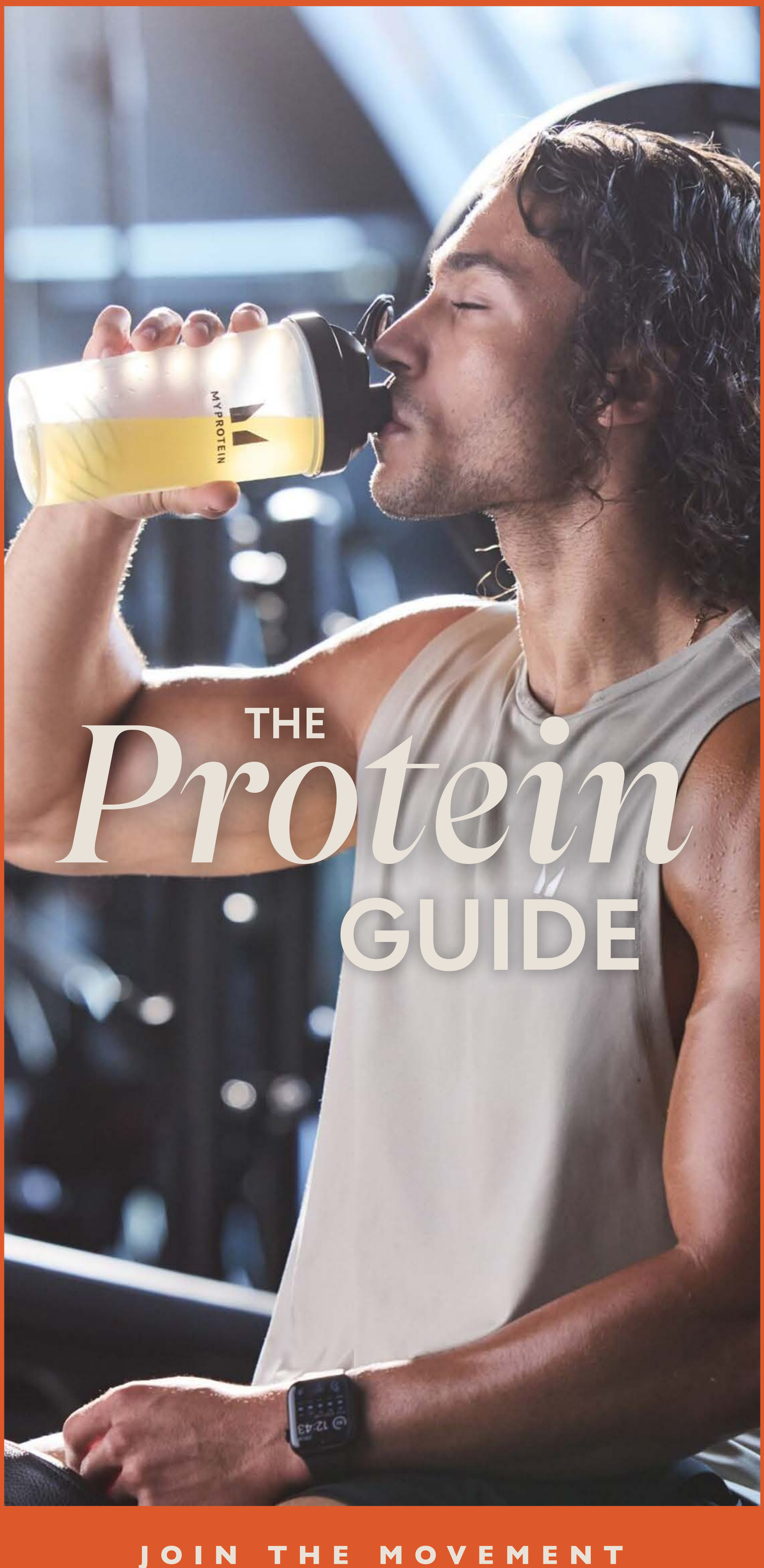
MYPROTEIN



THE *Protein* GUIDE

JOIN THE MOVEMENT

Contents

TAP TITLES TO JUMP TO CHAPTER

1 WHAT IS PROTEIN AND WHAT ARE ITS BENEFITS?

2 TYPES OF PROTEIN POWDER

3 HOW MUCH PROTEIN DO YOU NEED?

4 PICK YOUR PROTEIN

5 MYTH-BUSTING

6 RECIPES

MYPROTEIN

MYPROTEIN

WHAT IS *protein* AND WHAT ARE THE *benefits?*

Protein is one of the three major macronutrients we need in our diet — alongside carbohydrates and fats.

Protein is the body's bricks and mortar for rebuilding muscle, replicating DNA, and catalysing metabolic reactions.

High amounts are found in meat, fish, animal products, and plant-based sources like legumes, nuts and seeds.

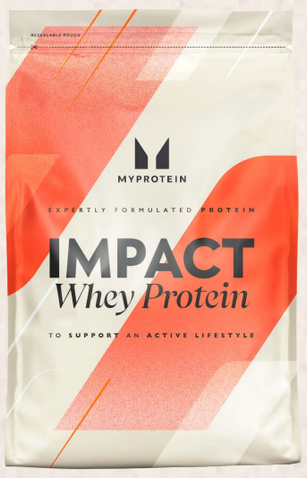
It's vital for many processes within the body, keeping your hair, skin, nails, cartilage and muscles happy and healthy.

Protein is pivotal in contributing to building and repairing muscle — needed not only for your fitness goals but also your long-term health.

BACK TO MENU

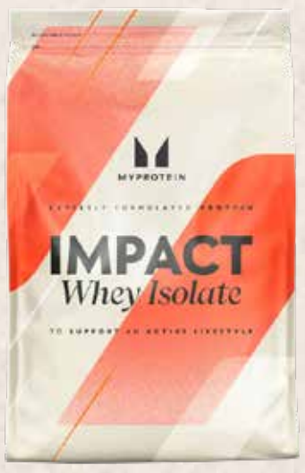
TYPES OF *whey* POWDER

Whey is sourced from cow's milk and is packed with essential amino acids, the building blocks of protein. There are four types of whey protein, each with unique nutritional profiles.



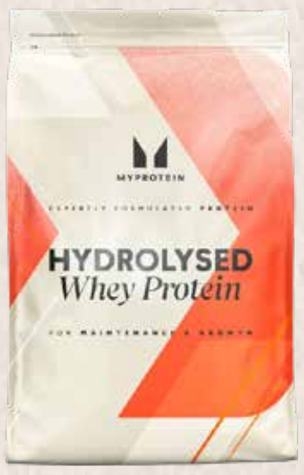
WHEY CONCENTRATE

Provides a convenient hit of 80% high-quality protein, contributing to the growth and maintenance of muscle mass. The remaining 20% consists of carbs and a small amount of fat.



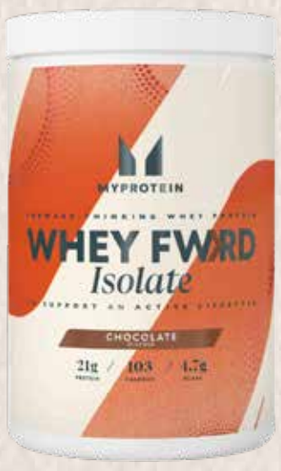
WHEY ISOLATE

A purer form of protein. During its production, additional steps are taken to further reduce carbohydrate and fat content, resulting in a highly purified 90% protein.



HYDROLYSED WHEY

Produced through a unique process to help speed up protein absorption in the body, while keeping essential amino acids intact.



WHEY FORWARD

Created using an innovative fermentation process that uses microflora to produce a dairy-identical, animal-free whey. Whey Forward offers all the benefits of whey isolate but its production uses 97% less water and emits 94% fewer carbon emissions.

BACK TO MENU

MYPROTEIN



Plant-based PROTEIN POWDERS

Formulated entirely from plant-based protein sources like fava bean, pea, soybean and brown rice, vegan protein powders offer a convenient alternative to whey. Vegan proteins can be “complete” or “incomplete”. Complete proteins include all nine essential amino acids needed by the body to build and repair muscle.



VEGAN PROTEIN BLENDS

To ensure a complete source of protein many vegan protein powders are produced by blending protein sources together. Myvegan uses a blend of pea and fava bean to produce Impact Vegan Protein, or there’s Plant Protein Superblend, which is made using upcycled barley.



SOY PROTEIN

Soy protein is a complete protein made from defatted soy beans, using an innovative process to make sure it’s low-fat and low-sugar.



PEA PROTEIN

Sourced from 100% pea protein isolate, pea protein is free from soy and dairy – and as an isolate this complete protein is highly-refined to deliver more protein, less carbs, and less fat in every scoop.

BACK TO MENU

MYPROTEIN

SETTING A *protein target*

Here are some simple formulas to set a daily protein target for your goal.

MAINTAIN MUSCLE

0.8g OF PROTEIN PER KG OF WEIGHT

BUILD MUSCLE

1.2-1.8g OF PROTEIN PER KG OF WEIGHT

SUPPORT MUSCLE THROUGH WEIGHT LOSS

2g OF PROTEIN PER KG OF WEIGHT



BACK TO MENU

pick YOUR *protein*

THE PATH TO THE RIGHT PROTEIN FOR YOUR GOAL AND LIFESTYLE DOESN'T NEED TO BE COMPLICATED.

TAP YOUR GOAL TO GET STARTED...

I WANT TO **SUPPORT LEAN MUSCLE**

I WANT TO **BUILD MASS**

SELECT A DIFFERENT GOAL

BACK TO MENU

MYPROTEIN

pick YOUR *protein*

THE PATH TO THE RIGHT PROTEIN FOR YOUR LIFESTYLE AND GOAL DOESN'T NEED TO BE COMPLICATED.

PROTEIN TO SUPPORT LEAN MUSCLE

ARE YOU MANAGING A CALORIE DEFICIT?

YES

ARE YOU VEGAN?

YES

IMPACT SOY PROTEIN



An innovation using defatted soy beans to deliver a low-fat, low-sugar shake that packs a strong 27g of protein.

JUICY OR CREAMY?

JUICY

CLEAR VEGAN PROTEIN



High-quality pea protein isolate, infused with real fruit and added B vitamins, to create a light shake with 10g of protein per serving.

CREAMY

CLEAR WHEY PROTEIN



20g of protein from fast-absorbing hydrolysed whey protein isolate – fuels muscle fast with an explosion of juicy flavour.

NO

IMPACT DIET WHEY



A delicious 209 kcal shake that delivers 38g of protein per serve plus choline to support fat metabolism.

JUICY OR CREAMY?

JUICY

PLANT PROTEIN SUPERBLEND



This plant-based protein goes against the grain by using upcycled barley to help reduce food waste. It delivers a mighty 20g of protein per serving.

CREAMY

IMPACT WHEY ISOLATE



Take protein purity to a whole new level with less sugar, and zero fat. It's supreme quality with 23g of protein per serving.

SHOP NOW

BACK TO MENU

MYPROTEIN

pick YOUR *protein*

THE PATH TO THE RIGHT PROTEIN FOR YOUR LIFESTYLE AND GOAL DOESN'T NEED TO BE COMPLICATED.

PROTEIN TO BUILD MUSCLE MASS

ARE YOU VEGAN?

YES

JUICY OR CREAMY?

JUICY

→ **CLEAR PROTEIN SUPERBLEND**



Made from upcycled barley, with real fruit, and serving 18g of protein per shake plus all nine essential amino acids.

CREAMY

→ **IMPACT VEGAN PROTEIN**



108kcal per serving accompanied by 21g of protein.

NO

HIGH CALORIE

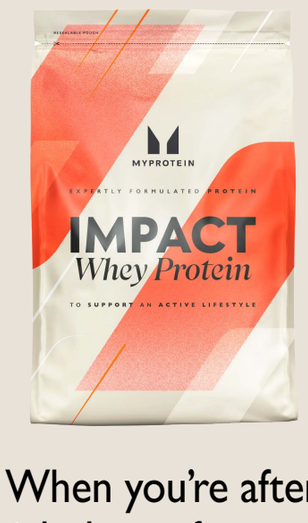
→ **IMPACT WHEY GAINER**



Bulking? This beast boasts 31g of protein, 50g of carbs, and a massive total of 388 calories per serving.

TAKE ANYTIME

→ **IMPACT WHEY PROTEIN**



When you're after a quick dose of protein to support recovery trust our community's no.1. This velvet smooth shake boasts 23g of protein in each serving.

ADVANCED PROTEIN

→ **THE WHEY**



An ultra-premium blend, boasting 25g of protein, 3g of leucine, and over 5g of naturally occurring glutamine in every serving.

TAKE BEFORE BED

→ **IMPACT CASEIN**



A slow-absorbing shake to provide a steady supply of protein between meals or while you sleep, with at least 23g of protein per serving.

MYPROTEIN

SHOP NOW

BACK TO MENU

myth Bbusting

Let's set the record straight between protein fact and fiction.

"PROTEIN IS JUST FOR PEOPLE WHO LIFT WEIGHTS"

Protein has three major benefits: building muscle, preventing muscle damage, and promoting muscle recovery.

This is important for those of us who enjoy weightlifting but also for all other types of sport. Protein will boost recovery and prevent muscle damage from a wide range of workouts such as endurance, cardio, team sports and mobility workouts like yoga and pilates.

"I DON'T EXERCISE ENOUGH TO NEED PROTEIN"

Making sure you eat enough protein doesn't just have benefits for exercise. Protein is one of three macronutrients (the others being fats and carbs) that are essential for a healthy and well-rounded diet and lifestyle.

Increasing your protein intake can:

1. Support muscle growth and repair.
2. Improve bone health, creating a lower risk of osteoporosis and fractures as you get older.
3. Boost metabolism, helping you burn more calories during the day.
4. Lower blood pressure and reduce risk factors for heart disease.

MYPROTEIN

BACK TO MENU

“I THINK I CAN GET THE SAME BENEFITS FROM FOOD”

There are lots of foods that are protein rich, such as chicken or turkey breast, fish like salmon or tuna, and dairy products like yoghurt, milk and cheese. If you’re looking for plant-based protein, try soy beans, tofu or chia seeds.

Depending on your protein goals, it can be a task to cook and consume enough protein through just your meals alone, especially for those following a plant-based diet. Protein supplements are the quick and easy way to make an ambitious goal and a busy schedule work together.

“SUPPLEMENTS ARE COMPLICATED, AND I DON’T KNOW WHERE TO START”

It can be overwhelming when you first learn about supplements. But once you’ve got the basics down, it won’t feel that confusing anymore.

If you want to learn about the different types of protein, jump to page 3.

If you want to figure out how much protein you need to reach your goals, jump to page 6.

Looking for your perfect protein match? Try the protein picker on page 10.

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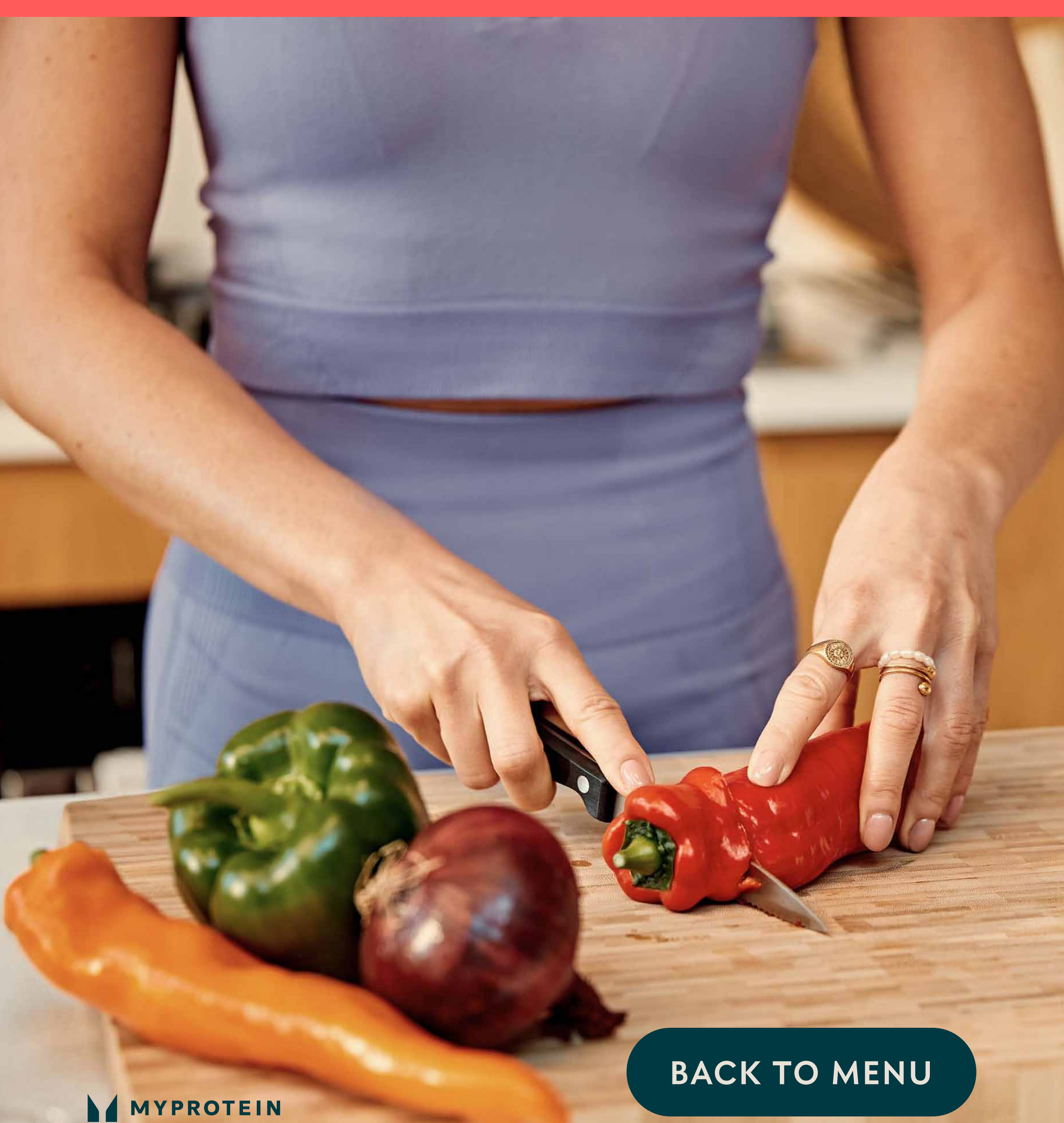
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MYPROTEIN

KITCHEN

PROTEIN-POWERED *recipes*



BACK TO MENU

MYPROTEIN

Breakfast

4-INGREDIENT FOOLPROOF PANCAKES

Ingredients:

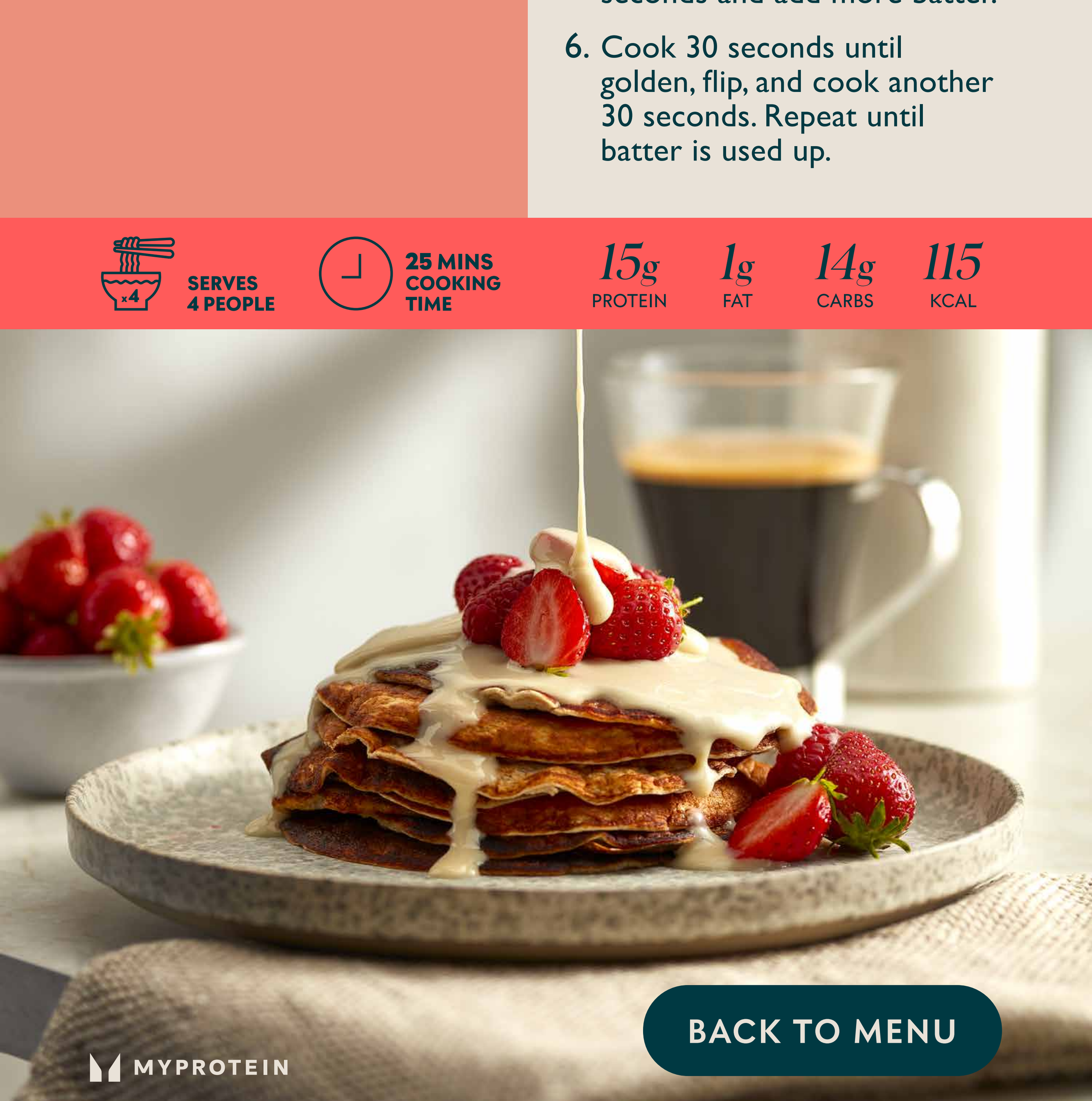
- 1 large ripe banana
- 2 large eggs (or 4 egg whites)
- 1 scoop **Impact Whey Protein – Vanilla or Banana**
- 1 scoop **rolled oats**

1. Heat a non-stick frying pan on medium. If it smokes, it's too hot.
2. Blend banana and eggs until smooth.
3. Add protein powder and rolled oats to the blender, process until smooth.
4. Pour a quarter of the batter into the preheated pan to form a roughly 5-inch pancake.
5. For thicker pancakes, wait 20 seconds and add more batter.
6. Cook 30 seconds until golden, flip, and cook another 30 seconds. Repeat until batter is used up.

SERVES 4 PEOPLE

25 MINS COOKING TIME

15g	1g	14g	115
PROTEIN	FAT	CARBS	KCAL



BACK TO MENU

MYPROTEIN

Lunch

30-MINUTE CHICKEN TIKKA

Ingredients:

- 1 tbsp 100% Coconut Oil
- 500g chicken breast, diced
- 1 brown onion, finely chopped
- 4 garlic cloves, grated or crushed
- 1 tbsp ginger, grated
- 2 tbsp tomato puree
- 1 tsp turmeric
- 1 tsp garam masala
- ½ tsp chilli powder
- 1 tin chopped tomatoes, blended
- 1 mug of hot chicken stock
- 3 large tbsp full-fat Greek yoghurt

SERVES 4 PEOPLE

30 MINS COOKING TIME

41g	10.9g	11.5g	291
PROTEIN	FAT	CARBS	KCAL

1. Heat coconut oil on medium, cook chicken and onion with salt and pepper until chicken is done.
2. Reduce heat, add garlic, ginger, tomato paste, turmeric, garam masala, chilli powder, and water.
3. Stir 1–2 minutes to release spice fragrances.
4. Add blended tomatoes, chicken stock, simmer 10 minutes, stirring occasionally.
5. Reduce sauce by half, remove from heat, stir in Greek yogurt for creaminess, add more if desired.
6. Serve with basmati rice, flatbread strips, and chopped cashews.



MYPROTEIN

BACK TO MENU

CRISPY TERIYAKI TOFU & RICE

Ingredients:

For the crispy tofu:

- 50g cornflour (+ 1 tbsp for the sauce)
- 300g tofu, cubed
- 1½ tbsp 100% Coconut Oil
- 1 garlic clove, finely chopped
- Small cube of ginger, finely chopped
- 1 onion, thinly sliced
- 2 tbsp soy sauce
- 1 tbsp sesame seed oil
- 1 tbsp brown sugar
- 75ml water

To serve:

- 125g basmati rice (dry weight)
- Chopped carrot
- Chopped cucumber
- Sesame seeds, to garnish

Lunch

1. Coat tofu in 50g cornflour. Heat 1 tbsp coconut oil in pan, then add tofu.
2. Fry tofu on medium until crispy and golden, set aside.
3. Add coconut oil, garlic, ginger to pan, fry 1 minute.
4. Add onion, fry until soft.
5. Add soy sauce, sesame oil, brown sugar, then stir.
6. Mix cornflour with 75ml water, add to pan.
7. Simmer sauce until thickened. Return tofu, coat with teriyaki sauce, remove from heat.
8. Plate rice, tofu, carrots, cucumber and garnish with sesame seeds.

SERVES 3 PEOPLE

35 MINS COOKING TIME

19.2g	18g	60g	497
PROTEIN	FAT	CARBS	KCAL



BACK TO MENU

MYPROTEIN

Dinner



SERVES 4 PEOPLE

1 HOUR COOKING TIME

8.1g	12.5g	55g	379
PROTEIN	FAT	CARBS	KCAL

VEGAN AUBERGINE MASALA

Ingredients:

- 2 aubergines, diced
- 1 tsp 100% Coconut Oil
- 1 tsp turmeric
- 1 tsp cumin
- 1 tbsp 100% Coconut Oil
- 1 red onion, finely diced
- 1 tsp garlic
- 1 tsp ginger
- ½ tin plum tomatoes
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp turmeric
- 250ml vegetable stock
- 200ml light coconut milk
- Chopped coriander

1. Preheat oven to 200C/400F.
2. Coat chopped aubergine with coconut oil, turmeric, and cumin.
3. Fry aubergine on high for 10 mins to char.
4. Bake aubergine for 15 mins.
5. Heat 1 tbsp coconut oil, fry onion for 5 mins. Add garlic, ginger, fry for 2 mins.
6. Add and break up plum tomatoes, fry 5 mins.
7. Stir in spices, water, simmer 5 mins to thicken sauce.
8. Add baked aubergine, vegetable stock, coconut milk, coriander.
9. Simmer 15-20 for mins, stirring regularly.
10. Serve with basmati rice, garnish with coriander.

MYPROTEIN

BACK TO MENU

TURKEY LASAGNE

Dinner

Ingredients:

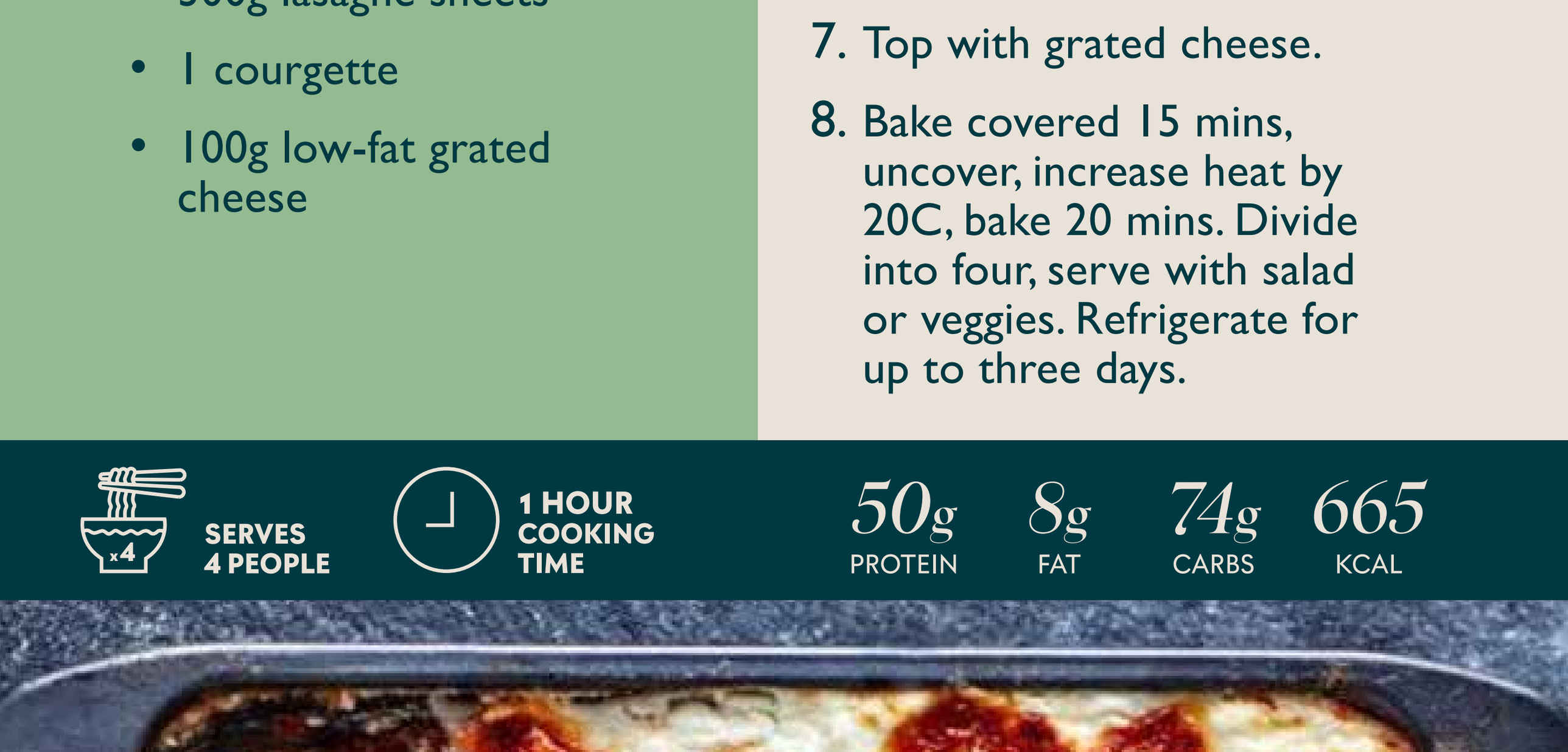
- 1 tsp coconut oil
- 1 white onion, chopped
- 2 cloves garlic, chopped
- 350g turkey mince
- 1 tbsp dried oregano
- 1 tsp sea salt
- 1 tsp black pepper
- 400g cottage cheese
- 3 egg whites
- 600g chopped tomatoes
- 300g lasagne sheets
- 1 courgette
- 100g low-fat grated cheese

1. Heat coconut oil, sauté onion for 3–4 mins, add garlic, sauté 2 mins.
2. Add turkey mince, brown for 3–4 mins, stirring.
3. Add oregano, salt, pepper, tomatoes, simmer 10 mins.
4. Whisk cottage cheese, egg whites, salt, and pepper. Preheat oven to 200C/180C fan.
5. Slice courgette with peeler, rinse lasagne sheets.
6. Layer courgette, ragu, cheese sauce, lasagne sheets, repeat.
7. Top with grated cheese.
8. Bake covered 15 mins, uncover, increase heat by 20C, bake 20 mins. Divide into four, serve with salad or veggies. Refrigerate for up to three days.

SERVES 4 PEOPLE

1 HOUR COOKING TIME

50g	8g	74g	665
PROTEIN	FAT	CARBS	KCAL



BACK TO MENU

MYPROTEIN

Shakes

BANANA PROTEIN SMOOTHIE

SERVES 1 PERSON

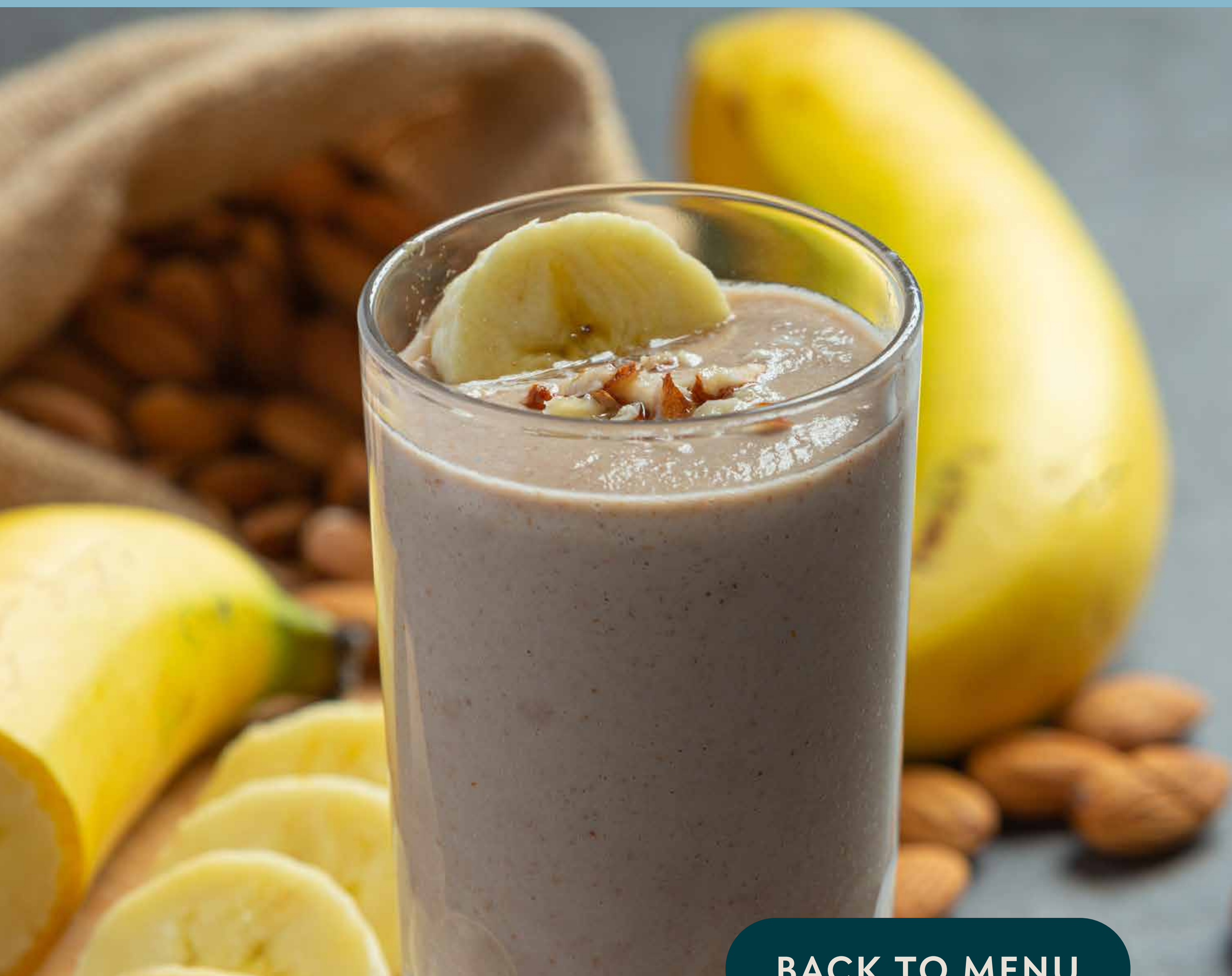
10 MINS COOKING TIME

Ingredients:

- 1 scoop **Impact Vegan Protein** or **Impact Whey Protein – Vanilla**
- 250ml almond milk
- ½ banana
- Handful of ice
- Toppings of choice

1. Put the protein powder, almond milk, banana and ice into a blender and process until smooth.
2. Pour into a glass and top with your favourite toppings. Then enjoy!

	PROTEIN	FAT	CARBS	KCAL
	21g	4g	18g	196
Vegan	22g	4g	28g	228



BACK TO MENU

MYPROTEIN

Shakes



SERVES 1 PERSON

10 MINS COOKING TIME

10g	0.1g	2.6g	54
PROTEIN	FAT	CARBS	KCAL

CLEAR PROTEIN SLUSHIE

Ingredients:

- 1 scoop Clear Whey Protein or Clear Vegan Protein
- 200ml water
- Handful of crushed ice
- Fresh fruit, to garnish

1. Add the protein powder and water to a shaker.
2. Shake thoroughly until the mix is fully combined and allow any froth to settle.
3. Add a handful of crushed ice to a blender and pour over the clear protein shake.
4. Blend well until you get a smooth, thick slushie consistency.
5. Serve in a glass with any garnish of your choice.

MYPROTEIN

BACK TO MENU

THE FINAL *word*

THIS IS ONLY THE START OF YOUR JOURNEY.
YOU'VE GOT THIS, AND WE'VE GOT YOU.

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