Xercise ZONE

ONLINE COACHING • PERSONAL TRAINING • GROUP TRAINING

PROTEIN

Powder Treats

20 make-ahead treats made with protein powder. 15 g+ protein per serve.*

REVISED EDITION · NOVEMBER 2026

20 recipes · chocolate, vanilla & unflavoured
cheesecakes, balls, bars, frozen treats & savoury
macros for every serve

*Calculated estimates using high-protein yoghurt and whey protein with about 24 g protein per 30 g scoop. Most of the protein in the Berry Gummies comes from gelatine (see page 11).

What's inside

I've put together these 20 recipes to help you get more out of your tub of protein powder. Most are made in a batch, so you can prep once and have healthy treats ready all week. They're grouped by **chocolate**, **vanilla** and **unflavoured** powder, and each serve has an estimated **15 g of protein or more**.

One important shopping tip: wherever a recipe uses yoghurt, choose a **high-protein plain Greek-style yoghurt** with about 10 g of protein per 100 g. Ordinary Greek-style yoghurt has about half that protein and much more fat, and several recipes will drop below 15 g per serve if you use it. See page 23 for more.

Macros are estimates based on typical Australian products. Check your own labels, especially protein powder, as brands vary. The photos give you an idea of each recipe. They're close, but won't always match exactly.

	RECIPE	POWDER	PROTEIN	KCAL	PAGE
01	**Chocolate Protein Cheesecake Cups**	Chocolate	16 g	190	3
02	**Double Choc Protein Brownies**	Chocolate	17 g	185	4
03	**Choc-Peanut Freezer Fudge**	Chocolate	16 g	245	5
04	**Chocolate Protein Mousse Pots**	Chocolate	26 g	170	6
05	**Choc-Coconut Protein Balls**	Chocolate	17 g	220	7
06	**Choc-Banana Protein Popsicles**	Chocolate	18 g	140	8
07	**Mocha Protein Ice Cream**	Chocolate	27 g	205	9
08	**Baked Lemon Protein Cheesecake**	Vanilla	18 g	220	10
09	**Berry Protein Gummies**	Vanilla	15 g*	115	11
10	**Strawberry Cheesecake Frozen Bites**	Vanilla	21 g	270	12
11	**Vanilla Baked Protein Custard**	Vanilla	16 g	160	13
12	**Blueberry Protein Muffins**	Vanilla	16 g	185	14
13	**Mango Coconut Protein Popsicles**	Vanilla	18 g	145	15
14	**Cinnamon Cookie Dough Bites**	Vanilla	18 g	230	16
15	**Peanut Butter Protein Bars**	Vanilla	15 g	230	17
16	**Protein Hummus**	Unflavoured	19 g	185	18
17	**Cheesy Zucchini Protein Muffins**	Unflavoured	20 g	180	19
18	**Cheesy Protein Crisps**	Unflavoured	25 g	140	20
19	**Protein Tzatziki**	Unflavoured	18 g	95	21
20	**Salmon & Dill Protein Patties**	Unflavoured	30 g	220	22

*Berry Gummies: 15 g total protein per serve, of which about 6 g comes from whey. The rest comes from gelatine, which is not a complete protein.
Nutrition notes, protein powder tips and storage guide: pages 23–24.



01 Chocolate Protein Cheesecake Cups

CHOCOLATE POWDER · No-bake · Prep 15 min · 3 hr chill · Makes 6 · 1 serve = 1 cup

16 g	8 g	10 g	190 kcal
PROTEIN	CARBS	FAT	ENERGY · 800 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 250 g light cream cheese (block), softened
- 250 g high-protein plain Greek-style yoghurt*
- 2 scoops (60 g) chocolate whey protein
- 2 tbsp (16 g) cocoa powder
- 1 tbsp (28 g) honey, or sweetener to taste
- 60 g raspberries, to top

METHOD

1. Beat the cream cheese until smooth, then beat in the yoghurt.
2. Sift in the protein powder and cocoa, add the honey and beat until thick and silky with no lumps.
3. Spoon into 6 small jars or cups (about 110 g each), cover and chill for at least 3 hours.
4. Top with raspberries just before serving.

STORAGE

Fridge, covered, up to 4 days. Add the raspberries on the day you eat them. Not suitable to freeze.

ALLERGENS

Dairy

COACH'S TIP

Sifting the powder and cocoa is the trick to a smooth, lump-free filling.



02 Double Choc Protein Brownies

CHOCOLATE POWDER · Baked · Prep 10 min · 20 min bake · Makes 8 pieces · 1 serve = 1 piece

17 g	11 g	8 g	185 kcal
PROTEIN	CARBS	FAT	ENERGY · 780 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 250 g high-protein plain Greek-style yoghurt*
- 2 eggs (59 g size)
- 3 scoops (90 g) chocolate whey protein
- 40 g cocoa powder (about ⅓ cup + 1 tbsp)
- 60 g almond meal
- 2 tbsp (56 g) honey
- 1 tsp baking powder
- 30 g dark choc chips

METHOD

1. Heat the oven to 170°C (150°C fan-forced). Line a 20 cm square tin with baking paper.
2. Whisk the yoghurt, eggs and honey together. Stir in the protein, cocoa, almond meal and baking powder until no dry powder remains.
3. Spread into the tin and scatter with the choc chips.
4. Bake for 18 to 22 minutes, until the edges are set and a skewer in the centre comes out with moist crumbs.
5. Cool completely in the tin, then cut into 8 pieces (4 across, 2 down).

STORAGE

Fridge in an airtight container up to 4 days, or freeze up to 3 months.

ALLERGENS

Dairy, egg, tree nuts (almond). Choc chips may contain soy.

COACH'S TIP

Take them out while the middle is still slightly soft. Protein brownies dry out if over-baked.



03 Choc-Peanut Freezer Fudge

CHOCOLATE POWDER · No-bake · Prep 10 min · 2 hr freeze · Makes 16 pieces · 1 serve = 2 pieces

16 g	12 g	14 g	245 kcal
PROTEIN	CARBS	FAT	ENERGY · 1020 kJ

INGREDIENTS

- 200 g natural peanut butter (about ¾ cup)
- 3 scoops (90 g) chocolate whey protein
- 2 tbsp (16 g) cocoa powder
- 3 tbsp (84 g) honey
- About 60 ml unsweetened almond milk
- Pinch of sea salt

METHOD

1. Microwave the peanut butter and honey for 20 seconds, then stir until smooth.
2. Mix in the protein and cocoa. Add the almond milk a tablespoon at a time until it forms a thick, smooth dough.
3. Press firmly into a loaf tin lined with baking paper and sprinkle with salt.
4. Freeze for 2 hours, then cut into 16 pieces.

STORAGE
Freezer in an airtight container up to 3 months.

ALLERGENS
Dairy, peanuts, tree nuts (almond milk)

COACH'S TIP
Eat straight from the freezer. It softens quickly, so take out only what you need.



04 Chocolate Protein Mousse Pots

CHOCOLATE POWDER · No-bake · Prep 5 min · 1 hr chill · Makes 4 pots · 1 serve = 1 pot

26 g	10 g	2 g	170 kcal
PROTEIN	CARBS	FAT	ENERGY · 720 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 500 g high-protein plain Greek-style yoghurt*
- 2 scoops (60 g) chocolate whey protein
- 2 tbsp (16 g) cocoa powder
- 2 tsp (14 g) honey
- 80 g raspberries

METHOD

1. Whisk the yoghurt, protein, cocoa and honey until completely smooth.
2. Divide among 4 small jars and top with raspberries.
3. Cover and chill for at least 1 hour to thicken.

STORAGE
Fridge, covered, up to 3 days. Not suitable to freeze.

ALLERGENS
Dairy

COACH'S TIP
Use a thick high-protein yoghurt. The thicker it is, the more mousse-like the result.



05 Choc-Coconut Protein Balls

CHOCOLATE POWDER · No-bake · Prep 15 min · 30 min chill · Makes 14 balls · 1 serve = 2 balls

17 g	9 g	12 g	220 kcal
PROTEIN	CARBS	FAT	ENERGY · 920 kJ

INGREDIENTS

- 4 scoops (120 g) chocolate whey protein
- 80 g almond meal
- 50 g desiccated coconut (30 g for the mix, 20 g for rolling)
- 2 tbsp (16 g) cocoa powder
- 2 tbsp (56 g) honey
- About 100 ml unsweetened almond milk

METHOD

1. Mix the protein, almond meal, 30 g of the coconut and the cocoa in a bowl.
2. Add the honey, then the almond milk a tablespoon at a time, until the mix holds together when pressed.
3. Roll into 14 balls (about 30 g each) and roll in the remaining coconut.
4. Chill for at least 30 minutes to firm up.

STORAGE

Fridge in an airtight container up to 5 days, or freeze up to 3 months.

ALLERGENS

Dairy, tree nuts (almond). Contains coconut.

COACH'S TIP

If the mix gets sticky, chill it for 10 minutes before rolling.



06 Choc-Banana Protein Popsicles

CHOCOLATE POWDER · No-bake · Prep 10 min · 6 hr freeze · Makes 6 popsicles · 1 serve = 1 popsicle

18 g	13 g	2 g	140 kcal
PROTEIN	CARBS	FAT	ENERGY · 590 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 2 ripe bananas (about 240 g peeled)
- 300 ml skim milk
- 200 g high-protein plain Greek-style yoghurt*
- 3 scoops (90 g) chocolate whey protein
- 1 tbsp (8 g) cocoa powder

METHOD

1. Blend everything until smooth. Let it sit for 2 minutes so the foam settles.
2. Pour evenly into 6 popsicle moulds (about 130 ml each) and add sticks.
3. Freeze for at least 6 hours, or overnight.

STORAGE
Freezer up to 2 months.

ALLERGENS
Dairy

COACH'S TIP
Run the moulds under warm water for 10 seconds to release them. If your moulds are smaller and you make more than 6, each one will have less protein.



07 Mocha Protein Ice Cream

CHOCOLATE POWDER · No machine · Prep 10 min · 3 hr freeze · Makes 4 serves · 1 serve = about ¾ cup

27 g	19 g	2 g	205 kcal
PROTEIN	CARBS	FAT	ENERGY · 870 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 500 g high-protein plain Greek-style yoghurt*
- 2 scoops (60 g) chocolate whey protein
- 2 tbsp (16 g) cocoa powder
- 1 shot (30 ml) espresso, cooled
- 2 tbsp (56 g) honey
- 100 ml skim milk

METHOD

1. Whisk everything together until smooth.
2. Pour into a shallow container and freeze. Stir well every 45 minutes, 3 to 4 times, to break up ice crystals.
3. Before serving, leave it on the bench for 15 to 20 minutes so it's soft enough to scoop.

STORAGE
Freezer in a covered container up to 1 month. Best texture in the first week.

ALLERGENS
Dairy

COACH'S TIP
Low-fat ice cream freezes very hard. Divide it into 4 small containers before freezing so you only soften one serve at a time. Leave out the coffee for a plain chocolate version.



08 Baked Lemon Protein Cheesecake

VANILLA POWDER · Baked · Prep 15 min · 50 min bake + overnight chill · Makes 8 slices · 1 serve = 1 slice

18 g	14 g	10 g	220 kcal
PROTEIN	CARBS	FAT	ENERGY · 910 kJ

INGREDIENTS

- 500 g reduced-fat (97% fat-free) cottage cheese
- 250 g light cream cheese (block), softened
- 3 eggs (59 g size)
- 2 scoops (60 g) vanilla whey protein
- Finely grated zest and juice of 1 lemon (about 40 ml juice)
- 3 tbsp (84 g) honey

METHOD

1. Heat the oven to 160°C (140°C fan-forced). Line the base and side of a 20 cm springform tin with baking paper.
2. Blend all the ingredients in a blender or food processor until completely smooth, with no cottage cheese lumps.
3. Pour into the tin and bake for 45 to 55 minutes, until the edge is set and the centre still has a slight wobble.
4. Turn the oven off, prop the door open and leave the cheesecake inside for 1 hour. This helps stop cracking.
5. Chill overnight before slicing into 8.

STORAGE

Fridge, covered, up to 4 days. Slices can be frozen up to 1 month (thaw in the fridge).

ALLERGENS

Dairy, egg

COACH'S TIP

Blending the cottage cheese well is the secret. No lumps means a creamy, real-cheesecake texture.



09 Berry Protein Gummies

VANILLA POWDER · No-bake · Prep 15 min · 2 hr set · Makes about 40 · 1 serve = 10 gummies

15 g	11 g	1 g	115 kcal
PROTEIN	CARBS	FAT	ENERGY · 490 kJ

Protein note: about 6 g of the 15 g comes from whey (a complete protein). About 9 g comes from gelatine, which lacks tryptophan and is low in leucine, so it doesn't support muscle repair the way whey does.

INGREDIENTS

- 125 ml cold water
- 40 g powdered gelatine (about 3 tbsp + 1 tsp)
- 250 g frozen mixed berries
- 1 scoop (30 g) vanilla whey protein
- 1 tbsp (28 g) honey

METHOD

1. Pour the cold water into a small bowl, sprinkle the gelatine over the top and leave for 5 minutes to soften.
2. Simmer the berries in a small saucepan for 5 minutes, then blend until smooth.
3. Take the pan off the heat. Stir the softened gelatine into the hot berry purée until fully dissolved (don't let it boil).
4. Cool for about 10 minutes until warm, not hot. Then whisk in the protein and honey until smooth.
5. Pour into silicone moulds or a lined container and refrigerate for 2 hours. Pop out or cut into 40 pieces.

STORAGE
Fridge in an airtight container up to 5 days.

ALLERGENS
Dairy. Gelatine is animal-derived (usually beef or pork), so it's not suitable for vegetarians.

COACH'S TIP
Gelatine adds protein, but it isn't a complete protein like whey. Count these as a handy snack, not a replacement for a proper protein serve after training.



10 Strawberry Cheesecake Frozen Bites

VANILLA POWDER · No-bake · Prep 15 min · 3 hr freeze · Makes 12 bites · 1 serve = 3 bites

21 g	12 g	15 g	270 kcal
PROTEIN	CARBS	FAT	ENERGY · 1130 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 250 g light cream cheese (block), softened
- 200 g high-protein plain Greek-style yoghurt*
- 2 scoops (60 g) vanilla whey protein
- 150 g strawberries, finely chopped
- 1 tbsp (28 g) honey

METHOD

1. Beat the cream cheese, yoghurt, protein and honey until smooth.
2. Fold through the strawberries.
3. Spoon into a 12-hole silicone muffin tray and freeze for 3 hours.
4. Pop out and store in a container in the freezer.

STORAGE

Freezer in an airtight container up to 1 month. Don't refreeze once thawed.

ALLERGENS

Dairy

COACH'S TIP

Let them sit for 5 minutes before eating for a creamy, cheesecake-like centre.



11 Vanilla Baked Protein Custard

VANILLA POWDER · Baked · Prep 10 min · 35 min bake · Makes 4 pots · 1 serve = 1 pot

16 g	12 g	5 g	160 kcal
PROTEIN	CARBS	FAT	ENERGY · 660 kJ

INGREDIENTS

- 4 eggs (59 g size)
- 400 ml skim milk
- 1 scoop (30 g) vanilla whey protein
- 1 tbsp (28 g) honey
- 1 tsp vanilla extract
- Grated nutmeg, to dust

METHOD

1. Heat the oven to 160°C (140°C fan-forced). Boil the kettle.
2. Whisk the protein into the cold milk first so it doesn't clump. Then whisk in the eggs, honey and vanilla until smooth.
3. Pour into 4 ramekins (about 150 ml each) and dust with nutmeg. Stand them in a baking dish and pour hot water into the dish to come halfway up the ramekins.
4. Bake for 30 to 35 minutes, until set at the edges with a slight wobble in the centre.
5. Serve warm, or cool and refrigerate within 1 hour.

STORAGE
Fridge, covered, up to 3 days. Not suitable to freeze.

ALLERGENS
Dairy, egg

COACH'S TIP
The water bath keeps the custard silky. Don't skip it.



12 Blueberry Protein Muffins

VANILLA POWDER · Baked · Prep 10 min · 22 min bake · Makes 8 muffins · 1 serve = 1 muffin

16 g	20 g	4 g	185 kcal
PROTEIN	CARBS	FAT	ENERGY · 770 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 150 g rolled oats, blitzed to flour
- 3 scoops (90 g) vanilla whey protein
- 2 eggs (59 g size)
- 250 g high-protein plain Greek-style yoghurt*
- 2 tbsp (56 g) honey
- 1 tsp baking powder
- 125 g blueberries (fresh or frozen)

METHOD

1. Heat the oven to 180°C (160°C fan-forced) and line 8 holes of a standard muffin tin with paper cases.
2. Whisk the eggs, yoghurt and honey. Stir in the oat flour, protein and baking powder until just combined, then fold in the blueberries.
3. Divide among the cases and bake for 20 to 22 minutes, until a skewer comes out clean.
4. Cool on a wire rack.

STORAGE

Fridge in an airtight container up to 3 days, or freeze individually up to 3 months.

ALLERGENS

Dairy, egg, gluten (oats)

COACH'S TIP

Don't over-mix. Stir until there's no dry flour and stop.



13 Mango Coconut Protein Popsicles

VANILLA POWDER · No-bake · Prep 10 min · 6 hr freeze · Makes 6 popsicles · 1 serve = 1 popsicle

18 g	12 g	2 g	145 kcal
PROTEIN	CARBS	FAT	ENERGY · 600 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 400 g mango flesh (about 2 mangoes, or frozen mango)
- 300 g high-protein plain Greek-style yoghurt*
- 3 scoops (90 g) vanilla whey protein
- 100 ml light coconut milk

METHOD

1. Blend everything until smooth.
2. Pour evenly into 6 popsicle moulds (about 140 ml each) and add sticks.
3. Freeze for at least 6 hours.

STORAGE
Freezer up to 2 months.

ALLERGENS
Dairy. Contains coconut.

COACH'S TIP
Frozen mango works too, and is cheaper outside of mango season.



14 Cinnamon Cookie Dough Bites

VANILLA POWDER · No-bake · Prep 15 min · 30 min chill · Makes 14 bites · 1 serve = 2 bites

18 g	12 g	12 g	230 kcal
PROTEIN	CARBS	FAT	ENERGY · 970 kJ

INGREDIENTS

- 4 scoops (120 g) vanilla whey protein
- 100 g almond meal
- 30 g almond or peanut butter (about 1½ tbsp)
- 2 tbsp (56 g) honey
- 1 tsp ground cinnamon
- 30 g dark choc chips
- 1 to 2 tbsp (20 to 40 ml) skim milk

METHOD

1. Mix the protein, almond meal and cinnamon.
2. Add the nut butter and honey, then the milk a little at a time until it forms a soft dough.
3. Stir in the choc chips, roll into 14 bites and refrigerate for at least 30 minutes.

STORAGE

Fridge in an airtight container up to 5 days, or freeze up to 3 months.

ALLERGENS

Dairy, tree nuts (almond); peanuts if using peanut butter. Choc chips may contain soy.

COACH'S TIP

Tastes like raw cookie dough, without the raw egg or raw flour.



15 Peanut Butter Protein Bars

VANILLA POWDER · No-bake · Prep 15 min · 1 hr chill · Makes 10 bars · 1 serve = 1 bar

15 g	17 g	11 g	230 kcal
PROTEIN	CARBS	FAT	ENERGY · 970 kJ

INGREDIENTS

- 4 scoops (120 g) vanilla whey protein
- 100 g rolled oats
- 150 g natural peanut butter
- 3 tbsp (84 g) honey
- About 100 ml skim milk
- 40 g dark chocolate, melted

METHOD

1. Mix the protein and oats. Add the peanut butter and honey and stir well.
2. Add the milk a little at a time until it forms a firm dough. Press firmly into a loaf tin lined with baking paper.
3. Drizzle with the melted chocolate, chill for 1 hour, then cut into 10 bars.

STORAGE

Fridge in an airtight container up to 5 days, or freeze up to 3 months.

ALLERGENS

Dairy, peanuts, gluten (oats). Dark chocolate may contain milk and soy.

COACH'S TIP

Wrap each bar in baking paper so you can grab one on the way to training. Keep it chilled until you leave.



16 Protein Hummus

UNFLAVOURED POWDER · Savoury · Prep 10 min · No cooking · Makes 4 serves · 1 serve = about ⅓ cup

19 g	9 g	7 g	185 kcal
PROTEIN	CARBS	FAT	ENERGY · 770 kJ

INGREDIENTS

- 1 × 400 g tin chickpeas, drained and rinsed (about 240 g drained)
- 2 scoops (60 g) unflavoured whey protein isolate
- 2 tbsp (40 g) tahini
- 1 garlic clove
- Juice of 1 lemon (about 40 ml)
- 60 to 80 ml cold water (3 to 4 tbsp)
- Vegetable sticks, to serve

METHOD

1. Blend the chickpeas, tahini, garlic and lemon juice until smooth.
2. Add the protein and blend again, adding the water a tablespoon at a time until creamy.
3. Serve with vegetable sticks.

STORAGE
Fridge, covered, up to 3 days.

ALLERGENS
Dairy, sesame

COACH'S TIP
Unflavoured isolate disappears into savoury food. Nobody will know it's there.



17 Cheesy Zucchini Protein Muffins

UNFLAVOURED POWDER · Savoury · Prep 15 min · 22 min bake · Makes 12 muffins · 1 serve = 2 muffins

20 g PROTEIN	7 g CARBS	7 g FAT	180 kcal ENERGY · 750 kJ

INGREDIENTS

- 6 eggs (59 g size)
- 2 medium zucchini (about 400 g), grated and squeezed dry
- 2 scoops (60 g) unflavoured whey protein isolate
- 60 g grated light (reduced-fat) cheddar
- 50 g rolled oats, blitzed to flour
- 1 tsp baking powder
- 2 spring onions, sliced

METHOD

1. Heat the oven to 180°C (160°C fan-forced). Line a 12-hole muffin tin with paper cases or spray it well.
2. Whisk the eggs, then stir in everything else.
3. Divide among the holes and bake for 20 to 22 minutes, until golden and firm in the centre.

STORAGE

Fridge in an airtight container up to 3 days, or freeze up to 2 months.

ALLERGENS

Dairy, egg, gluten (oats)

COACH'S TIP

Squeeze the zucchini hard in a clean tea towel, or the muffins will be soggy.



18 Cheesy Protein Crisps

UNFLAVOURED POWDER · Savoury · Prep 10 min · 15 min bake · Makes about 24 · 1 serve = 8 crisps

25 g	1 g	4 g	140 kcal
PROTEIN	CARBS	FAT	ENERGY · 580 kJ

INGREDIENTS

- 2 scoops (60 g) unflavoured whey protein isolate
- 40 g finely grated parmesan
- 2 egg whites (about 65 g)
- ½ tsp garlic powder
- ½ tsp smoked paprika

METHOD

1. Heat the oven to 160°C (140°C fan-forced) and line 2 trays with baking paper.
2. Mix everything into a thick paste.
3. Drop level teaspoons onto the trays (12 per tray) and spread each one very thinly with the back of the spoon.
4. Bake for 12 to 15 minutes, swapping the trays halfway, until golden and crisp. Cool on the trays.

STORAGE
Airtight container at room temperature up to 5 days.

ALLERGENS
Dairy, egg

COACH'S TIP
The thinner you spread them, the crunchier they get. If they soften, re-crisp for 3 minutes in a hot oven.



19 Protein Tzatziki

UNFLAVOURED POWDER · Savoury · Prep 10 min · No cooking · Makes 4 serves · 1 serve = about ½ cup

18 g	5 g	0 g	95 kcal
PROTEIN	CARBS	FAT	ENERGY · 400 kJ

*Use a high-protein plain yoghurt (about 10 g protein per 100 g). Ordinary Greek-style yoghurt will lower the protein and raise the fat.

INGREDIENTS

- 400 g high-protein plain Greek-style yoghurt*
- 1 scoop (30 g) unflavoured whey protein isolate
- 1 Lebanese cucumber, grated and squeezed dry
- 1 garlic clove, crushed
- 1 tbsp chopped fresh dill
- 1 tbsp (20 ml) lemon juice
- Pinch of salt
- Vegetable sticks, to serve

METHOD

1. Stir the protein into the yoghurt until smooth.
2. Mix in the cucumber, garlic, dill, lemon juice and salt.
3. Chill and serve with vegetable sticks.

STORAGE
Fridge, covered, up to 3 days.

ALLERGENS
Dairy

COACH'S TIP
Also great as a sauce with grilled chicken or in a wrap.



20 Salmon & Dill Protein Patties

UNFLAVOURED POWDER · Savoury · Prep 15 min + 15 min chill · 15 min cook · Makes 8 patties · 1 serve = 2 patties

30 g	5 g	9 g	220 kcal
PROTEIN	CARBS	FAT	ENERGY · 920 kJ

INGREDIENTS

- 2 × 210 g tins pink salmon, drained (about 360 g drained)
- 2 eggs (59 g size)
- 1 scoop (30 g) unflavoured whey protein isolate
- 30 g rolled oats
- 2 spring onions, sliced
- 1 tbsp chopped fresh dill and the zest of ½ lemon

METHOD

1. Mash the salmon in a bowl. The soft canned bones can be mashed in, or removed if you prefer.
2. Mix in everything else and shape into 8 patties. Chill for 15 minutes so they hold together.
3. Cook in a sprayed non-stick pan over medium heat for 3 to 4 minutes each side, or bake at 200°C (180°C fan-forced) for 15 minutes, turning halfway. Cook until piping hot all the way through.

STORAGE

Fridge in an airtight container up to 2 days, or freeze up to 2 months. Reheat until piping hot.

ALLERGENS

Fish, egg, dairy, gluten (oats)

COACH'S TIP

Serve with a spoon of the Protein Tzatziki (recipe 19) for an even bigger protein hit.

Cooking with protein powder

WHICH POWDER?

- **Whey concentrate** is the everyday all-rounder and works in every sweet recipe here. These recipes assume a 30 g scoop with about 24 g protein.
- **Whey isolate (WPI)** is purer, with fewer carbs, and mixes in more smoothly. Unflavoured isolate is the one to use in savoury food (about 26–27 g protein per 30 g).
- **Casein** is thicker and creamier. It's great in mousse, ice cream and puddings, but you may need a little more liquid.
- **Plant blends** (pea, rice) soak up more liquid and can taste earthier. Add an extra splash of milk. The protein per scoop is often lower, so check the label.

CHOOSING YOUR YOGHURT

This makes the biggest difference to the numbers. The recipes are calculated with a **high-protein plain Greek-style yoghurt** (about 10.6 g protein, 0.3 g fat per 100 g). An ordinary Greek-style yoghurt is closer to 5 g protein and 7–8 g fat per 100 g.

For example, the Mousse Pots drop from about 26 g to 19 g protein per pot with ordinary yoghurt, and fat rises from 2 g to 11 g. The Cheesecake Cups, Brownies, Blueberry Muffins and Tzatziki would fall below 15 g. Look for "high protein" on the tub and check that the protein is about 10 g per 100 g.

A NOTE ON GELATINE

Gelatine is almost pure protein, but it isn't a **complete** protein. It has no tryptophan and is low in leucine, the amino acid that does most to switch on muscle repair. So the Berry Gummies are a good snack, but count only the whey part (about 6 g) towards your "proper" protein for the day.

SWAPPING FLAVOURS

- Chocolate and vanilla swap freely in almost every sweet recipe. Try the cheesecake cups in vanilla with berries.
- Flavoured powders are already sweet, so taste before adding honey. You may need less.
- Use unflavoured powder for anything savoury.

BAKING TIPS

- Protein powder isn't flour. Don't swap it one-for-one in your normal recipes.
- Protein dries out quickly in the oven. Use moist ingredients like yoghurt, banana or cottage cheese, and take bakes out a few minutes early.
- Add powder to hot mixes off the heat, and let them cool a little first, so it doesn't clump.
- Oven temperatures are for a conventional oven. For fan-forced, reduce by 20°C.

Measuring, storage & nutrition

MEASURING

- These recipes use Australian measures: 1 tablespoon = 20 ml, 1 teaspoon = 5 ml, 1 cup = 250 ml.
- Where it matters, grams are given. Weighing is more accurate than spoons, especially for honey (1 tbsp ≈ 28 g), cocoa (1 tbsp ≈ 8 g), nut butter (1 tbsp ≈ 20 g) and gelatine (1 tbsp ≈ 12 g).
- Eggs are 59 g size (about 50 g without the shell).

STORAGE & FOOD SAFETY

- Keep anything with dairy, eggs or fish in the fridge at 5°C or below, in a covered container.
- Cool cooked food and refrigerate it within 1 hour of it stopping steaming.
- Fridge treats keep for 2 to 5 days depending on the recipe. Check the storage note on each page.
- Balls, bars, fudge and muffins freeze well for up to 3 months. Frozen desserts are best eaten within 1 to 2 months.
- Thaw in the fridge, not on the bench, and don't refreeze anything that has thawed.
- Bars and balls are fine in your bag for a short trip to training, but keep them chilled otherwise.

ALLERGENS

These recipes contain common allergens, including **milk** (all recipes, through whey and dairy), **egg**, **peanuts**, **tree nuts** (almond), **sesame** (tahini), **fish** (salmon) and **oats**, which contain gluten. Chocolate, choc chips and some protein powders may contain soy or traces of other allergens. Each recipe lists its main allergens, but always check your own product labels.

ABOUT THE NUTRITION FIGURES

Every figure was recalculated in November 2026 from the full recipe and then divided by the number of serves. Values for yoghurt, cream cheese, cottage cheese and gelatine come from Australian product labels. Protein powder uses the assumptions above. Other ingredients use typical Australian food composition values.

Energy is calculated with the Food Standards Australia New Zealand (FSANZ) factors (protein and carbs 17 kJ/g, fat 37 kJ/g, fibre 8 kJ/g). It's shown in kilojoules and calories, rounded to the nearest 10 kJ and 5 kcal. Because fibre is counted, calories can be a few more than a simple 4-4-9 calculation from the macros.

Disclaimer: Nutrition values are estimates only. They can vary with the brands you choose, the size of your scoop, how you measure and how evenly you divide the batch. The recipes have been reviewed and calculated, not laboratory-tested. This booklet is general information, not personal dietary advice. If you have a medical condition, food allergy or specific dietary needs, please speak with your GP or an Accredited Practising Dietitian.

Recipe photos: Unsplash (unsplash.com).

Fuel the work.

I'd love to hear which treats become your favourites. Tell me at your next session. If you have questions about how much protein you need, just ask me.

See you at the park!

Gideon

Xercise ZONE

ONLINE COACHING•PERSONAL TRAINING•GROUP TRAINING