

TRY THESE RECIPES FROM TEAM ATHLETES



MARIA DINELLO'S GOLD STANDARD 100% WHEY™ KEY LIME PIE MAKES 2 SERVINGS

INGREDIENTS

CRUST:

¼ cup almonds ground in a food processor, or ¼ cup almond meal
¼ cup oats ground in food processor, or ¼ cup oat meal
1 tbsp coconut oil, melted
1 tbsp sugar-free caramel syrup
dash of salt

FILLING:

¾ cup nonfat Greek yogurt
¾ scoop Gold Standard 100% Whey™ Key Lime Pie
3 packets zero calorie sweetener

DIRECTIONS

CRUST:

1. Combine all crust ingredients in a microwave safe bowl. Microwave for 15 seconds until coconut oil is melted.

2. Press crust into 4 inch x 4 inch or 2 small circular dishes on bottom and slightly up along sides on dish

3. Bake at 350 degrees for 15 minutes. Let Cool.

FILLING:

Mix all ingredients together. Pour filling into dish with pie crust.



DAYNA TAPPAN'S GOLD STANDARD 100% WHEY™ SALTED CARAMEL APPLE TART

MAKES 4 SERVINGS

INGREDIENTS

1-2 scoops Gold Standard 100% Whey™ Salted Caramel
4 apples, preferably Granny Smith
½ cup dry quick oats
Sugar-free caramel syrup
6 packs of zero calorie sweetener
Apple pie spice (sprinkle to taste)
A couple pumps of spray margarine

DIRECTIONS

1. Core and scoop out apple with a melon baller or spoon

2. Cook oats in water as directed, adjusting water to avoid a runny consistency

3. Stir 1-2 scoops of Gold Standard 100% Whey™ Salted Caramel, sweetener, apple pie spice and caramel into oats until the mixture is fully mixed with a gummy texture

4. Spoon into cored apples

5. Bake for 20 minute increments at 350 degrees or until apple is fully cooked

6. Sprinkle with sweetener and apple pie spice. Drizzle with caramel.



GOLD STANDARD 100% CASEIN™ MINT CHOCOLATE CHIP SHAKE

INGREDIENTS

1 scoop Gold Standard 100% Casein™ Mint Chocolate Chip
10-12 oz. almond milk
Crushed ice
Nonfat, sugar-free whipped topping

DIRECTIONS

1. Blend Gold Standard 100% Casein™ Mint Chocolate Chip and almond milk in a blender. Add crushed ice until desired consistency.

2. Pour into glass and top with nonfat, sugar-free whipped topping.



THERE'S ONLY ONE GOLD STANDARD





GOLD STANDARD PRE-WORKOUT™

BB.COM EXCLUSIVE
Pineapple Flavor

► **BEFORE TRAINING**

ON's new **Gold Standard Pre-Workout™** unleashes amplified energy and focus, and supports enhanced endurance to help you crush your next set, get the last rep, and achieve some true gains[▲]. It's made with only select premium ingredients, including caffeine from natural sources (tea and coffee bean), without the unnecessary stuff you can do without. ON has also raised the bar on flavor, setting the gold standard for performance and taste. Consume 20 to 30 minutes before training to energize your efforts.

BEYOND THE BASICS

- **Banned Substance Tested**
- **100% of the Daily Value for Vitamin B6**
- **167% of the Daily Value for Vitamin B12**
- **125% of the Daily Value for Vitamin D**

[▲]When consumed as directed at maximum dosage over time.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



ENERGIZING



SUPPORTS
FOCUS



ENHANCED
ENDURANCE[▲]

GOLD STANDARD 100% WHEY™

BB.COM EXCLUSIVE
50 Serve


► **AFTER TRAINING**

Kick start your recovery with ON's **Gold Standard 100% Whey™**. The world's best-selling whey protein* delivers 24 grams of fast-acting protein with very low levels of fat, carbs and sugar. Because anything less than 100% isn't good enough, we've instantized the powder to mix effortlessly and make absolutely sure each shake tastes exactly as expected every time. Mix up a shake first thing in the morning before endurance training or within 45 minutes of completing a weight training workout and put ON's uncompromising commitment to work for you.


BEYOND THE BASICS

- **110 to 130 Calories Per Serving**
- **10% of the Daily Value for Calcium**
- **Mixes Easily Into Water or Milk**
- **Over 20 Flavors to Choose From**


*Based on sales at major retailers



MUSCLE
SUPPORT



EASY
MIXING



RECOVERY

GOLD STANDARD 100% CASEIN™

► **NIGHT TIME**

True Strength doesn't take the night off. **Gold Standard 100% Casein™** is a slow digesting protein that helps you rebuild your muscles while you sleep. Each serving is packed with 24g of slow digesting protein which provides your body with BCAAs for up to 8 hours. The original all-micellar casein powder is still the world's most popular and available in a variety of delicious flavors.

BEYOND THE BASICS

- **60% of the Daily Value for Calcium**
- **Just 1 Gram of Sugar & 1 Gram of Fat**
- **A Variety of Different Flavors to Choose From**
- **9+ Grams Essential Amino Acids**



BEFORE BED



SLOW
DIGESTING



MUSCLE
REBUILDING