

22 Smoothie Cookbook

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3 Steps to creating your Smoothie



Step 1 -- Decide if you will use a **pre-made shake mix** or if you will be creating your own **from scratch**. To make this decision there are three questions to ask yourself.

1--How much time do you have? Pre-mix shakes take only a minute to make and scratch shakes take 5-15 minutes, depending on the recipe. **2--**Will you have access to refrigeration at the time you will be making your shake, as to make from scratch normally requires the use of refrigerated ingredients. **3--**What is your budget? Shake mixes tend to be about \$3.50,

Average of the different choices	Cost
Protein to provide 15 grams	\$ 1.80
Fruit to provide 6-8 grams of fiber	\$ 2.27
Total	\$ 4.07

which is less expensive than making your own shake from scratch ingredients. The chart at left, which summarizes the numbers from the below charts, shows the average “scratch” shake takes \$4.07 worth of ingredients. (If you buy pre-mix shakes, use only those meeting

criteria on the next page.) If you choose to make your shakes from scratch, continue to steps 2 and 3.

Choices for 15 grams of Protein	Calories (Best to worst)	Quantity for 15g protein	U.S. Cost
Protein Isolate powder	69	15 grams	\$ 1.16
Greek Yogurt (Vanilla no fat)	110	6 oz.	\$ 1.54
Tofu	135	3/4 pound	\$1.90
Soy Milk (Unsweetened)	170	2 cups	\$ 0.80
Activia Light fat free yogurt *	210	2 cups	\$ 1.99
Dannon Light & Fit Yogurt *	220	2 cups	\$ 1.71
Yoplait Light fat free yogurt *	278	2 cups	\$ 1.68
* aspartame &/or sucralose - not recommended			
Average values of the above	199		\$ 1.80

Step 2 -- Pick a protein source. At left are listed 7 popular choices. Because protein can not be rated with a G.I. number, the only way to evaluate the quality of a protein is based on it’s calorie and fat content. All the choices shown here are low fat and their calories are listed in the left column from best to worst.

Note that unless a yogurt is “Greek” yogurt it takes a lot to attain 15g of protein, which means more calories.

Additionally, we suggest you avoid eating any foods with aspartame and/or sucralose artificial sweeteners.

Step 3 -- Select your fruit. Since protein has no fiber, you must include enough fruit to give yourself the fiber you desire in your meal replacement shake. To create a shake that is similar to the shakes used in the Clinical trials which you are trying to emulate, you will want 8 grams of fiber in each shake. This chart lists the seven most popular smoothie fruit choices and shows how much of each it takes to get eight grams of fiber.

Fruit choices for 6-8 grams of Fiber	Calories	Quantity for 6-8g fiber	Cost (U.S.)	Glycemic Load (Best to worst)
Raspberries	64	1 cup	\$ 1.33	5
Strawberries (Unsweetened)	144	2 cups	\$ 1.03	5
Blueberries (Unsweetened)	158	2 cups	\$ 2.76	8
Peaches (Unsweetened)	180	3 cups	\$ 2.66	12
Banana (2 medium)	210	2	\$ 0.60	20
Cherries (Unsweetened)	213	3 cups	\$ 3.45	20
Pineapple (Juice packed)	246	3 cups	\$ 4.08	21
Average values of the above	174		\$ 2.27	

The GL of your shake should be less than 9 and the calories for most people should be under 300. To keep in that range you’ll not be able to use the full quantity shown of many of the fruits. For example, when using bananas you can not use more than 1/2 a banana (5 GL). So combine 1/2 a banana with some lower GL, higher fiber fruits to reach the 6-8 grams of fiber you want without getting your GL too high. Or consider adding a powdered fiber additive to reach your 8g fiber goal. Talk to your coaches about the soluble/ insoluble fiber additive they recommend, as most brands are not balanced and actually very low in fiber!



How to Make a Healthy Meal Replacement Smoothie

Creating a healthy shake is more complicated than just throwing a bunch of ingredients in a blender. Anytime you make a meal replacement smoothie or shake you need to make sure it is a balanced meal that meets all the below six criteria.

- No Trans fats, few Saturated fats, and plenty of the “good” heart health fats!
- 8 or more grams of fiber. (*Ideally both soluble and insoluble.*)
- 15 or more grams of Protein
- Glycemic Load of less than 10. (*The lower the better.*)
- 300 or fewer calories (*Unless you lead a very active lifestyle, are pregnant, or breast feeding.*)
- Ideally no artificial colors or chemical sweeteners.

The best sources in a smoothie for “good fats” (*monounsaturated/polyunsaturated*) are ground flaxseed, flaxseed oil, or an Omega-3/Omega-6 blend such as the one your leader recommends.

The chart on the previous page shows how much of each fruit you need to put in your smoothie to get 8 grams of fiber. If you are going to reach the goal of having 35g of fiber daily, then it is vital that your smoothies have at least 8 grams. (*You'll also need additional fiber in your other meals and snacks so you hit the magic number of 35 daily.*)

Fiber is extremely important for regularity, cholesterol regulation, glucose control--and thus weight-loss. Additionally, the U.S. Food and Drug Administration (FDA) says that diets low in saturated fat and rich in dietary fiber, particularly soluble fiber, may reduce the risk of coronary heart disease and decrease the risk of some types of cancer, a disease associated with many factors. Consuming multiple sources of dietary fiber is important because different types of fiber provide specific benefits and serve unique purposes within the body.

Many of the smoothie recipes on the pages that follow have little or no fruit in them. (*For example, Chocolate Cheesecake Smoothie has no fruit.*) When you make recipes such as these you will need to add a powdered fiber supplement. One serving of the brand your leader recommends is guaranteed low glycemic, has no artificial colors or sweeteners, and has 7 grams of soluble fiber and 6 grams of insoluble fiber.

The nutrition facts label on grocery store brands, such as *Metamucil*, show it to have only 2 grams of soluble fiber and 0 grams of insoluble fiber. These brands are also sweetened either with sugar or chemical sweeteners like aspartame or sucralose. Of particular importance to your weight loss is the fact that they are not guaranteed low glycemic. In fact, even the label on the “sugar free” variety of *Metamucil* says, “Not a low calorie product.” The brand your leader recommends states “low glycemic”, may reduce the risk of heart disease and some cancers, reduces the risk of hypertension, and it has TWELVE grams of fiber -- not TWO!

PROTEIN -- As you saw on the first page, there are several ways to put protein in your smoothies. It is important that you have at least 15 grams of protein in each smoothie, and for some people as many as 30 grams are needed in each drink. Reaching your desired protein level takes some planning.

Tofu and **Cottage cheese** are excellent sources of protein and can be good choices for some smoothie recipes. You may consider substituting them as the protein source in some of the smoothie recipes.



Peanut butter and **non-fat cream cheese** are protein additives as well, but they are very high in calories and so should be limited in their use.

Yogurt options are found in abundance in your grocers dairy aisle. But most are high in calorie, use artificial chemical sweeteners, and are very low on protein! The three best options for yogurt are listed on the chart on page 1, but as you see there, they rank at the bottom of the chart due to the quantity (and resulting high calories) you need to consume to get enough protein.

Soy milk or **skim milk** are reasonable options for adding protein to your smoothies, but we have found that the taste and texture are just bland and they really do not make for a very good smoothie.



Greek Yogurt, **Protein Isolate powder**, and low glycemic, balanced, **meal-replacement shake** mixes are your top 3 protein choices.

The specialty shake recipes that follow in this document each show three options for your protein choices. We encourage you to try all three and see which has the flavor and texture you like the best. Ask your leaders how you might be able to sample the various shake ingredients they use in their shakes at home.

If you lead a fast-paced life and simply do not have time to cook 3 times a day, then you will find the low glycemic, balanced, **meal-replacement shake** mixes to be your biggest key to losing weight. Bob and Vicki say they couldn't keep their weight off without the convenience of these shakes. They keep bags in the glove box of the car so they can shake some up anytime they get caught away from home at meal time. *(No emergency fast food runs for them!)* Bob, Vicki, and their teens each shake one up for breakfast daily to provide focused attention at school, and work, all morning long. Besides the convenience, they save money. They are less expensive than eating out and less expensive than the typical smoothie which you saw priced out on the first page.

BLENDER BOTTLES



Blender bottles are a "must have" item in your new lifestyle. Ask your leaders if they have one they can recommend. In the U.S. they can be purchased at most retail stores for \$10. Much of the benefit of the low glycemic meal-replacement shake mixes is lost if you do not have a blender bottle handy.

As you look at each of the recipes you will notice that at the top of each it states what method of preparation that recipe will require. Some require an electric blender, and some can be made "on-the-run" using just a shaker bottle. These generally only take 1 minute to make and leave no kitchen blender mess to clean up.

Check out the dishwasher at Bob and Vicki's house on any given evening and you will find 3-4 well used blender bottles ready for washing to be used again the next day. With our busy lifestyle, and our teenager's busy lives, the whole family uses them several times a day. *(They are great for mixing up fresh low glycemic salad dressings too!)*





Eggnog Smoothie

Great tasting "Comfort Food" all year long!

Vicki's favorite is to enjoy it **Ice Cold**...

...or some like it hot.



Put 16 ounces ice chips and cold water into an electric blender.

Add the below ingredients and blend for 60-90 seconds.

3 scoops Vanilla Meal Replacement Powder. (Use only a low glycemic brand.)

2 tablespoons Vanilla Instant Pudding powder*

½ tsp cinnamon

½ tsp nutmeg

½ tsp Brandy or Rum extract flavoring. (Or 1 Tbsp dry Sherry if you are over 21.)

16 ounces of "store bought" Eggnog packs in 700 blood sugar spiking high glycemic calories! But THIS eggnog is only 260 healthy low glycemic calories!

* To keep this a "low glycemic" meal you would have to use the "sugar free" pudding. However, it is best to avoid artificial sweeteners which some studies show can have negative long term health side effects. To avoid artificial sweeteners use instant pudding with sugar, but this will make it a medium glycemic drink. (Which is still MUCH better than the high glycemic "real" Eggnog.)

Compliments of www.TrinityHealthWeightLoss.com and www.Shrink-A-Thon.com



Grab it and Go Shake!

Easy mix ingredients work in a shaker bottle.



Ingredients

- 1 cup ice chips in a blender bottle
- Fill to 16 ounce line with cold water
- Add Chocolate, Strawberry or Vanilla meal replacement powder*



Strawberry Lemonade Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.

Basic Ingredient

- 2 cups water
- 1 cup frozen strawberries
- 1 cup ice chips
- 1 Tbs lemon juice or 1/2 tsp lemon extract
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Vanilla meal replacement powder*
- 6 oz. non-fat Vanilla Greek Yogurt, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder fiber supplement (*peach flavor is good*).
- 15 grams 100% Protein Isolate powder, 2 tsp “good fats”, and 8grams of fiber from a low GL powder fiber supplement (*peach flavor is good*)



Easy Strawberry Lemonade

Easy mix ingredients work in a shaker bottle.



Ingredients

- 1 1/2 cups club soda or sugar free sparkling water (Like Perrier)
- 1 1/2 cups ice chips
- 1 Tbs lemon juice (or 1/2 tsp lemon extract)
- Strawberry meal replacement powder*

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.

Chocolate Nut Cheesecake Shake

Combine ingredients in a food processor, blender or Magic Bullet.

Basic Ingredients

- 1 oz. Fat free Cream cheese
- 1/2 tsp Almond extract
- 1 cup water
- 1 cup Ice chips
- 1 tsp Granulated Fructose, Stevia or Xylitol to sweeten.
- Your choice from the three options listed below.

G.L. of 10 with
Stevia or Xylitol.
G.L. of 11 with
granulated fructose.



Protein/Fat/Fiber Options

- Chocolate meal replacement powder*
- 6 oz. non-fat Vanilla Greek Yogurt, 1 Tbs unsweetened Cocoa powder, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder fiber supplement.
- 15 grams Protein 100% Isolate powder, 1 Tbs Coco powder, 2 tsp “good fats” and 8grams of fiber from a low GL powder fiber supplement.

Blueberry Cheesecake Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.



Basic Ingredients

- 1 oz. fat free cream cheese
- 2 cups frozen unsweetened blueberries
- 1 1/2 cups water
- 1 tsp Granulated Fructose, Stevia or Xylitol to sweeten.
- Your choice from the three options listed below.

G.L. of 14 with
Stevia or Xylitol.
G.L. of 15 with
granulated fructose.

Protein/Fat Options

- Vanilla meal replacement powder*
- 6 oz. Vanilla non-fat Greek Yogurt and 2 tsp “good fats” as described on page 1.
- 15 grams protein 100% Isolate powder and 2 tsp “good fats” as described on page 1.

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.



Orange Creamsicle Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredients

- 1 1/2 cups ice chips
- 1 cup water
- 1/2 tsp Orange Extract
- 2 Tbs Orange juice (*Or just more orange extract*)
- Your choice from the three options listed below.

G.L. of 8 with
Only 2 Tbs OJ.
1/2 cup OJ makes
the GL 13.

Protein/Fat/Fiber Options

- Vanilla meal replacement powder*
- 6 oz. Vanilla non-fat Greek Yogurt, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder supplement.
- 15 grams protein Isolate powder, 2 tsp “good fats” and 8grams of fiber from a low GL fiber powder supplement.



Strawberry Banana Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.

Basic Ingredients

- 1 cup frozen strawberries
- 1 cup ice chips
- 1 cup water
- 1/3 large banana, peeled and frozen. (*Or 1/2 a small banana.*)
- Your choice from the three options listed below.



Protein/Fat Options

- Vanilla meal replacement powder*
- 6 oz. Vanilla non-fat Greek Yogurt, and 2 tsp “good fats” as described on page 1.
- 15 grams protein Isolate powder, and 2 tsp “good fats” as described on page 1.

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.



Peppermint Patty Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredients

- 1 tsp Peppermint Extract
- 1 cup water
- 1 cup ice chips
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Vanilla meal replacement powder*
- 6 oz. Vanilla non-fat Greek Yogurt, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL fiber powder supplement.
- 15 grams protein 100% Isolate powder, 2 tsp “good fats” and 8grams of fiber from a low GL fiber powder supplement



Chocolate Mint Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredients

- 1 tsp Mint Extract
- 1 cup water
- 1 cup ice chips
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Chocolate meal replacement powder*
- 6 oz. non-fat Vanilla Greek Yogurt, 1 Tbs unsweetened Cocoa powder, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder fiber supplement.
- 15 grams Protein 100% Isolate powder, 1 Tbs Coco powder, 2 tsp “good fats” and 8grams of fiber from a low GL powder fiber supplement.

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.

Grapefruit Surprise Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredients

- 6 oz. (3/4 cup) pure unsweetened Grapefruit juice.
- 1 cup Ice chips
- 6 oz. (3/4 cup) water
- Optional grapefruit wedge for garnish
- Your choice from the three below options.



Protein/Fat/Fiber Options

- Vanilla meal replacement powder*
- 6 oz. Vanilla non-fat Greek Yogurt, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL fiber powder supplement.
- 15 grams protein 100% Isolate powder, 2 tsp “good fats” and 8grams of fiber from a low GL fiber powder supplement

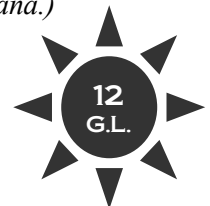
Chocolate Zucchini Banana Nut Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.



Basic Ingredients

- 1/4 cup peeled, grated zucchini, frozen
- 1/3 large banana, peeled and frozen. (Or 1/2 a small banana.)
- 1/2 tsp Almond extract
- 1 cup water
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Chocolate meal replacement powder*
- 6 oz. non-fat Vanilla Greek Yogurt, 1 Tbs unsweetened Cocoa powder, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder fiber supplement.
- 15 grams 100% Protein Isolate powder, 1 Tbs Coco powder, 2 tsp “good fats” and 8grams of fiber from a low GL powder supplement.

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.



Root Beer Float

Combine ingredients in a food processor, blender or Magic Bullet.

Basic Ingredients

- 1 1/2 cups ice chips
- 1 1/2 cups seltzer water or sparkling water
- 1 tsp Root Beer extract
- Your choice from the three below options.



Protein/Fat/Fiber Options

- Vanilla meal replacement powder*
- 6 oz. Vanilla non-fat Greek Yogurt, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder supplement.
- 15 grams protein 100% Isolate powder, 2 tsp “good fats” and 8grams of fiber from a low GL powder supplement



Restaurant style Italian Soda

Combine ingredients in a food processor, blender or Magic Bullet.

Ingredients

- 1 1/2 cups club soda or seltzer water
- 1 1/2 cups ice chips
- Vanilla meal replacement powder*
- 1/2 ounce Flavored syrup of your choice**

G.L. of **8** with
sugar free syrup.
G.L. of **12** with
sugar syrup.

** There are dozens of flavors to choose from on the internet, and likely also for sale locally in your city. Go LIGHT on the syrup! These should be used in extreme moderation as some syrups have a lot of sugar, and others have chemical sweeteners.

See syrup flavors at www.DaVinciGourmet.com

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.



Iced Mocha Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredient

- 2 cups cold Coffee (*Decaf or regular*)
- 1 1/2 cup ice chips
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Chocolate meal replacement powder with GL of 8 or less. (*15g protein.*)
- 6 oz. non-fat Vanilla Greek Yogurt, 1 Tbs unsweetened Cocoa, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder fiber supplement (*almond flavor is good.*)
- 15 grams 100% Protein Isolate powder, 2 tsp “good fats”, 1 Tbs unsweetened Cocoa powder, and 8grams of fiber from a low GL fiber powder supplement. (*Almond flavor works great here*)



Iced Coffee Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredient

- 2 cups cold Coffee (*Decaf or regular*)
- 1 1/2 cups ice chips
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Vanilla meal replacement powder*
- 4 oz. non-fat Vanilla Greek Yogurt, 2 tsp “good fats” as described on page 1, and 8grams of fiber from a low GL powder fiber supplement (*almond flavor works great here*)
- 15 grams 100% Protein Isolate powder, 2 tsp “good fats” and 8grams of fiber from a low GL fiber powder supplement. (*almond flavor works great here*)

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.



Almond Joy Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredients

- 1 cup ice chips in a blender bottle
- Fill to 16 ounce line with cold water
- 1/2 tsp Almond Extract
- 1/2 tsp Coconut Extract (*Plus optional coconut flake "sprinkle"*)
- Your choice from the three below options.

Protein/Fat/Fiber Options

- Chocolate meal replacement powder with GL of 8 or less. (*15g protein.*)
- 4 oz. non-fat Vanilla Greek Yogurt, 1 Tbs unsweetened Cocoa, 2 tsp "good fats" as described on page 1, and 8grams of fiber from a low GL powder fiber supplement (*almond flavor is good*)
- 15 grams 100% Protein Isolate powder, 2 tsp "good fats", 1 Tbs unsweetened Cocoa, and 8grams of fiber from a low GL powder supplement. (*almond flavor works great*)



Maple Nut Shake

Easy mix ingredients work in a shaker bottle.



Basic Ingredients

- 1 cup ice chips in a blender bottle
- Fill to 16 ounce line with cold water
- 1/2 tsp Maple Extract
- 1/2 tsp Almond Extract
- Your choice from the three below options.

Protein/Fat/Fiber Options

- Vanilla meal replacement powder* (Use 1/2 vanilla 1/2 chocolate for a different taste.)
- 6 oz. non-fat Vanilla Greek Yogurt, 2 tsp "good fats" as described on page 1, and 8grams of fiber from a low GL powder fiber supplement (*almond flavor is good*).
- 15 grams 100% Protein Isolate powder, 2 tsp "good fats", and 8grams of fiber from a low GL powder fiber supplement (*almond flavor works great*)



* Chosen powder must have plenty of "good" fats, 15 or more grams protein, and a GL of 8 or less.

Chocolate Covered Banana Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.



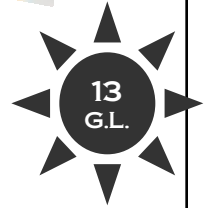
Basic Ingredient

- 1 1/2 cups water
- 1 cup ice chips
- 1/2 tsp Almond extract
- 1/2 peeled and frozen banana
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Chocolate meal replacement powder with GL of 8 or less. (*15g protein.*)
- 4 oz. non-fat Vanilla Greek Yogurt, 1 Tbs unsweetened Cocoa, 2 tsp “good fats” as described on page 1, and 6grams of fiber from a low GL powder fiber supplement (*almond flavor is good*)
- 15 grams 100% Protein Isolate powder, 2 tsp “good fats”, 1 Tbs unsweetened Cocoa, and 6 grams of fiber from a low GL powder supplement. (*almond flavor works great*)



Banana Blast Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.



Basic Ingredient

- 1 1/2 cups water
- 1 cup ice chips
- 1/2 tsp Banana extract
- 1/2 peeled and frozen banana
- Your choice from the three options listed below.

Protein/Fat/Fiber Options

- Vanilla meal replacement powder*
- 6 oz. non-fat Vanilla Greek Yogurt, 2 tsp “good fats” as described on page 1, and 6grams of fiber from a low GL powder fiber supplement.
- 15 grams 100% Protein Isolate powder, 2 tsp “good fats”, and 6grams of fiber from a low GL powder fiber supplement.



* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.



Chocolate Covered Cherries Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.

Basic Ingredient

- 1 1/2 cups water
- 1 cup ice chips
- 1/2 tsp Cherry extract
- 1/2 cup unsweetened frozen cherries
- Your choice from the three options listed below.



Protein/Fat/Fiber Options

- Chocolate meal replacement powder with GL of 8 or less. (*15g protein.*)
- 4 oz. non-fat Vanilla Greek Yogurt, 1 Tbs unsweetened Cocoa, 2 tsp “good fats” as described on page 1, and 6grams of fiber from a low GL powder fiber supplement (*almond flavor is good*)
- 15 grams 100% Protein Isolate powder, 2 tsp “good fats”, 1 Tbs unsweetened Cocoa, and 6 grams of fiber from a low GL powder supplement. (*almond flavor works great*)



Cherry Raspberry Smoothie

Combine ingredients in a food processor, blender or Magic Bullet.

Basic Ingredient

- 1 1/2 cups water
- 1 cup ice chips
- 1 cup frozen Raspberries
- 1/2 tsp Cherry Extract
- Your choice from the three options listed below.



Protein/Fat Options

- Vanilla (*or Chocolate for a change*) Meal replacement powder*
- 6 oz. non-fat Vanilla Greek Yogurt, 2 tsp “good fats” as described on page 1.
- 15 grams 100% Protein Isolate powder, 2 tsp “good fats” as described on page 1.

* Chosen powder must have plenty of “good” fats, 15 or more grams protein, and a GL of 8 or less.