

Pure Protein Gel Squares “Fix”



Whether you are cutting up for a contest or just trying to bring out those abs you want to maintain every myofibril of muscle while cutting calories. Your body is screaming for protein but you are near your calorie limit for the day. Now what? Try this recipe for a cold and tasty blast of pure protein.

Mix 4 packets of unflavored gelatin with 3 scoops of your favorite flavor protein. Follow packet directions to mix and refrigerate (makes 4 cups). Serve with a sprinkling of inflammation-fighting cinnamon.

Nutrition (per cup): Calories, 146; Protein, 36.5 gr.; Carbs, 2 (from protein powder); Fat, 0 gr.

