



11

*Delicious
Recipe Ideas*

EGG WHITE PROTEIN



4EverFit.pro



Oatmeal with Banana and Almond Butter

2
servings



Ingredients:

- 1 cup rolled oats
- 2 cups water or milk (dairy or non-dairy)
- 1 scoop of **4EverFit®** Egg White Protein French Vanilla powder
- 1 ripe banana, mashed
- 1-2 tablespoons almond butter
- 1 teaspoon cinnamon (optional)
- Sweetener of choice (honey, maple syrup, or a sugar substitute, optional)
- Toppings: sliced banana, chopped nuts, or seeds (optional)

Instructions:

- 1. Cook:** In a medium saucepan, bring the water or milk to a boil. Add the rolled oats and reduce the heat to a simmer. Cook for about 5-7 minutes, stirring occasionally, until the oats are tender.
- 2. Add:** Once the oats are cooked, slowly stir in the **4EverFit®** Egg White Protein French Vanilla powder. Continue to cook for another 2-3 minutes.
- 3. Combine:** Remove the saucepan from heat. Stir in the mashed banana, almond butter, and cinnamon (if using). Adjust the sweetness to your liking.
- 4. Plate:** Spoon the oatmeal into bowls and top with additional sliced banana, a drizzle of almond butter, and any other toppings you prefer.
- 5. Serve:** Serve warm and enjoy your nutritious breakfast!



French Toast

Ingredients:

- 4 slices of whole-grain bread (or your choice of bread)
- 1 cup unsweetened almond milk (or your preferred milk)
- 1 scoop of **4EverFit®** Egg White Protein Unflavoured powder
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 tablespoon sweetener of choice (optional)
- Pinch of salt
- Cooking spray or a little butter for the pan

Instructions:

1. Prepare the Batter: In a mixing bowl, whisk together the almond milk, **4EverFit®** Egg White Protein Unflavoured powder, vanilla extract, cinnamon, sweetener (if using), and salt until smooth and well combined.

2. Coat the Bread: Dip each slice of bread into the batter, allowing it to soak for a few seconds on each side. Ensure the bread is well-coated but not overly soggy.

3. Cook the French Toast: Heat a non-stick skillet or griddle over medium heat and lightly grease with cooking spray or butter. Place the soaked bread slices in the skillet. Cook for 2-3 minutes on each side, or until golden brown and cooked through.

4. Serve: Remove the French toast from the skillet and serve warm. Top with your favorite toppings, such as fresh fruit, maple syrup, yogurt, or nut butter.



2
servings



Pancakes with Almond and Coconut Flour



Unflavoured

Ingredients:

- 1 scoop of **4EverFit**® Egg White Protein Unflavoured powder
- 1/2 cup almond flour
- 1/4 cup coconut flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup water or milk (dairy or non-dairy, adjust for desired batter consistency)
- 1-2 tablespoons sweetener of choice (optional)
- Cooking spray or a little oil for the pan

Instructions:

- 1. Prepare the Batter:** In a large bowl, combine the **4EverFit**® Egg White Protein Unflavoured powder, almond flour, coconut flour, baking powder, salt, and sweetener (if using). Gradually add the water or milk, mixing until well combined. The batter should be thick but pourable; adjust the liquid as needed.
- 2. Cook the Pancakes:** Heat a non-stick skillet over medium heat and lightly grease with cooking spray or oil. Pour about 1/4 cup of batter onto the skillet for each pancake. Cook for about 2-3 minutes until the edges are set and bubbles form on the surface. Carefully flip the pancake and cook for another 1-2 minutes until golden brown.
- 3. Serve:** Remove from the skillet and keep warm. Repeat with the remaining batter. Serve warm with your favorite toppings, such as fresh fruit, maple syrup, yogurt, or nut butter.



Waffles

Ingredients:

- 1 cup oat flour (or whole wheat flour)
- 1 scoop of **4EverFit**® Egg White Protein French Vanilla powder
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup unsweetened almond milk (or your choice of milk)
- 2 large egg whites
- Cooking spray or oil for the waffle iron

Instructions:

- 1. Preheat Waffle Iron:** Preheat your waffle iron according to the manufacturer's instructions.
- 2. Mix Dry Ingredients:** In a large bowl, whisk together the oat flour, **4EverFit**® Egg White Protein French Vanilla powder, baking powder, and salt until well combined.
- 3. Mix Wet Ingredients:** In another bowl, combine the almond milk and egg whites. Whisk until smooth.
- 4. Combine Ingredients:** Pour the wet mixture into the dry ingredients and stir until just combined. Be careful not to over mix; some lumps are okay.
- 5. Cook the Waffles:** Lightly grease the preheated waffle iron with cooking spray or oil. Pour the batter onto the waffle iron (about 1/2 cup, depending on your waffle iron size) and close the lid. Cook according to your waffle iron's instructions, usually about 3-5 minutes, until golden brown.
- 6. Serve:** Carefully remove the waffles and serve warm with your favorite toppings, such as fresh fruit, yogurt, maple syrup, or nut butter. These protein-packed waffles make for a delicious and nutritious breakfast. **Enjoy!**



2-3
servings

French Vanilla



Energy Balls

Ingredients:

- 1 cup rolled oats
- 1 scoop of **4EverFit**® Egg White Protein Chocolate Mousse or French Vanilla powder
- 1/2 cup nut butter (peanut butter, almond butter, or your choice)
- 1/4 cup honey or maple syrup
- 1/4 cup ground flaxseed (optional)
- 1/2 cup dark chocolate chips or dried fruit (optional)
- 1 teaspoon vanilla extract
- A pinch of salt

Instructions:

- 1. Mix Ingredients:** In a large mixing bowl, combine the rolled oats, **4EverFit**® Egg White Protein Chocolate Mousse or French Vanilla powder, nut butter, honey, ground flaxseed (if using), chocolate chips or dried fruit (if using), vanilla extract, and salt.
- 2. Combine:** Mix all the ingredients thoroughly until well combined. If the mixture is too dry, you can add a splash of almond milk or water to help it come together.
- 3. Form Balls:** Use your hands to form the mixture into small balls, about 1 inch in diameter.
- 4. Chill:** Place them on a baking sheet or plate and refrigerate for about 30 minutes to firm up.
- 5. Store:** Once chilled, transfer the energy balls to an airtight container. They can be stored in the refrigerator for up to a week or frozen for longer storage. These energy balls make a great snack or post-workout treat, packed with protein and nutrients. **Enjoy!**



4-6
servings

French
Vanilla

Chocolate
Mousse



Caesar Salad Dressing



6-8
servings

Unflavoured

Ingredients:

- 1/4 cup plain greek yogurt (for creaminess)
- 1 scoop of **4EverFit**® Egg White Protein Unflavoured powder
- 2 tablespoons lemon juice (freshly squeezed)
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, minced (or 1/2 teaspoon garlic powder)
- 1/4 teaspoon salt (adjust to taste)
- 1/4 teaspoon black pepper (adjust to taste)
- 1-2 tablespoons grated parmesan cheese (optional for extra flavor)
- Water (as needed for consistency)

Instructions:

- 1. Combine Ingredients:** In a mixing bowl, whisk together the greek yogurt, **4EverFit**® Egg White Protein Unflavoured powder, lemon juice, Dijon mustard, Worcestershire sauce, garlic, salt, and black pepper until smooth.
- 2. Adjust Consistency:** If the dressing is too thick, gradually add water, one tablespoon at a time, until you reach your desired consistency.
- 3. Taste and Adjust:** Taste the dressing and adjust seasoning as needed. You can add more lemon juice for tanginess, salt, or pepper to taste.
- 4. Chill:** For the best flavour, refrigerate the dressing for at least 30 minutes before serving.
- 5. Serve:** Drizzle the dressing over your favourite Caesar salad and toss to combine. This protein-packed Caesar dressing is a healthier twist on the classic and adds a delicious flavour to your salads. **Enjoy!**



Falafel

4
servings



Unflavoured

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 scoop of **4EverFit**® Egg White Protein Unflavoured powder
- 1/4 cup chopped fresh parsley (or cilantro)
- 1/4 cup chopped onion
- 2-3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Juice of 1 lemon
- Olive oil for frying (or cooking spray for baking)

Instructions:

1. Prepare the Mixture: In a food processor, combine the chickpeas, **4EverFit**® Egg White Protein Unflavoured powder, parsley, onion, garlic, cumin, coriander, baking powder, salt, pepper, and lemon juice. Blend until a coarse mixture forms. Be careful not to over-process; you want some texture.

2. Chill the Mixture: Transfer the mixture to a bowl, cover, and refrigerate for at least 30 minutes. This helps the flavours meld and makes the mixture easier to handle.

3. Form the Falafel: After chilling, use your hands to shape the mixture into small balls or patties, about 1-1.5 inches in diameter.

4. Cook the Falafel:

For Frying: Heat olive oil in a skillet over medium heat. Fry the falafel in batches for about 3-4 minutes on each side, until golden brown.

For Baking: Preheat your oven to 400°F (200°C). Place the falafel on a baking sheet lined with parchment paper, lightly spray with cooking spray, and bake for about 20-25 minutes, flipping halfway through, until golden and crispy.

5. Serve: Serve the falafel warm with tahini sauce, yogurt, or in a pita with your favourite veggies.



Turkey Meatballs

Ingredients:

- 1lb ground turkey
- 1 scoop of **4EverFit**® Egg White Protein Unflavoured powder
- 1/4 cup breadcrumbs (whole wheat or gluten-free)
- 1/4 cup grated parmesan cheese (optional)
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 1 tablespoon italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 large egg (optional, for added moisture)
- 1-2 tablespoons fresh parsley, chopped (optional)

Instructions:

- 1. Preheat Oven:** Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
- 2. Mix Ingredients:** In a large bowl, combine the ground turkey, **4EverFit**® Egg White Protein Unflavoured powder, breadcrumbs, parmesan cheese (if using), chopped onion, minced garlic, italian seasoning, salt, pepper, and parsley (if using). If you're using the egg, add it in as well.
- 3. Combine:** Mix everything together until well combined, but be careful not to overmix.
- 4. Form Meatballs:** Use your hands to shape the mixture into meatballs, about 1-1.5 inches in diameter. Place them on the prepared baking sheet.
- 5. Bake:** Bake in the preheated oven for about 20-25 minutes, or until the meatballs are cooked through and golden brown. An internal temperature of 165°F (74°C) is ideal.
- 6. Serve:** Serve the meatballs with your favorite sauce, in a sub, or alongside pasta and vegetables. These turkey meatballs are high in protein and make a great meal prep option or a delicious addition to your favorite dishes. **Enjoy!**



4-5
servings

Unflavoured



Muffins

4-6
servings



French
Vanilla

Chocolate
Mousse

Ingredients:

- 1 scoop of **4EverFit**[®] Egg White Protein Chocolate Mousse or French Vanilla powder
 - 1 cup almond flour (or whole wheat flour)
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1/2 cup unsweetened applesauce (or mashed banana)
 - 1/4 cup honey or maple syrup (or sweetener of choice)
 - 1/2 cup almond milk (or milk of choice)
 - 1 teaspoon vanilla extract
- *Optional mix-ins:* chocolate chips, nuts, dried fruit, or berries

Instructions:

- 1. Preheat the Oven:** Preheat your oven to 350°F (175°C) and line a muffin tin with paper liners or grease it lightly.
- 2. Mix Dry Ingredients:** In a large bowl, combine the **4EverFit**[®] Egg White Protein Chocolate Mousse or French Vanilla powder, almond flour, baking powder, baking soda, and salt. Stir until well mixed.
- 3. Mix Wet Ingredients:** In another bowl, whisk together the applesauce, honey (or sweetener), almond milk, and vanilla extract.
- 4. Combine Ingredients:** Pour the wet ingredients into the dry ingredients. Stir until just combined; do not overmix. If you're adding any optional mix-ins, fold them in at this stage.
- 5. Fill Muffin Tins:** Divide the batter evenly among the muffin cups, filling each about 2/3 full.
- 6. Bake:** Bake for 15-20 minutes, or until a toothpick inserted into the center comes out clean.
- 7. Cool and Serve:** Let the muffins cool in the pan for a few minutes before transferring them to a wire rack to cool completely.



Vanilla/Chocolate Pudding

Ingredients:

- 2 cups unsweetened almond milk (or your choice of milk)
- 1 scoop of **4EverFit**® Egg White Protein French Vanilla or Chocolate Mousse powder
- 1 teaspoon vanilla extract
- 1 tablespoon cornstarch (optional, for thicker consistency)
- A pinch of salt

Instructions:

1. Mix Dry Ingredients: In a mixing bowl, combine the **4EverFit**® Egg White Protein French Vanilla or Chocolate Mousse powder, cornstarch (if using), and salt. Whisk until well combined.

2. Heat the Milk: In a saucepan, heat the almond milk over medium heat until it's warm but not boiling.

3. Combine: Gradually add the dry mixture to the warm milk while whisking continuously to prevent lumps. Continue to cook and stir for about 5-7 minutes, or until the mixture thickens to your desired consistency.

4. Add Vanilla: Once thickened, remove from heat and stir in the vanilla extract.

5. Cool: Pour the pudding into individual serving dishes or a large bowl. Let it cool at room temperature for a few minutes, then refrigerate for at least 1-2 hours to fully set.

6. Serve: Enjoy the pudding, topped with fresh fruit, nuts, or a dollop of yogurt if desired! This protein-rich pudding is a great snack or dessert, providing a creamy texture and delicious flavour. **Enjoy!**





Berry Smoothie



French Vanilla Unflavoured

Ingredients:

- 1 scoop of **4EverFit**® Egg White Protein French Vanilla or Unflavoured powder
- 1 cup frozen mixed berries (such as blueberries, strawberries, and raspberries)
- 1 cup unsweetened almond milk (or your choice of milk)
- 1 banana (optional, for added sweetness and creaminess)
- Sweetener of choice (honey, maple syrup, or a sugar substitute, optional)
- Ice cubes (optional, for a thicker consistency)

Instructions:

- 1. Blend the Ingredients:** In a blender, combine the **4EverFit**® Egg White Protein French Vanilla or Unflavoured powder, frozen berries, almond milk, banana (if using). Blend until smooth. If the smoothie is too thick, you can add a little more almond milk to reach your desired consistency.
- 2. Taste and Adjust:** Taste the smoothie and add sweetener if desired. Blend again briefly to mix.
- 3. Serve:** Pour the smoothie into a glass and enjoy immediately!

Tips: You can customize the smoothie by adding spinach or kale for extra nutrients. If you want a creamier texture, try adding a scoop of greek yogurt.



Available in French Vanilla, Chocolate Mousse and Unflavoured.

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