



28 By Sam Wood Protein Ebook





G'day!

If there's one thing I see time and time again, it's this.

People are training hard... showing up... doing the work... but not giving their body what it needs to truly respond.

That's where protein comes in.

Protein isn't about bulking up. It's not about extremes. It's about supporting your body so it can recover well, build lean muscle, stay fuller for longer, and feel strong and energised throughout the day.

When you train with me in the 28 app, you're asking your body to step up. This ebook is here to help you back that up nutritionally.

These recipes are simple, balanced, and designed for real life. They're quick enough for busy mornings, satisfying enough to keep you on track, and built to support your goals, whether that's weight loss, strength, or simply feeling your best.

No fads.

No restriction.

Just smart, sustainable nutrition that works alongside your training.

Remember, results don't come from perfection. They come from consistency.

Let's make it happen.

Love

Sam xx

Bowls





Coco Acai Bowl

Serves 1 Preparation 5 mins

Ingredients

- 100 g acai (frozen puree)
- 75 g coconut chunks (frozen)
- 1 cup raspberries (fresh or frozen)
- 1/3 cup almond milk (unsweetened)
- 1.5 tablespoons vanilla protein powder

Ingredients for Topping

- 1/2 cup strawberries (fresh or frozen)
- 1/2 tablespoon coconut (shredded)

Method

1. Add ingredients to a high speed blender and mix to combine.
2. Pour into a bowl and top with strawberries and coconut to serve.



Peach Skies Smoothie Bowl

Serves 1 Preparation 5 mins

Ingredients

- 1 peach
- 1/2 banana frozen
- 1/4 cup almond milk (unsweetened)
- 1 cup ice cube
- 1 tablespoon vanilla protein powder
- 1 tablespoon almond butter

Ingredients for Topping

- 1/3 cup raspberries (fresh or frozen)
- 1/2 tablespoon chia seeds
- 1/2 tablespoon coconut (shredded)

Method

1. Add all ingredients to a blender and combine until smooth. Add more almond milk if necessary to reach your desired consistency.
2. Pour into a bowl to serve and top with raspberries, chia seeds and coconut.



Green Smoothie Bowl

Serves 1 Preparation 5 mins

Ingredients

- 1 banana
- 1 kiwi fruit
- 2 tablespoons avocado(s)
- 1 cup baby spinach
- 1 tablespoon vanilla protein powder
- 1/2 tablespoon peanut butter (smooth)
- 1/2 cup almond milk (unsweetened)
- 1 teaspoon chia seeds

Method

1. Place 3/4 of the banana, 1/2 kiwi fruit, avocado, spinach, protein powder and peanut butter with almond milk in a blender and blend until smooth (add water if necessary).
2. Pour mixture into a bowl and top with chia seeds and remaining banana and kiwi.



Strawberry Cheesecake Protein Crunch Bowl

Serves 1 Preparation 5 mins

Ingredients

- 1/4 cup almond milk, or milk of choice.
- 1/2 cup strawberries, frozen.
- 6 coconut cream cubes.
- 1 banana, frozen.
- 2 tablespoons full-fat plain or Greek yoghurt.
- 1/2 lemon, juice and zest.
- 1/2 cup cottage cheese.
- 2 tablespoons vanilla protein powder.

Toppings

- 2 pieces Vanilla Crunch Protein Bark.
- 2 strawberries, fresh (optional).

Method

1. Place all ingredients into a high-speed blender and blitz on high until smooth. Divide mixture between two bowls. Top with Vanilla Crunch Protein Bark, strawberries and lemon zest to serve.



Protein Packed Choc Smoothie Bowl

Serves 1 Preparation 5 mins

Ingredients

- 1/2 cup almond milk (unsweetened)
- 3/4 banana frozen
- 1 tablespoon cacao powder
- 1/2 tablespoon almond butter
- 1 scoop vanilla protein powder

Ingredients for Serving

- 1 tablespoon coconut (desiccated)
- 1/4 banana chopped
- 1.5 tablespoons almonds (raw and unsalted) roughly chopped

Method

1. Blend first set of ingredients together in a food processor until well combined.
2. Place in a breakfast bowl and top with second set of ingredients.

Smoothies





Choc Chip + Mint Whip

Serves 1 Preparation 5 mins

Ingredients

1 1/2 cup Homemade Almond Milk or store bought unsweetened almond milk.
1 small ripe avocado.
large handful mint leaves.
3 tablespoons vanilla protein powder
1 tablespoon greens powder, optional.
1 pinch granulated stevia (omit from weeks 2-5).
small handful ice cubes.
2 tablespoons cacao nibs, extra for sprinkling.

Method

1. Throw all the ingredients, except the cacao nibs, into a blender and blend until smooth. Toss in the nibs and blend for an extra few pulses.
2. Divide whip between a glass and a jar with a lid. Place jar in the fridge for tomorrow's breakfast.
3. To serve sprinkle with extra cacao nibs.



Raspberry and Coconut Smoothie

Serves 1 Preparation 2 mins

Ingredients

1/2 cup raspberries (fresh or frozen) use fresh if you prefer
2 tablespoons vanilla protein powder
1 cup coconut milk (from carton)
1 tablespoon chia seeds
1/2 tablespoon almond butter
4 ice cubes

Method

1. Place all ingredients in a high-speed blender. Blend until smooth and serve.



Banana Smoothie & Almonds

Serves 1 Preparation 5 mins

Ingredients

- 1/2 banana
- 1 medjool dates pitted
- 1 cup almond milk (unsweetened)
- 1/2 tablespoon tahini
- 1.5 tablespoons almonds (raw and unsalted)
- 1 tablespoon vanilla protein powder (optional)
- 4 ice cubes

Method

1. Add all ingredients into a blender and blend until smooth.



Choc Orange Smoothie

Serves 1 Preparation 5 mins

Ingredients

- 1 orange whole, peeled
- 1 medjool date pitted
- 2 tablespoons chocolate protein powder (optional)
- 1 cup almond milk (unsweetened)
- 1 teaspoon cacao powder
- 1/3 cup rolled oats (or quinoa flakes)
- 1 handful ice cubes

Method

1. Combine all ingredients into a blender and blend until smooth.



Cacao and Coconut Smoothie

Serves 1 Preparation 5 mins

Ingredients

- 1 fresh young coconut.
- 1 tablespoon avocado.
- 1 tablespoon raw cacao powder.
- 2 tablespoons vanilla protein powder.
- tiny pinch of sea salt.
- cacao nibs, optional.

Method

1. Place all ingredients except cacao nibs in a high speed blender.
2. Blend until smooth. Sprinkle with cacao nibs, to serve.

Bliss Balls





White Chocolate Bliss Balls

Serves 1 Preparation 1 hr 10 mins

Ingredients

1 cup macadamia nuts (use cashews if you prefer).
1/2 cup gluten-free rolled oats.
1 tablespoon chia seeds.
1 tablespoon sesame seeds.
1 heaped tablespoon tahini.
1 heaped tablespoon coconut butter.
2 teaspoons rice malt syrup.
1 scoop vanilla protein powder

Method

1. Mix all ingredients together in a food processor until a sticky dough is formed. If you find the mixture too dry, simply add 1 Tbsp cold water at a time until the desired consistency is achieved.

2. Roll into even sized balls and refrigerate for 1 hour before serving (or freeze for 30 minutes if you're impatient like me!)

Chocolate Coconut Nut Balls

Makes 24 Preparation 1 hr 20 mins



Ingredients

1/2 cup almond spread.
2 1/2 cups nuts, almonds or brazil nuts are best, preferably activated.
1/2 cup raw cacao powder, to taste.
2 large handfuls shredded coconut.
1/3 cup salted butter, softened.
1 scoop vanilla protein powder
4-5 heaped tablespoons coconut oil, softened.

Method

1. Line a baking tray with baking paper. Roughly chop the nuts in a food processor.

2. Blend all the ingredients in a bowl, using a metal spoon to 'splodge' the coconut oil and butter through the dry stuff. Don't be precise – throw in what feels right. Add any fillers you have to hand or have a soft spot for. The mixture will become quite wet because the coconut oil will turn liquid. Add one or more of the dry 'filler' ingredients to adjust the consistency (chia seeds do this super well) if you need or want to, and if you happen to have them in the fridge.

3. Grab small handfuls, roll into small balls and place on the tray. Stick in the fridge for 1 hour to set before eating. The balls will keep for several weeks.



Choc Power Balls

Makes 15 Preparation 10 mins

Ingredients

- 1 cup sunflower seeds (kernels)
- 1 cup coconut (shredded)
- 1/2 cup almond butter
- 1/4 cup cacao powder
- 1/4 cup vanilla protein powder
- 3 tablespoons coconut oil (extra virgin) melted
- 1/2 tablespoon cinnamon (ground)

Method

1. Add all ingredients to the food processor and mix until well combined.
2. Scooping out a tablespoon at a time, form small balls by rolling the mixture in your hands.
3. Store in the fridge in an airtight container.



Lemon Protein Balls

Makes 15 Preparation 20 mins

Ingredients

- 1 cup almond meal.
- 1/3 cup coconut oil.
- 1 cup desiccated coconut, plus extra for rolling.
- 1/2 cup vanilla protein powder
- 2 tablespoons cashew or almond butter.
- juice and zest of 1 lemon.

Method

1. Add all ingredients to a blender and combine until smooth.
1. Place all ingredients in a food processor and process until mixture comes together. If too wet add more coconut, if too dry add more cashew butter.
2. Shape into balls and roll in extra coconut. Place in fridge for at least 30 minutes. Store balls in the fridge or freezer for up to two weeks.



Cherry Ripes Bliss Balls

Makes 12 Preparation 40 mins

Ingredients

- 1.25 cup coconut (shredded)
- 1 tablespoon rice malt syrup
- 1 tablespoon coconut oil (extra virgin)
- 1 tablespoon coconut milk (from carton)
- 1 teaspoon vanilla extract
- 1/2 cup raspberries (fresh or frozen)
- 100 g 85% dark chocolate
- 1 scoop vanilla protein powder

Method

1. Line a baking tray with baking paper. Add all the filling ingredients to a food processor. Pulse until mixture comes together but still has texture. Roll tablespoons of the mixture into round balls, place on the baking tray and freeze for at least twenty minutes.
2. Just before the coconut balls are done in the freezer, melt store-bought chocolate over a double boiler being careful not to seize the chocolate. Remove the coconut balls from the freezer and roll them in the melted chocolate so they are completely coated.
3. Place balls on a tray and sit in the fridge to set before serving.

Treats





Chocolate Peanut Butter Protein Slice

Serves 12 Preparation 20 mins

Ingredients

1/2 cup rolled oats (or quinoa flakes)
1/2 cup oats (quick)
3 tablespoons chocolate protein powder (optional)
1/2 cup puffed rice cereal
1/4 cup raw honey
1/2 cup peanut butter (smooth)
2 tablespoons coconut oil (extra virgin)
1 teaspoon vanilla extract
40 g 85% dark chocolate snapped into chunks

Method

1. Line a 23cm x 13cm loaf pan with baking paper or lightly grease with cooking spray.
2. Place rolled oats in food processor and pulse until oats are a floury consistency.
3. In a medium bowl, mix processed rolled oats with quick oats, protein powder and rice puffs.
4. In a small pan over medium heat, stir honey, peanut butter and coconut oil until melted and combined. Remove from heat and stir in vanilla extract. Pour peanut butter mixture over oats. Stir well.
5. Using wet hands, press mixture into prepared loaf pan.
6. In microwave, melt the chocolate for 1 minute, and then 30-second intervals stirring in between, until fully melted. Use a fork to drizzle chocolate over slice.
7. Let cool in refrigerator for 30 minutes before slicing into 12 pieces.



No-bake Blueberry + Cardamom Cheesecake

Serves 20 Preparation 4 hours 30 mins

Ingredients

Base

1 cup walnuts.
1 cup shredded coconut.
2 tablespoons almond butter.
2 tablespoons coconut oil.
1/4 teaspoon sea salt.

Filling

2 cups raw cashews, soaked in water for 2 hours then drained and rinsed.
1/4 cup coconut oil.
1/2 cup coconut milk.
1 lemon, juiced.
2 tablespoons rice malt syrup.
1/4 cup Vanilla Protein Powder.
1 1/2 cup blueberries (fresh or frozen).
1 1/2 teaspoon ground cardamom.
1/2 teaspoon vanilla powder or 1 teaspoon vanilla extract.

Method

1. Line a slice tin with baking paper.
2. To make the base, place all ingredients into a food processor and pulse to obtain a sticky, crumbly mixture. Spread the mixture into the prepared slice tin and press down firmly to form the base. Place to the side.
3. To make the white layer of the cheesecake, drain and wash the soaked cashews and place them in the food processor with coconut oil, coconut milk, lemon juice, rice malt syrup and Bare Blends Organic Vanilla Bean Native WPI. Blitz until you form a smooth cream. Pour half of the mixture on top of the crust and spread evenly. Sprinkle half the blueberries over the top and slightly push into mixture. Place into the freezer for 10 minutes while preparing the next layer.
4. Then, place the remaining blueberries, cardamom and vanilla into the food processor with the remaining white cream filling. Blitz until all combined and you have a smooth purple cream.
5. Remove the unfinished cheesecake from the freezer. Place the remaining blueberry cream on top of the white layer. Place back into the freezer for at least 2 hours until set.
6. For serving, remove cheesecake from the freezer and allow to sit at room temperature for 5-10 minutes before serving as it's easier to slice.

* This recipe makes 20-24 small pieces of cheesecake. Store in the freezer and keep for whenever you feel like a snack.

Sugar Free Sweet Potato Brownies

Serves 16 **Preparation** 45 mins **Cook** 2 hr 30 mins

Ingredients

oil or butter, for greasing.
3 tablespoons coconut flour.
2 tablespoons raw cacao powder.
1/2 teaspoon vanilla powder.
1/4 teaspoon gluten-free baking powder.
1/4 teaspoon ground cinnamon.
pinch of sea salt.
1 scoop vanilla protein powder (optional).
50 g dark (85% cacao) chocolate, chopped.
1 cup sweet potato puree or 1 large sweet potato,
cooked in the oven until soft, skin removed.
3 eggs, whisked.
1/4 cup coconut oil.
1/3 cup rice malt syrup.

Method

1. Grease the slow cooker insert, line with baking paper so that it reaches halfway up the sides.
2. Combine dry ingredients. In a separate bowl add all the wet ingredients including sweet potato flesh and whisk.
3. Stir in dry ingredients and mix well. Pour into lined slow cooker and spread evenly.
4. Cover and cook on low for 2 hours or high for 1 hour. Remove lid and cook for a further 30 minutes or until a skewer comes out clean.





Cherry Ripe Nice Cream

Serves 1 Preparation 5 mins

Ingredients

1 banana frozen
1/3 cup cherries (fresh or frozen)
1 tablespoon almond milk (unsweetened)
1 tablespoon chocolate protein powder (optional)
1/2 teaspoon cacao powder

Ingredients for Serving

1 teaspoon cacao nibs

Method

1. Place all ingredients in a food processor and blend until smooth.
2. Place in freezer for 10 minutes to set.
3. Scoop and serve with cacao nibs and a cherry on top!



Banana & Almond Pancakes with Raspberry Yoghurt

Serves 1 Preparation 8 mins Cook 5 mins

Ingredients

1/4 cup almond meal
1/2 tablespoon vanilla protein powder
1/2 banana roughly mashed
2.5 tablespoons milk
1 teaspoon baking powder (or gluten free baking powder)
1/2 teaspoon vanilla extract
1 free range egg separated
1/4 teaspoon coconut oil (extra virgin) for cooking

Ingredients for Raspberry Yoghurt

1 tablespoon yoghurt (greek)
2 tablespoons raspberries (fresh or frozen)
1/2 tablespoon coconut flakes toasted

Method

1. Combine the almond meal, protein powder, banana, milk, baking powder, vanilla and egg yolks in a large bowl and mix thoroughly.
2. In a separate very clean bowl whisk egg whites to soft peaks and gently fold into the almond meal mixture.
3. Heat coconut oil non stick fry pan. Pour 2 tablespoons of mixture into pan, and cook for 2 minutes, turn carefully and cook the other side. Continue until all the mixture has been used.
4. Warning: these pancakes are fragile to make, so take care when turning. The smaller the pancake, the easier they are to cook.
5. Mash 3/4 of the raspberries and mix with yoghurt, set aside.
6. Top with yoghurt, remaining raspberries and scatter over coconut to serve.



Fudgy Protein Bites

Serves 25 Preparation 5 mins Cook 1 hr

Ingredients

3/4 cups vanilla protein powder.

1/2 cup chia seeds.

1/3 cup maca powder, optional (if not using macca powder add a little extra protein powder).

Basic Raw Chocolate

1/2 cup raw cacao butter, buttons or shavings (if you don't have any, use an additional 1/2 cup coconut oil instead).

1/2 cup coconut oil, softened.

1/3 cup raw cacao powder.

1 1/2 tablespoon rice malt syrup (or 1 1/2 tablespoons granulated stevia).

2 pinches sea salt.

Method

1. For the Basic Raw Chocolate, in a small saucepan over low heat, melt the cacao butter gently, stirring until smooth. Remove from the heat. Blend or mix with the rest of the ingredients until smooth and well combined. This should yield 1 1/3 cups.

2. For the Fudgy Protein Bites, throw the melted Basic Raw Chocolate, vanilla protein powder, chia seeds and maca powder (optional) or a little extra protein powder. You may wish to add the protein powder and chia a little at a time, allowing the mixture to thicken slightly before adding more.

3. Pour immediately into silicone moulds or cupcake cases and place in the fridge or freezer to harden.

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