High Protein Nutrition

Proliva

RECIPES

to build a fitter you

Sip on delicious smoothies and shakes made with Proliva Sport. These protein-packed health drinks energise and nourish you and help you build lean, healthy muscle.

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Strawberry Protein Shake

Ingredients

1 cup strawberries • 1 cup low-fat milk • 2 scoops (30g) Proliva Sport Recovery Vanilla Caramel Cream

Instructions

Blend all ingredients until smooth and well-combined.

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Mango Shake

Ingredients

½ cup fresh mango pulp • ½ cup low-fat milk • 2 scoops (30g) Proliva Sport Recovery Vanilla Caramel Cream

Instructions

Blend all ingredients until smooth and well-combined.

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Peanut Butter Chocolate Milkshake

Ingredients

1 teaspoon creamy peanut butter • 1 cup low-fat milk • 2 scoops (30g) Proliva Sport Build Rich Chocolate

For garnish: Handful of choco-chips • Mixed nuts

Instructions

Blend all ingredients until smooth. Garnish as desired.

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Quick Start Shake

Ingredients

Juice of 3 fresh oranges • Sweetener to taste • 2 scoops (30g) Proliva Sport Recovery Vanilla Caramel Cream

Instructions

Blend all ingredients until smooth and well-combined.

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Banana Smoothie

Ingredients

2 bananas • 1 cup low-fat milk • 2 scoops (30g) Proliva Sport Recovery Vanilla Caramel Cream

Instructions

Blend all ingredients until smooth and well-combined.

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Recovery Sunset

Ingredients

1 cup diced mango • ½ cup diced carrots • ½ cup coconut water • ¼ cup orange juice • 2 peeled oranges • ½ cup plain yogurt • 2 scoops (30g) Proliva Sport Recovery Vanilla Caramel Cream

Instructions

Blend all ingredients until smooth and well-combined.

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Ultimate Recovery Smoothie

Ingredients

1 banana, cut into chunks • 2 scoops (30g) Proliva Sport Build Rich Chocolate • 2 dates, pitted • 1 cup coconut water

For garnish: Chocolate shavings • Sliced bananas • Sesame seeds • Chopped nuts • Coconut

Instructions

Blend all ingredients until smooth. Garnish as desired.

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Peppermint Power Jet

Ingredients

1 cup diced banana • 1 cup low-fat milk • ¼ cup mint leaves • ¼ cup raw cashews • 2 scoops (30g) Proliva Sport Recovery Rich Chocolate

For garnish: Mint leaves • Chocolate shavings

Instructions

Blend all ingredients until smooth. Garnish as desired.

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Jaggery Banana Spice

Ingredients

1 cup yogurt • ½ cup banana • 1 tablespoon jaggery
• 1 teaspoon grated ginger • ¼ teaspoon cinnamon
• A pinch of nutmeg and cardamom • 2 scoops (30g) Proliva Sport Build Rich Chocolate
For garnish: Sliced banana • Powdered jaggery

Instructions

Blend all ingredients until smooth. Garnish as desired.

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Seasonal Smoothie

Ingredients

1½ cup seasonal fruit • 2 cups water or low-fat milk • ½ cup yogurt • 2 scoops (30g) Proliva Sport Build Vanilla Caramel Cream • ½ tablespoon chopped almonds (optional)
• Sweetener to taste
For garnish: Fruit chunks

Instructions

Blend all ingredients until smooth. Garnish as desired.

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