

2022

GAINFUL

cookbook

GAINFUL

TABLE OF CONTENTS

INTRODUCTION	4	BAKED GOODS	34
SMOOTHIES	6	Chocolate Protein Waffles	36
Probiotic Berry Smoothie	8	Cinnamon Toast Muffins	38
Chocolate Covered Strawberry Smoothie	10	Cinnamon Toast Pancakes	40
Immune Boosting Smoothie	12	Single-Serve Funfetti Mug Cake	42
Strawberries & Cream Smoothie Bowl	14	Berry Protein Yogurt Toasts	44
Coconut Cloud Smoothie	16	Protein Birthday Cake	46
Nostalgic Sunny Smoothie	18	HYDRATION	48
NO BAKE GOODS	20	Watermelon Hydration Slushy	50
Trail Mix Cookie Dough Protein Balls	22	Lemon Lime Hydration Ice Cubes	52
Banana Bread Overnight Oats	24	Strawberry Mint Hydration Mocktail	54
Dark Chocolate Protein Bites	26	Strawberry Lemonade Refresher	56
Dulce de Leche Overnight Oats	28	MEET OUR CREATORS	57
Stress Relieving Smoothie Bowl	30		
Pre-Workout Popsicles	32		



INTRODUCTION

At Gainful we're all about mixing it up as we mix it in. Thanks to our content creators and team, we've found endless ways to rethink how we enjoy our Personalized Performance Nutrition. From refreshing post-workout smoothies to delicious treats to keep in your hiking pack, we've got the recipes that'll keep you feeling strong and satisfied—and now with our Digital Cookbook, they're all in one place.

So dig in, level up and let the gains begin.

We love seeing your creations! Post your recipes and tag #GainfulEats for a chance to be featured.



SMOOTHIES



PROBIOTIC BERRY SMOOTHIE

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Strawberry Cream Flavor Boost
- 1 banana
- 3 tbsp probiotic yogurt or kefir
- 2 tbsp of flaxseeds or flaxmeal
- Handful of greens
- Handful of frozen mixed berries
- Almond milk (or plant based milk of choice)

DIRECTIONS:

1. Blend all ingredients and enjoy!

CHOCOLATE COVERED STRAWBERRY SMOOTHIE

CREATOR: @ktleo

DIETARY RESTRICTIONS: Gluten Free, Vegan

INGREDIENTS:

1 scoop Gainful Personalized Protein
1 Rich Chocolate or Strawberry Cream Flavor Boost
1 cup frozen strawberries
1 tbsp cocoa powder
1 tbsp flax meal
1/2 cup ice
1/2 to 1 cup nut milk (or plant based milk of choice)
Toppings: Chocolate chips & sliced strawberries

DIRECTIONS:

1. Blend all ingredients, add toppings and enjoy!





IMMUNE BOOSTING SMOOTHIE

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free, Vegan

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Madagascar Vanilla Flavor Boost
- Handful of spinach
- Half an orange
- Frozen mango
- Steamed and frozen cauliflower (substitute banana)
- 2 tbsp of pumpkin seeds
- Avocado
- Coconut water (or liquid of choice)

DIRECTIONS:

1. Blend all ingredients and enjoy!



STRAWBERRIES & CREAM SMOOTHIE BOWL

CREATOR: @kullinthekitchen

DIETARY RESTRICTIONS: Gluten Free

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Strawberry Cream Flavor Boost
- 1 ½ frozen bananas
- ½ cup frozen strawberries
- 1 heaping spoonful of plain Greek yogurt
- 1 tbsp honey
- ¼ cup light coconut milk
- Toppings: Strawberries, blackberries, shredded coconut, pumpkin seeds, granola

DIRECTIONS:

1. Blend all ingredients, pour into a bowl, add the toppings and enjoy!



COCONUT CLOUD SMOOTHIE

CREATOR: @pursuegoodfood

DIETARY RESTRICTIONS: Gluten Free, Dairy Free

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Madagascar Vanilla Flavor Boost
- 1 scoop Gainful Collagen
- 1 frozen banana
- Handful of frozen pineapple
- ½ avocado
- 1 tbsp almond butter
- ½ cup milk of choice
- 2 tbsp blue spirulina
- 1 tbsp coconut cream

DIRECTIONS:

1. Blend banana, pineapple, avocado, almond butter, milk, protein, collagen, vanilla flavor boost, and blue spirulina.
2. Add coconut cream to the bottom of your glass.
3. Add smoothie and top with coconut cream.

NOSTALGIC SUMMER SMOOTHIE

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free, Dairy Free

INGREDIENTS:

1 scoop Gainful Personalized Protein
1 packet of Gainful Personalized Hydration in Lemon Lime
1 scoop Gainful Collagen
½ cup frozen mango
1-2 frozen banana(s)
½ cup coconut water
Toppings: Green apples, kiwi

DIRECTIONS:

1. Blend mango, banana, hydration, coconut water, protein, and collagen.
2. Cut apple and kiwi into slices.
3. Pour smoothie into glass and top with apple and kiwi.





NO BAKE GOODS



TRAIL MIX COOKIE DOUGH PROTEIN BALLS

CREATOR: @rachsrealeats

DIETARY RESTRICTIONS: Gluten Free, Dairy Free

INGREDIENTS:

2 scoops Gainful Personalized Protein
*Optional Madagascar Vanilla Flavor Boost
1 cup salted creamy peanut butter
¼ cup manuka honey or maple syrup
1-2 tbsp unsweetened vanilla almond milk
⅓ cup raisins
⅓ cup pumpkin seeds
½ cup mini-sized dairy-free dark chocolate chips

DIRECTIONS:

1. Mix all ingredients in a mixing bowl until well combined.
2. Refrigerate mixture for 30-45 minutes.
3. Take out of the refrigerator and roll into balls. Measure about 1-2 tbsp per ball.
4. Store balls in an airtight container in the fridge and enjoy!



BANANA BREAD OVERNIGHT OATS

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free, Vegan

INGREDIENTS:

1 scoop Gainful Personalized Protein
1 Madagascar Vanilla Flavor Boost
1.5 cups rolled oats
2 cups plant-based milk
1 tsp vanilla extract
1 tsp cinnamon
1 banana
Optional: 1 tsp maple syrup (to sweeten)

DIRECTIONS:

1. In a large bowl, mix all the ingredients together thoroughly (except the banana).
2. Slice the banana and add into oat mixture. Mix everything one last time.
3. Scoop oats into containers and place in fridge overnight.
4. In the morning, warm up the oats (or enjoy cold!), add toppings and enjoy!



DARK CHOCOLATE PROTEIN BITES

CREATOR: @kullinthekitchen

DIETARY RESTRICTIONS: Dairy Free

INGREDIENTS:

2 scoops Gainful Personalized Protein
1 Chocolate Peanut Butter Flavor Boost
1 cup rolled oats
½ tbsp ground flax seeds
½ tbsp chia seeds
½ tbsp hemp seeds
¾ cup natural creamy peanut butter
½ cup raw honey
Dark chocolate chunks

DIRECTIONS:

1. Mix all dry ingredients in a large bowl and stir until combined.
2. Add in the peanut butter and honey.
3. If desired, toss in dark chocolate, roll into evenly shaped balls.
4. Store in the fridge and enjoy!

DULCE DE LECHE OVERNIGHT OATS

CREATOR: @sirisly_hungry

DIETARY RESTRICTIONS: Dairy Free

INGREDIENTS:

1 scoop Gainful Personalized Protein

1 Sea Salt Caramel Flavor Boost

½ cup old fashioned oats

1 tbsp chia seeds

¾ cup unsweetened vanilla almond milk

Toppings: Diced apples

2 tsp dulce de leche (can be found at your local supermarket in the baking aisle) or substitute with store bought caramel sauce

DIRECTIONS:

1. Add the oats, chia seeds, Gainful Personalized Protein, Sea Salt Caramel Flavor Boost and unsweetened almond milk to a mason jar.
2. Stir well, screw the lid on and store in the fridge overnight.
3. When ready to eat the next day, top with the apples and take 1 tsp of dulce de leche, thin it out with 1 tsp of almond milk and drizzle over the apples. Enjoy!





STRESS RELIEVING SMOOTHIE BOWL

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free, Vegan

INGREDIENTS:

1 scoop Gainful Personalized Protein

1 Rich Cocoa Flavor Boost

1 banana

½ an avocado

1 cup of plant-based milk

1 tablespoon of cacao powder

Toppings: Berries, granola, dark chocolate

DIRECTIONS:

1. Add the banana, milk, cacao, flavor boost and protein to a blender. Blend together and pour into a bowl.
2. Top with fresh berries, granola and dark chocolate



PRE-WORKOUT POPSICLES

CREATOR: @lovevivv

DIETARY RESTRICTIONS: Gluten Free, Vegan

INGREDIENTS:

2 packets of Gainful Personalized Pre-Workout in Strawberry Lemonade

1 ½ cup freshly squeezed lemon juice

1 cup strawberries

1 cup water

Zest of one lemon

DIRECTIONS:

1. Add all ingredients to a blender and blend until smooth.
2. Pour mixture into popsicle molds, and place in the freezer for at least 4-5 hours. Enjoy!



BAKED GOODS



CHOCOLATE PROTEIN WAFFLES

CREATOR: @kullinthekitchen

DIETARY RESTRICTIONS: Dairy Free

INGREDIENTS:

1/2 scoop Gainful Personalized Protein

1 Rich Chocolate Flavor Boost

1 banana

1 cup oats

1 tsp baking powder

2 eggs

Toppings: banana, strawberries, chocolate syrup, granola, dark chocolate chunks

DIRECTIONS:

1. Blend all ingredients in your favorite blender.
2. Transfer batter to a mini waffle maker until cooked through.
3. Add your desired toppings and enjoy!



CINNAMON TOAST MUFFINS

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free (without Fiber)

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Cinnamon Toast Flavor Boost
- 1 scoop Gainful Collagen Performance Boost
- 1 scoop Gainful Fiber Performance Boost (omit for gluten free)
- 2 eggs
- ¼ cup coconut oil (melted)
- 1 3/4 cups plant based milk
- 1 1/2 cups gluten free all purpose flour
- ½ tsp baking powder
- ½ tsp cinnamon

DIRECTIONS:

1. Preheat oven to 375 and prep your muffin tin using muffin liners or grease with coconut oil.
2. Whisk together all liquid ingredients (eggs, coconut oil, plant based milk) into a large mixing bowl.
3. Add the dry ingredients into the same mixing bowl. Mix until a batter forms.
4. Pour batter into muffin tins. Bake for 20-25 minutes. Enjoy!



CINNAMON TOAST PANCAKES

CREATOR: @pursuegoodfood

DIETARY RESTRICTIONS: Gluten Free

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Cinnamon Toast Flavor Boost
- 1 cup oat flour
- ¼ tsp salt
- 1 tsp baking powder
- ½ tsp cinnamon
- 1 cup milk

DIRECTIONS:

1. Mix the oat flour, Gainful Personalized Protein, Cinnamon Toast Flavor Boost, salt, baking powder, cinnamon, and milk.
2. Cook over medium high heat.
3. Top with cinnamon, maple syrup and enjoy!



SINGLE-SERVING FUNFETTI MUG CAKE

CREATOR: @pursuegoodfood

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Madagascar Vanilla Flavor Boost
- 2 tbsp self rising (SR) flour
- 2 tbsp milk
- 1 oz greek yogurt
- Toppings: sprinkles and whipped cream (optional)

DIRECTIONS:

1. Mix all ingredients together in a bowl.
2. Top with sprinkles!
3. Microwave for 2 minutes.
4. Top with whipped cream and dig in!

BERRY PROTEIN YOGURT TOASTS

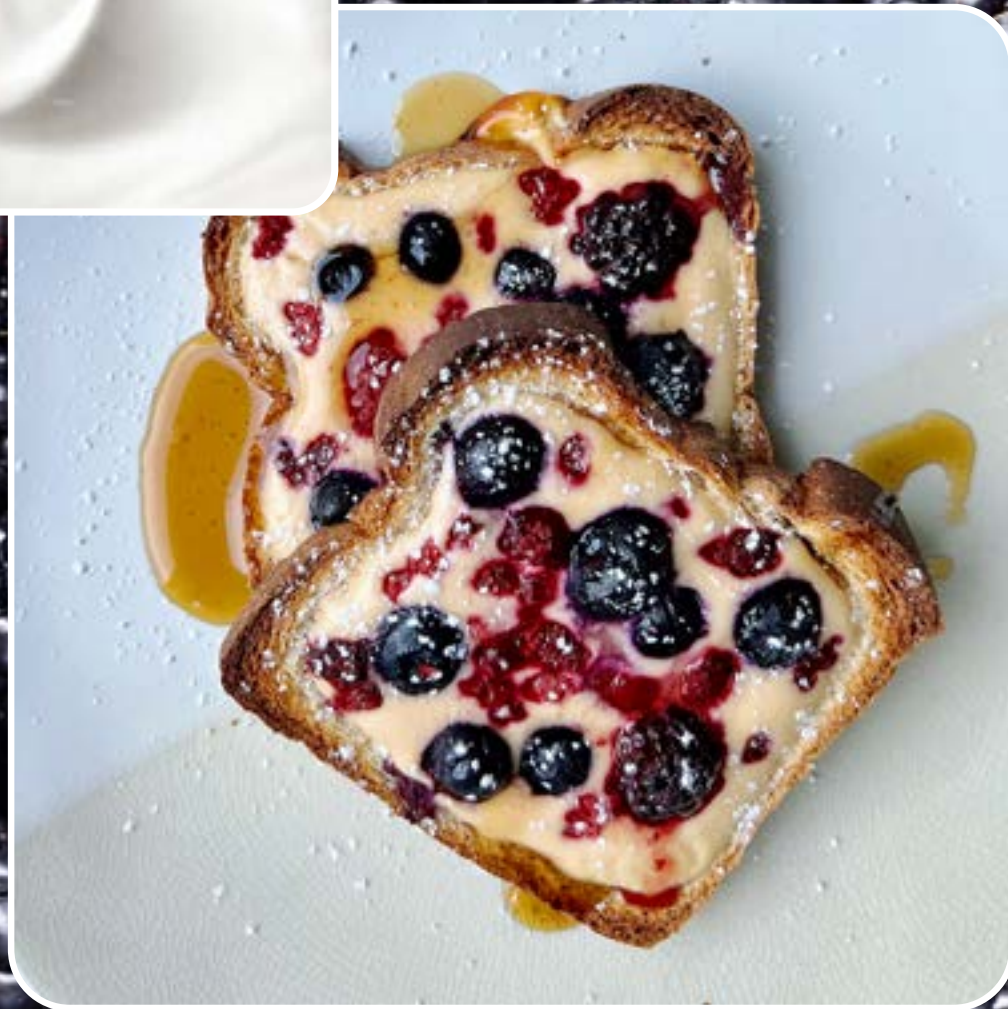
CREATOR: @wellmadebykiley

INGREDIENTS:

- 1 scoop Gainful Personalized Protein
- 1 Strawberry Cream Flavor Boosts
- 1/2 cup plain nonfat greek yogurt
- 1 1/2 tablespoons honey or maple syrup
- 1 egg
- 1/4 cup mixed berries
- 2 slices whole grain bread

DIRECTIONS:

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper, set aside.
2. In a small bowl, combine the greek yogurt, honey or maple syrup, egg, and protein powder. Whisk until combined and smooth.
3. Using a spoon or your fingers, press the center of the bread slices to create a well for the custard filling.
4. Spoon the custard into each toast.
5. Then add the mixed berries on top. You can also swap out for your favorite berries of any kind.
6. Bake for 10-15 minutes. Top with any desired toppings.





PROTEIN BIRTHDAY CAKE

CREATOR: @wellmadebykiley

INGREDIENTS:

1 scoop Gainful Personalized Protein
1 Madagascar Vanilla Flavor Boost
4 medium egg whites
1 teaspoon cream of tartar
¼ cup zero calorie sweetener of choice (preferably granulated)
½ tsp vanilla extract
½ cup flour
¾ tsp baking powder

FROSTING:

4 oz cream cheese, softened
1 cup plain Greek yogurt
2 tablespoons sugar free pudding mix (vanilla, white chocolate, or cheesecake)
2 tbsp rainbow sprinkles

DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. In the bowl of a stand mixer, whisk together the egg whites, cream of tartar, and zero calorie sweetener. Beat until stiff peaks form.
3. In a separate small bowl, whisk together flour, baking powder, and protein powder. Fold the flour mixture into the egg white mixture. Then, fold in sprinkles.
4. Spray 3, 6-inch cake pans with cooking spray and cut a piece of parchment paper to fit the bottom of each. Divide the cake batter between the three pans.
5. Bake for 15 minutes.
6. Make the frosting by beating together the cream cheese, greek yogurt, and sugar free pudding mix.
7. Once the cake layers are cooled, cut the tops off each round to level them out. Spread less than a third of the frosting on the first layer. Repeat with the second and third layer, and then top the cake off with the remainder of the frosting.
8. Top with sprinkles. Enjoy!



HYDRATION



WATERMELON HYDRATION SLUSHY

CREATOR: @wellmadebykiley

DIETARY RESTRICTIONS: Gluten Free, Dairy Free

INGREDIENTS:

- 1 packet of Gainful Personalized Hydration in Strawberry Lemonade
- 2 tablespoons freshly squeezed lemon juice
- 1 cup seedless watermelon
- 1 ½ cups ice cubes
- 2 tablespoons honey

DIRECTIONS:

1. Add all of the ingredients to a blender.
2. Blend on high until combined.
3. Pour into a glass.



LEMON LIME HYDRATION ICE CUBES

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free, Vegan

INGREDIENTS:

2 packets of Gainful Personalized Hydration in Lemon Lime
Thinly sliced lemon
Thinly sliced lime
Mint

DIRECTIONS:

1. In an empty ice cube tray place mint, lime and lemon in each cube.
2. In a pitcher or large container, empty 1 Personalized Hydration packet and mix with water.
3. Fill the ice cube tray with the water mixture. Freeze overnight.
4. Place a few ice cubes in a glass. Add water and another Personalized Hydration packet.
5. Mix together. Enjoy!

STRAWBERRY MINT HYDRATION MOCKTAIL

CREATOR: @abbywellbalanced

DIETARY RESTRICTIONS: Gluten Free, Vegan

INGREDIENTS:

1 packet of Gainful Personalized Hydration in Strawberry Lemonade
Juice from ¼ of a lemon
3-4 fresh strawberries
A few fresh mint leaves
Filtered Water

DIRECTIONS:

1. In a glass, tumbler or water bottle, add lemon juice, chopped strawberries and mint leaves. Muddle together.
2. Pour your Personalized Hydration packet in. Add water and mix together. Enjoy!





STRAWBERRY LEMONADE REFRESHER

CREATOR: @thenutritiousnorm

DIETARY RESTRICTIONS: Gluten Free, Dairy Free

INGREDIENTS:

1 packet of Gainful Personalized Hydration in Strawberry Lemonade
1 cup frozen watermelon
1 cup frozen strawberries
½ lemon, squeezed
½ cup ice
1.5 cups water
2 tbsp honey

DIRECTIONS:

1. Add ingredients to a blender and blend until smooth! Enjoy :)

MEET OUR CREATORS

ABBY HERSAM: @ABBYWELLBALANCED

Probiotic Berry Smoothie
Immune Boosting Smoothie
Banana Bread Overnight Oats
Cinnamon Toast Muffins
Nostalgic Sunny Smoothie
Stress Relieving Smoothie
Lemon Lime Hydration Ice Cubes
Strawberry Mint Hydration Mocktail

KATIE LEONARD: @KTLEO

Chocolate Covered Strawberry Smoothie

RACHEL SEIDEMAN: @RACHSREALEATS

Trail Mix Cookie Dough Protein Balls

ANGIE GRULLON: @SIRIUSLY_HUNGRY

Dulce de Leche Overnight Oats

SIDNEY KULL: @KULLINTHEKITCHEN

Strawberries and Cream Smoothie Bowl
Dark Chocolate Protein Bites
Chocolate Protein Waffles

ASHLEE HENSON: @PURSUEGOODFOOD

Cinnamon Toast Pancakes
Single Serving Funfetti Mug Cake
Coconut Cloud Smoothie

VIVIENE ELDARAZI: @LOVEVIVV

Pre-workout Popsicles

KILEY O'DONNELL: @WELLMADEBYKILEY

Protein Birthday Cake
Berry Protein Yogurt Toasts
Watermelon Hydration Slushy

JULIETTE HAAS: @THENUTRITIOUSNORM

Strawberry Lemonade Refresher

