



How to be Creative with the Protein Products

Any of the protein products taste great just mixed with cold or hot water. However, if you like to add a little variety to your diet, we recommend mixing it up a little. Refer to the Key Diet Book for more ideas.

Shake & Pudding Mixes

Mix the drink/shakes with 10 to 12 oz. of cold water. We don't recommend using plain tap water; it typically isn't cold enough and doesn't taste as good. You may add different powdered spices or flavors such as cinnamon, mint, ginger or nutmeg to the vanilla or chocolate products. Various diet sodas and sparkling waters taste good too, but be careful when mixing carbonated drinks – they tend to overflow.

Juices (Concentrates)

Mix any of the protein juices with each other, a diet soda, tea, vanilla, chocolate or strawberry shakes or with refreshing cold water.

Soups

Add any flavored bouillon cube to a protein package of soup. Mix ½ to one bouillon cube per packet in 12-16 oz. of hot water. You can also add veggies, sugar free salsa and herbs to your soups.

Double Proteins

When you mix two proteins together you are getting 30 grams of protein at once. Many of our patients like to do this for breakfast when they know they will not be able to consume another one after 3 hours. You can always mix two proteins together for variety and make two servings to eat at different times.

Recipes

Cocoa, Hot Chocolate, Cinnamon Hot Chocolate and Cappuccino

All of these are delicious mixed with hot coffee (regular or decaffeinated).

Cold Chocolate Shake Recipe

You'll Need:

- 6 ice cubes
- 6 to 8 oz. of cold coffee, preferably refrigerated
- 1 packet of sweetener like Equal, Splenda or Sweet N Low

Pour above ingredients into large container then stir in 1 package of cold chocolate protein mix.

Cold Vanilla Shake Recipe

You'll Need:

- 4 oz. cold coffee
- 8 oz. cold water
- 2 ice cubes
- 1 package vanilla shake

Mix all ingredients together. You can also mix this drink in the blender/mixer.

Cinnamon Spice Oatmeal or Maple Brown Sugar Oatmeal Cookies (makes 4 cookies)

You'll Need:

- 2 oatmeal protein packets
- 1 egg white
- 3 T. water
- ½ tsp. vanilla extract
- ½ tsp. pumpkin pie or apple pie spice

- 1 tsp. cinnamon
- 2 packets of sweetener

Mix together above ingredients. Shape four cookies and place on salad plate. Bake in microwave oven for 45 to 50 seconds (do not overcook!). Mix 1 tsp. cinnamon with 2 packets of splenda. Sprinkle over cooked cookies. You can also add flaxseed meal to this recipe.

Protein Pancake Mix

You'll Need:

- Pancake mix
- Water
- Pumpkin or apple pie spice
- Sugar-free pancake syrup (if desired)

Mix desired amount of pumpkin or apple pie spice with one packet of pancake mix. Add enough water to make the pancake like a crepe. Pour mix into a non-stick pan over medium heat and cook for approximately one minute or longer if necessary until done. Add sugar-free pancake syrup or eat it plain. You can also place batter on a plate and cook in the microwave.

Gelatins

You'll Need:

- Sugar-free, fat-free store bought Jell-O
- Four gelatin protein packets
- Water

Mix one small package of sugar-free, fat-free, store-bought Jell-O with four protein packets of gelatin. Make both as directed and mix together. Pour gelatin into four separate containers and refrigerate.

Vanilla & Chocolate Drinks (Ready to Drink cartons)

You'll Need:

- Chocolate or vanilla drink (Ready to Drink cartons)
- Coffee
- Ice if desired

Mix coffee (made at home or iced coffee from your favorite coffee shop) and a chocolate or vanilla drink and enjoy a cool beverage without all the calories of a typical iced coffee drink.

Kathleen's Frappaccino

You'll Need:

- Cinnamon Chocolate protein packet
- Vanilla protein packet
- 8 oz. cold coffee
- 6 ice cubes

Blend all above ingredients in blender/mixer and enjoy!

Marcie's Delight

You'll Need:

- Creamy Strawberry (Nutrimed) protein packet
- 10 oz. cold water
- 6-8 drops of coconut extract
- 6 ice cubes

Blend in blender/mixer and savor the flavor!

Philippa's Favorite

You'll Need:

- Pineapple Cocktail protein packet
- Vanilla protein packet
- 6-8 drops of coconut extract
- 6 ice cubes

Blend in blender/mixer. Delicious.