying



1/4 cup
Red Cane
Vinegar

1 tbsp.
Soy sauce



1 tsp.
Salt

2 tbsp.
Brown
Sugar



1 tsp.
Pepper



3 tbsp.
Chopped
Garlic



#SuperPROTEIN

A

1 cup
Frozen Spinach



1 tbsp
Chia Seed



1 tbsp
Flax Seed



1/2 portion
Avocado



2 scoops
Nutrilite™
All Plant
Protein Powder



Green Smoothie Bowl



1 Banana



#SuperPROTEIN

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