

SHAKING & BAKING WITH TLS SATISFACTION



TLS SHAKE RECIPES

Each shake may use either 2 scoops TLS Nutrition Shake or 1 packet TLS Whey Protein Shake.*

CHOCOLATE PEANUT BUTTER

2 scoops TLS Nutrition Shake - Chocolate Delight OR
1 serving TLS Whey Protein Shake - Chocolate
1 cup unsweetened almond milk
1 tbsp. reduced fat peanut butter
1 tbsp. dark cocoa powder

CHOCOLATE COCONUT

2 scoops TLS Nutrition Shake - Chocolate Delight OR
1 serving TLS Whey Protein Shake - Chocolate
¼ cup coconut
1 tsp. agave nectar
1 cup skim milk

CHOCOLATE RASPBERRY

2 scoops TLS Nutrition Shake - Chocolate Delight OR
1 serving TLS Whey Protein Shake - Chocolate
1 cup raspberries
1 tsp. vanilla extract
1 cup skim milk

CHOCOLATE BANANA

2 scoops TLS Nutrition Shake -
Chocolate Delight OR
1 serving TLS Whey Protein
Shake - Chocolate
1 banana
1 cup skim milk

CHOCOLATE STRAWBERRY

2 scoops TLS Nutrition Shake -
Chocolate Delight OR
1 serving TLS Whey Protein
Shake - Chocolate
1 cup strawberries
1 cup skim milk

MINT CHOCOLATE CHIP

2 scoops TLS Nutrition Shake -
Chocolate Delight OR
1 serving TLS Whey Protein
Shake - Chocolate
1 tsp. mint extract
½ cup unsweetened dark chocolate
(broken up, 70% cocoa or higher)
1 cup skim milk

NOTE: To give your shake a thicker consistency, add 5 ice cubes.

VANILLA LATTE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 tsp. instant coffee
1 tsp. agave nectar
1 cup skim milk

ALMOND MOCHA

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 tsp. almond extract
1-2 tsp. instant coffee
1 cup unsweetened almond milk

COFFEE MOCHA LATTE

2 scoops TLS Nutrition Shake - Chocolate Delight OR
1 serving TLS Whey Protein Shake - Chocolate
1 cup unsweetened almond milk
1 tsp. instant coffee
1 tsp. cocoa
1 tsp. vanilla extract

PIÑA COLADA

2 scoops TLS Nutrition Shake - Creamy
Vanilla OR 1 serving TLS Whey Protein
Shake - Vanilla
½ banana
½ cup pineapple juice
¼ cup unsweetened coconut
(or 1 tsp. coconut extract/coconut milk)
½ cup skim milk

CARDAMOM VANILLA

2 scoops TLS Nutrition Shake - Creamy
Vanilla OR 1 serving TLS Whey Protein
Shake - Vanilla
1 tsp. ground cardamom
¼ cup Greek yogurt
1 cup skim milk



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APPLE-BANANA CINNAMON

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 cup unsweetened almond milk
1 apple (cored, sliced)
½ banana
1 tsp. cinnamon

APPLE CINNAMON

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ tsp. cinnamon
¼ cup Greek yogurt
¼ cup unsweetened applesauce
1 cup skim milk

ORANGE TWIST

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup strawberries
½ cup unsweetened orange juice
½ cup water

LEMONADE BURST

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 small lemon (juiced)
1 cup strawberries
1 cup skim milk

LIME

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ lime (juiced)
1 tsp. agave nectar
1 cup skim milk

GREEN DREAM

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 cup strawberries
2 kiwifruits (peeled)
½ cup skim milk
2 scoops Complete Greens®*
½ cup water

BLUEBERRY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
¼ cup blueberries
1 cup skim milk

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PINEAPPLE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
¼ cup pineapple
¼ cup Greek yogurt
1 cup skim milk

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BLACK CHERRY BERRY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup blackberries
½ cup black cherries (pitted)
1 cup skim milk

RASPBERRY CHAI

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 cup unsweetened green tea
1 cup raspberries

BLACKBERRY CREAMSICLE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 cup blackberries
1 cup unsweetened almond milk

BLACKBERRY-LEMON COOLER

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup blackberries
1 cup unsweetened almond milk
1 tsp. lemon zest

STRAWBERRY BLAST

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup strawberries
½ cup mango
1 cup skim milk

STRAWBERRY BANANA

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 banana
1 cup strawberries
1 cup skim milk

VERY BERRY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup raspberries
½ cup blueberries
½ cup blackberries
½ cup strawberries
1 cup skim milk

NOTE: To give your shake a thicker consistency, add 5 ice cubes.

CRASHING CRANBERRY

2 scoops TLS Nutrition Shake -
Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup unsweetened cranberry juice
½ cup water



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PEANUT BUTTER & JELLY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 tbsp. reduced fat peanut butter
½ cup strawberries
1 cup unsweetened almond milk

KEY LIME PIE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 lime (juiced)
1 tbsp. agave nectar
1 cup skim milk

CAKE BATTER

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 cup unsweetened almond milk
½ cup low-fat cottage cheese
½ tsp. pure vanilla extract

BANANA BREAD

2 scoops TLS Nutrition Shake -
Creamy Vanilla OR 1 serving TLS
Whey Protein Shake - Vanilla
1 cup unsweetened vanilla almond milk
1 banana
½ cup (dry measure) rolled oats
1 tsp. cinnamon



SPICE CAKE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 tbsp. almond butter
1 tsp. vanilla extract
½ tsp. cinnamon
1 tsp. nutmeg
1 cup skim milk

BLUEBERRY-PEACH COBBLER

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
1 cup unsweetened almond milk
½ cup blueberries
1 cup peaches (sliced)
1 tsp. vanilla extract
2 graham crackers or milk coffee biscuits

GO GREEN

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup spinach
½ cup gently steamed broccoli
1 tsp. lemon zest
½ cup Greek yogurt

FALL FITNESS

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ cup cooked sweet potato OR
½ cup canned pumpkin
½ tsp. cinnamon
¼ tsp. ginger
1 cup skim milk

MONKEY SEE MONKEY DO

courtesy of Tamira Hamilton

2 scoops TLS Nutrition Shake - Creamy Vanilla OR
1 serving TLS Whey Protein Shake - Vanilla
½ semi-frozen banana
1 cup unsweetened almond milk
1 tbsp. non-fat ricotta cheese
1 tbsp. organic creamy peanut butter
Dash of cinnamon (optional)

NOTE: To give your shake a thicker consistency, add 5 ice cubes.

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TLS BAKING RECIPES

PROTEIN-POWERED GRANOLA

(Servings: 10)

- 1 cup oats
- 1/2 cup coconut (desiccated)
- 1/4 cup pumpkin seeds
- 1/4 cup walnuts or pistachios
- 1/2 cup almonds, chopped
- 1/3 cup dried cranberries
- 1/3 cup raisins
- 1 tbsp. cinnamon powder
- 1 tsp. cocoa
- 1/4 tsp. salt
- 2 tbsp. coconut oil
- 4 tbsp. agave nectar
- 1 serving TLS Whey Protein Shake - Chocolate

Combine oats, coconut, almonds, soy nuts and pumpkin seeds. Spread on baking tray and "toast" for 15 minutes at 175°C. Combine fruit with protein powder, cocoa and salt. Microwave coconut oil and agave for 1-2 minutes, until melted. Mix all ingredients and pack mixture into 8x8 baking tray, pressing down thoroughly. Bake at 150°C for 20 minutes, cool and break into chunks.

RAISIN NUT MUFFINS

(Servings: 12)

- 1 cup oat or whole-wheat flour
- 3 egg whites
- 1/2 cup fat-free Greek yogurt
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. ginger
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 cup stevia powder
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 2 servings TLS Whey Protein Shake - Vanilla

Preheat oven to 175°C. Combine all ingredients and mix thoroughly. Coat muffin pan with cooking spray and pour batter. Bake for 25 minutes and cool.

POWER PANCAKES

(Servings: 1-2)

- 1/4 cup oats
- 1/2 banana (mashed)
- 1 egg white
- 1 tbsp. almond milk
- 1/2 tsp. baking powder
- 1/4 tsp. cinnamon
- 1 serving TLS Whey Protein Shake - Vanilla

Using a fork, combine all ingredients into a uniform paste, adding milk as necessary to achieve desired consistency. Coat non-stick pan with cooking spray, pour batter and heat for two minutes per side, or until cooked.

WORKOUT WAFFLES

(Servings: 2)

- 1/4 cup almond milk
- 1/4 cup oat or whole wheat flour
- 1/2 large banana (mashed)
- 1 egg
- 1/2 tsp. baking powder
- 1 serving TLS Whey Protein Shake - Vanilla

Combine all ingredients using blender or food processor. Thickly coat waffle iron with cooking spray. Pour mixture and cook for 5-6 minutes each.

PROTEIN BREAKFAST BARS

(Servings: 6)

- 1/2 cup unsweetened applesauce
- 1/3 cup almond flour
- 1/4 cup oat flour
- 1/4 cup stevia (powder)
- 1 tsp. vanilla extract
- 1 tsp. maple extract
- 1 tsp. cinnamon
- 1 tsp. baking soda
- 1/8 tsp. salt
- 1 serving TLS Whey Protein Shake - Vanilla

Frosting (optional):

- 1 cup low-fat Greek yogurt (plain)
- 1 tbsp. stevia powder
- 1/2 tsp. vanilla extract

Preheat oven to 175°C. Coat 8x8 baking pan with cooking spray. Combine dry ingredients and wet ingredients separately, then combine dry ingredients with wet ingredients and mix thoroughly. Bake for 10-12 minutes until set. Cool and frost before serving.



TLS BAKING RECIPES



VANILLA-CRANBERRY BREAD

(Servings: 10)

- 1 cup oats
- 1 cup dried cranberries
- ¼ cup whipped cream cheese
- 2 egg whites
- ¼ cup almond milk
- 7 oz. apple sauce
- 2 tsp. coconut oil
- 2 tsp. vanilla extract
- 3 servings TLS Whey Protein Shake - Vanilla

Preheat oven to 165°C. Combine all ingredients, whisking until smooth. Coat bread pan with cooking spray. Pour batter and bake for 30-35 minutes.

MOCHA BROWNIES

(Servings: 12)

- 14 oz. sweet potatoes (skinned)
- 3½ oz. dark chocolate chips
- 2 tbsp. oats
- 3 egg whites
- 1 tsp. agave nectar
- 1 tsp. instant coffee
- ½ tsp. cinnamon
- ½ tsp. baking powder
- ½ tsp. coconut oil
- ½ cup almonds (chopped) (optional)
- 1 serving TLS Whey Protein Shake - Chocolate

Preheat oven to 175°C. Microwave potatoes until soft (5-6 minutes) and combine with protein powder, oats, coffee and baking powder using blender or food processor. Microwave chocolate and coconut oil until melted (1-2 minutes) and add to other ingredients along with agave and egg whites, mixing thoroughly. Coat 8x8 baking pan with cooking spray. Pour batter and bake for 30 minutes.



CROSS TRAINER CUPCAKES

(Servings: 12)

- 1¼ cup oat flour
- ½ cup stevia powder
- ½ cup unsweetened applesauce
- ½ cup nonfat Greek yogurt (plain)
- ¼ cup almond milk
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. almond extract
- 1 tsp. vanilla extract
- 3 egg whites
- 1 serving TLS Whey Protein Shake - Vanilla
- Light whipped cream (optional)

Preheat oven to 190°C. Coat muffin pan with cooking spray. Combine all ingredients in blender or food processor, mixing into uniform consistency. Pour into pan and bake for 20 minutes. Cool and top with light whipped cream. Store in refrigerator, as needed.

PEANUT BUTTER-BANANA COOKIES

(Servings: 5)

- 1 cup oats
- 2 medium bananas
- 2 tbsp. peanut butter
- 1 serving TLS Whey Protein Shake - Vanilla

Preheat oven to 175°C. Using a fork, combine all ingredients into a uniform dough, adding milk or water as necessary to achieve desired consistency. Coat cookie sheet with cooking spray and divide dough into 8-10 individual cookies. Bake for 15-20 minutes.

CHAMPIONSHIP CHOCOLATE CHIP COOKIES

(Servings: 24)

- 1¾ cup oat flour
- 1 cup unsweetened applesauce
- 1 cup low-fat Greek yogurt (plain)
- 1 can (16 oz.) chickpeas (drained and rinsed)
- ½ cup stevia powder
- ¼ cup dark chocolate chips
- 1 egg
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. vanilla extract
- 1 serving TLS Whey Protein Shake - Vanilla

Preheat oven to 205°C. Coat baking sheet with cooking spray. Setting aside chocolate chips, combine all dry ingredients. Using a blender or food processor, combine all wet ingredients, mixing thoroughly into uniform texture. Combine all ingredients, stirring chocolate chips in last. Scoop and place dough on baking tray in 2 tbsp. portions. Bake for 8-10 minutes and cool.

TLS BAKING RECIPES

DELECTABLE DIET DOUGHNUTS

(Servings: 6)

- 1 whole egg
- 2 egg whites
- 1 cup almond milk
- ½ cup coconut flour
- ¼ cup stevia powder
- 2 tbsp. unsweetened applesauce
- 2 tbsp. honey
- 1 tsp. baking soda
- ⅛ tsp. salt
- 1 serving TLS Whey Protein Shake - Vanilla

Preheat oven to 175°C. Coat doughnut pan with cooking spray. Combine dry ingredients and wet ingredients separately. Combine dry ingredients with wet ingredients and mix thoroughly into uniform texture. Bake for 20-25 minutes and cool.

NO-BAKE

VEGAN NO-BAKE PEANUT BUTTER CHOCOLATE CHIP PROTEIN BARS

(Servings: 15)

DRY

- 1½ cups oats
- ½ cup shredded coconut (sweetened optional)
- ½ cup raisins (or any dried fruit like date chunks, cranberries, craisins, dried cherries/mangoes/apricots)
- ½ cup chocolate chips
- ¼ cup almonds, chopped (optional or can be substituted for other nuts)
- 3 scoops Vanilla Protein Powder
- 1½ tsp. cinnamon powder

WET

- 1 ripe banana (mashed)
- ½ cup maple syrup (or agave, yacon syrup)
- ½ cup almond butter (or any nut butter like peanut/pecan/cashew)
- 1 tsp. vanilla extract

Combine all DRY ingredients in a large bowl. In a smaller bowl, mash ripe banana and add all wet ingredients. Pour wet ingredients into dry and mix well. Spread mixture into 8x8 or 9x9 baking dish lined with plastic wrap or waxed paper. Press until flat. Place dish in freezer for a few hours or until firm. Remove from dish and carefully cut into 15 squares/bars or logs. For easy grab-and-go snacks, wrap bars individually in plastic wrap. Store in fridge or freezer for up to one month. These bars soften quickly at room temperature.

Nutritional Info Per Serving:

• Calories	220.7
• Total Fat	10.9 g
• Cholesterol	11.0 mg
• Sodium	53.3 mg
• Total Carbs	26.3 g
• Dietary Fibre	3.6 g
• Protein	8.0 g

NO-BAKE

PEANUT BUTTER FUDGE PROTEIN BARS

(Servings: 12)

- 1 cup natural peanut butter
- 3 tbsp. honey (or to taste)
- 1½ cups Chocolate Whey Protein Powder
- 1 cup uncooked oats
- 2-5 tbsp. water
- 1 tbsp. unsweetened cocoa (optional)

Mix the peanut butter and honey in a bowl, microwave for 30 seconds. Add the rest of ingredients and mix together. Mixture should be crumbly and slightly moist. Press (hard) into a 9x9 tray and refrigerate for 20 minutes. Cut into 12 equal bars.

Nutritional Info Per Serving:

• Calories	221.0
• Total Fat	11.1 g
• Cholesterol	0.0 mg
• Sodium	88.3 mg
• Total Carbs	12.8 g
• Dietary Fibre	2.0 g
• Protein	15.5 g

DUSTED DOUGHNUT HOLES

(Servings: approximately 16)

- 1 cup oat flour
- ½ cup stevia powder
- ¼ cup almond milk
- 1 tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. salt
- ½ tsp. vanilla extract
- ¼ tsp. baking soda
- 4 egg whites
- 1 serving TLS Whey Protein Shake - Vanilla

Dusting (optional):

- ¼ cup stevia powder
- 2 tbsp. cinnamon

Preheat oven to 160°C. Coat mini-muffin tray with cooking spray. Combine dry ingredients and wet ingredients separately. Combine dry ingredients with wet ingredients and mix thoroughly into uniform texture. Bake for 20-25 minutes. Remove while warm and roll in dusting, if desired.