



**GOLD STANDARD**  
TRAINER GUIDE



# IT'S TIME TO GIVE 100%

Optimum Nutrition have teamed up with two-time WBFF Fitness Model World Champion Shaun Stafford to provide you with an essential guide to help you achieve your **#GOLDSTANDARD** in 2016!

This easy-to-follow plan covers everything you need. It is intended to run for **eight weeks** - enough time for you to tough it out but also to see some real improvements in your physique.

It will cover all of your gym workouts, as well as giving you the best possible advice and framework to pull together your own nutrition and sports supplementation plans.

## ABOUT SHAUN



Shaun started his sporting career playing rugby and running track to a national level. A series of injuries forced early retirement allowing him to focus his energy on a new path as a physique competitor and fitness model.

He is now a 2-time WBFF Pro Fitness Model World Champion, widely published fitness writer and author, co-owner of London's premier performance gym City Athletic, and a **Team ON Athlete**.

THERE'S ONLY ONE  
**GOLD  
STANDARD**



GOT ANY QUESTIONS? JUST DROP US A MESSAGE. **#GOLDSTANDARD**





# IT'S TIME TO SET THE **GOLD STANDARD**

“**B**efore you start, make sure that you are in the right frame of mind: everybody is fired up and motivated at the start of a new year, but the key to success with this plan is consistency over time. I need you to commit to yourself that you will stick with it for the full eight weeks and give it your best shot in both the gym and the kitchen.

We are going to leave no stone unturned, so we need you right there with us! So before we get into the thick of what you are going to be doing in the gym, let's see what is going to fuel your body and keep you on the right track with your nutrition.”

Shaun Stafford



**WATCH SHAUN STAFFORD'S  
WORKOUT TUTORIALS BY  
BODY PART**

[www.optimumnutrition.com/goldstandard](http://www.optimumnutrition.com/goldstandard)



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# NUTRITION

## STEP 1: SET YOUR GOAL

In order to eat for performance, you need to be able to understand the basics of calories and macronutrients and create a framework from which to operate within.

People starting on a trainer series usually have one of three goals: **to maintain their current weight, reduce body fat, or to gain size**; which one of these you want to focus on will be critical in how you set up your calorie and macro framework!

### EXAMPLE PLAN (85kg MALE)

Looking to gain size during the eight week plan:

Calorie Baseline:

$(\text{Bodyweight in kilos (85kg)} \times 2.2) \times 15 = 2805$

## WHAT IS YOUR GOAL?

Take your bodyweight in kilos and multiply it by 2.2 to calculate your weight in pounds; then multiply this number by 15 to provide a calorie baseline.



MAINTAIN

If you are looking to maintain your current bodyweight, this is the number you want to hit everyday.



REDUCE BODY FAT

If you are looking to drop body-fat, this number needs to incorporate a calorie deficit of approximately 500kcal a day.

This will total 3500kcal a week and should translate to about a 1-2lb fat loss per week.



GAIN SIZE

If you are looking to pack on some size, this calorie baseline needs to be added to; tagging an extra 500kcal per day onto your baseline will see your weight start to creep up at about 1-2lb a week.

# NUTRITION

## STEP 2: CALCULATE YOUR MACROS

Now that we know how many calories you need to eat, let's look at how to get them. We have to get the right balance of **carbohydrates, protein and fats** in order for your body to progress over the next eight weeks.

A good macro split for this type of program will be **50% Carbohydrate, 25% Protein, and 25% Fat**; this will allow your body to have enough energy to be able to train hard 5-6 times a week, while also providing enough protein to recover from the intense sessions. It will also include the right amount of fat to keep all your bodily functions ticking over and your physique moving in the right direction. To put these numbers into a workable framework for you will require a few calculations.

Whether you are good at maths or not, if you follow the simple steps below you can workout a macro split specific to you and your needs.

### EXAMPLE PLAN (85kg MALE)

Looking to gain size during the eight week plan:

Calorie Baseline:

$(\text{Bodyweight in kilos (85kg)} \times 2.2) \times 15 = 2805$

Gaining size daily calorie goal:

Calorie Baseline (2805) + 500 Calories = 3305

Macro Breakdown:

Carbs - (daily calorie goal (3305) x 0.5) divided by 4 = 413 g

Protein - (daily calorie goal (3305) x 0.25) divided by 4 = 206 g

Fat - (daily calorie goal (3305) x 0.25) divided by 9 = 91 g

## MACROS CALCULATOR

### CARBOHYDRATES

#### STEP 1:

Multiply your calorie baseline by 0.5 to give you the number of "Carbohydrate Calories" per day.

#### STEP 2:

Divide by 4 (as there are 4kcal per gram of carbs) to give you the number of grams of carbs to eat in a day.

### PROTEIN

#### STEP 1:

Multiply your Calorie Baseline by 0.25 to give you the number of "Protein Calories" per day.

#### STEP 2:

Divide by 4 (as there are also 4kcal per gram of protein) to give you the number of grams of protein to eat in a day.

### FAT

#### STEP 1:

Multiply your Calorie Baseline by 0.25 to give you the number of "Fat Calories" per day.

#### STEP 2:

Divide by 9 (as there are 9 kcal per gram of fat) to give you the number of grams of fat to eat in a day.



# NUTRITION

## STEP 3: BUILD YOUR MEAL PLAN

See page 13, 14, 15 & 16 for more on nutrition.

**B**uilding meal plans is not the simplest of things but it is worth getting right from the start. Spend the time understanding what all your calories and macro numbers add up to in real cooked food.

If you get this part of the process right, you will be working towards your goals for all 168 hours in the week, not just the five you are in the gym.

A good place to start would be to take your macros (that you worked out in the previous section) and divide this by the number of meals that you want to eat in the day. This is to include all your pre, intra and post workout nutrition! This will give you your meal-by-meal numbers and then you can start mixing and matching with the foods that you like. Check out the tables of recommended foods in the appendix so that you can start building a meal plan that will be specific to you.



### EXAMPLE PLAN (85kg MALE)

Looking to gain size during the eight week plan:

Surplus baseline calories: 3305

Macro Breakdown: C 413g / P 206g / F 91g

## EXAMPLE MEAL PLAN FOR A TYPICAL DAY

	CARBS	PROTEIN	FAT	EXAMPLE MEAL
BREAKFAST	60	35	18	Oats with chia seeds, berries and yoghurt & scoop of Whey
MID MORNING	33	15	9	Sweet potato and turkey vegetable frittata
LUNCH	60	46	20	Ginger & Lemon Beef Stir Fry
MID AFTERNOON	60	15	9	Sweet Chili Chicken with Brown Basmati Rice & Vegetables
PRE TRAINING	60	0	0	5 x Rice Cakes
POST TRAINING	40	25	0	Gold Standard Whey with Bananas and Berries
DINNER	60	40	25	Turkey Bolognese with Roasted Vegetables and Salad
PRE BED	40	30	10	Gold Standard 100% Chocolate Casein Pudding and Oats
<b>TOTAL</b>	<b>413g</b>	<b>206g</b>	<b>91g</b>	



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# GOLD STANDARD NUTRITION

Sports nutrition is an important part of your diet when training on a regular basis. Here is the core stack that I would recommend to help you get to where you need to be over the next 8 weeks.

## GOLD STANDARD PRE-WORKOUT

### BEFORE TRAINING

Optimum Nutrition's Gold Standard Pre-Workout™ is a perfectly engineered pre-workout formula utilising only high-quality, essentially active ingredients to deliver everything you need and nothing you don't. The premium blend of B vitamins, caffeine and creatine help you to dial in intense energy, mental alertness and performance ahead of your workout.

**175 mg**  
CAFFEINE FROM  
NATURAL SOURCES

**1.5 g**  
BETA-ALANINE

**3 g**  
CREATINE

LEARN MORE



ENERGY



FOCUS



POWER & PERFORMANCE



MUSCLE SUPPORT



WORLD'S NO.1

**24**

GRAMS OF  
WHEY PROTEIN

LEARN MORE

**24 g**  
PROTEIN

**5.5 g**  
BCAA'S

**4 g**  
GLUTAMINE &  
GLUTAMIC ACID

## GOLD STANDARD 100% WHEY

### AFTER TRAINING

Help kick start your muscle growth with Optimum Nutrition's Gold Standard 100% Whey. The world's No.1 whey protein delivers 24 grams of protein with low levels of fat and 120 calories. This quality powder has been instantised to mix easily using a shaker cup.

## GOLD STANDARD 100% CASEIN

### NIGHT TIME

Our Gold Standard 100% Casein is the industry's first all-micellar Casein. It delivers 24 g of slower digesting casein proteins to support muscle growth. Recommended for use in the evening, each great tasting Gold Standard 100% Casein shake contains 24 g of the purest protein, 3 g of carbohydrates, but just 0.5 g of fat and no added sugars. It's also instantised to mix up easily, every time.

**24 g**  
PROTEIN

**9.6 g**  
ESSENTIAL  
AMINO ACIDS

**1.7 g**  
SUGAR

LEARN MORE



BEFORE BED



SLOW  
DIGESTING



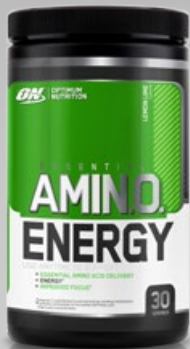
MUSCLE SUPPORT



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# GOLD STANDARD NUTRITION



## ESSENTIAL AMIN.O. ENERGY

One serving of Optimum Nutrition's Essential Amino Energy increases alertness with 100 mg of caffeine from natural sources and a burst of fruit flavor you'll look forward to mixing into cold water anytime.

Take a 30-serving tub along to the gym or your office - wherever your busy day takes you.

### Supports anytime energy

- Essential amino acid delivery
- Energy\*
- Improved focus †

[LEARN MORE](#)

\* Vitamin C contributes to normal energy-yielding metabolism.

† Caffeine contributes to increased alertness and improved concentration.



## OPTI-MEN MULTIVITAMIN

When you're training hard, your body has greater nutritional needs. It's not always possible to source these solely from your diet every single day. Vitamins and minerals provide a vital nutritional boost to help you cope with the demands of a fast-paced lifestyle.

### Opti-men Facts

- Supports Metabolic & Immune Function\*
- Reduces Fatigue†
- Contains 40 active ingredients

[LEARN MORE](#)

\* Biotin, Zinc and Chromium contribute to normal macronutrient metabolism. Vitamins A, D, C, B6, B12, folic acid, copper and selenium contribute to the normal function of the immune system.

† Vitamins C, B2, B3, B5, B6, B12, Folic Acid, and Magnesium contribute to the reduction of tiredness and fatigue.



## FISH OIL ENTERIC-COATED

Fish Oils contain long-chain fatty acids, including docosahexanoic acid (DHA) and eicosapentaenoic acid (EPA). DHA and EPA are omega-3 fatty acids with important roles in heart health.\* They are found in foods like salmon. Our Fish Oil Softgels are enteric-coated, which means that you get all the benefits of fish oils without the fishy aftertaste that you might encounter without this special coating.

[LEARN MORE](#)

\* EPA and DHA contribute to the normal function of the heart.

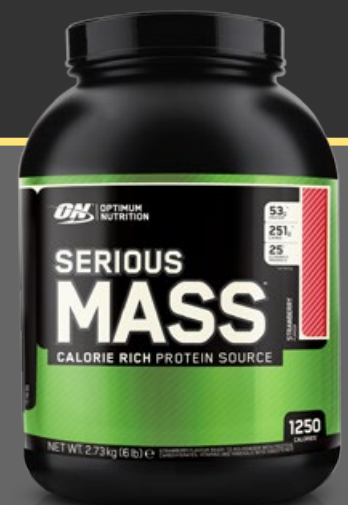
## LOOKING TO GAIN SIZE?

### SERIOUS MASS CALORIE RICH PROTEIN SOURCE

Optimum Nutrition's Serious Mass is the ultimate weight gain formula. If you find it difficult to gain weight, Serious Mass will help you develop the physique you've always wanted!

[LEARN MORE](#)

Each delicious shake delivers an incredible 1,250 calories, but no added sugar. This includes 50g of blended protein to support muscle growth and 250g of carbohydrates.



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# GOLD STANDARD TRAINING

Now that we know about nutrition, let's take a look at what we are going to do in the weights room. This program is based on "Functional Hypertrophy" which involves trying to stimulate the muscles to increase both strength and lean muscle mass. The key is to use a mix of Advanced Training Techniques (ATTs), with lower reps and with a focus on Time Under Tension (TUT).

We will be combining both straight-sets with super-sets and cluster-sets within the workout.

## STRAIGHT-SETS

These involve using a standard sets and reps protocol involving one exercise only. The prescribed reps are completed followed by a designated rest period before the same exercise is repeated again. This is the most basic of protocols in this program.

## SUPER-SETS

This involves pairing exercises together to increase the density of work but also to add a variety of angle and recruitment patterns during the workout. For this ATT we complete one exercise before taking a prescribed rest period. We then move onto the second exercise and complete before taking another short break. Once both exercises and rest periods are completed, we repeat the pair of exercises for the allotted number of sets.

## CLUSTER-SETS

This is one of my favourite ATTs as it allows you to use a slightly heavier weight and extend the set past the point of normal failure by using short intra-set rests. This protocol involves one exercise, hitting 5 reps before taking a short 10 second rest. Then hit another 5 reps and rest 10 seconds and repeat this for 25 reps! In terms of the weight you use, it should be a 12-15 rep max weight, so you are really working hard for the last few reps.

# GOLD STANDARD WORKOUTS

WATCH SHAUN STAFFORD'S  
WORKOUT TUTORIALS BY  
BODY PART

[www.optimumnutrition.com/goldstandard](http://www.optimumnutrition.com/goldstandard)



Now you know how the program is structured, let's take a look at the workout splits and training plans.



## DAY 1

### Chest & Calves

Upper Body Mobility & Flexibility  
12mins.

**A1) FLAT BENCH PRESS**

5 x 5  
Rest 90s.

**B1) 30" DB CHEST PRESS**

4 x 6  
Rest 60s.

*into*

**B2) 30" DB CHEST FLY**

4 x 6  
Rest 60s.

**C1) 30" INCLINE SMITH PRESS**

3 x 25 (5x5 Cluster Set)  
Rest 90s.

**D1) FLAT CABLE FLY**

3 x 24 (4x6 Cluster Set)  
Rest 90s.

**E1) SMITH MACHINE CALF RAISE**

4 x 12-15  
Rest 60s.

**E2) LEG PRESS CALF EXTENSION**

3 x 15-20  
Rest 60s.

**E3) HACK PRESS CALVE RAISE**

(5x5 Cluster Set)  
Rest 90s.

## DAY 2

### Legs & Abs

Lower Body Mobility & Flexibility  
12mins.

**A1) TRAP BAR HACK PRESS**

5 x 5  
Rest 90s.

**B1) DB LUNGES**

4 x 6e  
Rest 60s.

*into*

**B2) DB SQUATS**

4 x 6  
Rest 60s.

**C1) SMITH MACHINE SPLIT SQUATS**

3 x 25e (5x5 Cluster Set)  
Rest 90s.

**D1) GLUTE HAM/DECLINE SIT UPS**

4 x 6  
Rest 60s.

**E1) HANGING LEG RAISE**

3 x 8

*into*

**E2) 30" REVERSE CRUNCH**

3 x 8  
Rest 60s.

**F1) BARBELL SEATED ROTATIONS**

2 x 25 (5x5 Cluster Set)  
Rest 60s.

## DAY 3

### Back

Upper Body Mobility & Flexibility  
12mins.

**A1) WEIGHTED NEUTRAL CHINS**

5 x 5  
Rest 90s.

**B1) SEATED ROW**

5 x 5  
Rest 90s.

**C1) WIDE GRIP PULL-UPS**

4 x 6  
Rest 60s.

*into*

**C2) SINGLE ARM CABLE ROW**

4 x 6e  
Rest 60s.

**D1) V-BAR PULL-DOWNS**

2 x 25 (5x5 Cluster Set)  
Rest 90s.

**E1) BARBELL BENT OVER ROW**

2 x 25 (5x5 Cluster Set)  
Rest 90s.



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# GOLD STANDARD WORKOUTS

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DAY 4

DAY 5

DAY 6

DAY 7

## Hamstrings & Delts

## Arms

Total Body Mobility & Flexibility  
12mins.

**A1) SL DEADLIFTS**

5 x 5  
Rest 90s.

**B1) GLUTE HAM RAISE**

4 x 6  
Rest 60s.

*into*

**B2) PRONE HAM CURL**

3 x 25 (5x5 Cluster Set)  
Rest 90s.

**C1) BARBELL UPRIGHT ROW**

5 x 5  
Rest 60s.

**D1) STANDING LAT RAISE**

4 x 6-8e

*into*

**D2) ALTERNATING FRONT RAISE**

4 x 6-8  
Rest 60s.

**E1) BEHIND NECK PRESS**

3 x 25 (5x5 Cluster Set)  
Rest 90s.

Upper Body Mobility & Flexibility  
12mins.

**A1) EZ BAR CURL**

5 x 5  
Rest 90s.

**B1) DB HAMMER CURLS**

4 x 6

*into*

**B2) DB ALTERNATING CURLS**

4 x 6e  
Rest 60s.

**C1) EZ BAR REVERSE CURLS**

2 x 25 (5x5 Cluster Set)  
Rest 90s.

**D1) EZ BAR SKULLCRUSHER**

5 x 5  
Rest 90s.

**E1) WEIGHTED DIPS**

4 x 6-8

*into*

**E2) TRICEP PRESS-UPS**

4 x 6-8  
Rest 60s.

**F1) ROPE EXTENSIONS**

2 x 25 (5x5 Cluster Set)  
Rest 90s.

Rest / Active Recovery

Rest



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# 5 TIPS FROM SHAUN TO ACHIEVE YOUR GOAL

**So now that we have covered your training, supplementation and nutrition, the most important thing is that you give it your all, and commit to getting some results over the next 8 weeks.**

## **1) TAKE REGULAR PROGRESS PHOTOS**

It's a good idea to pick a day and time that is consistent each week so you can track the progress week on week. These will not only allow you to keep objective tabs on how your body is changing, but they will act as motivation to stick to your plan. If you know you need to take a progress photo the next morning, you might think twice about any extra snacking the night before.

## **2) WRITE YOUR WORKOUTS DOWN**

They say that failing to plan is as good as planning to fail, so make sure you write down your plan before you get into the gym. This will help focus your mind for the session ahead, but will also give you the start point for the session after it. Taking note of the weights you pushed and how you found it will allow you to make sure you are progressing.

## **3) DON'T BE AFRAID TO WORK HARD**

If you are finding the prescribed sets and reps easy (with the correct tempo) then don't be afraid to increase the weight you are lifting. This must not happen at the expense of your Time Under Tension or technique, so make sure you are ready before cranking it up.

## **4) ONE SLIP UP ISN'T THE END OF THE WORLD**

As I said at the beginning, success in this plan is consistency over time, if you fall off the wagon one weekend that is ok, as long as you put it right in the gym the next session or two. Life sometimes gets in the way of your training and dieting, and the secret to

longevity is to make your training and dieting fit into your life. Make your blowouts the exception not the norm and you'll be on the right track.

## **5) DIET IS KEY SO MAKE SURE YOU GIVE IT THE CORRECT ATTENTION**

Put the time aside a couple of times a week to prep your food to give yourself the right choices when you open your fridge or lunch time at work. If you don't have the time to prep, see if a food prep company can help you out. If these don't work out for you try using a food tracker app when you are out and about. These often give you realistic feedback on how closely you are sticking to your plan, helping you to keep as close as possible to the plan.

So all that is left for you to do is have another read over this plan, commit yourself and get going!

Remember to share your progress with me on social media, using the **#GoldStandard!**

Best of luck over the next 8 weeks and I can't wait to see your results.

## **Shaun Stafford**





# NUTRITION

## UNDERSTANDING THE BASICS

No matter what or how much is eaten, adaptations to training will be minimal without the right training stimulus and effort. Therefore it is vital that your nutrition and training regime should complement one another - it is not just about training hard, but also training smart. Here we explain the science behind why each of these vital macronutrient components are key to helping you achieve maximum results!

### PROTEIN

Protein is an essential nutrient for muscle growth and repair. In order to build muscle, muscle protein synthesis (the formation of new muscle proteins) must exceed muscle protein breakdown (in order to build muscle, the amount of new muscle protein formed must exceed the amount that is broken down). This anabolic (growth) environment is only possible with an adequate intake of protein either before and/or after exercise. If you perform exercise with little protein in your diet and do not consume protein before or after a training session be prepared for poor improvements in muscle growth, fitness, physique and strength. To meet the metabolic demands of exercise training as well as ensure the positive protein turnover, required to build muscle, athletes require a protein intake of 1.0-2.0 g/kg/day. However the intake of protein may need to be even larger for those who are new to lifting weights and for those who have a greater muscle mass. For example, for an 80 kg athlete this would equate to 120 g - 160g of protein per day.

### CARBOHYDRATES

Carbohydrates are a very important energy source during weight training and high intensity exercise. Carbohydrates are stored in the body as glycogen. Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. However, the body can only store a limited amount of glycogen, therefore it is vital that carbohydrates are consumed after exercise to replenish these glycogen stores and aid recovery. It is recommended that around 1.2 g/kg body weight of carbohydrates are consumed after exercise (96 g carbohydrates for an 80 kg athlete) which can either be consumed as part of a post-workout drink or added to your post-training meal.

### FAT

Fat has a bad reputation but without it a number of key processes would not occur. Fats are an important fuel source both at rest and during exercise that is low to moderate intensity. Fat surrounds all cells in the body, firstly to protect organs but also to produce membranes around cells for structure and function known as phospholipid layers. Dietary fat also provides the raw material to form hormones and steroids. In addition dietary fat supplies important fat soluble nutrients such as vitamins such as A, D, E and K. Therefore, all of these functions of fat are vital for promotion of growth and development, and energy provision. But while fats have a number of important roles they remain energy dense. Diets very high in fat, combined with little or no exercise, will lead to weight gain. Attention should not just be paid to the type of fat consumed, but the amount as well.

# FOOD ESSENTIALS

The table below will help you to build your meal plan based on your goal. Each of these foods should be a staple in your weekly diet.

## PROTEIN

	Carbohydrates	Protein	Fat
Chicken Breast	0g	31g	4g
Turkey Breast	0g	30g	1g
Beef Steak	0g	30g	15g
Lean Beef Mince	0g	21g	5g
Tuna	0g	24g	3g
Salmon	0g	20g	13g
Whole Eggs	0g	13g	11g

## FATS

	Carbohydrates	Protein	Fat
Salmon	0g	20g	13g
Almonds	20g	21g	1g
Peanut Butter	22g	24g	15g
Almond Butter	21g	15g	59g
Whole Egg	1g	13g	11g
Coconut Oil	0g	0g	100g
Olive Oil	0g	0g	100g

## CARBOHYDRATE

	Carbohydrates	Protein	Fat
Instant Oats	71g	9g	8g
Sweet Potato	21g	2g	1g
Quinoa	64g	14g	6g
Lentils	60g	26g	1g
Brown Rice	77g	8g	3g
Wholewheat pasta	75g	15g	1g

Typical values per 100g. Product values may vary.





# GOLD STANDARD RECIPES

## GINGER CHICKEN & BASMATI RICE

A perfect post-workout meal after a hard-training session

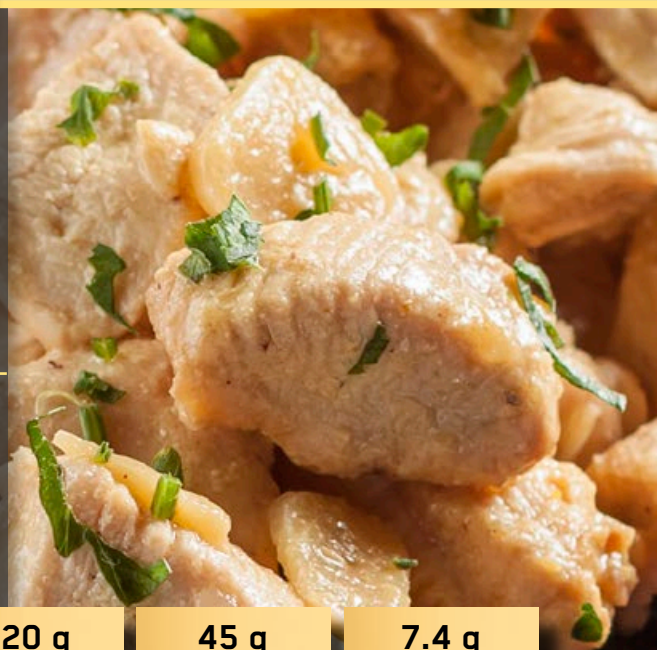
### DIRECTIONS

1. Combine soy sauce, honey, olive oil, lime juice, garlic and chilli in a small bowl. Whisk to combine. Pour the sauce over the chicken & marinate for 4 hours or longer. Grill or cook in the oven for 20 minutes.

2. Serve 1 chicken breast with  $\frac{1}{2}$  cup of raw basmati rice cooked along with a large portion of broccoli.

### INGREDIENTS

- 3 Tablespoons soy sauce
- 2 Tablespoons honey
- 1 Tablespoon extra virgin olive oil
- Juice of 1 lime (-3 Tablespoons)
- 2 medium cloves of garlic minced (-1 teaspoon)
- 1 chilli
- 4 skinless, boneless chicken breasts or equivalent amount of fish meat



CALORIES **711** kcal

**120 g**  
CARBOHYDRATE

**45 g**  
PROTEIN

**7.4 g**  
FAT

## GOLD STANDARD 100% CASEIN PUDDING

Great for bedtime!

### DIRECTIONS

1. Place 1 scoop of Casein into a bowl and create a small well in the centre of powder.

2. Add cup of milk\* gradually to centre of mixture and simultaneously mix well to avoid lumps (\*milk can be hot or cold depending on preference).

3. Mix until a smooth "pudding-like" texture is created (if too thick then add more liquid).

4. Serve with a dollop of nut butter and enjoy!

### INGREDIENTS

- 1 scoop Gold Standard 100% Casein Chocolate (Also great made with Vanilla or Cookies and Cream flavours)
- 1Tbsp Peanut Butter (or nut butter of choice)
- $\frac{1}{2}$  cup of hot Milk (your choice of milk – can also be made with water)



CALORIES **390** kcal

**7 g**  
CARBOHYDRATE

**34 g**  
PROTEIN

**24 g**  
FAT

# GOLD STANDARD RECIPES

## COCONUT-CHOCOLATE PROTEIN BARS

Great for on the go!

### DIRECTIONS

1. Combine whey protein powder and coconut flour.
2. Bind the mix with the milk until it becomes a batter – it should not stick to your hands!
3. Shape the batter into bars.
4. Melt your chocolate and dip the bars in until fully coated.
5. Set bars in freezer for around 30 minutes – Enjoy!

### INGREDIENTS

- ½ cup of Gold Standard 100% Whey Vanilla
- ¼ cup of Desiccated Coconut
- ¼ cup Coconut or Almond Flour
- ¼ cup Milk  
*(whatever is your preference)*
- 6 squares dark Chocolate  
*(try go 85%+)*

CALORIES (PER BAR) **212** kcal

**8.8 g**  
CARBOHYDRATE

**16.6 g**  
PROTEIN

**13 g**  
FAT



## COOKIES & CREAM PROTEIN TRUFFLES

A little snack to satisfy sweet cravings

### DIRECTIONS

1. Blend all your ingredients together.
2. Add half of the chopped pieces of cookie into the mix and shape the batter into little balls. If it is too sticky add a bit more of the casein; if it's too crumbly, add a bit more milk.
3. Melt your dark chocolate in a bain marie.
4. Cover your truffles in the melted chocolate and place them on a tray.
5. Top with the rest of the chopped-up cookie pieces.
6. Refrigerate for an hour or two until the chocolate has set.

### INGREDIENTS

- ¼ cup of cookies and cream Gold Standard 100% Casein
- ⅓ cup of whole milk
- 2 tbsps of chopped up pieces of Oreo-style cookie *(optional but nice for the extra crunch!)*
- ⅓ bar of sugar-free white chocolate *(feel free to substitute it with dark chocolate too)*

CALORIES (PER TRUFFLE) **112** kcal

**5 g**  
CARBOHYDRATE

**7 g**  
PROTEIN

**6 g**  
FAT





# GOLD STANDARD RECIPES

## ALMOND & CHOCOLATE PROTEIN COOKIES

Treat yourself with this healthy cookie

### DIRECTIONS

1. Blend all the ingredients together.
2. Shape into six to eight 'balls' out of the mixture and place on a tray.
3. Flatten each one of these 'balls'.
4. Bake at 180°C for about 12-15 minutes or until the cookies feel ready when you press them with your fingers. I prefer to take them out when they're still a bit soft inside because they tend to continue cooking as they cool.

### INGREDIENTS

- ¼ cup Gold Standard 100% Whey (chocolate)
- 4 tbsp. almond butter (or peanut butter if you prefer!)
- 2 tbsp. cocoa powder
- ¼ cup almond milk
- 2 tbsp. coconut flour

CALORIES (PER COOKIE) **91** kcal

**4 g**  
CARBOHYDRATE

**6 g**  
PROTEIN

**6 g**  
FAT



## STRAWBERRY PROTEIN MOUSSE

A simple & delicious night time mousse

### DIRECTIONS

1. Blend all of the ingredients together until you get a thick and creamy mousse.
2. Stick your mousse in a sandwich bag and attach a piping nozzle to one end of the bag. If you don't have a piping nozzle, just stick the mix in a sandwich bag and cut a small corner off of it.
3. Squeeze the mix into a cup or bowl, topping the whole thing with some the freeze-dried strawberries, strawberry powder, or fresh strawberries.

### INGREDIENTS

- ¼ cup of Gold Standard 100% Casein
- 1 pot of quark (250g)
- 1 tsp freeze-dried strawberries or strawberry powder (optional but lovely!)

CALORIES (PER SERVING) **143** kcal

**9 g**  
CARBOHYDRATE

**25 g**  
PROTEIN

**1 g**  
FAT







MAKE YOURSELF  
**STRONGER THAN  
YOUR EXCUSES**



GOT ANY QUESTIONS? JUST DROP US A MESSAGE. #GOLDSTANDARD



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