

LEAN INDULGENCE: 3 HIGH-PROTEIN DESSERTS



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WHY THESE DESSERTS WORK

Forget obsessing over every morsel! With a few small shifts to how you approach your nutrition, you can start to see huge results.

To help you get **FIERCE** and build healthy habits that support weight loss holistically for the long haul, add the following each day.

- Focus your diet around 80% “quality”
- Make balanced meals of protein, healthy fat, and carb/fibre
- Eat satisfying full meals 3x per day vs snacking & grazing all day
- Drink a minimum of 3 L of water/day
- Watch your portion sizes; eating too much or too little can disrupt your blood sugar balance.
- Do not eat when stressed or on the go! Try to be calm when you feed your body for optimal digestion.



ABOUT US



Coach Terry and Coach Zita

Hi, I'm **Coach Terry**, a NeuroPsychology Weight-Loss and Body Image Coach with a strong foundation in biochemistry, psychology, and neuroscience. As Chair of Neuroscience Therapy at MIU, I lead programs in personalised mental health coaching. I developed the SynapGen® and Rejuvenise 360® Transformational Coaching Systems, earning an honorary Doctor of Science in NeuroPsychology for these contributions. My mission is to help others achieve sustainable weight loss and well-being through science-based strategies.

I'm **Coach Zita**, a Nutritionist, Fitness Coach, and Yoga Teacher with a passion for holistic wellness. As a Correctional Exercise Specialist and an International Coaches Register (ICR) Accredited Coach, Mentor, and Trainer, I focus on helping clients achieve balance, strength, and vitality through personalised nutrition and movement strategies.

REJUVENISE 360 HOLISTIC HEALTHY LIVING®

Are you ready to become the fit, confident version of yourself you've always wanted to be?

The Rejuvenise 360 Holistic Healthy Living® system is an online, one-to-one personalised coaching program designed to help action-taker men and women transform their health and lives. This comprehensive approach combines expertise in Neuro Synergy, Mental Health, Weight-Loss Social Psychology, Nutrition, Fitness, and Yoga to deliver a truly holistic experience.

Our system provides:

- ✓ **Personalised Nutrition and Movement Plans:** Tailored to your goals, body composition and activity level, complete with sample meal plans to simplify healthy eating, supporting strength, mobility, and body transformation.
- ✓ **Accountability:** Weekly 1-to-1 Zoom coaching sessions with targeted exercises to overcome body image struggles, reduce stress, and break free from eating disorders, limiting beliefs and negative triggers.
- ✓ **Unmatched Support:** Continuous guidance and motivation to keep you consistent, making progress simple and effective, and to support your journey.

We understand the challenges of balancing a busy life with health goals. That's why our system is built to foster unwavering energy, confidence, and sustainable well-being by aligning your physical, mental, and emotional growth.

You deserve this. You deserve to feel strong, fit, and confident in your body because when you thrive, every aspect of your life improves.

- ✓ Go from Low Energy to Sustained Even Energy Throughout the Day
- ✓ Go from Stress Eating to Eating Healthy Balanced Meals
- ✓ Go from Trouble Sleeping at Night to Sleeping 7-8 Hours at Night
- ✓ Say goodbye to shame, guilt, and "shoulds"—they won't burn calories and only keep you stuck where you are.

DISCLAIMER

The recipes in this book are intended for general informational and educational purposes only and are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or dietary restrictions.

Allergens

Please be aware that the recipes in this book may contain common allergens, including, but not limited to, peanuts, tree nuts, dairy, eggs, soy, wheat (gluten), fish, and shellfish.

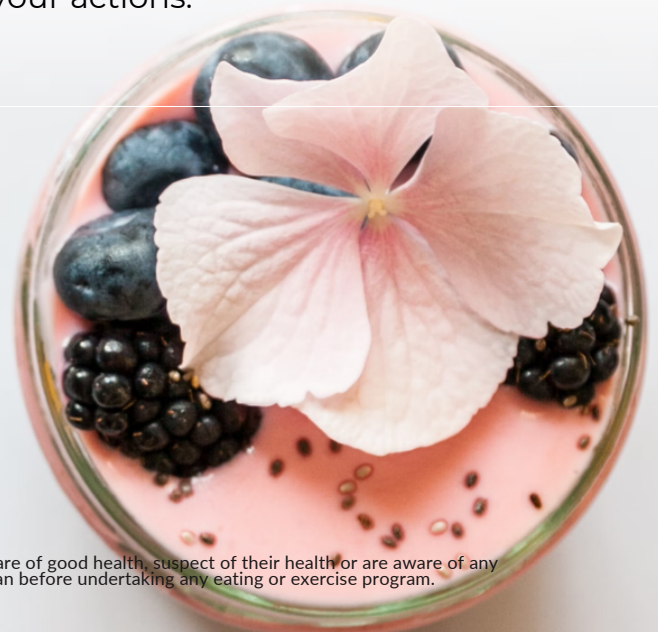
While every effort has been made to identify ingredients that may cause allergic reactions for those with food allergies. The reader must check the ingredients and ensure they are safe for their dietary needs. Ingredient substitutions may be necessary to accommodate certain dietary restrictions.

Safety

When preparing recipes, please follow proper food safety guidelines, such as thoroughly washing and handling all food items, cooking foods to their recommended internal temperatures, and avoiding cross-contamination by using separate cutting boards and utensils for different types of food.

Liability

The author and publisher of this book are not responsible for any adverse reactions, effects, or consequences resulting from the use or misuse of the recipes and suggestions herein. By using this book, you agree to do so at your own risk and assume full responsibility for your actions.





JAFFA CAKE PROTEIN BAR

MAKES 3 BARS

INGREDIENTS FOR THE BASE

- 60 g** Vanilla flavoured protein powder
- 60 g** Zero-calorie allulose pancake syrup
- 45 g** Crunchy Peanut butter
- 1 tsp** Vanilla extract
- 20 g** Stevia (more or less, depending on the brand you use and the sweetness of your protein powder.)

INGREDIENTS FOR THE ORANGE JELLY

- 100 ml** Freshly squeezed orange juice
- 1 tsp** Orange zest
- ½ tsp** Stevia
- 2** Gelatine leaves
- 5-10 drops** Orange extract (depending on the potency of your orange extract)

INGREDIENTS FOR THE CHOCOLATE COVER



- 40 g Cocoa paste, liquor, roasted
- 40 g Half-fat butter
- 10 g Cocoa butter
- 20 g Choc Shot
- 20 g Allulose pancake syrup
- 14 g Castello Stevia and erythritol mix (powdered)
- ¼ tsp Soy lecithin
- 2 tsp vanilla extract

DIRECTIONS

MAKE THE BASE

1. Mix protein powder, stevia, and vanilla in a bowl.
2. Add syrup and peanut butter; stir until a thick dough forms.
3. Press into a small parchment-lined tray or mold to form a flat base.
4. Chill in the fridge while you make the jelly.

MAKE THE ORNAGE JELLY LAYER

1. Soak gelatin leaves in cold water until soft (5 min).
2. Gently heat orange juice with zest, stevia, and orange extract; don't boil.
3. Squeeze excess water from gelatin and stir into warm juice until dissolved.
4. Let cool slightly, then pour over the chilled base.
5. Refrigerate until jelly is fully set (about 1–2 hours).

MAKE THE ORNAGE JELLY LAYER

1. Melt cocoa paste, cocoa butter, and butter together on low heat.
2. Stir in Choc Shot, syrup, sweetener, lecithin, and vanilla until smooth.
3. Let cool slightly so it thickens but stays pourable.
4. Pour or spread over the set jelly layer.
5. Refrigerate again until the chocolate firms.

Slice into 3 bars and store chilled.

Best enjoyed slightly cold for a firm, layered bite 😊



PROTEIN PANCAKES

INGREDIENTS

- 20 g stevia
- 1 tsp Cinnamon
- 40 g Dry marrowfat peas - grind in coffee grinder
- 39 g Liquid egg whites
- 60 g Quark (Fat Free)
- 47 g Egg

Optional toppings: Nut butter, Brazil nuts or your favourite nuts, chocolate, berries

INGREDIENTS FOR THE FILLING

- 10g 0% Fat Greek yoghurt
- 10g Naughty Boy Lifestyle White Chocolate Caramelised Biscuit flavoured protein powder
- Splash of milk or water to create the desired consistency

DIRECTIONS

1. Grind the marrowfat peas into flour using a coffee grinder.
2. In a bowl, mix: ground peas, stevia, cinnamon, egg, egg whites, quark.
3. Whisk into a smooth batter.
4. Pour into a non-stick pan and cook on low-medium heat until golden on both sides.
5. Set aside to cool slightly.



CREAM FILLING

1. Mix Greek yogurt, protein powder, and a splash of milk or water.
2. Stir until smooth and creamy.
3. Spread over the pancake or spoon into the center before folding.

TOPPINGS

1. Sprinkle berries and chopped Brazil nuts on top.
2. Drizzle with Choc Shot and pistachio butter (or your favourite nut butter).
3. Enjoy warm or chilled!



SMOKERS
CHEESE
CAKE

INGREDIENTS

BASE

20 g	Vanilla flavoured protein powder
20 g	Zero-calorie allulose pancake syrup
10 g	Crunchy Peanut butter
¼ tsp	Vanilla extract

SUGAR FREE CARAMEL

30 g	Allulose Sweetener (powder)
10 g	Half-fat butter

CHEESECAKE LAYER

77 g	Fat-free cottage cheese
1 tsp	Chia seeds
2 g	Simple Delish Vanilla flavoured Pudding powder
38 g	0% Fat Greek Yoghurt (Fage)
23 g	CNP Salted Caramel Peptide Protein powder
½ tsp	Vanilla extract
2 g	Vanilla flavoured Protein Powder

DIRECTIONS

1. Make the Base:

- Mix protein powder, allulose syrup, peanut butter, and vanilla extract into a dough.
- Press into the base of a small lined container or ramekin.
- Chill while preparing the cheesecake layer.

2. Make the Cheesecake Layer:

- Blend together all the ingredients until smooth.
- Spread over the base evenly.
- Chill for 30–60 minutes or until slightly firm.

3. Make Sugar-Free Caramel:

- Melt butter gently, then stir in powdered allulose.
- Heat until it bubbles lightly and thickens to a golden syrup.
- Let cool slightly, then pour over the cheesecake layer.
- Sprinkle 25g roasted salted peanuts on top.

4. Make Chocolate Cover:

- Melt cocoa paste, butter, and cocoa butter together on low heat.
- Stir in Choc Shot, allulose syrup, sweetener, soy lecithin, and vanilla until smooth.
- Pour or spread over the caramel-peanut layer.
- Chill until fully set.



CHOCOLATE LAYER

10 g	Cocoa paste, liquor, roasted
10 g	Half-fat butter
5 g	Cocoa butter
10 g	Choc Shot
10 g	Allulose pancake syrup
4 g	Castello stevia & erythritol mix
⅛ tsp	Soy lecithin

RECOMMENDED PRODUCTS

These are a few of our favourite ingredients, brands and tools. We receive a small commission if you shop using these affiliate links. Thank you for being so supportive!

Bragg liquid aminos

Castello stevia and erythritol

Sweet freedom choc pot

Liquid smoke

Avocado oil

Jell-o zero sugar pudding mix

[Click here to shop our Amazon List.](#)



Seapoint Farms dry roasted edamame beans

Pyure, Organic Liquid Stevia

Simply Delish Instant Pudding Mix
Sugar Free

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Pancake Allulose Syrup

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