



Pam's Collection of Surgery Stuff

Protein Research
Protein - Based Recipes
Vitamin & Nutrition Information
WLS Guidelines & Resources
and other Ramblings...

Compiled from various sources on the Internet
(I made every attempt to give credit to my information sources.)

Absorption



Basic Vitamin Information



Deficiencies



Protein & Nutrients



Pouch Rules



Miscellaneous Stuff

What is this book?

(And who the heck is Pam?)

Hi, my name is Pam and I had Rouex-en-Y gastric bypass surgery on November 13, 2007. Before I had surgery though, I had 18 months to battle the insurance company and jump through their hoops. I made good use of my time and researched as much as I could about WLS and how life would be afterward. I've read hundreds of stories from other WLS patients, their struggles, triumphs and life transformations. I've also dug deep into medical journals and articles written by the bariatric surgery community. And of course, since surgery I have not stopped my research. Maybe research is my new "transfer addiction." ::grin::

In the process of research, I obviously compiled a great deal of material, recipes and ideas on how to be successful. I've also developed a passion for understanding how various vitamins and minerals work and what the body does with them to keep us healthy. As you'll see in the following pages I tried to cite the exact source of the information, recipe or ideas --- not much of this is my original research or ideas, it's all been gleaned the bariatric medical community and from post-op folks who have gone before me.

About a month after my surgery I finally got fed up with searching through all my information and research on the computer every time I needed to verify a nugget of information or refresh my memory on a recipe - so I finally printed everything out. It was so much easier to have all this information at my fingertips in hard copy than to sift through hundreds of electronic files whenever I needed something. So I printed one copy of it all and used it myself. But then word got out that the "book" existed and others wanted one too. So I printed about 5 more copies and gave them all away. Even my boss, a body builder who has not had WLS, wanted one. It's a huge compilation of information and continues to grow over time.

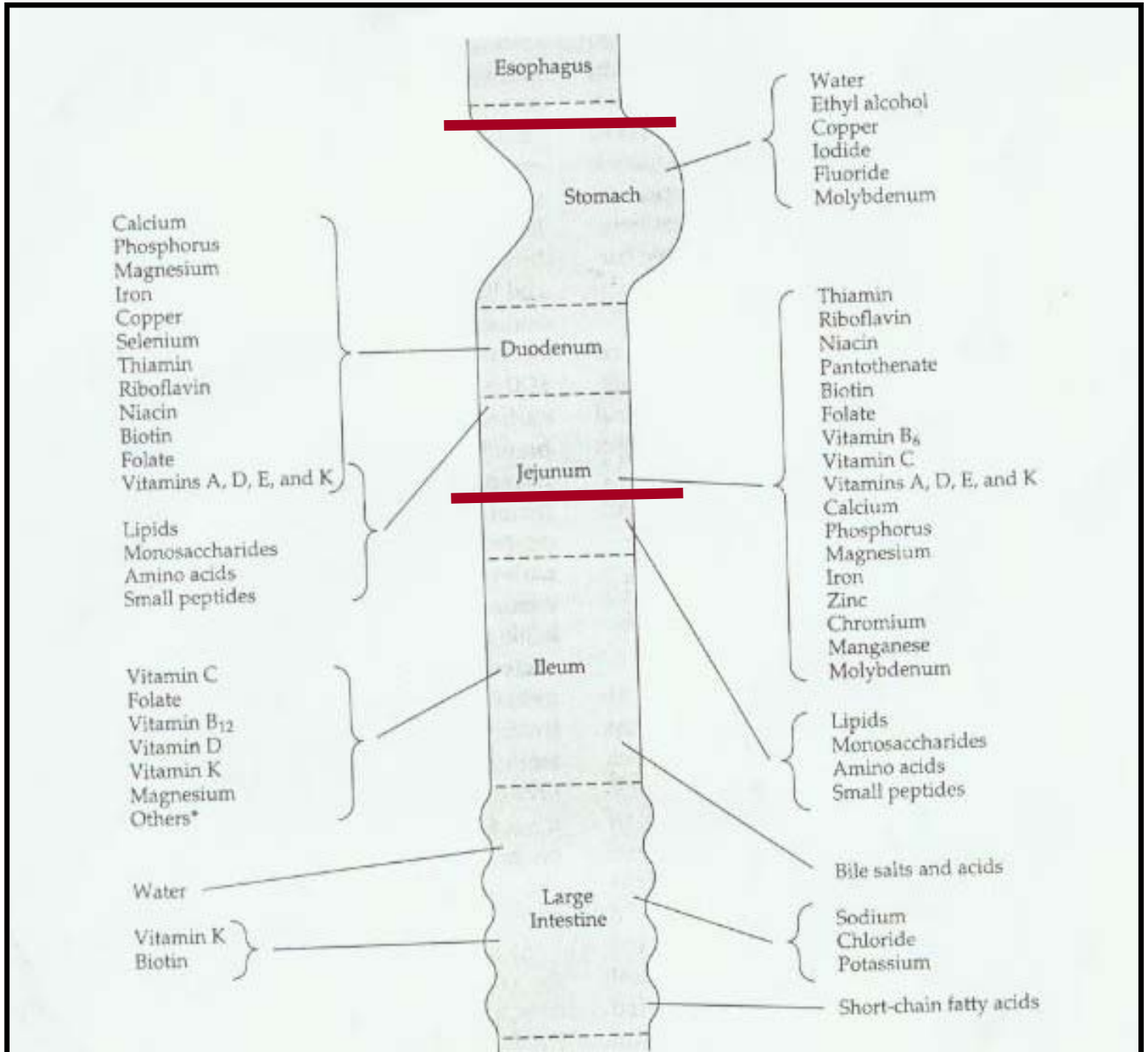
I had RNY and most of the information here is geared toward that type of surgery. However, it can also be applied to any of the other types of surgery too since most of it is just general information about nutrition, vitamins and really delicious WLS-friendly recipes.

But it was pretty cumbersome to print the entire thing from all those electronic files every time I wanted another copy. So I spent some time and put it all together in a single document and now it's easier to share with other people. Now that it's all together and I can update it or add to it from time to time. And by putting it in a 3-ring binder, we can add to each section of recipes and information as we gather more stuff. Stuff! We all need more stuff! Hope you enjoy these resources as much as I do!

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Where are Nutrients Absorbed?

Area between lines indicate bypassed portion of digestive system after Roux-en-Y Gastric Bypass



	Calories	Protein	Total Fat	Ounces
Beef				
Pot Roast	183	28	8	3
Flank Steak	175	24	9	3
Rib Roast	172	24	8	3
Round Roast	153	27	4	3
Sirloin	165	26	6	3
Tenderloin	174	24	8	3
Lean 85% Ground Beef	204	22	12	3
Lean 90% Ground Beef	162	25	7	3
Beef Jerky	70	11	1	1
Beef Liver	184	23	7	3
Beef Hot Dogs	184	6	17	1 hot dog

	Calories	Protein	Total Fat	Ounces
Chicken				
Broth	19	3	1	1/2 cup
Dark Meat	174	23	8	3
White Meat	147	26	4	3
Ground	178	22	9	3
Chicken Liver	133	21	5	3

	Calories	Protein	Total Fat	Ounces
Pork				
Loin Chop	165	26	7	3
Country-style Ribs	203	21	13	3
Shoulder-lean	207	22	13	3
Tenderloin (breaded)	277	30	13	3
Lean Tenderloin	133	25	4	3
Pork Hot Dog	183	6	17	1 hot dog
Ham	133	21	5	3

	Calories	Protein	Total Fat	Ounces
Turkey				
Beast (no skin)	133	26	3	3
Breast (with skin)	168	24	4	3
Ground	210	23	12	3
Dark Turkey (no skin)	159	24	6	3
Turkey Hot Dogs	129	8	11	1 hot dog

	Calories	Protein	Total Fat	Ounces
Lamb				
Shoulder	239	30	12	3
Leg	163	23	7	3
Loin Chops	186	25	8	3
Veal	127	25	3	3

	Calories	Protein	Total Fat	Ounces
Seafood				
<i>Fish</i>				
Breaded Fish Sticks	231	13	10	3
Cat Fish	132	21	5	3
Cod (baked or broiled)	89	19	1	3
Flounder/Sole	99	22	2	3
Haddock	98	23	1	3
Orange Roughy	143	17	8	3
Red Snapper	19	22	1	3
Canned Salmon	130	17	6	3

	Calories	Protein	Total Fat	Ounces
Seafood				
Fresh Salmon	183	23	9	3
Sardines	177	21	10	3
Shark	148	24	5	3
Sword Fish	127	22	4	3
Trout	164	30	5	7 to 8
Tuna (oil packed)	169	25	7	3
Tuna (water packed)	111	25	-	3
Fresh Tuna	156	25	5	3
<i>Shrimp</i>				
Battered	195	18	11	3
Canned	102	20	2	3
Fresh / Frozen	84	19	1	3
<i>Lobster</i>				
Broiled / Grilled	80	17	1	3
Canned Meat	79	17	1	3
Oysters	117	12	4	3

	Calories	Protein	Total Fat	Ounces
Bread				
French	100	3	1	1 slice
Italian	83	3	-	1 slice
Mixed Grain	65	2	1	1 slice
Pumpnickel	80	3	1	1 slice
Raisin	68	2	1	1 slice
Rye	65	2	1	1 slice
Sourdough	88	3	1	1 slice
White-firm	88	3	1	1 slice
White-firm	75	2	1	1 slice
Hamburger Bun	129	4	2	1 bun
Hard Roll	155	5	2	1 roll
Hot Dog Bun	115	3	2	1 bun
Whole Wheat	60	2	1	1 slice
English Muffins	140	5	1	1-3 1/2 inch
<i>Tortillas</i>				
corn	61	2	1	1-6 inch
flour	105	3		1-8 inch

	Calories	Protein	Total Fat	Ounces
Vegetables				
Lentils	115	9	-	1/2 cup
Refried Beans	135	8	1	1/2 cup
Radish	1	-	-	one
Rhubarb	26	1	-	1 cup
Spinach-Fresh	9	1	-	1/4 cup
<i>Potatoes</i>				
Baked	220	5	-	7
Boiled	124	3	-	5
Mashed	122	3	1	3/4 cup
Baked French Fried	224	3	12	1/3 cup

ASMBS Bariatric Nutrition Guidelines

(American Society of Metabolic and Bariatric Surgeons)

Society of Obesity and Related Disease Publication - August 2008

(L. Aills et al. / Surgery for Obesity and Related Diseases)

Information compiled by a panel of bariatric surgeons, bariatrician MDs, nutritionists, nurses and nutrition scientists.

Excerpt taken from full report. (Pages 7-8)

Supplement	AGB (Adjustable Gastric Band)	RYGB (Roux-en-Y)	BPD/DS (Duodenal Switch)	Comment
<p>Multivitamin-mineral supplement</p> <ul style="list-style-type: none"> • A high potency vitamin containing 100% of daily value for at least 2/3 of nutrients • Begin with chewable or liquid • Progress to whole table/capsule as tolerated • Avoid time-released supplements • Avoid enteric coating • Choose a complete formula containing at least 18mg iron, 400 ug folic acid, as well as selenium and zinc in each serving • Avoid children's formulas that are incomplete • May improve gastrointestinal tolerance when taken close to food intake • May separate dosage • Do not mix multivitamin containing iron with calcium supplement, take at least 2 hours apart • Individual brands should be reviewed for absorption rate and bioavailability • Special bariatric formulas are available 	100% of daily value	200% of daily value	200% of daily value	Begin on day 1 after hospital discharge
<p>Additional cobalamin (Vitamin B12)</p> <ul style="list-style-type: none"> • Available forms include sublingual tablets, liquid drops, mouth spray or nasal gel/spray • Intramuscular injection <ul style="list-style-type: none"> • Oral tablet (crystalline form) • Supplementation after AGB and BPD/DS might be required 	---	1000ug/mo	---	Begin 0-3 months after surgery
	---	300-500 ug/d	---	

Supplement	AGB (Adjustable Gastric Band)	RYGB (Roux-en-Y)	BPD/DS (Duodenal Switch)	Comment
<p>Additional Elemental Calcium</p> <ul style="list-style-type: none"> • Choose a brand that contains calcium citrate and Vitamin D3 • Begin with chewable or liquid • Progress to whole tablet/capsule as tolerated • Split into 500-600mg doses; be mindful of serving size on label • Space dose evenly throughout day • Suggest a brand that contains magnesium, especially for BPD/DS • Do not combine calcium with iron-containing supplements: 1) to maximize absorption and 2) to minimize gastrointestinal intolerance • Wait ≥ 2 hours after taking multivitamin or iron supplement • Promote intake of dairy beverages and/or foods that are significant sources of dietary calcium in addition to recommended supplements, ≤ 3 servings daily • Combined dietary and supplement calcium intake > 1700mg/day might be required to prevent bone loss during rapid weight loss 	1500 mg/day	1500-2000 mg/day	1800-2400 mg/day	Can begin on day 1 after hospital discharge or within 1 month after surgery
<p>Additional elemental iron</p> <ul style="list-style-type: none"> • Recommended for menstruating and those at risk of anemia • Begin with chewable or liquid • Progress to tablet as tolerated • Dosage may need to be adjusted based on biochemical markers (lab results) • No enteric coating • Do not mix iron and calcium supplements, take ≥ 2 hours apart • Avoid excessive intake of tea due to tannin interaction • Encourage foods rich in heme iron • Vitamin C may enhance absorption of non-heme iron sources 	---	Minimum 18-27 mg/day elemental	Minimum 18-27 mg/day elemental	Begin on day 1 after hospital discharge

Supplement	AGB (Adjustable Gastric Band)	RYGB (Roux-en-Y)	BPD/DS (Duodenal Switch)	Comment
<p>Fat-soluble Vitamins</p> <ul style="list-style-type: none"> • With all procedures, higher maintenance doses may be required for those with history of deficiency • Water-soluble preparations of fat-soluble vitamins are available • Retinol sources of Vitamin A should be used to calculate dosage • Most supplements contain a high percentage of beta carotene which does not contribute to Vitamin A toxicity • Intake of 2000 IU Vitamin D3 may be achieved with careful selection of multivitamins and calcium supplements • No toxic effect known for Vitamin K, phytonadione (phyloquinone) • Vitamin K requirement varies with dietary sources and colonic production • Caution with Vitamin K supplements should be used for patients receiving coagulation therapy • Vitamin E deficiency is not prevalent in published studies 	---	---	<p>10,000 IU Vitamin A</p> <p>2000 IU Vitamin D</p> <p>300 ug Vitamin K</p>	
<p>Oral Vitamin B Complex</p> <ul style="list-style-type: none"> • B-50 dosage • Liquid form is available • Avoid time released tablets • No known risk of toxicity • May provide additional prophylaxis against B-Vitamin deficiencies, including thiamin, especially for BPD/DS procedures as water-soluble vitamins are absorbed in proximal jejunum • Note: >1000mg of supplemental folic acid, provided in combination with multivitamin, could mask B12 deficiency 	1 per day	1 per day	1 per day	May begin on day 1 after hospital discharge

Which Vitamins, When?

Written by Pam Tremble

Here are the basic interaction rules when figuring out when to take your vitamins:

With food or without? -- In general vitamins and supplements are best taken with a meal or snack because the molecules can bind with food and be better absorbed in the body. The only exception to this rule is iron - iron likes an empty, acid tummy, so take it at least 1 hour before or after a meal.

Calcium and Vitamin D are Friends --- take them together, they help each other absorb better. Your body can only deal with 500mg at a time, so split up your doses into 3 or 4 doses per day to reach your 1500-2000mg daily goal. Calcium tends to absorb better when taken with a meal, so schedule it that way if you can.

Iron and Vitamin C are Friends --- Iron needs an acid environment to break down and Vitamin C does that job so make sure they are in your tummy at the same time. Iron does not like food, so take it on an empty stomach. However, if you get an upset tummy because of the iron, pick a non-dairy snack.

Iron and Calcium are Enemies --- iron and calcium fight for the same cell receptors in the body and calcium is "bigger and badder" and always wins. Which means the iron is simply excreted in feces and not used at all. Keep iron and calcium at least 2 hours apart from each other.

Vitamin B's are a Family --- they work together as a team and are best taken at the same time. Your Multi-Vitamin has many B's in it, so take it together with your biotin, B12, B-50 Complex and any other individual B's you might be taking.

Some foods and drugs interfere with vitamin absorption. Here are some basic guidelines:

	Calcium	Iron
Aids in Absorption	<ul style="list-style-type: none">• Vitamin D does not need to be in tummy at same time, but serum levels should be within normal range for best utilization of calcium• Magnesium - 2:1 ratio to calcium (ie: 2000mg calcium to 1000mg magnesium, based on your body's tolerance)• Lactose	<ul style="list-style-type: none">• Vitamin C or other acid-creating agent (i.e.: orange juice)
Hinders Absorption	<ul style="list-style-type: none">• Iron - food or supplements• High fiber diet• Tannins (in tea and coffee)• Caffeine (over 400mg/day)• Excess Phosphoric Acid (contained in soda, bottled tea and some flavored waters) Ratio should be 1:1• Excess soy intake (contains high phosphorus)	<ul style="list-style-type: none">• Calcium - food or supplement over 300mg• Tannins (in tea and coffee)• Caffeine• Phytates (found in beans)• High fiber diet

LAB TESTS

Suggested for gastric bypass patients

Regularly (every 3-6 months depending on your previous results)

- **COMPREHENSIVE METABOLIC PROFILE** (sodium, potassium, chloride, glucose, BUN, creatinine, calcium, total protein, albumin, total bilirubin, alkaline phosphatase, aspartate aminotransferase) (Nc,K,C1,CO2,Glu,BUN,Cr,Ca,TP,Alb,Tbili,AP,AST,ALT)
- **LIPID PROFILE** (cholesterol, HDL, LDL, triglycerides, chol/HDL ratio) (Fasting specimen) , Tchol,Trig,HDL,Calc,,LDL)
- **ALT** (SPGT)
- **GGT** (important if liver, renal or pancreatic issues are suspected)
- **LDH**
- **PHOSPHORUS - INORGANIC**
- **URIC ACID** (to determine if a patient has gout)
- **CBC** (HEMOGRAM/PLT/DIFF)
- **B-12**
- **FOLATE**
- **HOMOCYSTEINE**
- **IRON**
- **TIBC**
- **% SAT**
- **FERRITIN**
- **VITAMIN A**
- **VITAMIN D** (25-hydroxy)
- **THYROID PANEL** (T3U, T4, FTI, TSH)
- **SERUM INTACT PTH**
- **THIAMINE (B1)**
- **COPPER**
- **ZINC**
- **MAGNESIUM RBC**
- **A1C** (only if history of diabetes)

- **DEXA SCAN** for bone density (annually at same time each year)

Possible diagnosis codes:

244.9 hypothyroidism	275.40 calcium deficiency
250.0 diabetes	276.9 electrolyte and fluid disorders
265.0 Beriberi	280.9 iron-deficiency anemia
265.1 Other and Unspecified Manifestations of Thiamine Deficiency (B1)	281.0 pernicious anemia
266.2 cyanocobalamin deficiency (B12)	281.1 other B12 deficiency anemia
268 vitamin D deficiency	281.2 folate deficiency anemia
268.2 metabolic bone disease	285.9 anemia, unspecified
269.2 hypovitaminosis	401.9 hypertension
269.3 zinc deficiency	579.3 post-surgical malabsorption
272.0 hypercholesterolemia	579.8 intestinal malabsorption

Common Nutrient Deficiencies

(This information refers to the general population, not just the WLS community.)

Nutrient	Incidence of Deficiency	Typical Symptoms and Diseases	Natural Sources of Nutrient
Biotin	Uncommon	Dermatitis, eye inflammation, hair loss, loss of muscle control, insomnia, muscle weakness	chard, tomatoes, romaine lettuce, carrots, almonds, chicken eggs, onions, cabbage, cucumber, cauliflower, goat's milk, cow's milk, raspberries, strawberries, halibut, oats, and walnuts.
Calcium	Average diet contains 40 to 50% of RDA*	Brittle nails, cramps, delusions, depression, insomnia, irritability, osteoporosis, palpitations, periodontal disease, rickets, tooth decay	blackstrap molasses, Swiss chard, yogurt, kale, mozzarella cheese, cow's milk, goat's milk, Basil, thyme, dill seed, cinnamon, and peppermint leaves, romaine lettuce, celery, broccoli, sesame seeds, fennel, cabbage, summer squash, green beans, garlic, tofu, Brussel sprouts, oranges, asparagus and crimini mushrooms.
Chromium	90% of diets deficient	Anxiety, fatigue, glucose intolerance, adult-onset diabetes	romaine lettuce, onions, tomatoes, brewer's yeast, oysters, liver, whole grains, bran cereals, and potatoes
Copper	75% of diets deficient; average diet contains 50% of RDA*	Anemia, arterial damage, depression, diarrhea, fatigue, fragile bones, hair loss, hyperthyroidism, weakness	calf's liver, crimini mushrooms, turnip greens, molasses, chard, spinach, sesame seeds, mustard greens, kale, summer squash, asparagus, eggplant, and cashews, peppermint, tomatoes, sunflower seeds, ginger, green beans, potato, and tempeh
Omega 3 Fatty Acids	Very common	Diarrhea, dry skin and hair, hair loss, immune impairment, infertility, poor wound healing, premenstrual syndrome, acne, eczema, gall stones, liver degeneration	Salmon, flax seeds and walnuts, scallops, cauliflower, cabbage, cloves and mustard seeds, halibut, shrimp, cod, tuna, soybeans, tofu, kale, collard greens, and Brussels sprouts.
Folic acid	Average diet contains 60% of RDA*; deficient in 100% of elderly in one study; deficient in 48% of adolescent girls; requirement doubles in pregnancy	Anemia, apathy, diarrhea, fatigue, headaches, insomnia, loss of appetite, neural tube defects in fetus, paranoia, shortness of breath, weakness	romaine lettuce, spinach, asparagus, turnip greens, mustard greens, calf's liver, parsley, collard greens, broccoli, cauliflower, beets, and lentils, squash, black beans, pinto beans, garbanzo beans, papaya and string beans.
Iodine	Uncommon since the supplementation of salt with iodine	Cretinism, fatigue, hypothyroidism, weight gain	Sea vegetables, Yogurt, cow's milk, eggs, strawberries, mozzarella cheese
Iron	Most common mineral deficiency	Anemia, brittle nails, confusion, constipation, depression, dizziness, fatigue, headaches, inflamed tongue, mouth lesions	chard, spinach, thyme, turmeric, romaine lettuce, blackstrap molasses, tofu, mustard greens, turnip greens, string beans, shiitake mushrooms, beef tenderloin, lentils, Brussel sprouts, asparagus, venison, garbanzo beans, broccoli, leeks, kelp

Nutrient	Incidence of Deficiency	Typical Symptoms and Diseases	Natural Sources of Nutrient
Magnesium	75 to 85% of diets deficient: average diet contains 50 to 60% of RDA*	Anxiety, confusion, heart attack, hyperactivity, insomnia, nervousness, muscular irritability, restlessness, weakness	Swiss chard, spinach, mustard greens, summer squash, broccoli, blackstrap molasses, halibut, turnip greens, pumpkin seeds, peppermint, cucumber, green beans, celery, kale and a variety of seeds, including sunflower seeds, sesame seeds, flax seeds
Manganese	Unknown, may be common in women	Atherosclerosis, dizziness, elevated cholesterol, glucose intolerance, hearing loss, loss of muscle control, ringing in ears	mustard greens, kale, chard, raspberries, pineapple, romaine lettuce, spinach, collard greens, turnip greens, kale, maple syrup, molasses, garlic, grapes, summer squash, strawberries, oats, spelt, green beans, brown rice, garbanzo beans, ground cloves, cinnamon, thyme, peppermint, turmeric, leeks, tofu, broccoli, beets, whole wheat, tempeh, cucumber, peanuts, millet, barley, figs, bananas, kiwifruit, carrots black beans
Niacin (B3)	Commonly deficient in elderly	Bad breath, canker sores, confusion, depression, dermatitis, diarrhea, emotional instability, fatigue, irritability, loss of appetite, memory impairment, muscle weakness, nausea, skin eruptions and inflammation	mushrooms, tuna, beef liver, halibut, asparagus, sea vegetables, venison, chicken, salmon
Pantothenic acid (B5)	Average elderly diet contains 60% of RDA*	Abdominal pains, burning feet, depression, eczema, fatigue, hair loss, immune impairment, insomnia, irritability, low blood pressure, muscle spasms, nausea, poor coordination	Mushrooms, cauliflower, broccoli, calf's liver, turnip greens, sunflower seeds, tomato, strawberries, yogurt, eggs, winter squash, collard greens, chard and corn.
Potassium	Commonly deficient in elderly	Acne, constipation, depression, edema, excessive water consumption, fatigue, glucose intolerance, high cholesterol levels, insomnia, mental impairment, muscle weakness, nervousness, poor reflexes	chard, crimini mushrooms, spinach, fennel, kale, mustard greens, Brussel sprouts, broccoli, winter squash, blackstrap molasses, eggplant, cantaloupe, tomatoes, parsley, cucumber, bell pepper, turmeric, apricots, ginger root, strawberries, avocado, banana, tuna, halibut, cauliflower cabbage.
Pyridoxine (B6)	71% of male and 90% of female diets deficient	Acne, anemia, arthritis, eye inflammation, depression, dizziness, facial oiliness, fatigue, impaired wound healing, irritability, loss of appetite, loss of hair, mouth lesions, nausea	spinach, bell peppers, turnip greens, garlic, tuna, cauliflower, mustard greens, banana, celery, cabbage, crimini mushrooms, asparagus, broccoli, kale, collard greens, Brussels sprouts, cod, chard

Nutrient	Incidence of Deficiency	Typical Symptoms and Diseases	Natural Sources of Nutrient
Riboflavin (B2)	Deficient in 30% of elderly Britons	Blurred vision, cataracts, depression, dermatitis, dizziness, hair loss, inflamed eyes, mouth lesions, nervousness, neurological symptoms (numbness, loss of sensation, "electric shock" sensations), seizures. sensitivity to light, sleepiness, weakness	mushrooms, calf liver, spinach, romaine lettuce, asparagus, chard, mustard greens, broccoli, collard greens venison, turnip greens, chicken eggs, yogurt, cow's milk
Selenium	Average diet contains 50% of RDA	Growth impairment, high cholesterol levels, increased incidence of cancer, pancreatic insufficiency (inability to secrete adequate amounts of digestive enzymes), immune impairment, liver impairment, male sterility	Brazil nuts, button mushrooms, shiitake mushrooms, cod, shrimp, snapper, tuna, halibut, calf's liver, salmon, chicken's eggs, lamb, barley, sunflower seeds, turkey, mustard seeds, oats
Thiamin (B1)	Commonly deficient in elderly	Confusion, constipation, digestive problems, irritability, loss of appetite, memory loss, nervousness, numbness of hands and feet, pain sensitivity, poor coordination, weakness	asparagus, romaine lettuce, mushrooms, spinach, sunflower seeds, tuna, green peas, tomatoes, eggplant and Brussels sprouts.
Vitamin A	20% of diets deficient	Acne, dry hair, fatigue, growth impairment, insomnia, hyperkeratosis (thickening and roughness of skin), immune impairment, night blindness, weight loss	Calf liver, Cow's milk, eggs, carrots, sweet potatoes, spinach, kale, collard greens, and tomatoes
Vitamin B-12	Serum levels low in 25% of hospital patients	Anemia, constipation, depression, dizziness, fatigue, intestinal disturbances, headaches, irritability, loss of vibration sensation, low stomach acid, mental disturbances, moodiness, mouth lesions, numbness, spinal cord degeneration	Snapper, calf's liver, venison, shrimp, scallops, salmon, and beef. Plant sources are less consistently good sources of B-12: sea plants (like kelp), algae (like blue-green algae), yeasts (like brewer's yeast), and fermented plant foods (like tempeh, miso, or tofu)
Vitamin C	20 to 50% of diets deficient	Bleeding gums, depression, easy bruising, impaired wound healing, irritability, joint pains, loose teeth, malaise, tiredness.	broccoli, bell peppers, kale, cauliflower, strawberries, lemons, mustard and turnip greens, brussels sprouts, papaya, chard, cabbage, spinach, kiwifruit, snow peas, cantaloupe, oranges, grapefruit, limes, tomatoes, zucchini, raspberries, asparagus, celery, pineapples, lettuce, watermelon, fennel, peppermint and parsley.
Vitamin D	62% of elderly women's diets deficient	Burning sensation in mouth, diarrhea, insomnia, myopia, nervousness, osteomalacia, osteoporosis, rickets, scalp sweating	salmon, shrimp, vitamin-D fortified milk, cod, eggs
Vitamin E	23% of male and 15% of female diets deficient	Gait disturbances, poor reflexes, loss of position sense, loss of vibration sense, shortened red blood cell life	mustard greens, turnip greens, chard, sunflower seeds, almonds, spinach, collard greens, parsley, kale, papaya, olives, bell pepper, brussels sprouts, kiwifruit, tomato, blueberries, broccoli

Nutrient	Incidence of Deficiency	Typical Symptoms and Diseases	Natural Sources of Nutrient
Vitamin K	Deficiency in pregnant women and newborns common	Bleeding disorders	spinach, Brussels sprouts, Swiss chard, green beans, asparagus, broccoli, kale, mustard greens, green peas, carrots.
Zinc	68% of diets deficient	Acne, amnesia, apathy, brittle nails, delayed sexual maturity, depression, diarrhea, eczema, fatigue, growth impairment, hair loss, high cholesterol levels, immune impairment, impotence, irritability, lethargy, loss of appetite, loss of sense of taste, low stomach acid, male infertility, memory impairment, night blindness, paranoia, white spots on nails, wound healing impairment	Calf's liver, crimini mushrooms, spinach, sea vegetables, basil, thyme, spinach, pumpkin seeds, yeast, beef, lamb, beef, lamb, summer squash, asparagus, venison, chard, collard greens, miso, shrimp, maple syrup, broccoli, peas, yogurt, pumpkin seeds, sesame seeds, mustard greens.

The Importance of Calcium After RNY

Calcium absorption is dependant on several factors - the most important of which is environment - mainly an acid or non-acid environment. Other factors, such as the food you eat, can also affect the bio-availability of calcium supplements.

After gastric bypass surgery (RNY) our new pouch does not produce hydrochloric acid (also known as stomach- or digestive-acid). The old bypassed stomach still produces some hydrochloric acid, but it is not mixed with our food/medicine until it reaches the common channel. There is a medical condition called **Achlorhydria** - when your stomach does not produce hydrochloric acid. This is mainly found in elderly patients, but after RNY we also automatically develop this condition. Many medicines and supplements rely on an acid environment in the stomach to begin the process of digestion, so better choices must be made by you and your physician.

Calcium Citrate is water soluble and does not need an acid environment for processing. Calcium Carbonate (the most popular type of calcium on store shelves) is actually made of stone and requires strong acid to be broken down in the stomach. Calcium carbonate is also the form of calcium that is more likely to cause kidney stones. Calcium tends to be better absorbed when taken with food, so schedule your calcium doses to coordinate with your meal/snack times.

The medical community understands that gastric bypass patients and those who have Achlorhydria need to use Calcium Citrate rather than Carbonate. Here are a few examples:

Calcium Absorption and Achlorhydria; RR Recker; New England Journal of Medicine; July 11, 1985; Volume 313:70-73

This study shows that patients with normal hydrochloric acid production in the stomach absorbed calcium carbonate and calcium citrate at approximately equal rates - 22% for carbonate and 24% for citrate. However, calcium supplements were given to patients diagnosed with achlorhydria absorption rates were significantly different - 4% for carbonate and 45% for citrate. Recker recommends that patients with achlorhydria use calcium citrate for supplementation to ensure high bioavailability of calcium and to avoid calcium deficiency.

It is readily accepted that calcium carbonate requires an acidic environment for absorption whereas calcium citrate does not. After gastric bypass surgery we no longer have normal gastric acid production in the stomach pouch and what little amount might be produced is being suppressed by the prescription of proton pump inhibitors for the first year after surgery. So it would lead one to believe that RNY patients should be treated with the same medical care standards as patients who are diagnosed with achlorhydria.

ASMBS Bariatric Nutrition Guidelines: Suggestions for the Surgical Weight Loss Patient: Allied Health Sciences Section Ad Hoc Nutrition Committee; March 2008

In a low acid environment, such as occurs with the negligible secretion of acid by the pouch created with gastric bypass, absorption of calcium carbonate is poor. Studies have found in nongastric bypass postmenopausal female subjects that calcium citrate (not calcium carbonate) decreased markers of bone resorption and did not increase PTH or calcium excretion. A meta-analysis of calcium bioavailability suggested that calcium citrate is more effectively absorbed than calcium carbonate by 22-27%, regardless of whether it was taken on an empty stomach or with meals. These findings suggest that it is appropriate to advise calcium citrate supplementation, despite the limited evidence, because of the potential benefit without additional risk.

Types of Calcium

Supplement Type	Elemental Calcium by Weight	Comments
Calcium Carbonate	40%	<ul style="list-style-type: none"> • Most commonly used • Less well absorbed in persons with decreased stomach acid (e.g., elderly or those on anti-acid medication or gastric bypass surgery) • Natural preparations from oyster shell or bone meal may contain contaminants such as lead • Least expensive
Calcium Citrate	21%	<ul style="list-style-type: none"> • Better absorbed, especially by those with decreased stomach acid • May protect against kidney stones • More expensive
Calcium Phosphate	38% or 31%	<ul style="list-style-type: none"> • Tricalcium or dicalcium phosphate • Used more in Europe • Absorption similar to calcium carbonate
Calcium Gluconate	9%	<ul style="list-style-type: none"> • Used intravenously for severe hypocalcaemia • Well absorbed orally, but low content of elemental calcium • Very expensive
Calcium Glubionate	6.5%	<ul style="list-style-type: none"> • Available as syrup for children • Low content elemental calcium
Calcium Lactate	13%	<ul style="list-style-type: none"> • Well absorbed • Low content elemental calcium

SOURCE: Gregory, Philip J. (2000) "Calcium Salts." *Prescriber's Letter*. Document #160313

Understanding Calcium Citrate Labeling

500 mg Calcium AS Citrate = contains 500mg elemental calcium
 500 mg Calcium FROM Citrate = contains 500mg elemental calcium
 500 mg Calcium Citrate = contains 21% elemental calcium = 105mg
 500 mg Calcium = it's probably calcium carbonate, but who knows for sure! If it isn't properly labeled, don't buy it.

READ THE LABEL & DO THE MATH

Make sure you read the label to determine serving size of a full dose. Then do the math to determine how many tablets you need per day to reach your total calcium goal.

Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Calories	6	
Total Carbohydrate	1 g	<1%*
Sugars	1 g	†
Calcium (from calcium citrate)	250 mg	25%

*Percent Daily Values are based on a 2,000 calorie diet.
 †Daily value not established.

How much Calcium Citrate do you need to take?

The ASMBS recommends that RNY patients get 1500-2000mg calcium citrate per day in addition to any calcium they get from food. But remember that your body can only deal with 400-500mg of calcium at one time (in a 2-hour time period)... be sure to split up your daily requirement into smaller doses.

These guidelines below are for **NORMAL** people with normal digestive systems. Notice that as you get older it's recommended you get more calcium. The same is true with RNY patients, so the above recommendation of 1500-2000mg *might* dictate you only need 1500mg now, but after you reach age 50 you should increase to 2000mg per day. Talk to your doctor about your specific needs.

Age	Daily calcium requirement
4 to 8	800 mg
9 to 18	1300 mg
19 to 50	1000 mg
50+	1500 mg
pregnant or lactating women 18+	1000 mg

Remember, there are some medications (such as birth control pills/shots) that can leach calcium from the body and require additional supplementation. My doctor has told me to take 2000mg per day because of my prescription of Depo Provera.

What type of calcium do I use?

I tend to get bored easily, so I have a variety of calcium supplements that I use. All my calcium choices also contain Vitamin D which aids in absorption. Here's my list:

- **UpCaID** - this is a powdered calcium citrate supplement that mixes easily into any beverage or food. I use 1 scoop in my morning protein shake. Each scoop is 500mg. (www.colonialmedical.com or www.amazon.com)
- **Bariatric Advantage Wild Cherry Lozenges** - these chewable (or suckable) tablets are kind of big, but gives me a yummy tart treat after meals. They also come in chocolate, mint and plain - cherry is my favorite though. 400mg per lozenge. (www.bariatricadvantage.com)
- **Bariatric Advantage Creamy Bites** - These small squares of chocolate or lemon "candy" is pure delight. These are fairly expensive and do contain calories, so it's probably not a good option for all of your calcium needs in a day, but a nice treat once in a while to help curb the chocolate craving while getting the calcium your body needs. 250mg of calcium per Creamy Bite. (www.bariatricadvantage.com)
- **Citracal** - I use the normal sized pills, so 2 pills gives me 620mg of calcium. However, many WLS patients prefer the "petites" as they are smaller pills but give you less calcium per dose. If you can't swallow pills, these dissolve quickly in water (5-7 minutes) and then you can just drink the water. Available at any local drug store, Walmart, Target, etc.

Why your serum calcium lab results mean nothing

(well, almost nothing ... unless something is really horribly wrong)

99% of the calcium in your body is contained in bones, teeth and cell tissue.
1% of your calcium is contained in your blood.

When you have blood drawn for labwork, only 1% of your total body calcium is being tested. The body needs a perfect calcium level in the blood in order to control essential functions of the body including cell growth; blood clotting; organ, nerve and muscle function. Basically, the body is going to do whatever it has to do to keep the blood calcium level perfect in order to keep your heart beating and to keep you alive.

When your blood calcium level is just slightly off, your body sends a distress signal to the parathyroid that it needs more calcium. The parathyroid will signal to your body to release calcium from your bones and teeth to get the blood calcium level back in line immediately. Therefore, your labwork will always show that your calcium levels are "perfect."

Because of its biological importance, calcium levels are carefully controlled in various compartments of the body. **The three major regulators of blood calcium** are parathyroid hormone (PTH), vitamin D, and calcitonin. PTH is normally released by the four parathyroid glands in the neck in response to low calcium levels in the bloodstream (hypocalcemia). PTH acts in three main ways: (1) It causes the gastrointestinal tract to increase calcium absorption from food, (2) it causes the bones to release some of their calcium stores, and (3) it causes the kidneys to excrete more phosphorous, which indirectly raises calcium levels.

Vitamin D works together with PTH on the bone and kidney and is necessary for intestinal absorption of calcium. Vitamin D can either be obtained from the diet or produced in the skin when it is exposed to sunlight or taken as a dietary supplement. Calcitonin, a hormone released by the thyroid, parathyroid, and thymus glands, lowers blood levels by promoting the deposition of calcium into bone.

Most dietary calcium is absorbed in the small intestine and transported in the bloodstream bound to albumin, a simple protein. Because of this method of transport, levels of albumin can also influence blood calcium measurements.

How do you know if your body is leaching calcium from your bones and teeth?

If your lab results show a chronic combination of the following, your body is stealing calcium stores from your bones and teeth:

Calcium Levels = within normal range
Vitamin D (D25hydroxy) = low or deficient
PTH (parathyroid) = high

Note from Pam: If your calcium levels are out of the normal range, it's usually an indication of something very serious and your doctor will need to be involved in the treatment. So it's not that the results mean "nothing" - just that it's very rare for them to be out of range and when that does happen it usually signals something else besides not taking enough calcium.

Source: <http://www.faqs.org/nutrition/Ca-De/Calcium.html>

Why is Vitamin D so Important?

Vitamin D is the gatekeeper of calcium in the body. As long as there is a healthy level Vitamin D in the body calcium is able to work properly. If you are deficient in Vitamin D, then the body will signal to the parathyroid gland that you aren't able to properly absorb calcium and it will begin to pull calcium stores from your bones and teeth.

There are two main types of Vitamin D. Ergosterol is the basic building block of vitamin D in plants. Cholesterol is the basic building block of vitamin D in humans. Although the body is able to use either form of Vitamin D, it is easier for the body to utilize and store Vitamin D3.

VITAMIN D2 - When ultraviolet light from the sun hits the leaf of a plant, ergosterol is converted into ergocalciferol. D2 was the first vitamin to be created in a synthetic form - this synthetic formulation of D2 is most often used in food additives, vitamin supplements and prescription Vitamin D megadoses.

VITAMIN D3 - When ultraviolet light hits the cells of our skin, one form of cholesterol found in our skin cells - called 7-dehydrocholesterol - can be converted into cholecalciferol, a form of vitamin D3. This form is more bioavailable than D2 and has a longer lifespan within the body - we're better able to absorb Vitamin D3 and better able to store it for long term use.

Vitamin D Helps to:

- Prevent bone fractures
- Prevent falls in older people and osteoporosis
- Reduce the risk of cancer, especially colon cancer, prostate cancer, and breast cancer
- Reduce the risk of diabetes, especially in young people and in those living in high altitude
- Protect against heart disease, including high blood pressure and heart failure
- Reduce your risk for multiple sclerosis
- Improve your mood
- Improve your lung function.

If You Don't Get Enough Vitamin D

- Your bones can become weak and can break
- Children can get "rickets," a disease that prevents their bones from growing properly, delays their growth, and causes problems with their immune system
- Adults can develop "osteomalacia," a disease that weakens the bones and makes them hurt, and also causes fractures
- Older adults can get osteoporosis, which doesn't cause pain, but makes the bones thin and easy to fracture

It has been said that 85% of all Americans are Vitamin D deficient. That number is even higher in residents of northern states because of the lack of sunlight in winter months. People with dark skin (African Americans, Latinas, Asians, etc.) are more likely to be Vitamin D deficient because their skin pigmentation blocks the UVB rays needed for the body to convert sunlight into Vitamin D.

There are three main sites in the digestive tract where Vitamin D is absorbed (see diagram on page 8). After RNY two of those three sites are bypassed. Vitamin D is a fat soluble vitamin and since we malabsorb fat after RNY - the likelihood that we become Vitamin D deficiency is even greater.

Because gastric bypass patients malabsorb fats in the diet, it is important for us to use a **water soluble formulation of Vitamin D3** for the best chance of absorption. This formula is often referred to as "dry" Vitamin D3. Basically all that means is that it's not suspended in an oil-based formula. You want to look for a white tablet or a capsule filled with a white powder. Avoid gel-caps as these are oil-based formulations.

Vitamin D continued ...

What is a Good Lab Result?

The lab test is called: **25-hydroxyvitamin D test** or **25(OH)D** for short. Each lab will have their own range of "normal" - but the typical standard is 30-100 ng/ml. However, new studies show that minimum levels should be 50 ng/ml or above for both adults and children. These new studies found that the body does not reliably begin storing cholecalciferol in fat and muscle tissue until 25(OH)D levels get above 50 ng/ml. The average person starts to store cholecalciferol at 40 ng/ml, but at 50 ng/ml virtually everyone begins to store it for future use. That is, at levels below 50 ng/ml, the body uses up vitamin D as fast as you can make it, or take it.

Additionally, it is being found that the reduction in cancer risks and multiple sclerosis risks are not realized until the 25(OH)D levels are maintained over the level of 80 ng/ml. (Source: The Vitamin D Council)

How Much Do We Need?

Humans make at least 10,000 units of vitamin D within 30 minutes of full body exposure to the sun, what is called a minimal erythemal dose. Vitamin D production in the skin occurs within minutes and is already maximized before your skin turns pink. **HOWEVER**, remember to balance your need for sunlight for Vitamin D production with the added risk of skin cancer due to being in the sun without sunscreen protection.

The current U.S. RDA for Vitamin D is 800IU/day. However, we know that the RDA is the minimum amount needed to simply keep us alive... not necessarily keep us healthy. The Vitamin D Council indicates that healthy adults who need to maintain their already ideal 25(OH)D level should take 2000IU/day. Individuals who are trying to increase their Vitamin D level should take 5,000IU/day. Current research is showing that higher doses (up to 10,000IU/day) are not causing levels of toxicity. However, you should always consult your doctor for therapeutic dosing when you are Vitamin D deficient.

Foods that Provide Vitamin D

These are good sources for Vitamin D, but remember that if you have RNY or DS, your body is not fully able to pull micronutrients from the food we eat.

FOOD	SERVING SIZE	VITAMIN D, IU
Cod liver oil	1 Tablespoon	1360
Salmon, cooked	3 1/2 ounces	360
Mackerel, cooked	3 1/2 ounces	345
Sardines, canned in oil and drained	1 3/4 ounces	250
Tuna fish, canned in oil	3 ounces	200
Milk (skim, low fat, whole), vitamin D fortified	1 cup	98
Margarine, fortified	1 Tablespoon	60
Pudding (from mix, with vitamin D-fortified milk)	1/2 cup	50
Cereal, vitamin D fortified	3/4 to 1 cup	40
Egg	1 whole	20
Liver or beef, cooked	3 1/2 ounces	15
Cheese, Swiss	1 ounce	12

Protein FAQ

QUESTION

How much protein do we need?

ANSWER

WLS patients need a minimum of 60g to 80g protein per day. (A person with a normal digestive system needs around 55g/day.) Because we malabsorb macro-nutrients (protein, carbs, fats) we need to eat a higher amount of protein than a normal non-WLS person.

QUESTION

I heard that high temperatures "break down" protein. Will the cooking/baking process have a negative effect on the protein? Will my protein be wasted or useless if I heat it up?

ANSWER

While it's true that proteins can be denatured by heat, unless the protein structure is particularly delicate or exposed to extremely high temperatures for extended periods of time, any denaturation that takes place is likely to be minimal. It is also important to keep in mind that denatured DOES NOT equal non-nutritious or unavailable - denaturizing simply refers to a situation where the physical or chemical structure of a protein is rearranged. In some cases the denaturation process is temporary (e.g. whipping egg whites into a foam); in others, such as when you fry an egg, the denaturation is permanent.

In both situations, the egg contains the same amino acid makeup and is equally nutritious. In fact, the fried egg is actually slightly more nutritious when cooked because cooking inactivates a component that binds the essential B-vitamin biotin.

All protein denatures when it is heated. Steaks, eggs, fish, whatever. That's why egg whites and fish go opaque when they get cooked. Even marinating fish in an acid like lime juice will 'denature' it. All protein gets denatured in your stomach after you have eaten it. This does not mean it is "useless" or has no food value anymore! Denaturing means the original folded structure of the protein has been modified. Your body has to break down protein foods into amino acids in order to absorb them.

That said, while denaturation does not alter the nutritive value of proteins, excessive heat can reduce or destroy delicate peptides (i.e. microfractions) within a protein. For this reason, it is best to limit the exposure of 100% ANY WHEY Protein to high heat (over 375°), and cook with lower temperatures whenever possible. In other words, add 100% ANY WHEY Protein at the end of the cooking cycle whenever possible, and choose lower temperature cooking like microwaving and baking over higher heat methods like pan or deep-frying.

Protein FAQ

(continued)

QUESTION

Do I really absorb more protein from a supplement than from food?

ANSWER

Yes and no. A 100% whey protein supplement is manufactured in such a way that your body is able to absorb it and use the protein within 45 minutes of ingestion. Protein in food must first be broken down in the digestive tract and the nutrient extracted from the food before the body is able to use that type of protein. During this process we might not be able to extract all of the protein from the food we eat (no known percentage is available) because of our shortened digestive tract after RNY.

This is not to say that protein from food is a bad thing - it's actually very good. When food is broken down in the body it activates the *thermic effect* - which means that the body uses up energy to break down the food for us, so we are burning calories during that process. The "thermic effect of food" is one of the components of metabolism along with the resting metabolic rate, and the exercise component.

QUESTION

What kind of protein supplement is best? What protein has the highest quality?

ANSWER

This is a question that requires a big answer, so I've written a new section about it.

QUESTION

What other health benefits do whey protein supplements have?

ANSWER

Many of the proteins present in whey are not only superior dietary nutrients, but can also act on the body to perform physiological functions. Whey proteins have demonstrated varying functions including; immune stimulation and modulation, anabolic growth stimulation, gut healing properties and stimulation of glutathione, the body's powerful antioxidant and detoxifier. These actions exist due to the particular folding patterns that exist in proteins. When denatured by heat, these folding patterns are altered and their corresponding actions are lost. The remaining protein is still a superior source of protein for supplementation.

Understanding the Different Types of Protein Supplements

Understanding the different types of protein supplements is essential in choosing the right one for you. Below I review the main types of protein supplements used by weight loss surgery patients. Yes, there are others... but this basic outline will get you started with what you need to know.

WHEY ISOLATE PROTEIN -- this is the highest quality form of protein powder. All the fat and lactose (sugar) has been removed from the original milk product and you're left with just the protein. When you look at the label you'll see about 25g of protein per "scoop" (usually about 28g size scoop or 1/4 cup) with 0g carb and 0g fat. If you are lactose intolerant, this is your best choice. Because Whey Isolate is the highest quality, you're also going to pay more for it.

WHEY CONCENTRATE PROTEIN -- although still a high quality form of protein powder, it has not been processed down as far as Isolate and you'll find that some fat and carbohydrates still remain in the product. Not much, but still some. Typically you'll see Whey Concentrate containing about 1g-9g of fat and 1g-9g of carb (lactose) per serving. Check the labels carefully to see how the numbers come out... some forms of Concentrate are higher quality than others. Because it's not as high a quality of blend, it's usually priced much cheaper. However, if you are lactose intolerant, you want to stick with Isolate instead.

COMBINED WHEY ISOLATE & CONCENTRATE -- A common way for manufacturers to achieve a high quality protein supplement while still maintaining an economical price point is to use a combination of both Whey Isolate and Concentrate in the mix. Make sure that Isolate is listed first on the ingredient list to ensure you're getting more of the higher quality protein. **This is the type of protein I use** and each scoop of protein has 1.8g fat and 2g carb with 24g protein.

OTHER GOOD TYPES OF PROTEIN -- some people find that they are actually "whey intolerant" and have to search for other types of protein supplements. There are definitely other options, but the variety is much more limited. Soy protein, rice protein, egg protein -- all these powders can be purchased in the same way as whey protein. I personally haven't tried any of these, but have heard from others that they do not mix as smoothly with liquid as whey, so you have to deal with grittiness and sometimes lumpiness.

PROTEIN TO AVOID - stay away from the types that are low quality proteins and those designed for body builders or people with normal digestive systems. **Specifically... collagen protein and hydrolyzed protein and those that do not contain all eight essential amino acids.** A popular protein supplement among bodybuilders is the "protein bullet" - an oversized test-tube type container with about 3oz of gel-based protein. This is the wrong kind of protein for WLS folks. It's made of low quality collagen protein and slow-release casein protein - great for bodybuilders, bad for WLS patients.

Understanding Protein Quality

Protein is protein, right? Wrong! There are varying degrees of protein quality and how well the body is able to utilize these different sources. There are two main ways of determining the quality of any type of protein with PDCAAS emerging as the preferred method of measure but Biological Value is still being widely used.

Protein Digestibility Corrected Amino Acid Score (PDCAAS)

Protein Digestibility Corrected Amino Acid Score (PDCAAS) is a method of evaluating the protein quality based on the amino acid requirements of humans. The PDCAAS rating is a fairly recent evaluation method; it was adopted by the US Food and Drug Administration (FDA) and the Food and Agricultural Organization of the United Nations/World Health Organization (FAO/WHO) in 1993 as "the preferred 'best'" method to determine protein quality. Using the PDCAAS method, the protein quality rankings are determined by comparing the amino acid profile of the specific food protein against a standard amino acid profile with the highest possible score being a 1.0. This score means that after digestion of the protein, it provides per unit of protein, 100% or more of the indispensable amino acids required.

Biological Value (BV)

The Biological Value (BV) is a scale of measurement used to determine what percentage of a protein is utilized by the body. Biological Value is derived from providing a measure intake of protein, then determining the nitrogen uptake versus nitrogen excretion. The theoretical highest BV of any food source is 100%. However, the amount of protein which our body can digest from food is not always 100%. In fact, the most easily digestible natural protein source is whole eggs, where the percentage net utilization by our bodies is 94%. Because eggs contain the best protein digestion rate of any natural source, eggs are given a protein rating of '100' and all other protein containing food sources are rated according to how digestible they are compared to egg protein. Today, there exists protein powders which digest even easier than egg protein and can be utilized by our bodies even more than the 94% that natural egg protein can be. These protein powders would have a protein rating higher than 100 on the scale below.

There are others too...

Some other types of protein scoring scales include: Net Protein Utilization (NPU); Protein Efficiency Ratio (PER); Amino Acid Score (AAS); Protein Digestibility Percentage(PD%)

Food	PDCAAS rating 1 is the highest 0 the lowest	BV rating Scale of 100%
Whole Egg	1.0	100
Egg White	1.0	88
Whey Protein Powder	1.0	100
Soy Protein Powder	1.0	74
Chicken / Turkey	1.0	79
Fish	1.0	70
Lean Beef	.92	69
Cow's Milk	1.0	60
Rice	.40	56
Peanuts	.52	55
Soy beans / Tofu	.91	47
Corn	.74	36
Beans	.69	34
Whole Wheat	.54	44

Finding Protein Supplement Samples

After surgery your tastes will change a bit so something you like now might not work for you after. And since protein powder is so expensive, samples is the best way to try out a whole bunch of different kinds without breaking the bank. Here is a list of places I've found that sell or give away samples of their products:

ONLINE SOURCES - here's a list of the most common sources for buying variety packs or individual flavors ... getting several different brands and flavors all in one place.

- **Enjoy Health** (www.enjoyhealth.com)
I started my experimentation with the big sampler pack
- **Netrition** (www.netrition.com)
They also have a variety pack of samples
- **Bariatric Eating** (www.bariatriceating.com)
Susan Marie sells individual flavors ala carte or a protein starter kit
- **Vitalady** (www.vitalady.com)
Michelle sells individual flavors ala carte
- **Nashua Nutrition** (www.nashuanutrition.com)
Many different brands available ala carte

INDIVIDUAL MANUFACTURERS - some companies MAY give free samples or offer them for a nominal fee, but you have to contact each brand individually. Here are a few that I know of:

- Chike
- Click
- Unjury
- Syntrax
- EAS

LOCAL SOURCES -- sometimes you just want to have easier access to protein than having to order online. Here are some local sources for getting samples:

- **GNC** -- they sell a couple different flavors of their most popular brands. They also sometimes have free samples under the counter, just have to ask.
- **Health Food Stores** -- if you've got a large health food store in your area, they may have samples of generic whey or soy protein. Many people say they have found unflavored whey protein in bulk at their health food store.
- **Support Group Members** -- ask each member of your support group to bring a scoop of their favorite flavor to share.
- **Body Fortress Protein** -- this is the brand I've settled on - not because it is all that much better tasting than anything else - but because it's convenient to pick up at Walmart or Target. And it's cheap. They don't sell samples either. But a whole 2lb jar is only around \$15 (about half what others usually run). So I'm listing this here because it's the one brand of protein that you can buy and try and not be out a lot of money.

25 Ways to Mix A Single Scoop of Vanilla Protein Powder

A single scoop of vanilla protein powder can be transformed into dozens of different recipes. With a little experimentation you might just find your perfect concoction. Here are some ideas - go play!

1. Mix it with water
2. Mix it with milk
3. Mix it with soy milk
4. Mix it with flavored soy milk (chocolate?)
5. Mix it with crystal light or sugar free Kool-aid
6. Mix it with diet juice (V8 Splash!)
7. Mix it with coffee
8. Mix it with tea
9. Mix it with hot cocoa
10. Make it hot
11. Make it cold
12. Make it frozen (protein ice cream)
13. Make it thick like a milk shake (mix with a few ice cubes or frozen fruit for thickness)
14. Make it thicker like pudding or a Wendy's Frosty (add lots of ice to the blender)
15. Make it thin and serve it over ice
16. Mix in some fruit
17. Mix it into yogurt
18. Mix it into cottage cheese
19. Mix in some spices (cinnamon, chai spice)
20. Mix in some flavored sugar free coffee syrups
21. Mix in some sugar free pudding mix (pistachio, cheesecake, chocolate, banana??)
22. Mix it into pudding (1 sf pudding cup, 1/2 scoop protein and top with a dollop of whippage)
23. Mix it into oatmeal
24. Mix it into protein bars or balls or these bars
25. Make it aromatic (like my protein hot chai tea recipe)

The recipes are endless. Obviously I have some here in this protein book and on my blog, but if you do a search on Google, you'll find millions. Bodybuilders are very creative with recipes for protein shakes - you might need to adjust the ingredients to make them more WLS friendly, but at least the ideas are often unique.

So next time you are stumped for a way to mix your protein powder. Just pick something new off the list above and see how it goes. It's all a big game of experimentation -- a game that you can't give up on after the first try.

~ Compiled by Pam Tremble

Debunking the Myth

MYTH: "30g protein per meal is the limit of absorption."

By Tom Vento

http://www.tomvenuto.com/asktom/protein_grams_per_meal.shtml

NOTE from Pam: Tom Vento is a bodybuilder, author and nutritional expert. He writes primarily to bodybuilders and those wanting to use weight training as a way to lose weight. However, his advice is very fitting for WLS patients because of his vast knowledge of protein and how it works in the body. His philosophy is not the typical "bodybuilder" viewpoint of more protein equals more muscle. If you have a chance to read his articles and books, I highly recommend him!

Q: *Dear Tom: I know approximately what my protein needs are by bodyweight and activity level (about 180 grams), but the question I have always had is: how much protein can I eat/drink at one time? I have heard that only 30 grams can be digested at a time. I eat 5 times a day like you recommend, but supposing I only ate 3 times a day; that would be 60 grams of protein per meal. Would half of the protein be wasted?*

(NOTE FROM PAM – Remember this is a bodybuilder asking this question, not a WLS patient.)

A: Thirty grams of protein per meal seems to have become one of those "nutrition rules of thumb" that has been passed around so long that it has become accepted as an "unbreakable nutrition law." Some people claim that the human body can only digest 30 grams of protein per sitting (others claim the limit is 40 grams).

There has been a lot of research done on protein needs, although not much of it has focused specifically on the maximum amount digestible per meal. There have been studies where a large bolus of protein was eaten at one time rather than in small, frequent meals, and yet positive nitrogen balance was achieved. This would suggest that the 30 grams per meal limit does not exist and that 60 grams over three meals would allow your body to utilize the majority of that 180 grams.

30-40 grams per meal may be a pretty good rule of thumb for bodybuilding diets with an eating frequency of 5-6 small meals per day (slightly less for females). However, I have never found any research which says that the body has a "30 grams at a time" absolute limit and it doesn't seem likely that one fixed amount could apply to every person in every situation, with no accounting for body weight and activity level.

Nutritional needs - including protein - are highly variable depending on the individual. For example, are the protein needs for a 250-pound bodybuilder the same as a 105-pound ballerina? Are they the same for a 17-year-old football player and a sedentary 70-year-old? The obvious answer is no, and this is why you should look at dietary recommendations made as "absolutes" with caution. Instead, it's optimal to think in terms of customization for each individual.

The best way to figure out how much protein you need in one sitting is to first calculate your total daily protein needs. One gram per pound of bodyweight is a common recommendation (for active, strength-trained individuals), although total protein needs should be customized according to age, gender, body size, lean body mass, activity levels, energy status (deficit or surplus) and personal goals. Then take your daily needs and divide that amount by the number of meals you eat each day; usually five or six in a bodybuilding-style nutrition program.

As a bodybuilder or someone participating in regular strength training, the one gram per pound of bodyweight guideline is a pretty good estimate for daily protein needs (although some competitive bodybuilders go as high as 1.25 to 1.5 grams per pound on reduced carb pre-contest diets). If you weigh 180 pounds and you're eating six times per day, then bingo – there's your 30 grams. (180 grams divided

by 6 meals). If you're a 240-pound male bodybuilder, and you eat six times per day, now you're up to 40 grams per meal.

If you're a 125 pound female athlete, then 125 grams a day would suffice; spread over 5 meals a day, that's 25 grams per meal. On a pre contest fitness or figure competition diet, many women eat up to 150-175 grams of protein per day, which, over five meals, is 30-35 grams per meal.

Some people think that the 30 grams of protein "rule" was started by protein supplement company marketing because that's the amount of protein they put into each serving of their product. However, looking at these examples, you can see that 30-35 grams of protein per meal is pretty close to the average amount that's consumed on a typical bodybuilding diet. My belief is that this is where the 30-gram "rule" came from - it's simply an average figure. But just because the "average" comes out to around 30 grams per meal, doesn't mean that 30 grams is the *most* that you can digest.

The digestibility rate of high quality protein sources is 94 to 97% and even the protein in grains and beans is 78-85% digestible. Generally what happens with a large meal, including a large protein intake, is that the meal will simply take longer to digest, but the body will increase the rate of gastric emptying and nutrient absorption in response to the larger food intake. So while the 5 or 6 small meals a day is an accepted practice among bodybuilders, there doesn't seem to be any proof that you couldn't utilize the protein if you took it across only 3 meals instead.

On the other hand, if the total amount of protein exceeds what your body requires and if you are in a caloric surplus, you can convert the excess into body fat. Although protein is the least likely of the macronutrients to be converted to fat (due to an energy inefficient conversion process), a caloric surplus will always lead to fat deposition, even if the surplus comes from protein. In a caloric deficit, protein consumed beyond the body's needs for skeletal muscle and body tissue protein synthesis can be converted to glucose through a process called gluconeogenesis.

Bottom line: Even large protein servings can be digested and absorbed, and it appears there is no 30 gram absolute limit. On the other hand, huge servings of protein at one time are not necessary for muscle growth. Beyond what is needed for growth, repair and energy, an excess of protein can get "wasted" if you are referring to being stored as fat or burned for energy.

Debunking the Myth

MYTH: "30g protein per meal is the limit of absorption."

By

**American Society of Bariatric and Metabolic Surgeons (ASMBS)
Nutritional Guidelines for the Surgical Weight Loss Patient**

http://www.asmb.org/Newsite07/resources/bgs_final.pdf

Excerpt from Page 23: One popular myth is that only 30 g/hr of protein can be absorbed. Although this is commonly found in both lay and some professional literature, there is no scientific basis for this claim.

DRUGS THAT CAN DAMAGE THE POUCH:

ALL "NSAIDS"

Advil	Celebrex	Nalfon
Aleve	Clinorial	Naprosyn
Amigesic	Darvon compounds	Nayer
Anacin	Disalcid	Orudis
Anaprox	Dolobid	Oruval
Ansald	Erythromycin	Pamprin-IB
Anthra-G	Equagesic	Percodan
Arthropan	Feldene	Ponstel
Ascriptin	Fiorinal	Rexolate
Aspirin	Ibuprofen	Tandearil
Asproject	Indocin	Tetracycline
Azolid	Ketoprofen	Tolecin
Bextra	Lodine	Uracel
Bufferin	Meclomen	Voltaren
Butazolidin	Midol	Vioxx
	Motrin	

DRUGS THAT ARE CONSIDERED SAFE:

Bendaryl	Phazyme
Colace	Robitussin
Dimetap	Safetussin
Dulcolax-Suppositories	Sudafed
Fleet Enema	Triaminics (All)
Gas-X	Tylenol
Glycerin-Suppositories	Tylenol (cold products)
Imodium AD	Tylenol Ex Strength
Milk of Magnesia	
Peri-Colace	

Pouch Rules for Dummies

*This is a re-write of the original "Pouch Rules for Dummies" first published in 1980.
Provides a good guideline for how the pouch works and how to treat it for the best results.
Credits at end of article.*

INTRODUCTION:

A common misunderstanding of gastric bypass surgery is that the pouch causes weight loss because it is so small, the patient eats less. Although that is true for the first six months, that is not how it works. Some doctors have assumed that poor weight loss in some patients is because they aren't really trying to lose weight. The truth is it may be because they haven't learned how to get the "satisfied" feeling of being full to last long enough.

HYPOTHESIS OF POUCH FUNCTION:

We have four educated guesses as to how the pouch works:

- 1) Weight loss occurs by actually "slightly stretching" the pouch with food at each meal or;
- 2) Weight loss occurs by keeping the pouch tiny through never ever overstuffing or;
- 3) Weight loss occurs until the pouch gets worn out and regular eating begins or;
- 4) Weight loss occurs with education on the use of the pouch.

PUBLISHED DATA:

How does the pouch make you feel full?

The nerves tell the brain the pouch is distended and that cuts off hunger with a feeling of fullness.

What is the fate of the pouch? Does it enlarge? If it does, is it because the operation was bad, or the patient is overstuffing themselves, or does the pouch actually re-grow in a healing attempt to get back to normal?

For ten years, I had patients eat until full with cottage cheese every three months, and report the amount of cottage cheese they were able to eat before feeling full. This gave me an idea of the size of their pouch at three month intervals. I found there was a regular growth in the amount of intake of every single pouch. The average date the pouch stopped growing was two years. After the second year, all pouches stopped growing. Most pouches ended at 6 oz., with some as large at 9-10 ozs.

We then compared the weight loss of people with the known pouch size of each person, to see if the pouch size made a difference. In comparing the large pouches to the small pouches, **THERE WAS NO DIFFERENCE IN PERCENTAGE OF WEIGHT LOSS AMONG THE PATIENTS.** This important fact essentially shows that it is **NOT** the size of the pouch but how it is used that makes weight loss maintenance possible.

OBSERVATIONAL BASED MEDICINE:

The information here is taken from surgeon's "observations" as opposed to "blind" or "double blind" studies, but it IS based on 33 years of physician observation.

Due to lack of insurance coverage for WLS, what originally seemed like a serious lack of patients to observe, turned into an advantage as I was able to follow my patients closely. The following are what I found to effect how the pouch works:

- Getting a sense of fullness is the basis of successful WLS.
- Success requires that a small pouch is created with a small outlet.
- Regular meals larger than 1 ½ cups will result in eventual weight gain.
- Using the thick, hard to stretch part of the stomach in making the pouch is important.
- By lightly stretching the pouch with each meal, the pouch sends signals to the brain that you need no more food.
- Maintaining that feeling of fullness requires keeping the pouch stretched for a while.
- Almost all patients always feel full 24/7 for the first months, then that feeling disappears.
- Incredible hunger will develop if there is no food or drink for eight hours.
- After 1 year, heavier food makes the feeling of fullness last longer.
- By drinking water as much as possible as fast as possible ("water loading"), the patient will get a feeling of fullness that lasts 15-25 minutes.
- By eating "soft foods" patients will get hungry too soon and be hungry before their next meal, which can cause snacking, thus poor weight loss or weight gain.
- The patients that follow "the rules of the pouch" lose their extra weight and keep it off.
- The patients that lose too much weight can maintain their weight by doing the reverse of the "rules of the pouch."

HOW DO WE INTERPRET THESE OBSERVATIONS?

POUCH SIZE:

By following the "rules of the pouch," it doesn't matter what size the pouch ends up. The feeling of fullness with 1 ½ cups of food can be achieved.

OUTLET SIZE:

Regardless of the outlet size, liquidity foods empty faster than solid foods. High calorie liquids will create weight gain.

EARLY PROFOUND SATIETY:

Before six months, patients much sip water constantly to get in enough water each day, which causes them to always feel full.

After six months, about 2/3 of the pouch has grown larger due to the natural healing process. At this time, the patient can drink 1 cup of water at a time.

OPTIMUM MATURE POUCH:

The pouch works best when the outlet is not too small or too large and the pouch itself holds about 1 ½ cups at a time.

IDEAL MEAL PROCESS (rules of the pouch):

- The patient must time meals five hours apart or the patient will get too hungry in between.
- The patient needs to eat finely cut meat and raw or slightly cooked veggies with each meal.
- The patient must eat the entire meal in 5-15 minutes. A 30-45 minute meal will cause failure.
- No liquids for 1 ½ hours to 2 hours after each meal.
- After 1 ½ to 2 hours, begin sipping water and over the next three hours slowly increase water intake.
- 3 hours after last meal, begin drinking LOTS of water/fluids.
- 15 minutes before the next meal, drink as much as possible as fast as possible. This is called "water loading," IF YOU HAVEN'T BEEN DRINKING OVER THE LAST FEW HOURS, THIS 'WATER LOADING' WILL NOT WORK.
- You can water load at any time 2-3 hours before your next meal if you get hungry, which will cause a strong feeling of fullness.

THE MANAGEMENT OF PATIENT TEACHING AND TRAINING:

You must provide information to the patient preoperatively regarding the fact that the pouch is only a tool: a tool is something that is used to perform a task but is useless if left on a shelf unused. Practice working with a tool makes the tool more effective.

NECESSITY FOR LONG TERM FOLLOW-UP:

Trying to practice the "rules of the pouch" before six to 12 months is a waste. Learning how to delay hunger if the patient is never hungry just doesn't work. The real work of learning the "rules of the pouch" begins after healing has caused hunger to return.

PREVENTION OF VOMITING:

Vomiting should be prevented as much as possible. Right after surgery, the patient should sip out of 1 oz cups and only 1/3 of that cup at a time until the patient learns the size of his/her pouch to avoid being sick.

It is extremely difficult to learn to deal with a small pouch. For the first 6 months, the patient's mouth will literally be bigger than his/her stomach, which does not exist in any living animal on earth. In the first six weeks the patient should slowly transfer from a liquid diet to a blenderized or soft food diet only, to reduce the chance of vomiting.

Vomiting will occur only after eating of solid foods begins. Rice, pasta, granola, etc., will swell in time and overload the pouch, which will cause vomiting. If the patient is having trouble with vomiting, he/she needs to get 1 oz cups and literally eat 1 oz of food at a time and wait a few minutes before eating another 1 oz of food. Stop when "comfortably satisfied," until the patient learns the size of his/her pouch.

SIX WEEKS:

After six weeks, the patient can move from soft foods to heavy solids. At this time, they should use three or more different types of foods at each sitting. Each bite should be no larger than the size of a pinkie fingernail bed. The patient should choose a different food with each bite to prevent the same solids from lumping together. No liquids 15 minutes before or 1 ½ hours after meals.

REASSURANCE OF ADEQUATE NUTRITION:

By taking vitamins everyday, the patient has no reason to worry about getting enough nutrition. Focus should be on proteins and vegetables at each meal.

MEAL SKIPPING:

Regardless of lack of hunger, patient should eat three meals a day. In the beginning, one half or more of each meal should be protein, until the patient can eat at least two oz of protein at each meal.

ARTIFICIAL SWEETENERS:

In our study, we noticed some patients had intense hunger cravings which stopped when they eliminated artificial sweeteners from their diets.

AVOIDING ABSOLUTES:

Rules are made to be broken. No biggie if the patient drinks with one meal - as long as the patient knows he/she is breaking a rule and will get hungry early. Also if the patient pigs out at a party - that's OK because before surgery, the patient would have pigged on 3000 to 5000 calories and with the pouch, the patient can only pig on 600-1000 calories max. The patient needs to just get back to the rules and not beat him/herself up.

THREE MONTHS:

At three months, the patient needs to become aware of the calories per gram of different foods to be aware of "the cost" of each gram. (cheddar cheese is 16 cal/gram; peanut butter is 24 cal/gram). As soon as hunger returns between three to six months, begin water loading procedures.

THREE PRINCIPLES FOR GAINING AND MAINTAINING SATIETY:

1. Fill pouch full quickly at each meal
2. Stay full by slowing the emptying of the pouch. (Eat solids. No liquids 15 minutes before and none until 1 ½ hours after the meal). A scientific test showed that a meal of egg/toast/milk had almost all emptied out of the pouch after 45 minutes. Without milk, just egg and toast, more than ½ of the meal still remained in the pouch after 1 ½ hours.
3. Protein, protein, protein. Three meals a day. No high calorie liquids.

FLUID LOADING:

Fluid loading is drinking water/liquids as quickly as possible to fill the pouch which provides the feeling of fullness for about 15 to 25 minutes. The patient needs to gulp about 80% of his/her maximum amount of liquid in 15 to 30 SECONDS. Then just take swallows until fullness is reached. The patient will quickly learn his/her maximum tolerance, which is usually between 8-12 oz.

Fluid loading works because the roux limb of the intestine swells up, contracting and backing up any future food to come into the pouch. The pouch is very sensitive to this and the feeling of fullness will last much longer than the reality of how long the pouch was actually full. Fluid load before each meal to prevent thirst after the meal as well as to create that feeling of fullness whenever suddenly hungry before meal time.

POST PRANDIAL THIRST:

It is important that the patient be filled with water before his/her next meal as the meal will come with salt and will cause thirst afterwards. Being too thirsty, just like being too hungry will make a patient nauseous. While the pouch is still real small, it won't make sense to the patient to do this because salt intake will be low, but it is a good habit to get into because it will make all the difference once the pouch begins to regrow.

URGENCY:

The first six months is the fastest, easiest time to lose weight. By the end of the six months, 2/3 of the regrowth of the pouch will have been done. That means that each present day, after surgery you will be satisfied with less calories than you will the very next day. Another way to put it is that every day that you are healing, you will be able to eat more. So exercise as much as you can during that first six months as you will never be able to lose weight as fast as you can during this time.

SIX MONTHS:

Around this time, our patients begin to get hungry between meals. THEY NEED TO BATTLE THE EXTRA SALT INTAKE WITH DRINKING LOTS OF FLUIDS IN THE TWO TO THREE HOURS BEFORE THEIR NEXT MEAL. Their pouch needs to be well watered before they do the last gulping of water as fast as possible to fill the pouch 15 minutes before they eat.

INTAKE INFORMATION SHEET AS A TEACHING TOOL:

I have found that having the patients fill out a quiz every time they visit reminds them of the rules of the pouch and helps to get them "back on track." Most patients have no problems with the rules, some patients really struggle to follow them and need a lot of support to "get it", and a small percentage never quite understand these rules, even though they are quite intelligent people.

HONEYMOON SYNDROME:

The lack of hunger and quick weight loss patients have in the first six months sometimes leads them to think they don't need to exercise as much and can eat treats and extra calories as they still lose weight anyway. We call this the "honeymoon syndrome" and they need to be counseled that this is the only time they will lose this much weight this fast and this easy and not to waste it by losing less than they actually could. If the patient's weight loss slows in the first six months, remind them of the rules of water intake and encourage them to increase their exercise and drink more water. You can compare their weight loss to a graph showing the average drop of weight if it will help them to get back on track.

EXERCISE:

In addition to exercise helping to increase the weight loss, it is important for the patient to understand that exercise is a natural antidepressant and will help them from falling into a depression cycle. In addition, exercise jacks up their metabolic rate during a time when their metabolism after the shock of surgery tends to want to slow down.

THE IDEAL MEAL FOR WEIGHT LOSS:

The ideal meal is one that is made up of the following: ½ of your meal to be low fat protein, ¼ of your meal low starch vegetables and ¼ of your meal solid fruits. This type of meal will stay in your pouch a long time and is good for your health.

VOLUME VS. CALORIES:

The gastric bypass patient needs to be aware of the length of time it takes to digest different foods and to focus on those that take up the most space and take time to digest so as to stay in the pouch the longest, don't worry about calories. This is the easiest way to "count your calories." For example, a regular stomach person could gag down two whole sticks of butter at one sitting and be starved all day long, although they more than have enough calories for the day. But you take the same amount of calories in vegetables, and that same person simply would not be able to eat that much food at three sittings - it would stuff them way too much.

ISSUES FOR LONG TERM WEIGHT MAINTENANCE:

Although everything stated in this report deals with the first year after surgery, it should be a lifestyle that will benefit the gastric bypass patient for years to come, and help keep the extra weight off.

COUNTER-INTUITIVENESS OF FLUID MANAGEMENT:

I admit that avoiding fluids at meal time and then pushing hard to drink fluids between meals is against everything normal in nature and not a natural thing to be doing. Regardless of that fact, it is the best way to stay full the longest between meals and not accidentally create a "soup" in the stomach that is easily digested.

SUPPORT GROUPS:

It is natural for quite a few people to use the rules of the pouch and then to tire of it and stop going by the rules. Others "get it" and adhere to the rules as a way of life to avoid ever regaining extra weight. Having a support group makes all the difference to help those that go astray to be reminded of the importance of the rules of the pouch and to get back on track and keep that extra weight off. Support groups create a "peer pressure" to stick to the rules that the staff at the physician's office simply can't create.

TEETER TOTTER EFFECT:

Think of a teeter totter suspended in mid air in front of you. Now on the left end is exercise that you do and the right end is the foods that you eat. The more exercise you do on the left, the less you need to worry about the amount of foods you eat on the right. In exact reverse, the more you worry about the foods you eat and keep it healthy on the right, the less exercise you need on the left. Now if you don't concern yourself with either side, the higher the teeter totter goes, which is your weight. The more you focus on one side or the other, or even

both sides of the teeter totter, the lower it goes, and the less you weigh.

Pouch Rules for Dummies - Sally Perez

TOO MUCH WEIGHT LOSS:

I have found that about 15% of the patients which exercise well and had between 100 to 150 lbs to lose, begin to lose way too much weight. I encourage them to keep up the exercise (which is great for their health) and to essentially "break the rules" of the pouch. Drink with meals so they can eat snacks between without feeling full and increase their fat content as well take a longer time to eat at meals, thus taking in more calories. A small but significant amount of gastric bypass patients actually go underweight because they have experienced (as all of our patients have experienced) the ravenous hunger after being on a diet with an out of control appetite once the diet is broken. They are afraid of eating again. They don't "get" that this situation is literally, physically different and that they can control their appetite this time by using the rules of the pouch to eliminate hunger.

BARIATRIC MEDICINE:

A much more common problem is patients who after a year or two plateau at a level above their goal weight and don't lose as much weight as they want. Be careful that they are not given the "regular" advice given to any average overweight individual. Several small meals or skipping a meal with a liquid protein substitute is not the way to go for gastric bypass patients. They must follow the rules, fill themselves quickly with hard to digest foods, water load between, increase their exercise and the weight should come off much easier than with regular people diets.

SUMMARY:

1. The patient needs to understand how the new pouch physically works.
2. The patient needs to be able to evaluate their use of the tool, compare it to the ideal and see where they need to make changes.
3. Instruct your patient in all ways (through their eyes with visual aids, ears with lectures and emotions with stories and feelings) not only on how but why they need to learn to use their pouch. The goal is for the patient to become an expert on how to use the pouch.

EVALUATION FOR WEIGHT LOSS FAILURE:

The first thing that needs to be ruled out in patients who regain their weight is how the pouch is set up.

- 1) the staple line needs to be intact;
- 2) same with the outlet and;
- 3) the pouch is reasonably small.

1) Use thick barium to confirm the staple line is intact. If it isn't, then the food will go into the large stomach, from there into the intestines and the patient will be hungry all the time. Check for a little ulcer at the staple line. A tiny ulcer may occur with no real opening at the line, which can be dealt with as you would any ulcer. Sometimes, though, the ulcer is there because of a break in the staple line. This will cause pain for the patient after the patient has eaten because the food rubs the little opening of the ulcer. If there is a tiny opening at the staple line, then a reoperation must be done to actually separate the pouch and the stomach completely and seal each shut.

2) If the outlet is smaller than 7-8 mill, the patient will have problems eating solid foods and will little by little begin eating only easy-to-digest foods, which we call "soft calorie syndrome." This causes frequent hunger and grazing, which leads to weight regain.

Pouch Rules for Dummies - Sally Perez

3) To assess pouch volume, an upper GI doesn't work as it is a liquid. The cottage cheese test is useful - eating as much cottage cheese as possible in five to 15 minutes to find out how much food the pouch will hold. It shouldn't be able to hold more than 1 ½ cups in 5 - 15 minutes of quick eating.

If everything is intact then there are four problems that it may be:

- 1) The patient has never been taught the rules;
- 2) The patient is depressed;
- 3) The patient has a loss of peer support and eventual forgetting of rules, or
- 4) The patient simply refuses to follow the rules.

1) LACK OF TEACHING:

An excellent example is a female patient who is 62 years old. She had the operation when she was 47 years old. She had a total regain of her weight. She stated that she had not seen her surgeon after the six week follow up 15 years ago. She never knew of the rules of the pouch. She had initially lost 50 lbs and then with a commercial weight program lost another 40 lbs. After that, she yo-yoed up and down, each time gaining a little more back. She then developed a disease (with no connection to bariatric surgery) which weakened her muscles, at which time she gained all of her weight back. At the time she came to me, she was treated for her disease, which helped her to begin walking one mile per day. I checked her pouch with barium and the cottage cheese test which showed the pouch to be a small size and that there was no leakage. She was then given the rules of the pouch. She has begun an impressive and continuing weight loss, and is not focused on food as she was, and feeling the best she has felt since the first months after her operation 15 years ago.

2) DEPRESSION:

Depression is a strong force for stopping weight loss or causing weight gain. A small number of patients, who do well at the beginning, disappear for a while only to return having gained a lot of weight. It seems that they almost on purpose do exactly opposite of everything they have learned about their pouch: they graze during the day, drink high calorie beverages, drink with meals and stop exercising, even though they know exercise helps stop depression. A 46 year-old woman, one year out of her surgery had been doing fine when her life was turned upside down with divorce and severe teenager behavior problems. Her weight skyrocketed. Once she got her depression under control and began refocusing on the rules of the pouch, added a little exercise, the weight came off quickly. If your patient begins weight gain due to depression, get him/her into counseling quickly. Encourage your patient to refocus on the pouch rules and try to add a little exercise every day. Reassure your patient that he/she did not ruin the pouch, that it is still there, waiting to be used to help with weight control. When they are ready the pouch can be used once again to lose weight without being hungry.

3) EROSION OF THE USE OF PRINCIPLES:

Some patients who are compliant, who are not depressed and have intact pouches, will begin to gain weight. These patients are struggling with their weight, have usually stopped connecting with their support groups, and have begun living their "new" life surrounded by those who have not had Bariatric surgery. Everything around them encourages them to live life "normal" like their new peers: they begin taking little sips with their meals, and eating quick and easy-to-eat foods. The patient will not usually call their physician's office because they KNOW what they are doing is wrong and KNOW that they just need to get back on track. Even if you offer "refresher courses" for your patients on a yearly basis, they may not attend because they KNOW what the course is going to say, they know the rules and how they are breaking them. You need to identify these patients and somehow get them back into your office or back to interacting with their support group again. Once these patients return to their support group, and keep in contact with their WLS peers, it makes it much easier to return to the rules of the pouch and get their weight under control once again.

4) TRUE NONCOMPLIANCE:

The most difficult problem is a patient who is truly noncompliant. This patient usually leaves your care, complains that there is no 'connection' between your staff and themselves and that they were not given the time and attention they needed. Most of the time, it is depression underlying the noncompliance that causes this attitude. A truly noncompliant patient will usually end up with revisions and/or reversal of the surgery due to weight gain or complications. This patient is usually quite resistant to counseling. There is not a whole lot that

can be done for these patients as they will find a reason to be unhappy with their situation. It is easier to identify these patients BEFORE surgery than to help them afterwards, although I really haven't figured out how to do that yet. Besides having a psychological exam done before surgery, there is no real way to find them before surgery and I usually tend toward the side of offering patients the surgery with education in hopes they can live a good and healthy life.

CREDITS:

This rewrite was done exclusively for the people of this spotlight obesity support group. It should not be sold for any reason.

"Dummies" version rewritten by Sally Perez

Original article written by:

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Pouch Rules for Dummies

Breaking a Stall

A stall or plateau is when we do not lose any weight or inches in FOUR or more weeks. If it's been less than four weeks, it's not really a plateau.

Weight loss stalls and plateaus are very common after WLS -- or any type of weight loss program. We didn't gain pounds every single day as we worked our way up to morbid obesity and we will not lose pounds every day or week on our way back down to a healthy weight. It's frustrating, but it's all part of the process and we just have to be patient and work through these little bumps in the road.

But when the scale hasn't moved for a few weeks or months - this is the perfect time to take a very close look at what we're doing and figure out if we need to make change. Here's a list of questions to ask yourself:

- Are you tracking your food intake in a food journal? Is it on track?
- Are you tracking *every single* calorie that passed your lips? (flavored water, vitamins, gum, single pieces of candy) Even if you are not keeping track of calories, your body is!
- Are you eating too MANY calories?
- Are you eating too FEW calories?
- Are you eating enough protein? (80-100g/day)
- Are the fats you're eating healthy (polyunsaturated and monounsaturated)?
- Are you eating too many simple carbs (bread, pasta, potatoes, sugar, pasta, rice)?
- Are you eating enough complex carbs (veggies, fruits, dairy, whole grains)?
- Are you drinking enough water (water flushes fat toxins from our body)?
- Are you eating too much sodium—which promotes water retention? (2000-2500mg per day is your limit)
- Are you grazing? Are you eating unscheduled snacks?
- Are you eating the right quantity of foods? Measuring and weighing foods?
- Are you eating on a schedule?
- Are you exercising hard enough? Long enough? Fast enough? Are you sweating your butt off?
- When's the last time you changed your exercise routine? (The body becomes efficient and doesn't burn as many calories after we've done the same thing for 4-6 weeks.)
- Have you added weight training to your workouts? (muscle burns more calories at rest)
- Are you taking all your vitamins and supplements?
- Have you started taking any new medications that might promote weight gain?
- Have you taken your measurements? (you might be losing inches even if the scale isn't moving)

No Drinking With Meals

The rule is: **No drinking with meals or for 30 to 60 minutes after each meal.** But why??

Before surgery you had the pyloric valve at the bottom of your stomach to keep food inside the stomach while it began the digestive process. As food was digested and ready enough to be released into the intestine, the pyloric valve (a trap door, really) would open and let a small amount of food out of the stomach and into the small intestine. Digestion would continue in the stomach, the trap door would open and a bit more food would be released. And on and on... This process can take 2 to 3 hours in a normal stomach.

After RNY surgery the pyloric valve is no longer part of the newly formed pouch. It remains at the bottom of the stomach which is bypasses.... So we don't ever use the pylorus again.

With our new pouch we have to mimic the action of the pyloric valve manually and the only way to keep food in our pouch (which is basically a funnel now with **no trap door**) we have to eat dense foods and not mix it with liquid. The denser the food, the longer it can stay in the pouch. Food can stay in your pouch for up to 1.5 to 2 hours if you don't drink water. The minute you add water (or any liquid) to the mix, you are creating a "soup" that will quickly empty out of your pouch.

About **40% of the digestive enzymes** our food needs to be broken down is contained in our saliva. Our pouch does not produce gastric acid (or hydrochloric acid) anymore, so the saliva enzymes are all we have to work with here... Which is another reason why need to chew, chew, chew really well. Once food gets to the pouch, those digestive enzymes go to work on the food to begin breaking it down (mostly carbohydrates). Our pouch doesn't churn as much as our old stomach used to, but there is still some movement with that well-chewed food. The longer it stays in the pouch, the more it is broken down and prepared for the intestines to do their work of grabbing nutrients from the food. If we wash the food out too quickly, the intestines can not absorb the nutrients from the food we eat because it passes too quickly undigested. (This can also increase the risk of constipation and intestinal blockage.)

Of course with your pouch being empty **you'll get hungry sooner**. For new post-ops, this isn't necessarily a big issue because the hunger hasn't returned. But for those further out from surgery, the hunger can be ravenous and you want to keep food in that pouch for as long as possible. That's why it's recommended that the further out you are from surgery, the longer you wait to begin drinking after meals (60-90 minutes).

SO... besides all that, there's the risk of stretching the stoma (the opening between the pouch and intestines). If you have dense food that has not begun to be digested in the pouch and you drink water you are **FORCING** that dense food to be pushed through the stoma prematurely. That opening is only about the size of a ladies index finger, but if you push food through the opening before its ready to go, you'll eventually stretch that opening. This is FAR more worrisome than stretching your pouch. Once it's stretched it can become the same diameter as the pouch itself... essentially creating one big long tube that food can be packed into at meals. Basically a 20-foot long stomach.

This caution from surgeons is NOT a scare tactic. This is about biology and medical science. You have to manually do the work of the pyloric valve now that you don't have one. And it's about preparing your food so your body has the best chance of absorbing the vital nutrients it needs for survival.

Understanding the Pouch and Malabsorption

How can our RNY pouches work for the rest of our lives? Does my pouch stretch? Why can I eat so much food? How does malabsorption work? Knowing how your pouch works after surgery and tailoring your eating to accommodate it's anatomy and function will help you be a success.

Your original stomach (before surgery) could hold up to 4 liters of food (that's 16 cups!!). Your new pouch at the time of surgery was about 1oz and could hold about 2oz of food. Your surgeon made your pouch out of the least-stretchy part of your stomach (the Fundus), so it's difficult to stretch it.

BUT...

Our pouches will **GROW** over time. Yes, it's a living organ and your body tries to compensate for the rearranging we did to it and it will grow to help get in as much nutrition as possible. A mature pouch is anywhere from 6oz to 9oz in size... and can naturally stretch to hold up to 12oz of food at a time. A pouch reaches maturity at about the 2-year mark. By 6 months post-op your pouch has grown to about 2/3 of it's maturity level. Once you are a year out, your pouch is no longer 1oz in size ... it's more like 3oz or 4oz and can hold 6oz to 8oz of food.

Studies have shown that the size of your pouch has very little to do with your overall success with weight loss. Your success has more to do with how well you follow your eating and exercise plan and how well you follow the "rules of the pouch."

Also remember that your body immediately begins to compensate for the surgery. Once your body realized that a portion of your intestine has been bypassed and you aren't absorbing all the calories you're eating, it begins to figure out how to become more efficient. Your intestines grow additional villi along the intestinal wall -- the little fingerlike tentacles that grab nutrients/calories as food passes by. No, we won't ever replace those first 100-150cm where various vitamins are absorbed, so we'll always malabsorb nutrients (thus the need for lifetime vitamins and minerals). But the body figures out how to absorb all the calories we eat eventually. By the 2-year mark you're likely absorbing every single calorie you eat.

As for not feeling full -- that's perfectly normal. The nerves in our stomach were cut during surgery. These are the nerves that signal to our brain when we are full/hungry/etc. In some people those nerves repair themselves as early as 3 months post-op, but for others it might take 18 or 24 months for them to start working again. And often they don't have the same "signal strength" as they once had before surgery. So that's why it's so important to always measure/weigh the food we eat to avoid overeating.

By **ALWAYS** following the rules we were given we will always be able to effectively use the tool we have. Weight and measure your food; eat on a schedule with no grazing or unplanned snacks; protein first; NO drinking with meals -- that's a big rule that so many people get lax on the further out they get. Once we fall back into that bad habit, we have basically rendered our tool useless. But once we stop drinking with meals... we realize the pouch tool still works just fine. And that's just one of the rules we follow.... gotta keep them all at the top of our list.

So yes, I firmly believe the tool continues to work for the rest of our lives. As long as we protect it and be kind to it. But by understanding that it grows, matures and changes over time is very important when you have to adapt your behavior to what's going on inside your body.

Will I change after surgery?

Many people worry that they'll "change" after surgery. That they will become someone they don't like. Is this really something you need to worry about? Are you afraid of change? Will you change after surgery?

Yes, you are going to change.

Change is part of the process - an important part of the WLS journey.

But... HOW you change is completely up to you. This is your opportunity to make the changes you WANT to see in your life. Are you tired of hiding under your weight -- now is the chance to change that. Do you want to be more outgoing and adventurous? Do you want to be more involved in your community and make new friends? Do you want to feel more secure financially and spiritually and intellectually? Do you want to be more confident in the person you are and embrace the attitude and personality you've been hiding for too long? Do you want your relationships to be stronger and happier and more fun?

When in your life have you ever had the opportunity or excuse to make the changes in your life that you've been resisting all along? Nothing is holding you back now... not your weight, not your self esteem, not your fears. You have made the decision to have WLS. You've decided to change your relationship with food. You've decided to be more active and learn to love exercise and make it a part of your life. You've made the decision to improve the wonderful person you already are. This is a time for celebration and excitement.

Right after my surgery I joined a 10-week group therapy program offered by the psychologist who works with my bariatric center. Together we each developed our own Comprehensive Holistic Wellness Plan. We were able to set goals for every area of our lives as well as WLS specific things. It allowed me to set goals for my spiritual health, financial health, vocational health, intellectual health, emotional health and the health of my relationships. This journey is NOT all about some silly number on a scale or the size jeans we wear -- it's about becoming a healthy person from every angle of our lives.

By setting specific goals for what you want to change, you have control over the changes that will take place in your life. Share your goals with loved ones and keep a journal to track your progress. Embrace the change you want to see in your life. It's a good thing. Really.

I'm a happier person than I was a year ago. I'm happy. And I didn't even know that I wasn't happy before. Change is fantastic. You're going to love the person you become.



Recipes



Protein Shakes



Protein Shakes by EggFace

These protein shake recipes are from Michelle's blog
<http://theworldaccordingtoeggface.blogspot.com/>

Not only are there great Protein Shake recipes there, you need to check out all the other yummy concoctions she's created. She's a true foodie and after WLS she figured out how to make healthy and WLS-friendly dishes with the foods we're allowed to eat. She's a great resource.

Chocolate Monkey

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop chocolate protein
1/2 a banana

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Strawberry Banana Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop vanilla protein
1/2 banana
3 whole frozen strawberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Banana Split

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/2 banana
1/4 cup chopped pineapple
2 frozen strawberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Blueberry Bonanza Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/2 cup frozen or fresh blueberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Chocolate Covered Cherry

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop chocolate protein
10-12 frozen or fresh cherries
optional: 1 tsp. of [SF Cherry Torani Syrup](#) or a drop of cherry extract

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Silky Latte

4 oz. Silk brand Mocha soy milk
4 oz. water
1 scoop vanilla protein powder
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Silky Mocha

4 oz. Silk brand Mocha soy milk
4 oz. water
1 scoop chocolate protein powder
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Mint Chocolate Chip Protein Smoothie

4 oz. Vitasoy Peppermint Chocolate soy milk
4 oz. water
1 scoop chocolate protein powder
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Pumpkin Spice Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/4 cup canned pumpkin (chilled)
Dash of pumpkin pie spice

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Berry Berry Good Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/2 cup frozen or fresh berries (strawberries, blueberries, raspberries)

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Mochachinno

8 oz. cold coffee
1 scoop chocolate protein
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Egg Nog Protein Shake

4 oz. Silk Nog soy milk
4 oz. water
1 scoop vanilla protein
Dash of nutmeg

Place liquid in the blender first, then powder. Blend on low then high till well blended. Dash of nutmeg on top.

Pina Colada

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/4 cup pineapple
1 Tbs. [SF Coconut Torani Syrup](#) (I've also used 2 T. of unsweetened coconut from the health food store or Baker's catalog)

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Peanut Butter Cup

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop chocolate protein powder
1 Tbs. peanut butter (smooth or chunky)
2-3 ice cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Cherry Vanilla Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop vanilla protein
5-6 maraschino cherries
1 Tbs. [SF French Vanilla Torani Syrup](#)

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Chocolate Caramel Protein Shake

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop chocolate protein powder
1 Tbs. [SF Caramel Torani Syrup](#)
3 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Blueberry Banana Protein Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop vanilla protein
1/2 cup frozen blueberries
1/2 banana

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Strawberry Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop vanilla protein
3-4 Frozen Whole Strawberries

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Lemon Meringue Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1 T. SF Jello Lemon Pudding Powder
2 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Green Giant

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1 T. SF Jello Pistachio Pudding Powder
2 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Butterscotch Shake

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1 T. SF Jello Butterscotch Pudding Powder
2 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Strawberry Cheesecake Shake

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1 T. SF Jello Cheesecake Pudding Powder
3-4 Frozen or Fresh Strawberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Vanilla Spice Protein Shake

4 oz. Silk Spice soy milk
4 oz. water
1 scoop vanilla protein powder
Dash Cinnamon
Dash Nutmeg
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Chocolate Almond Protein Smoothie

4 oz. vanilla soy milk
4 oz. water
1 scoop chocolate protein powder
1 T. Almond Butter
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Mango Madness Protein Smoothie

4 oz. water
4 oz. vanilla soy milk
1 scoop vanilla protein powder
1/2 cup fresh or frozen mango chunks
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Banana Joe Protein Shake

4 oz. water
4 oz. vanilla soy milk
1 scoop vanilla protein powder
1/2 banana
1/2 shot of espresso or 1/4 cup fresh coffee or 1 tsp instant coffee
1/4 tsp ground cinnamon
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Carrot Cake Protein Shake

4 oz. water
4 oz. Silk Spice soy milk (if you use Vanilla or Plain Milk add more cinnamon and nutmeg)
1 scoop vanilla protein powder
1/2 cup frozen sliced carrots
1 Tablespoon Cream Cheese
Dash Cinnamon
Dash Nutmeg

Place liquids in the blender first, then powder, then additions. Blend on low then high till well blended.

Mango Banana Protein Lassi

4 oz. vanilla soy milk
4 oz. water
1/4 cup Greek yogurt
1 Tbs. [SF Vanilla Torani Syrup](#)
1 scoop vanilla protein powder
1/2 Banana (fresh or frozen)
1/2 cup fresh or frozen mango chunks
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Banana Protein Smoothie

4 oz. water
4 oz. vanilla soy milk
1 scoop vanilla protein powder
1/2 Banana (fresh or frozen)
Dash Cinnamon
Dash Nutmeg
2-3 Ice Cubes

2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Mocha Banana Joe Protein Shake

4 oz. water
4 oz. vanilla soy milk
1 scoop Chocolate protein powder
1/2 banana
1 tsp [instant espresso powder](#)
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Mocha Joe Protein Shake

4 oz. water
4 oz. vanilla soy milk
1 scoop Chocolate protein powder
1 tsp [instant espresso powder](#)
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Peach Cobbler Protein Shake

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/4 cup frozen sliced peaches
dash cinnamon
dash nutmeg
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended

Mango Banana Protein Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/4 cup frozen mango chunks
1/2 a banana
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Gingersnap Protein Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1/2-3/4 teaspoon ground ginger
1 Tablespoon Starbuck's SF Cinnamon Dolce Syrup
dash of cinnamon
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Protein Drinks from Susan Marie
www.BariatricEating.com

CHOCOLATE PEANUT BUTTER SMOOTHIE

12 ounces of water
12 ice cubes
1 scoop Protein Delite, Alpine Chocolate
1 teaspoon of peanut butter

Place all ingredient in blender and process until thick.

BANANA PROTEIN NOG

1 scoop Matrix Simply Vanilla protein powder
1 cup skim milk
A one inch chunk of banana
1/8 teaspoon nutmeg
1/2 teaspoon vanilla

Place all ingredients in blender and process until smooth.

CAFÉ KAHLUA

1 scoop Elite Café Mocha protein powder
1-2 cups cold decaf coffee
1-2 tablespoons DaVinci sf Kahlua syrup
Ice

Stir or shake until well mixed.

NECTAR PROTEIN COCKTAIL

Makes 64 ounces of drink mix

Serving Size 12 ounces, calories 120, protein 18g, carbs 0, fat 0

1 tub Crystal Light

4 scoops Nectar, fruit juice flavored whey isolate

Prepare the Crystal Light in a plastic pitcher using 64 ounces of water, or to your taste. Using a silicon whisk or large spoon, blend in 3-4 scoops of Nectar. Keep chilled and consume within 24 hours of preparation to ensure freshness. Stir before pouring as some settling occurs. Great flavor combinations include:

Crystal Light Fruit Punch and Nectar Twisted Cherry

Crystal Light Sunrise Orange and Nectar Fuzzy Navel

Crystal Light Pineapple Orange and Nectar Fuzzy Navel or Caribbean Cooler

Crystal Light Peach Tea and Nectar Lemon Tea

Crystal Light Raspberry Lemonade and Nectar Roadside Lemonade, Strawberry Kiwi or Twisted Cherry

Crystal Light Pineapple Orange and IsoFruit Delite Pineapple

Lipton SF Green Tea Honey Lemon and IsoFruit Delite Apple

CINNAMON NOG

1 scoop IDS Cinnamon-Vanilla protein powder

1-2 cups cold water

1-2 tablespoons DaVinci sf eggnog syrup

1-inch chunk banana

Dash nutmeg

Process in blender until smooth.

HAZELNUT CAPPUCINO

1 scoop Nectar Cappuccino protein powder

1 cup cold decaf coffee

1-2 tablespoons DaVinci sf hazelnut syrup

Ice

Process in blender until smooth and creamy.

PROTEIN FRUIT SMOOTHIE

1 scoop Protein Raspberry Yogurt protein powder
1-inch chunk banana
2-3 strawberries or ¼ cup blueberries
½ cup no sugar added vanilla yogurt
Ice

Process in blender until smooth.

PUMPKIN SPICE SHAKE

1/4 cup pumpkin puree, unsweetened
2 tablespoon Splenda Granular
pinch of salt
1/8 teaspoon cinnamon
1/8 teaspoon ginger
scant 1/8 teaspoon cloves
OR 1/2 teaspoon pumpkin pie spice instead of other separate spices
1 cup milk or soymilk
1 scoop Matrix Vanilla protein powder
1/4 cup frozen Cool Whip or no sugar added Vanilla Ice Cream
1 - 1 1/2 cups ice

Process in blender until smooth. Drizzle with sugar free Cinnamon Bliss caramel sauce, if desired.

BUTTERCREAM TOFFEE VANILLA LATTE

2-3 ounces crushed ice
4 ounces Micellar Milk Vanilla
2-3 ounces water
1/2 packet Big Train Vanilla Latte mix
1/2 scoop Elite Buttercreme Toffee protein powder

Process in blender until smooth. Garnish with SF Cool whip or Redi-whip, if desired.

CHOCO-VANILLA PROTEIN SHAKE

1 scoop IDS Belgian Chocolate protein powder
1 scoop IDS Cinnamon-Vanilla protein powder
1 cup milk
½ cup water
Ice
Mix until smooth

CREAMY FUZZY NAVEL

1 scoop Nectar Fuzzy Navel protein powder
½ cup fat-free milk
½ cup no sugar added peach or vanilla yogurt
3-4 ice cubes

Process in blender until smooth and thick.

DREAMSCICLE

1 scoop Matrix Simply Vanilla protein powder
1 cup water
1-2 tablespoons DaVinci sf orange syrup

Mix until smooth.

CHOCOLATE COVERED CHERRIES PROTEIN SHAKE

1 scoop Nectar Cappuccino Latte protein powder
6 ounces milk
1-2 tablespoons DaVinci sf chocolate syrup
1-2 tablespoons DaVinci sf cherry syrup
6 ice cubes

Process in blender until smooth.

CHOCOLATE COVERED BANANA PROTEIN SHAKE

1 scoop chocolate protein powder
1-inch chunk banana
1 cup skim milk
1-2 teaspoons peanut butter

Process in blender until smooth.

VANILLA STRAWBERRY PROTEIN SHAKE

1 scoop Elite Vanilla protein powder
½ - 1 cup skim milk
5 frozen strawberries
1 teaspoon Splenda

Process in blender until smooth.

TANGY ORANGE PROTEIN SHAKE

1 scoop Matrix Orange Cream protein powder
1-2 cups prepared Crystal Light Sunrise Orange
1-2 tablespoons DaVinci sf vanilla syrup
Ice

Process in blender until smooth.

ROOT BEER FLOAT PROTEIN SHAKE

1 scoop Matrix Simply Vanilla protein powder
2 cups water
2 tablespoons DaVinci sf root beer syrup
1 teaspoon vanilla extract
6 ice cubes

Process in blender until smooth.

BERRY CHEESECAKE PROTEIN SHAKE

1 scoop Protein Delite Vanilla Very Berry powder
2 cups ice
2 tablespoons half & half
1 tablespoon fat free cream cheese
Process in blender until smooth.

Protein Shake Recipes

<http://forum.bodybuilding.com>

From the Nutrition Forum

WARNING: These recipes are from a body building website and designed for body builders. But they could also work for weight loss surgery post-ops. Definitely check to make sure the ingredients are right for your diet plan before you try them. If nothing else, there are certainly some creative combinations here that could spark your imagination for protein shakes.

Berry Good Shake

Ingredients:

Mix 2 scoops of Raspberry Yogurt Protein Delite or other protein

4 strawberries

15 blueberries

16 ounces of nonfat milk

1.2 cup of ice cubes.

It is so good that you should serve it with a little umbrella in it!

Strawberry Nut Shake

Ingredients:

Mix 2 Scoops of Vanilla Isolean or other protein with

1 cup of fat-free strawberry yogurt

6 shredded macadamia nuts.

Plub Ice Shake

Ingredients:

Mix 2 scoops of Vanilla Scipro or other protein with

1 ripe plum (pitted)

juice of 1 lemon

16 ounces of ice water

1.2 cup of ice cubes.

Chocolate Coffee Shake

Ingredients:

Mix 2 scoops of Alpine Milk Chocolate Protein Delite or other protein with:

1 cup of skim milk

5 ice cubes

1 cup of water

1 spoonful of instant coffee!

Tastes like a gourmet concoction!

Plum-Lemon Cooler

Ingredients:

2 scoops vanilla flavor whey protein powder (Whey Best, Scipro)
1 ripe plum, pitted
juice of 1 lemon
1 tablespoon multi-vitamin powder
16 ounces ice water
1/2 cup ice cubes

Wild Berry Boost

Ingredients:

2 scoops vanilla flavor whey protein powder (Whey Best, Scipro)
8 raspberries
4 strawberries
15 blueberries
16 ounces nonfat milk
1/2 cup ice cubes

Peanut Butter Chocolate Truffle

Ingredients:

2 scoops chocolate flavor whey protein powder (Whey Best, Scipro)
1 teaspoon creamy peanut butter
16 ounces nonfat milk
1/2 cup ice cubes

Peanut Brittle Protein Shake

This is a delicious favorite I discovered quite by accident as I sat staring at my "boring" vanilla protein powder and wanting something sweet. This mimics peanut brittle only in taste. It won't send your blood sugar soaring and it's a fun way to get in some healthy unsaturated fat.

Ingredients:

2 scoops vanilla protein
1 tbsp sugar-free instant butterscotch pudding mix, dry
1 tbsp natural peanut butter, chunky
8 oz. cold water or lowfat milk.
3-6 ice cubes

Directions:

Add all ingredients to blender, blend, and serve. I like to add the peanut butter in last so it stays a little chunky, just like the peanut brittle it is replacing.

Nutritional Information for added ingredients (excludes milk & protein powder):

Per Serving:

Calories - 108 , Carbs - 6 g , Protein - 4g , Fat - 8 g , Fiber - 1g

The Hulk

This is a pistachio flavored shake that I came up with one busy morning for my son. He loved it because it was green and walked around the rest of the day doing lat spreads that "ripped" his shirt. I loved it because it only added 19 calories to my protein shake.

Ingredients:

2 scoops vanilla protein
1 ½ tbsp sugar-free pistachio pudding mix
1 mint leaf or a few drops peppermint extract (optional)
1 few drops green food coloring (optional)
8 oz. cold water or low-fat milk
3-5 ice cubes

Directions:

Add all ingredients to blender, blend, and pour into cup. This tastes great without the mint so don't worry if you don't have it around. The shake is a light green even without the food coloring but if you want it green (like The Hulk!), you'll need a few drops.

Nutritional Information for added ingredients (excludes milk & protein powder):

Cinnamon Roll Protein Shake

Ingredients:

2 scoops vanilla protein powder
1 tbsp sugar-free instant vanilla pudding
1/4 tsp cinnamon
1/2 tsp imitation vanilla (or 1/4 tsp extract)
1 packet artificial sweetener
a few dashes butter flavor sprinkles or butter-flavor extract
8 oz. water (or low-fat milk)
3 ice cubes

Directions:

Add all ingredients to blender, whip, and serve.

Nada Colada Protein Shake

Ingredients:

2 scoops vanilla protein powder
1/2 c pineapple-orange juice*
1/4 tsp rum extract
1/4 tsp coconut extract (or 2 tbsp shredded coconut)
1 packet artificial sweetener
4 oz. water (or low-fat milk)
3-6 ice cubes

Low-carb version: Omit juice and use 1/2 tsp sugar-free pineapple-orange drink mix (dry). Increase water or milk to 8 oz.

Directions:

Add all ingredients to blender, whip, and serve.

Banana Delight

Ingredients:

8 oz. pure water
1/2 banana (frozen)
2 oz. protein of choice
2 tsp. flax seed oil

Blueberry Dream

Ingredients:

10 oz. Pure water
1/2 cup fresh or frozen blueberries
1.5 oz. protein of choice
2 tsp. flax seed oil
15 drops liquid stevia (optional)

Fat Burning Peaches and Cream

Ingredients:

8 oz. pure water
1 ripe peach
2 tbs. low fat sour cream
8 drops liquid stevia (optional)
1.5 oz protein of choice

Quick Start

Ingredients:

3 oranges (fresh juiced only, NOT canned or bottled)
6 drops liquid stevia (optional)
1 oz. protein of choice

Tropical Treat

Ingredients:

8 oz. pure water
1/2 banana (frozen)
2 tbs. low fat sour cream
1 tsp. coconut extract
10-15 drops liquid stevia (optional)
1.5 oz. protein of choice (vanilla flavor)

Tropical Pleasure

Ingredients:

8 oz. pure water
1/2 tsp. pineapple extract
1/2 tsp. coconut extract
1 tbs heavy cream
1/2 frozen banana
1 heaping scoop (1 oz) Protein
Stevia or Agave to taste (optional)
2-3 ice cubes (optional)

Chocolate Almond Delight

Ingredients:

10-12 oz. pure water
15 raw almonds
1/2 tsp. coconut extract
1.5 oz protein of choice (chocolate flavor)
Stevia to taste (optional)
3-5 ice cubes (optional)
(first, blend the almonds until creamy smooth in 1/2 the water, then add the rest of the ingredients)

Chocolate Lovers

Ingredients:

12 oz pure water
1 tsp. pure cocoa powder
2 tbs. low fat sour cream
10-15 drops liquid stevia
2 oz. protein of choice (chocolate flavor)
2 tsp. flax seed oil

High Energy Shake!

Ingredients:

10 oz pure water
10 strawberries (Fresh or Frozen)
1 tbs. flax seed oil
1/2 tsp vanilla extract
1 heaping scoop (1 oz) of protein of choice
Stevia to taste (optional)
2-3 ice cubes (optional)

Super Slimmer

Ingredients:

8 oz. pure water
1 tbs. flax seed oil
1/2 ripe peach (peeled)
6 frozen strawberries
1 heaping scoop (1 oz) of protein of choice
Stevia to taste (optional)

Chocolate Banana Shake

1 to 2 scoops of chocolate protein powder
6 to 8 ounces of water
4 to 6 ice cubes
8 strawberries
Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Chocolate Strawberry Blast

1 to 2 scoops of chocolate protein powder
6 to 8 ounces of water
4 to 6 ice cubes
8 strawberries
Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Vanilla Banana Creamy

1 to 2 scoops of vanilla protein powder
6 to 8 ounces of water or whole (or 2%) milk
6 ice cubes
1 banana
Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Raspberry Chocolate Thick

1 to 2 scoops of chocolate protein powder
6 to 8 ounces of whole (or 2%) milk
6 ice cubes
8 raspberries
Mix in a blender on medium for 1 minute. Pour into a tall glass. Drink or eat with a spoon!

Orange Creamsicle

1 to 2 scoops of vanilla protein powder
6 to 8 ounces of water
4 to 6 ice cubes
1 to 2 peeled oranges
Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Blueberry Blaster

1 to 2 scoops of vanilla protein powder

6 to 8 ounces of water

4 to 6 ice cubes

20-30 blueberries

Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Mocha Surprise

Save some leftover coffee and add about 1/2 cup to your next chocolate shake. Adds 0 calories but lots of taste.

Orange Tangy

Add a dash of sugar free Tang to a vanilla protein shake. Adds less than 10 calories and brings back childhood memories of enjoying the real thing.

Grasshopper

A few drops of mint extract will turn your chocolate shake into a chocolate mint treat.

Eggnog

Add a dash of cinnamon, a dash of nutmeg and a sprinkle of butter buds to a vanilla shake to create a eggnog flavor.

Protein Shakes Compiled by *OH Member "Unconventional Beauty"*

Apple Pie Frosty

1 1/2 scoops vanilla protein powder
1 apple, peeled, cored, and sliced (or 1/2 C no-sugar-added applesauce)
2 packets Splenda
1/2 t cinnamon
1/4 t nutmeg
3/4 C water
8-10 ice cubes
Blend thoroughly and drink up

Butterscotch Pecan Liquid Pie

2 scoops vanilla protein powder
8 oz. cold water
2 T SF butterscotch pudding mix
4-5 ice cubes
1/4 C pecans
Blend protein powder, water and pudding mix. (The pudding mix thickens the liquid considerably). Add ice cubes and blend till ice slivers. Add pecans and blend again for a few seconds. Pour into nice huge parfait glass and enjoy. (about 300 calories). If you want more pecan flavor, add a little pecan flavoring, but buy quality flavoring. Some of the flavorings that are cheap taste bitter and leave a funny aftertaste.

Cherry Vanilla Protein Shake

1 scoop vanilla powder
1/2 c. SF cherry yogurt
ice
water
vanilla & cherry extract (to taste)
Put all of it in a blender and hit liquefy! Enjoy

Choco Mint Shake

1 1/2 scoops chocolate protein powder
1 packet SF hot chocolate mix
1 t. mint flavoring
1/2 c. of soy milk
1/2 c. of water
6 large ice cubes
Put all ingredients into blender and mix to desired consistency. Serve cold.

Chocolate Almond Shake

2 scoops chocolate

1 c. of soy milk

2 T. SF chocolate syrup

1 t. almond flavoring

1/4 c. of almonds

6-8 ice cubes

Blend all ingredients, except almonds and ice cubes, then add nuts and cubes and blend again

Chocolate Banana Peanut Butter De-Lite

3/4 c. cold water

1/4 c. Toasted Marshmallow s/f syrup

2 scoops chocolate protein powder

4 packets equal

1/2 small banana

1T. low sugar Peanut Butter

1T. SF White Chocolate Instant Pudding Mix

Put everything in blender and whirl till smooth. Scrape down sides if necessary and whirl some more.

Chocolate Banana Smoothie

1/2 c. banana FF NutraSweet Sweetened Yogurt

1/2 c. Non-fat Milk

1/2 c. ripe banana peeled and sliced

Dash of Vanilla

1 Scoop Chocolate Protein Powder

Put all ingredients except ice in blender, blend until smooth. Add ice and blend to give it a frozen smoothie consistency.

Chocolate Coconut Shake

2 oz. Coconut Milk

6 oz. Cold Water

2 scoops chocolate protein powder

1 t. Chocolate or Banana SF pudding

Hand Shake well.

Chocolate Covered Banana

1 scoop chocolate protein powder

1/2 c 1% milk

splash of SF chocolate syrup

1/2 banana

4 maraschino cherries

2 handfuls ice

Blend

Chocolate Covered Cherry Shake

1 1/2 scoops chocolate protein powder

1 c. soy milk

2 T. SF chocolate syrup

10-12 cherries - (no pits please)

8-10 ice cubes

Put all ingredients into blender and mix to desired consistency

Chocolate Frosty Shake

1 rounded scoop chocolate protein powder

1 rounded t. FF/SF French Vanilla International Coffee

1 rounded t. FF non-dairy coffee creamer powder

10 ice cubes

Use a blender to get a shake-like consistency

Chocolate Fudge Shake

2 scoops chocolate protein powder

2 T. chocolate fudge SF pudding mix

8 oz. water

5 large ice cubes

Blend protein, pudding and water, add ice cubes, blend till crushed with ice slivers still unmelted, pour into insulated c..

Chocolate OrangeSicle

1 1/2 scoops chocolate protein powder

1/2 Scoop OrangeSicle protein powder

8 oz. water

Shake very well

Chocolate Peanut Butter Death

2 scoops chocolate protein powder

8 oz. cold water

2 t. Chocolate SF Pudding Mix

1 packets Splenda

1 Generous splash (probably 1 1/2 oz.) of SF DaVinci Peanut Butter Syrup

1 Generous splash (probably 1 1/2 oz.) of SF DaVinci Cookie Dough Syrup

1 Heaping T. (dollop) of FF Cool Whip Light

1 Heaping T. of Reduced Fat Creamy Peanut Butter

approx. 6 oz. of crushed ice

Mix until entirely smooth - pour - sit back and enjoy pure indulgence

Chocolate Peanut Butter Shake

1 scoop chocolate protein powder

1 T. peanut butter

1 c. skim milk

2 handfuls ice

Chocolate Raspberry Shake

2 scoops chocolate protein powder

8 oz. water(or skim, lactaid or soy milk)

SF raspberry syrup

Blend and enjoy

Chocolate Vanilla Swirl

1/2 scoop chocolate protein powder
1/2 scoop vanilla protein powder
splash Vitamite
splash water
ice
Blend thoroughly

Chocolate-Banana Shake

1 scoop chocolate protein powder
1/2 banana
1 c. skim milk
2 handfuls ice
Blend thoroughly. Hint: if you can't use a banana, try banana extract. tastes good!

Cinnamon Dolce (Starbucks) Latte

Use SF Starbucks Cinnamon Dolce Syrup. Heat light soy milk and decaf coffee. Add a scoop of chocolate protein powder (before it got too hot or it will scorch the protein). Mix and add 4 squirts of cinnamon syrup and a small dollop of Whip Cream.

Coco Loco

1 1/2 scoops 100%Whey Vanilla Protein powder
4 oz. Vitamite
6 packets Splenda
splash Luzianne Peach Mango Ice Tea flavoring
2 drops Coconut extract
2 drops Pineapple extract
1 drop Rum extract(optional)
5 ice cubes
Blend and chop ice thoroughly

Cookies & Cream

Splash of Cookies & Cream coffee
Splash of Vitamite
Splash of water
1 t. SF DaVinci Chocolate Chip Cookie Dough Syrup (optional)
1/3 scoop ProBlend 55 mocha/cappuccino
1/3 scoop chocolate protein powder
1/3 scoop Pro vanilla protein powder
ice
Blend

Creamy Peach Melba

6-8 frozen peach slices
4-6 oz. water
1 T. peach mango Luzianne Tea Flavor
1 t. DaVinci Raspberry flavor
2 packets Splenda
1 T. heavy cream
2 scoops Keto Peaches & Cream Protein Powder
Blend peaches, water, flavorings, & Splenda until liquid. Add protein powder. Drizzle in cream last. Blend well.

Donna's Delicious Protein Smoothie

6 to 8 oz. sunrise orange crystal light (premade)

3 ice cubes

3 frozen raspberries

1 scoop of vanilla protein powder

optional: T. of light cool whip

Mix crystal light with the ice cubes and frozen raspberries, add the scoop of vanilla protein powder and mix only for a few seconds (mixing the protein too much causes it to foam)

Double Chocolate Fudge

1/2 c. skim milk

1 packet, no sugar added hot cocoa mix

1 scoop Chocolate protein powder

4 ice cubes (or 1/2 - 1 c. crushed ice)

Mix in blender.

Egg Nog

1 scoop of vanilla protein powder

1 c. of soy milk

1 t. of rum extract

1/2 t. of all spice

4-6 large ice cubes

Put all ingredients into blender and mix to desired consistency. Serve cold.

Elvis IS IN MY KITCHEN RIGHT NOW making a PB & J Milkshake

2 scoops ProScore Vanilla Protein Powder

1 t. vanilla SF instant pudding

8 oz. cold water

1 t. or to taste berry, raspberry or peach (or other) SF syrup

3-5 ice cubes

1 t.. crunchy peanut butter

Combine the protein powder, pudding, and SF syrup into blender and blend for 30 seconds.

Add 3-5 ice cubes, blend until ice slivers, add crunchy peanut butter, blend for a few seconds. Pour into 16 oz. glass. Eat with a small silver spoon, savoring each spoonful.

Extra Spicy ProScore Mocha Chai

2 oz. of any strong (i.e. Starbucks) left-over cold coffee with half & half
piece of fresh ginger

4-5 cloves

few peppercorns

1 oz. cold strong unsweetened Chai tea

4-5 ice cubes

2 scoops Chocolate Protein Powder

pinch nutmeg

splash vanilla extract

in a COLD blender, add cold coffee, ginger, cloves, peppercorns, cold Chai tea. Blend, adding 4-5 ice cubes one at a time until ice cubes are broken up. Add 2 scoops protein powder while blender is moving. Add cinnamon, nutmeg and vanilla extract.

Frappachino

1 T. instant coffee or a splash of cold coffee
1 scoop chocolate or vanilla protein powder
2 handfuls ice
1/2 c. skim milk
blend thoroughly.

Frappuccino On-the-Go

1/2 can Blue Luna light mocha (or Starbucks light Frappachino brand)
1 scoop chocolate protein powder
Shake in Blue Luna can and pour over ice.

Fruit Freeze

1/2 c. skim milk (substitute water if you don't do milk)
1 scoop unflavored protein powder
5 strawberries, frozen, no added sugar
2 peaches, frozen, no added sugar
1/4 c. pineapple, canned, packed in juice (or Lite syrup)
4 ice cubes (or 1/2 - 1 c. crushed ice)
Mix in blender.

Fruit Smoothie

1/2 c. fresh squeezed orange juice
4 fresh strawberries frozen and sliced
1/2 fresh banana frozen and sliced
1 scoop Vanilla or Strawberry protein powder of choice
Put all ingredients except ice in blender and blend until smooth. Add ice and blend until frozen smoothie consistency.

Fudgesicle

1 1/2 scoops chocolate protein powder
12 oz. cold water
10 packets Splenda
1 SF fudgesicle
1/2 oz. DaVinci SF vanilla syrup 6 ice cubes
Put all ingredients except protein into blender. Blend on high. Add protein-replace cover and whirl-but not too high or it will puff up to about 40 oz.!

Good Morning Smoothie

1 small banana
3/4 c. skim milk
1/2 c. non-fat SF strawberry yogurt
1/4 c. fresh squeezed orange juice
1 scoop vanilla protein powder of choice
Put all ingredients except ice in blender and blend until smooth. Add ice and blend until frozen fruit smoothie consistency.

Iced Mocha/Kahlua Frappacino

8 oz. of milk
1 decaf Folgers coffee tea bag
3/4 scoop of choc protein powder
1 small dab of SF kahlua Da Vinci syrup
optional squirt of light whipping cream

Iced Mocha Latte

2 scoops chocolate protein powder
leftover cold coffee (decaf Hazelnut)
1 T FF SF vanilla pudding mix
a splash of SF hazelnut coffee syrup and a few ice cubes
Blend

Latte

4 oz. of milk or soy milk
6 squirts of any SF flavoring
6-8 oz. of decaf coffee
Light whipping cream
Cinnamon or nutmeg

Light and Dark Symphony

1 scoop Mocha Cappuccino protein powder
splash coffee
splash water
ice
Blend thoroughly for light symphony; for dark add 1 T. white chocolate SF syrup.

Luscious Pina Colada

2 scoops vanilla protein powder
2 T vanilla SF pudding mix
dash of coconut flavoring
dash of pineapple flavoring
ice
Blend and enjoy

Mango Morning Smoothie

Juice of 1/2 of a fresh lime
2oz. cold water
meat of 1 mango
small piece fresh ginger
1 t. vanilla extract (or almond extract)
7-8 ice cubes
2 scoops vanilla protein powder
Blend lime juice, cold water, meat of mango, ginger and vanilla extract until smooth. When blended, add 7-8 ice cubes, one at a time until blended. Add ProScore Vanilla protein powder one scoop at a time while blender is still moving. You can substitute soy milk instead of water and soy ice cubes instead of plain ice, but you will need to watch calories with those substitutions.

Mocha, Ginger & Cinnamon

2 scoops chocolate protein powder
4 oz. left-over coffee with half & half
a few good sprinkles of cinnamon
small piece FRESH ginger
6-8 ice cubes

Blend on low, then on high. Add about 6-8 ice cubes, one at a time - chuck each one HARD into the blender while blending. Blend until creamy.

Old Fashioned Vanilla Ice Cream Shake

1 1/2 scoop GNC 100% Whey Vanilla Protein Powder
4-5 packets of Splenda
1 capful DaVinci's SF Vanilla Syrup
5 oz. Vitamite
lots of ice cubes

Blend syrup, Splenda, and Vitamite together. Add protein powder; blend until mixed. Add ice and blend until chopped well.

Orange & Cream Shake

8 oz. (or less if you wish) Stewart's Diet Orange & Cream Soda
splash Vitamite
1 scoop ProV60 Vanilla Cream protein

Blend extra thoroughly with ice to get rid of all of the carbonation.

Orange Banana Smoothie

1/2 c. cold water
1/2 c. pulp free OJ
1/2 banana sliced
1 rounded scoop Keto Shake Orange Crème protein powder
1 rounded scoop Keto Shake Banana Crème protein powder
1 c. ice

Blend all ingredients except ice until smooth. Add ice, blend until smoothie consistency.

Orange Julius

8 oz. non-fat plain yogurt
1 can (6 oz.) Frozen Orange Juice Concentrate
2 1/2 c. skim milk
1 T. vanilla extract
2 scoops Protein Powder of your choice

Put ingredients in blender, blend until smooth, fruit smoothie consistency.

Orange Julius Ain't Got Nothing On Us Smoothie

2 Scoops vanilla

6 oz. water

1 T SF vanilla pudding mix

1/4 c real orange juice (preferably hand squeezed with pulp, or from store with pulp)

1 t good vanilla flavoring

3-4 ice cubes

Blend all ingredients except ice cubes. Cold water will cause pudding mix to thicken. Add ice cubes and blend till ice slivers. Pour into tall glass and use straw to sip, dainty, a little at a time, really taste it. Don't guzzle (grin)

Peach Creamsicle

6 oz. Crystal Lite Peach Tea

2 T. SF Instant Vanilla Pudding

100% Whey Vanilla Protein Powder

6 packets Splenda

ice cubes

Blend thoroughly

Peach and Strawberry Yummy

3 slices frozen peaches (or 1/2 frozen banana)

3 good sized frozen strawberries

1/4 - 1/2 c. water

1 packets Splenda

1 rounded scoop ProBlend55 Alpine Vanilla

Blend

Pina Colada Smoothie

8 oz. can refrigerated crushed pineapple in natural unsweetened juices

1 T. coconut flavoring

1/2 c. crushed ice

1 packet artificial sweetener

1 scoop vanilla protein powder of choice

Combine in blender and blend for 2 minutes on high

Pineapple Vanilla Ginger Shake

Meat from 1/2 SMALL COLD pineapple

enough cold water to blend

small piece of fresh ginger

5-6 ice cubes

2 scoops Vanilla Protein Powder

cinnamon

fresh mint

In a blender put meat from pineapple, enough COLD water to blend, and ginger. Blend until smooth. Add 5-6 ice cubes, 1 piece at a time and blend until creamy. Add 2 scoops of Vanilla while blender is in motion (OK to substitute different brand). Pour into a brandy glass, sprinkle a bit of cinnamon on top and add a piece of fresh mint.

Root Beer Float

1 scoop vanilla protein powder
1 can diet root beer
Mix thoroughly and pour over ice

Root beer Float

2 scoops Vanilla Carb Solutions Protein Powder
1 12 ounce can Diet Root Beer (A&W is best) open and let soda go flat
4 or 5 ice cubes
2 envelopes
Splenda

S'Mores

splash coffee (optional, but really does taste better!)
splash Vitamite
splash water
DaVinci SF Toasted Marshmallow syrup (to taste)
Chocolate protein powder
Sans Sucre Cinnamon Sugar (to taste)
ice
blend thoroughly

Snicker

splash Snicker doodle coffee
splash Vitamite
splash water
chocolate protein powder
ice
Blend thoroughly. Don't have Snicker doodle coffee? Substitute regular coffee, SF hazelnut syrup and the SF cinnamon sugar. This one is excellent!!!!

Snickers Candy Bar

splash chocolate caramel coffee
splash Vitamite
splash water
1 t. peanut butter or SF peanut butter syrup
chocolate protein powder
ice
Blend thoroughly. Don't have chocolate caramel coffee? You can substitute it with regular coffee, SF caramel syrup, SF chocolate syrup (optional) if you want even more of a chocolaty taste.

Strawberry Berry Berry

1 scoop of Strawberry Pro Blend 55
4 strawberries (frozen or fresh)
1/4 c. of blueberries
1 c. of cranberry juice
1 c. ice or crushed ice
Put all ingredients into blender and mix to desired consistency. Serve cold.

Strawberry Chocolate Milk

2 Scoops Strawberry Carb Solutions

1 Scoop (use the Carb Solutions scoop) Carnation FF Hot Cocoa

14 oz. water

Mix in blender with ice for a "shake" or shake in shaker for a more milky consistency

Strawberry for Protein Dummies

10 frozen strawberries

1/2 small banana

1 scoop (23g) Biochem's Ultimate LO Carb Whey (Natural Flavor)

8 oz. Water

1/3 c. Carnation Nonfat Dry Milk

Splenda to taste

Tropical Breakfast Smoothie

1 c. fresh cut-up strawberries

8 oz. pineapple chunks in natural juice

1 fresh banana sliced

1/2 c. cholesterol free egg product

1 scoop vanilla protein powder of choice

Put all ingredients except ice in blender, blend until smooth, add ice and blend to frozen smoothie consistency. This recipe yields more than one serving

Two Berry Delight

1 c. frozen or fresh strawberries

1/2 c. raspberries

1/2 c. water

1 c. ice

1 packet of sweetener

1/2 c. milk

1 c. orange juice

vitamins or protein powder

Put all ingredients except ice in blender and blend until smooth. Add ice and blend to give it a frozen smoothie consistency

Vanilla Butterscotch

8 oz. cold water

2 scoops vanilla protein powder

1T butterscotch SF pudding

4 ice cubes

1 T vanilla SF pudding

4-5 ice cubes

Blend well. Will taste like custard.

Vanilla Chai

Vanilla protein powder

8 oz. iced Chai tea (made from tea bag and refrigerated)

dash of cinnamon

little Splenda

splash of soy milk

Blend and enjoy

Vanilla Frosty

1 1/2 scoops vanilla protein powder
1/2 to 1 container Dannon Fit and Light yogurt)any flavor)
3/4 c water or soy milk
10-12 ice cubes
Blend in blender until the consistency of a Wendy's frosty

Vanilla PB Fruity

2 scoops vanilla protein powder
1 T. SF vanilla pudding mix
8 oz. water
1 T. or to taste berry/raspberry/peach or other SF syrup
3-5 ice cubes
2 t. crunchy peanut butter
Blend before adding peanut butter. Add peanut butter and blend again till ice slivers.

Vanilla Spice Freeze

2 scoops vanilla
2 T vanilla SF pudding mix
pinch of cinnamon
pinch of cloves
Blend, store in freezer until it gets thick.

Vanilla Vanilla citrus

2 oz. of refrigerated water
1/4 lime, (including rind) cut up in about 4-6 pieces
Piece of fresh ginger to taste
1/2 t. vanilla
Chuck in about 6 cubes, one at a time, till dissolved, add 2 scoops of vanilla protein powder.
Swirl in a little cinnamon. Add all except ice, ProScore and cinnamon. Blend. Add remaining ingredients and blend again.

White Chocolate Mouse Mocha Frappachino

splash Vitamite
splash water
1 scoop Mocha Frappachino protein powder
1/2 t. SF Jell-O White Chocolate Mouse Pudding
handful of ice
Blend thoroughly, sweeten to taste (Optional)



Recipes



Protein Ice Cream



Protein Ice Cream Recipes From Eggface

www.theworldaccordingtoeggface.blogspot.com

Shelly's Chocolate Caramel Protein Ice Cream

- 1 cup Vanilla Soy Milk (or Regular Milk)
- 2 scoops Chocolate Protein Powder
- 1 Tablespoon Sugar Free Torani Syrup (I used SF Caramel)
- 1 teaspoon Sugar Free Caramel Sauce (I used Smucker's)

Sundae toppings: Land o' Lakes SF Whipped Cream, Chopped Walnuts, Smucker's SF Hot Fudge Sauce, and a Maraschino Cherry

Shelly's Toasted Coconut Protein Ice Cream

- 1 cup Vanilla Soy Milk (or Regular Milk)
- 2 scoops Vanilla Protein Powder
- 1 Tablespoon Sugar Free Torani Syrup (I used SF Coconut)
- 2 Tablespoons Unsweetened Coconut, Toasted

Sundae toppings: SF Caramel Sauce, Land o' Lakes SF Whipped Cream, more Toasted Coconut and a Maraschino Cherry

Shelly's Pistachio Protein Ice Cream

- 2 Tablespoons Sugar Free Pistachio Pudding Mix
- 1 cup Vanilla Soy Milk (or Regular Milk)
- 2 scoops Vanilla Protein Powder
- 1/4 cup chopped pistachios, toasted

Toast 1/4 cup of chopped pistachios for a few minutes in a dry pan. Set aside to cool. Mix together milk, protein, & pudding mix. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped nuts. You can eat it right away it is soft serve-ish but I like to put it in the freezer to set for an hour. Top with a squirt of Land o'Lakes Sugar Free Whipped Cream.

Shelly's Strawberry Cheesecake Protein Ice Cream

- 1/2 cup mashed Strawberries
- 2 Tablespoons Whipped Cream Cheese
- 1 Tablespoon Sugar Free Torani Syrup (I used SF Vanilla)
- 1 cup Vanilla Soy Milk (or Regular Milk)
- 2 scoops Vanilla Protein Powder
- 1/4 cup chopped Strawberries

Mash strawberries, SF Syrup and cream cheese together. Mix together milk, protein, & strawberry cream cheese mixture. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add chopped strawberries. I put it in the freezer to set for an hour. Top with an optional squirt of Land o'Lakes Sugar Free Whipped Cream.

Shelly's Hawaiian Islands Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1/4 cup Crushed Pineapple, drained
1/8 cup Macadamia nuts, chopped
1/8 cup Unsweetened Coconut, toasted

Mix together milk, protein & pineapple. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped nuts and coconut. You can eat it right away it is soft serve-ish but I like to put it in the freezer to set for an hour. Top with an optional drizzle of SF Caramel Sauce (I used Smucker's) and some crushed macadamia nuts.

Shelly's Cinnamon Oatmeal Cookie Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon Sugar Free Torani Syrup (I used SF Caramel)
1/2 teaspoon Cinnamon
1/2 an Iced Oatmeal Raisin Luna Bar, chopped fine

Mix together milk, cinnamon, protein & syrup. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped bar. You can eat it right away it is soft serve-ish but I like to put it in the freezer to set for an hour. Optional: toss in SF chocolate chunks when you toss in the Luna bar pieces or top with Smucker's SF Hot Fudge Sauce or grated SF Chocolate (for the chunk part).

Shelly's Black Cherry Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon Sugar Free Black Cherry Torani Syrup
1/2 cup fresh Cherries, pitted and chopped

Mix together milk, protein & syrup. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped cherries.

Shelly's Peanut Butter Cup Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Chocolate Protein Powder
1 Tablespoon Peanut Butter, melted (I used Jif Creamy)
Optional: 3 or 4 Sugar Free Reese's Peanut Butter Cups, chopped

Nuke peanut butter for 25 seconds to thin. Mix together milk, protein & peanut butter. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the optional chopped SF Reese's. You can eat it right away it is soft serve-ish but I like to put it in the freezer to set for an hour or so.

Shelly's Mint Chocolate Chip Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1/8 teaspoon Peppermint Extract (careful a little goes a long way)
optional: 1/8 teaspoon Green Food Coloring
2 - 3 Sugar Free Andes or Peppermint Patties, chopped (30 cals a piece)

Mix together milk, protein, extract and optional food coloring. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped SF Andes. You can eat it right away it is soft serve-ish but I like to put it in the freezer to set for an hour or so. You can make this without the green food coloring but I grew up on the fake green one and **green** is my favorite color.

Shelly's Tiramisu Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
1 scoop Vanilla Protein Powder
1 scoop Click Espresso Protein (If you don't have Click 1 scoop of Chocolate Protein Powder plus a 1/2 teaspoon of Instant Espresso Powder would work)
1/4 cup Mascarpone Cheese
1 Tblspn Kahlua (I used the real deal but you could also use DaVinci's SF Kahlua Syrup)
1 Tablespoon Sugar Free Torani Syrup (I used SF Vanilla)

Mix Mascarpone, Kahlua and SF Syrup Together. Mix together milk and protein powders together. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the flavored mascarpone. You can eat it right away it is soft serve-ish but I like to put it in the freezer to set for an hour or so.

TO MAKE SANDWICHES -- After it set for an hour I used a small ice cream scoop to make Mini Protein Ice Cream Sandwiches with my favorite Newman's Own Organic Cinnamon Sugar Soy Crisps. I left these plain but you could roll the sides in crushed nuts or toasted unsweetened coconut for a different look and taste. Eat them right away or toss them back in the freezer. These are like little bites of heaven. Soooo good!

Shelly's Caramel Apple Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon Sugar Free Torani (I used SF Caramel)
1 Tablespoon NSA Apple Butter
Optional: 1 teaspoon SF Caramel Sauce (I used Smuckers), nuked

Mix together milk, protein, syrup and apple butter. Pour into ice cream maker. Follow your machine's instructions for freezing. You can eat it right away it is soft serve-ish but I like to put it in the freezer to set for an hour or so. Optional: I topped my sundae with 1 teaspoon of SF Caramel Sauce that I nuked for 20 seconds.

I took a small ice cream scoop and made little ice cream sandwiches out of this flavor too. Soooo good with those Cinnamon Sugar Soy Crisps I heart... Cinnamon Apple Caramel... oh yeah.

Shelly's Butter Pecan Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon + 1 teaspoon Sugar Free Torani (I used SF Vanilla), divided use
1 teaspoon + 1/2 teaspoon Butter Flavored Extract, divided use
2-3 Tablespoons Pecans, toasted and chopped

Toast pecans lightly in a toaster oven or dry pan. Toss with 1 teaspoon of SF Syrup and 1/2 teaspoon butter extract set aside to cool. I pop them in the freezer while the ice cream churns.

Mix together milk, protein, 1 Tablespoon syrup and 1 teaspoon extract. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped nuts. You can eat it right away it is soft serve-ish but I like to put it in the freezer (in a tupperware) to set for an hour or so.

Shelly's Blueberry Cheesecake Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon SF Jello Pudding Mix, dry (SF Cheesecake flavor)
1 Tablespoon Cream Cheese
2 Tablespoons Sugar Free Torani Syrup (I used SF Vanilla), divided use
1 Tablespoon Water
1 cup fresh Blueberries (yields 1/2 cup of blueberry goo after cooking)

Mix blueberries, water and 1 Tablespoon of the syrup. Heat until blueberries begin to burst about 3-4 minutes. Set aside to cool. I pop it in the freezer while the ice cream churns.

Mix together milk, protein, 1 Tablespoon syrup, pudding mix, and cream cheese. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the blueberry goo. You can eat it right away it is soft serve-ish but I like to put it in the freezer (in a Tupperware) to set for an hour or so.

Shelly's Root Beer Float Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon Sugar Free Torani Syrup (I used SF Vanilla)
1/2 cup Diet Rootbeer Soda (I used diet IBC)

Mix together milk, protein, syrup and soda. Pour into ice cream maker. Follow your machine's instructions for freezing.

Shelly's Lemon Meringue Pie Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon Sugar Free Jello Instant Lemon Pudding Powder, dry
a few drops of Lemon Extract (careful a little goes a long way)
4-6 Sugar Free Lemon Cookies, broken in pieces
Optional: a little fresh Lemon Zest

Mix together milk, protein, pudding mix, extract and optional zest. Pour into ice cream maker. Follow your machine's instructions for freezing. 1 minute before done add the crumbled cookies (the faux pie crust.) You can eat it right away it is soft serve-ish but I like to put it in the freezer (in a Tupperware) to set for an hour or so.

I topped it with a little squirt of Sugar Free Land o Lakes Whipped Cream (the meringue).

Shelly's Roasted Pear Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon + 1 teaspoon Sugar Free Torani (I used SF Caramel), divided use
1 teaspoon + 1/2 teaspoon Butter Flavored Extract, divided use
2-3 Tablespoons Pecans, toasted & chopped
1 ripe Pear, roasted & chopped

Toast pecans lightly in a toaster oven or dry pan. Toss with 1 teaspoon of SF Syrup and 1/2 teaspoon butter extract set aside to cool. I pop them in the freezer while the ice cream churns.

Peel and core pear. Place in a Pyrex baking dish. Drizzle with 1 Tablespoon of SF Torani syrup. Roast in the oven, uncovered, at 350 for about 30 minutes or until tender and easily pierced with a knife OR microwave for 3-4 minutes. Chop. Allow to cool.

Mix together milk, protein, 1 Tablespoon syrup and 1 teaspoon extract. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped nuts and chopped pear.

Shelly's Peanut Butter & Jelly Protein Ice Cream

1 cup (plus 1/4 cup) Vanilla Soy Milk (or Regular Milk), divided use
2 scoops Vanilla Protein Powder
2 Tablespoons PB2 Powdered Peanut Butter
1 Tablespoon Sugar Free Torani Syrup (I used [SF Vanilla](#))
2 Tablespoons Peanuts, chopped
1 Tablespoon Smucker's Sugar Free Strawberry Sauce or Strawberry Simply Fruit, nuked

Mix 1/4 cup Soy milk and PB2 Powdered peanut butter together to reconstitute it. Mix together remaining milk, protein, syrup, and reconstituted PB 2 peanut butter. Pour into ice cream maker. Follow your machine's instructions for freezing. 1 minute before done add the peanuts. You can eat it right away it is soft serve-ish but I like to put it in the freezer (in a Tupperware) to set for an hour or so. Top with strawberry sauce.

Shelly's Carrot Cake Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
2 oz. No Sugar Added Strained Carrots Baby Food (half a regular size jar)
2 oz. Cream Cheese
1 Tablespoon Sugar Free Torani Syrup (I used SF Vanilla)
2 Tablespoons Walnuts, chopped
2 Tablespoons Raisins

Mix syrup, baby food, cream cheese together. Mix together milk and protein. Add cream cheese carrot mixture. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minute before done add the walnuts and raisins. You can eat it right away it is soft serve-ish but I like to put it in the freezer (in a Tupperware) to set for an hour or so.

Shelly's Mango Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1 Tablespoon Sugar Free Torani Vanilla Syrup
1 Tablespoon Sugar Free Torani Mango Syrup
1/2 cup Frozen Mango Chunks, defrosted and chopped

Mix together milk, protein and syrups. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minutes before done add the chopped fruit.

Shelly's Key Lime Pie Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1/2 a packet of Unsweetened Lemon & Lime Koolaid (those little 10 cent packets)
1 Tablespoon Sugar Free Torani Syrup (I used SF Vanilla)
4-6 Sugar Free Lemon Cookies, broken into pieces

Optional topping: Land o Lakes Sugar Free Whipped Cream and a sprinkle of Toasted Unsweetened Coconut

Mix together milk, koolaid, syrup and protein. Pour into ice cream maker. Follow your machine's instructions for freezing. 5 minute before done add the cookies (faux crust) You can eat it right away it is soft serve-ish but I like to put it in the freezer (in a Tupperware) to set for an hour or so.

Shelly's Orange Creamsicle Protein Ice Cream

1 cup Vanilla Soy Milk (or Regular Milk)
2 scoops Vanilla Protein Powder
1/2 a packet of Unsweetened Orange Koolaid (those little 10 cent packets)
1 Tablespoon Sugar Free Torani Syrup (I used [SF Vanilla](#))

Optional topping: Land o Lakes Sugar Free Whipped Cream



Recipes



Protein Bars & Balls



Protein Balls & Cookies

BASIC INSTRUCTIONS:

Warm the peanut butter in microwave about 30-40 seconds -- it melts it and makes mixing in the other ingredients much easier. Add the dry ingredients and mix well. (If needed, you can add a little bit of water to make it easier to mix) Roll into walnut sized balls and refrigerate. Some recipes call for a "coating" on the outside of balls, roll in the coating then refrigerate. Unless otherwise noted, do not bake/cook. Store in fridge in zip-lock baggies. Most versions of these recipes give you about 10g of protein per ball.

Protein Balls Recipe

1 cup Peanut Butter
1 cup rolled oatmeal -- not the instant stuff
1 cup protein powder (I use Chocolate)
5 packets Splenda

Protein Balls

1 cup of protein powder (chocolate or vanilla)
1 cup of non-fat dry milk
1 cup of rice crispy cereal
1 cup of peanut butter
Splenda to taste
Cocoa powder mixed with Splenda

Protein Balls

1 1/2 cups lowfat powdered milk
1 1/2 cups oatmeal
1 cup creamy peanut butter
5 scoops Elite Rich Chocolate protein powder
8 packets of Splenda
1 cup cold water

Power Butter Balls

1 cup Power Butter or peanut butter
1 egg
1 cup Splenda
Bake at 350 for about 12 minutes.

Peanut Butter Cookies

1 cup peanut butter
1 cup Splenda
1 tsp vanilla
1 egg
1 serving of protein powder
Dip your fork in Splenda and do a crisscross on

top of the cookie. Bake at 350 for 8-12 min.

Chocolate Peanut Butter Balls

couple of ounces of cream cheese (fat free)
couple of large tablespoons of peanut butter
couple of large tablespoons of unsweetened cocoa
1/4 to 1/3 cup Splenda

Protein Balls

1 c peanut butter (I used Simply Jif)
2 scoops of Unjury chocolate
1/2 c low carb Special K
3 tbsp of sugar free maple syrup
1/4 c chopped nuts
Oats & 3 packets of Splenda (for coating)

Protein balls

1 cup protein powder (chocolate or vanilla)
1 cup non-fat dry milk
1 cup rice crispy cereal
1 cup peanut butter
Splenda to taste
cocoa powder mixed with Splenda (for coating)

Protein Poppers

1 C. protein powder
1 C. non-fat dry milk
1 C. peanut butter
2 tbsp water
1/2 C. ground flax seed
1/2 C. rolled oats
1 tsp. rum extract
Cocoa powder & Splenda to coat

Protein Bar Recipes

<http://forum.bodybuilding.com>

From the Nutrition Forum

WARNING: These recipes are specific to body building and should be examined to determine if they are right for weight loss surgery diets. However, all of these recipes have high protein content and could likely be modified for your specific needs. Some contain sugar or corn syrup that could be replaced with no-sugar options instead.

NOTE: Most of the titles of the recipes are just the user ID of the person who posted the recipe, so some of them might seem a bit strange. ☺

GENERAL TIPS GATHERED FROM THE 11 PAGES OF POSTS

- **QUESTION:** *with all the ingredients wouldn't it be cheaper to buy protein bars... unless the point isn't to save money.* **ANSWER:** Retail bars have loads of junk in them, the point is to make all natural bars. Not sure it is cheaper to buy retail bars anyway. The "good" ones are like \$3 a bar.
- Instead of using rolled oats normally, try grinding them up in a blender first. My last batch I made, I ground up 1 cup in a blender and then used the other 2 cups normally. The bars were a lot firmer and much less goey. Next time I'm going to try to grind up the whole 3 cups and see what happens. I'm guessing the ground up oats soak up more moisture than the unground ones.
- **COATING BARS WITH WHEAT BRAN:** Regarding getting the coating to stick, how I did it is I poured some of the wheat bran on a plate and then each bar individually put on the bran and tried to pour/press a complete coating onto them (and subsequently pressed/formed/coated them into the shape I wanted). I did this before refrigeration or freezing so your hands get a little messy but the bran sticks pretty good to the bar (the good thing about unprocessed wheat bran is that it really has no flavor that I can tell so it doesn't change the taste of the bar. Beyond that it is a great source of insoluble fiber).
- I store them in the freezer wrapped individually in tinfoil and just put them in my bag on the way to work.
- Some of the recipes call for "natty" peanut butter. This apparently is an abbreviation for "natural" peanut butter. Took me a while to figure that one out. LOL!
- The baked bars are usually moist but crispy and easy to eat with your fingers. The refrigerated bars are usually more goey and might require a fork for eating. Some of the freezer bars seem to be good as finger food.

MagicPunt's Meal Replacement Bars

Combine in large mixing bowl:

3 Cups Oatmeal
1/2 Cup Natural Peanut butter
1 cup Skim Milk
4 Scoops Protein Powder
dash of cinnamon

Mix until a sticky batter is formed (may take a few minutes). Use a large spoon to spread out the mix into the bottom of a Pam-sprayed glass or metal cooking tray (spread until even). Top with 4-8 packets splenda. Put in the fridge overnight and cut into 8 equal bars that yield:

11g fat (good monounsaturated fats)
26g carbs
21g protein

285 calories

ZANDER BARS

6 scoops of Protein (banana)
1 cup of oats (ground)
2 banana (mashed)
100 ml Plain yogurt
100 ml Apple sauce
2 tbsp PB
.5 tbsp Flaxseed oil
150 ml non fat milk

Mash bananas and mix all the wet ingredients together. then add the dry ingredients in, and mixing together. pour into a baking dish and bake in a pre-heated oven of 170 degrees cel. for 20-25. check after 20 min. let cool and cut into 8 bars.

each bar is roughly

21.5 g protein
18 g carbs
6 g fat
210 calories

add walnuts or berries into the mixture for a different taste. it will make the bar more moist. add more PB for more of a banana and PB bar.

KMW Protein Bar

1cup milk
2cups protein powder
package of fat free pudding
3cups of oats

mix powders and milk, stir in oats, Pam muffin tin and put in fridge to set.

Frozen Protein Bar

1cup cottage cheese
1/2 cup ff yogurt
4 scoops whey (I used ON's vanilla)
put these in the blender

stir in 3 cups oats, form, cut, FREEZE. Then ziplock and keep them in the freezer, add a pinch of oats to the bags, and when 2-4 hours later they are moist and great.

200cal
3g fat
23.75 c
20.75 protein

MagicPunt's Meal Replacement Bars (Version 2)

Combine in Large Mixing Bowl

8 Scoops Whey (Vanilla is very good)
3 Cups Oats
1 Package Sugar Free Fat Free Pudding (Any flavor is good)
2 Cups Skim Milk

Mix until a sticky batter is formed (may take a few minutes). Use a large spoon to spread out the mix into the bottom of a Pam-sprayed glass or metal cooking tray (spread until even). Put in the fridge overnight and cut into 8 equal bars that yield:

3g fat
28g carbs
29g protein
257 calories

NOTE: Comments show that this bar is sticky and must be eaten with a fork. Below is a modification that is said to be less sticky and hold its shape so you can eat it with your fingers.

MagicPunt's Meal Replacement Bars - MODIFIED

My recipe:

8 scoops of whey
2 3/4 Cups oats
1/4 cup chopped raisins and chopped dried apples combined
1/4 tsp. cinnamon
1 Cup skim milk
1/2 of small box vanilla F/F S/F pudding powder

Mix altogether. Line pan with wax paper, spray paper. Press in pan firmly. Refrigerate for a day. Just lift the paper out of the pan, flip it over on a dish, peel paper off, then cut! It tastes like apple cinnamon oatmeal, only in a bar form, and a little fills you up!

Baker19's MRB

Ingredients

2 Egg Whites
1 Whole Egg
3 Packets Quaker Oats (Raw) (Maple & Brown Sugar)
6 Scoops Whey Gourmet Root Beer (Any Flavour will do)
Splenda (however much you want)
3tbs Wheat Germ
1% Milk (around 200ml)
2 BioBest Yogurt (any yogurt will do)

Steps

1. Put everything into the bowl
2. Mix it together until you cant tell anything apart
3. Pour altogether onto a baking pan
4. Heat oven to 350
5. Bake for 10-20 Minutes (I cant remember exactly how long but just start checking after 10)
6. Take the pan out of the oven
7. Cut into 5 equal pieces
8. Top with more Splenda :P
9. Enjoy

Macros Per 1 Piece

Approx. Protein 36 Carb 36.4 Fat 6 Cals 342

Macros For Entire Pan

Approx. Protein 180 Carbs 182 Fat 30 Cals 1710

Chocolate Peanut Butter Protein Cupcakes

I just tried these and they were awesome. I'll eat two in a meal for 15 carbs (frosting not included), 10 grams of healthy fat, and 24+ grams of protein.

Ingredients:

1 Scoop Chocolate Whey Protein
1 Large Egg White
1/4 teaspoon baking powder
1 Teaspoon Natural, Unsweetened Cocoa Powder
2-3 Packets Splenda
1/8 Cup Coffee
1 Tablespoon Water
Dash Cinnamon
Dash Salt
1 Tablespoon Natural Peanut Butter

Chocolate Frosting:

1 Tablespoon Sugar Free/Fat Free Pudding Powder (heaping tbsp)
1/2 Teaspoon Milk
1/4 Teaspoon Natural Cocoa Powder, Unsweetened
1 Packet Splenda

--

Mix all ingredients for the cupcakes together besides the peanut butter, and refrigerate for 5 minutes. Melt the peanut butter in a microwave until it is runny, and mix it into the chilled cupcake mixture. Preheat oven to 450 degrees Fahrenheit.

In a cupcake baking pan (normal-size), spray some non-stick cooking spray into two of the cups until thoroughly coated. Using a spoon, ladle mix equally into each of the two cups until they are equally filled a little bit above the half-way point. This doesn't need to be perfect, just make sure that there is enough room from the top so that it won't overflow when baking.

Slide the pan and mix into the oven and bake until the mixture has risen, but is not entirely cooked. Test this by piercing one of the cupcakes with a butter knife. If it comes out with mix on it, you are good to go. At this point, reduce the heat to 300 degrees Fahrenheit, and bake until a butterknife pierced through one cupcake comes out clean, and the tops are cooked.

Remove the tray from oven and let it stand for 1 minute, and remove the cupcakes using a small spatula, butterknife, or spoon. Top with frosting if you desire (frosting is made by combining its ingredients thoroughly, and chilling in a freezer until it 'firms' up a little bit).

Other tips:

- Replace chocolate whey and cocoa powder with vanilla whey and lemon-flavored sugar free/fat free pudding powder for a lemonbar variation. Remove cinnamon.
- Fill with fresh fruits or light creamers for a real dessert.
- Add a tablespoon of ground oats for each cupcake you will be making to make them more filling.
- Add a hint of mint extract, coconut milk, or natural mashed pumpkin for extra delight.

STRAWBERRY & BANANA MEAL REPLACEMENT BARS

Makes 6 bars

1 cup raw oatmeal
5 scoops of strawberry protein powder (90g of protein)
1/4 cup fat free cream cheese
1/2 cup non fat dry milk powder
2 egg whites
1/4 cup water
1 1/2 bananas, mashed
2 tsp. canola oil (this is the secret to moist bars instead of the traditional dry bar)

Preheat oven to 325 degrees. Spray a 9x9 square pan with cooking spray & set aside. In a medium bowl combine oatmeal, Protein powder & dry milk. Set aside. In another bowl beat together with an electric hand mixer, cream cheese, egg whites, bananas, water & oil. Add the oat mixture & continue to beat until the two are combined. Pour batter into the prepared pan & bake for 30-35 minutes or until toothpick comes out clean.

Calories-203
Protein 22g
Carbs 22g
Fats 3g

Totalnatal Protein Bar

Ingredients:

- * 6 Egg Whites
- * 1 Egg Yolk (for those extra amino acids)
- * 200g Porridge Oats (Complex Carbohydrate)
- * 3 servings of casein protein chocolate Powder (Any other flavour could be used.)
- * 150ml Pure Orange Juice (For Flavour and Vitamin C)
- * 2 Sliced Bananas (Flavour and Sweetness)
- * 2 Tablespoons Cookable Sweetener (Such as Hermesetas or Canderel)

Preparation:

1. Preheat your oven to 180 degrees Celsius.
2. Put all the ingredients into your mixing bowl and stir until you have a nice even, mixture. (Should look pretty gooey.)
3. Find a baking tray approx. 8inch by 8inch and 1inch deep.
4. Rub your baking tray with vegetable oil or cooking spray to prevent to mixture sticking.
5. Pour your mixture into the baking tray and then place in the oven.
6. Bake for around 20 Minutes or until golden brown.
7. Leave to cool and then cut into 3 pieces with a sharp knife

calories:336
Proteins:37.6
Carbs:42g
Fat:4.6

Protein Bar

3 cups oats
8 protein servings
12 tbsp of PB
1.5 cup of milk non fat
2 egg whites
2 tsp of baking powder
1/2 tsp of salt

Preparation:

Combine the above ingredients and put in a oiled (use pam) 9x9 pan.
Bake @ 350 for 35 min. Makes 11 bars. When they are cool, put them in the fridge or they will go moldy in a few days.

Per bar:

Calories:275
Protein:27g
Carbs:21g
Fat:11g

Rave's Protein Bar

INGREDIENTS

10 tbsp. natural peanut butter
5 egg whites
5 scoops whey protein (I find that chocolate mint tastes the best in this recipe, however chocolate tastes good as well)
2 cups oats (OPTIONAL: For flavor, I dry cook these on a frying pan until they are toasted)
1/2 cup soy milk

DIRECTIONS

Mix the peanut butter and egg whites in a bowl. Microwave on high for 30 seconds, and mix well (so that the mixture appears smooth). Repeat 4-5 times until all traces of egg whites have dissolved into the peanut butter, and your mixture is a smooth consistent one.

Gradually add the protein (one scoop at a time) and stir into the mixture. Next, add the soy milk and follow with the oats. Continue mixing until a thick 'sticky' mixture is present.

Smooth the thick mixture into a 13x9 tray and leave for 20-30 minutes. Cut into 10 equal size bars. Individually wrap each bar (I use aluminum foil) and store in the fridge.

Serving Size: 1 Bar

Calories: 220
Protein: 20.1g
Fat: 10.1g
Carbohydrates: 15.1g

The Majmun Bar

Ingredients:

8 oz fat free cream cheese
4 scoops protein powder (i use chocolate)
3 cups whole oats
1/2 cup splenda
Dash of cinnamon (to taste)

Combine splenda, cream cheese, protein, and cinnamon in a bowl and mix with an electric mixer on high til its smooth. Add the oats and mix with the mixer until you have a fairly homogeneous mixture. Note if it is too thick add a 1/4 cup of milk or water.

Spray an 8x8 pan with PAM. spread the mixture in the pan. Sprinkle some additional splenda on top and place in the fridge for an hour. Cut into 10 bars

154 cal
17.8g carb
15g protein
1.8 g fat

Chewy Chocolate Peanut Butter Protein Bars

1 cup oat flour
1 ½ cups whey protein powder
¼ cup cocoa powder
½ cup nonfat dry milk powder
¼ cup stevia blend
½ teaspoon salt
2 egg whites
½ teaspoon super-strength chocolate flavoring (LorAnn)
½ teaspoon super-strength peanut butter flavoring (LorAnn)
¼ cup creamy peanut butter
¼ - 1/3 cup water

Line a 9"x9" baking pan with wax paper. Combine all dry ingredients in blender on high 2 minutes. In a bowl, beat eggs, flavorings, and peanut butter. Add the dry ingredients to the egg mixture. Slowly add the water until dough becomes a "gooey play-dough" consistency. Pour batter in lined pan, spreading, or pressing dough to an even thickness. Bake for about 15 minutes. Remove from pan and allow to cool slightly. Remove wax paper and allow to cool completely. Cut into 8 bars. Delicious with low-carb ice cream. Calories: 250 Protein: 24g Carbs: 24 Fats: 7 g

Amazing 55 Cent Nutrition Bar

Ingredients:

3 1/2 cups rolled oats (I used quick oats)
1 1/2 cups powdered non fat milk
1 cup sugar free or reduced calorie fructose sweetened pancake syrup
(nutrition stats based on reduced calorie..s/f syrup may reduce carbs a little more)
2 egg whites
1/4 cup Orange Juice
1 tsp Vanilla
1/4 c. natural applesauce
4 scoops chocolate whey protein powder (I used Max Whey for this)

Directions:

-Preheat oven to 325
-Mix all the dry stuff in bowl to blend it
-Add in remaining ingredients and mix well. Consistency is sort of like cookie dough
-Spread on cooking sheet coated with non-stick spray. You can use a 9X12 baking dish if you want it thicker.
-Bake until edges are crisp and browned. Since the protein is choc. flavored you might not noticed the top brown that much.
-Cut into 10

Per serving:

Calories 140
Carbs- 23g
Protein- 15g
Fat- .5 g
Cost Per Serving- \$0.55

Best Brownie Protein Bars

1/2 cup oat flour 1/4 cup whole-wheat flour
1-cup whey protein powder
1/2 cup stevia blend
1/3 cup cocoa
1/4 teaspoon baking powder
1/4 teaspoon salt
1-tablespoon liquid lecithin
1/2 cup fat free cream cheese (room temperature)
2 eggs
1/4 cup fat free Miracle Whip
1 teaspoon super-strength chocolate flavoring (LorAnn)

Preheat oven to 325 degrees. Line a 9"x9" baking pan with wax paper.

In a bowl combine all dry ingredients. Set aside. In a large bowl, with an electric beater, combine lecithin, cream cheese, eggs, Miracle Whip, and flavoring until light and fluffy. Add the dry ingredients to the wet. Mix well. Pour batter into lined 9"x9" square pan and smooth evenly.

Bake for 15-20 minutes. Remove from pan and cool slightly. Remove wax paper and cool completely. Cut into 9 bars.

Per bar: Calories:99 Protein: 9g Carbs:9g Fats:3 g

Chocolate Raspberry Bars

1 cup oat flour
1 cup Milk & Egg Protein powder (MLO)
½ cup powdered milk
1/2 teaspoon pure stevioside extract
½ teaspoon salt
2 ounces unsweetened bakers chocolate 2 tablespoons butter
8 ounces fat free cream cheese (room temperature)
½ cup glycerin
1 teaspoon super-strength chocolate flavoring (LorAnn)

Preheat oven to 325 degrees. Line a 8 ½ "x11" baking pan with wax paper. Combine all dry ingredients in blender -- Process on high speed 2 minutes. Melt chocolate and butter over a double boiler, or in the microwave for 1 minute on med-high power - stir until completely melted. (If needed microwave an additional 30 seconds.)

In a bowl, beat cream cheese, glycerin, and flavoring. Using an electric mixer, add the dry ingredients to the wet mixture. Pour batter into lined pan, spreading to an even thickness.

Bake for about 20 minutes. Remove from pan and allow to cool slightly. Remove wax paper and allow to cool completely. Cut into 12 bars.

Per serving: 290 Calories 16g Total Fat 21g Protein 17g Carbohydrate

FUDGEY CARAMEL PROTEIN BARS

4 Tbl butter
1.5 Tbl unsweetened cocoa powder
2 Tbl DaVinci Chocolate SF syrup
2 cups Optimum Nutrition Chocolate
Whey Protein
1 cup coarsely chopped nuts

Melt butter in large bowl in microwave. Whisk cocoa in well, then SF syrup. Incorporate protein powder. Add chopped nuts Press into wax-paper-lined 9x9 pan & refrigerate. Caramel consistency, and much better than any of my old fudge recipes. Plus, no wasted calories. High Protein snack or dessert. Best cold.

Coconut Protein Bars

Easy, Economical, and DELICIOUS!

½ cup plus
2 tablespoons water
¼ cup Stevita Stevia Supreme or ¼ cup Stevia blend or ¾ teaspoon pure stevia (stevioside)
1/3-cup glycerin
2 tablespoons coconut oil
1 ½ cups isolated soy protein powder
¾ cup Milk & Egg Protein powder (MLO)
½ cup unsweetened shredded coconut (dried, NOT fresh)
½ teaspoon coconut super-strength flavoring (LorAnn)
½ teaspoon pineapple super-strength flavoring (LorAnn)

In a microwave safe container, heat ½ cup of water to a boil. Thoroughly dissolve stevia in hot water. Add glycerin and coconut oil to water mixture - Allow to cool completely. (Using warm or hot water will ruin the texture of this protein bar.)

In a mixing bowl or large food processor container combine soy protein, Milk and Egg protein (MLO), and coconut. Stir the coconut and pineapple extract into the cooled water mixture. Slowly pour the cooled water mixture into the dry mixture and process with a sturdy mixer or food processor until the dough forms coarse crumbs. Leaving the mixture in bowl, knead it into a large ball. It should be the consistency of pie pastry dough, firm, yet slightly crumbly. If it is sticky, add more soy protein powder. If the dough is not moist enough to hold together when you squeeze it add more water one tablespoon at a time.

Forming the protein bars is essential to giving them that “store bought taste”. Press the dough evenly into a slightly oiled 8”x8” pan. Lightly oil the top of the dough. The next step is pressing the bars to achieve the desired texture. Place another 8” x 8” pan on top of the dough. Place weights on top of this pan. (I use 50 pounds worth of hand weights.) Allow the dough to press for several hours or longer depending on your personal taste.

Alternative method: Press dough onto a cooking sheet into an 8” x 8” square. Using heavy meat pounder or rolling pin, pound the dough until desired textured. After pressing the dough, cut into bars 1 ½” x 4”.

Makes about 12 bars. These bars contain no preservatives so they must be refrigerated for storage.

EDRO Protein Bar

9 Scoops ON Chocolate Whey
1 Packet Fat Free Sugar Free Jello Chocolate Pudding
1-2 Tbsp Honey (not necessary, but I love honey... use Splenda if you want)
1 Cup Skim Milk
3 Cups of Quaker Whole Oats

Mix everything (except the oats) together in a big bowl, then add the oats.
I divide this into 4 small Gladware(or whatever) bowls.

It tastes great, but you can't eat it as a bar. I keep it in the fridge, then take them to work or where ever. You gotta use a fork, because at room temperature, it is gooey.

BodyBuilder No Bake Bar

5 tbsp natural peanut butter (chunky or smooth)
1/2 cup dry oat meal or whole grain hot cereal (uncooked)
1/2 cup oat flour (double the dry oats if you do not have oat flour)
6 scoops chocolate whey protein (approximately 132 grams worth of low-carb protein powder)
1 teaspoon vanilla
2 tablespoons flax seeds (optional)
1 cup non-fat dry milk
1/2 cup water (depending on what type of protein you use, you may need to add more)

Modifications: Use vanilla protein and replace ~1/4 cup of the oatflour with a variety of nuts, seeds, or dried berries.

PREPARATION:

Spray an 8x8 baking dish with non-stick cooking spray. Combine dry ingredients in a medium size bowl and mix well. Add peanut butter and mix - the mixture will be crumbly and dry. Add water & vanilla. Sponsored Links

Using a wooden spoon or rubber spatula, everything until a dough forms. The dough will be sticky. Spread dough into pan using a clean wooden spoon or spatula that has been sprayed with non-stick cooking spray. Refrigerate a few hours (or freeze for an hour) and cut into 9 squares. Wrap bars individually (use sandwich bags or plastic wrap) or store in covered container between sheets of wax paper. Keep refrigerated.

Nutritional Information Per Serving:

197 calories, 21 g protein, 7.2 g fat (8% saturated), 13.7 g carbohydrate, 1.6 g fiber

FUDGEY-NUTTY BARS

2 and 1/3 cups vanilla protein powder
1 oz square unsweetened chocolate
1/2 cup butter
4 oz cream cheese
1 oz chopped almonds
1 tsp vanilla
1 tsp peanut butter
1/4 cup Splenda

Melt butter, cream cheese, peanut butter and chocolate in bowl in microwave. Mix together very well and then add splenda & vanilla, mixing well again.

Add walnuts and protein powder and mix. It will be difficult and messy to mix, you will have to use your hands near the end to knead it all together, squeezing so that the powder is incorporated into the mixture.

Now place in an 8x8 Or 9x9 baking pan, flatten and refrigerate. When cooled and hardened, cut into 8 bars. Per bar: 21 grams protein, 3.15 carbs. This will vary according to the protein powder you use, I use Optimum Nutrition as I have found it to be the best and it has 22g protein and 1.5g carbs in each scoop, but no aspartame.

NOBOKO Protein Bars

200 g oats
30 g whey Powder (chocolate)
2 table spoons of natrual peanut butter
3 egg whites
2 bananas
100 ml skim milk
1 tsp cinnamon

Directions

Preheat your oven for 5 minutes at 180c
mix the oats, the whey and the cinnamon.
add the peanut butter and stir in throughly
add your three egg whites, your mashed up bannana and the honey and again, stir in really well whilst slowly
add the 100 ml of skimmed milk.
Once fully stirred, spoon the mixture into a greated lined cake tin and smooth with a knife until nice and level.
Place in the oven for 15 minutes at 180c.
Remove from over and allow to cool slightly, then cut into 8 bars.

Nutritional Information

calories 147
protein 9.5
carbohydrates 21.3
fat 3.4

TRAVELING PROTEIN BARS

2 cups rolled oats
1 cup Whole wheat flour
1/3 cup Splenda
8 scoops protein powder (1/2 chocolate, 1/2 unflavored)
1 tsp cocoa (you may decide this isn't important, I did it because of the flour, and unflavored protein)
1 package chocolate SF/FF pudding
2 cups Skim Milk
1/2-2/3 cup Natural PB (I used chunky for texture, your milage may vary)
4 tbls vegetable glycerine

Mix all ingrediants in a bowl. Coat a glass pan with nonstick spray. Pour into the pan, and bake at 325 for 20-25 minutes.

These should travel fairly well, they should digest relatively slowly, without spiking your insulin too much, and hopefully they won't taste like the bottom of a toilet...I'll let you know.

Cocoa Ginger Macaroon Protein Bars

1 cup oat bran, or finely chopped oats
1 cup puffed millet
1/2 cup shredded sweetened coconut
4 scoops chocolate whey powder (I used ON 100% Whey)
2 T unsweetened cocoa powder
1 T powdered ginger
1/4 t salt
1/2 cup skim milk (or soy milk, unsweetened)

Mix everything but millet until really well combined, then add millet in and fold it gently to combine, spread on greased surface/container. I use saran wrap sprayed with Pam, then plop the bar/blob onto it, spray the blob, then fold over the saran wrap and smooch into whatever shape I want. Chill until firm then cut into 4 bars.

Per bar: 267kcal; 8g fat (25%); 32g carb - 5g fiber (35%); 30g pro (40%).

SPECIAL BEAR BARS

- 1) Blend/puree cottage cheese (about 2 cups or so)
- 2) Add 1 cup oatmeal
- 3) 4 scoops of protein (i use choc mint)
- 4) 1 serving SF pudding
- 5) 1/2 teaspoon Xanthum gum = KEY
- 6) Splenda to taste
- 7) Enough Milk to make it a batter

I use carb countdown to avoid excess sugars. If you don't mind, add some all natural peanut butter. Use wax paper to keep them apart in the freezer

Each are about 250 cal... make sure u LIKE the SF pudding flavor and the PP flavor

AMAZING NATURAL PROTEIN BARS

This recipe contains only natural, whole foods (with the exception of the protein powder) and tastes AMAZING, you have to try it. I invented it a couple of hours ago and the first batch is incredible, I'll never have another commercial protein bar ever again.

- 1/2 tsp. cardamom
- 1/2 tsp. cinnamon
- 1/4 cup dates (chopped)
- 1 cup egg whites
- 1 cup fat free milk
- 2 tbs. flax seed (ground)
- 2 tbs. natural peanut butter
- 2 cups rolled oats (toasted)
- 6 scoops protein powder (I used ON chocolate whey)

1. Preheat oven to 200 degrees
2. Coat medium size baking pan with non-stick spray
3. (Optional) - Toast the oats in a dry skillet over medium-high heat until slightly browned & crisp
4. Mix oats, egg whites, and milk together in a large mixing bowl. Add 6 scoops of your favorite protein powder and mix thoroughly. Add dates, flax seed, and peanut butter, and mix well. Add salt, cinnamon, and cardamom and mix thoroughly.
5. Pour the batter into baking pan and cook for 30-60 minutes or until you reach the desired moisture level. (alternatively, you can cook at a higher temperature, around 350, for less time, but I've heard conflicting reports on how high heat denatures the protein, I'll let mine go lower, for longer)
6. Remove from oven and place in refrigerator to cool. Cut into 9 equally sized bars

For 9 Bars, each has approximately:

- ~ 210 calories
 - ~ 21g carbohydrate
 - ~ 5g fat
 - ~ 3g fiber
 - ~ 23g protein
-

SYMPHONY BARS

2 cups Quaker oats (or equivalent)
2 tbsp natural peanut butter
8 scoops (240 g) generic brand whey protein powder (or equivalent)
1 package sugar-free, fat free-Jell-O Pudding (I use white chocolate)
Dash of cinnamon
Dash of vanilla extract
Pinch of salt
1 cup COLD water

After the bars set up in the fridge, I put them in the freezer for 2 hours and then cut them into 8 individual pieces. After a workout, I let them thaw for 30 minutes or so and they are consistently firm and not squishy or runny. Why? The Jell-O mix. Be sure to use cold water when mixing the Jell-O and whey, as it sets up nicer. Aside from baking, these bars are second-to-none to being able to stay firm when thawed out. They yield (approximately) per bar:

225 calories
6 g fat

JULES BASE RECIPE

After some experimentation, my best recipes start with a 'base' then I add either just flavor, or extra carbs or extra fat depending what type of bar I want.

Basic recipe:

2 cups oats (1/2 cup of which is ground)

3/4 cup dry milk powder

1 cup apple sauce

2 egg whites

1 tblsp olive oil

1/2 cup fat free cottage cheese

1/2 -1 cup cottage cheese (optional, makes the bars more 'fluffy' and adds more non-whey protein)

5 scoops protein powder (120g protein)

50g crushed mixed nuts

3/4 apple finely chopped (helps with moisture and flavor)

Whisk the non-dry ingredients, then add to the dry ingredients and beat. If you are doing this by hand, add a few things to the cream cheese (e.g. egg whites and olive oil), whisk, then add apple sauce and cottage cheese and whisk again. It doesn't really matter if it is a bit lumpy. Bake on 325 for 20-35 mins depending on how thick the mixture is. I think the last time I added a bit (1/4 cup) of water as well and baked for 30 mins - check with a toothpick. I think I use a 7x11 inch tin.

This comes out about 20/40/40 f/c/p -2000-2200kcal for the entire recipe. It is quite moist and fluffy, but quite portable in a zip-lock bag - i.e. they don't fall apart. I'd perhaps prefer a bit less rising (more solid for outdoor sports) but this might also be able to be controlled by how thick the mixture is - thick = less rising, perhaps less moist though. I keep them in the fridge/freezer, but they certainly last at least a day or two out of the fridge.

For flavor, cinnamon, nutmeg and or syrups, coconut and/or vanilla and/or almond extract. You can probably think of a bunch of others and many are mentioned in other recipes.

For extra carbs any dried fruit is good. Personally I like apricots and flavor with cinnamon and nutmeg. Usually I don't want too many carbs and dried fruit add up quite quickly. Adding blackberries and raspberries (chopped) made it way too moist and crumbly to be easily portable and way way to tasty not to eat all in one go. Perhaps use instead of a birthday cake or something similar. We had to give 1/2 of it away or that would have been a 1000 kcal afternoon binge for my wife and I.

For fat, peanut butter is good. I haven't tried ground flax, but I bet that would also be good. Personally I couldn't taste the peanut butter much (added 1/2 cup) I wouldn't expect to taste the flax at all.

Mashed bananas - OK, but again I couldn't really taste the bananas (added 2).

PEANUT - VANILLA PROTEIN BAR

1 Packet Instant Sugar Free Vanil. Pudding
1 C. Oatmeal (I use Quaker 1-minute)
2 Tbsp. Natural PB
5 Scoops Vanilla Whey
3/5-4/5 C. Skim Milk

Mix the dry ingredients together then add the PB. Mix it as much as can with just the peanut butter. It should end up a dry mixture with an even distribution of the peanutbutter. Slowly add the milk (I did it 1/5 cup at a time) until you get a moist mixture. How moist you let it get will depend on how you plan on finishing it somewhere between 3/5 and 4/5 I found to be the sweet spot for me.

You can refrigerate / freeze these and cut and eat them that way (may I suggest using something to coat them after they are cut so they don't stick to the fingers? Personally I use unprocessed wheat bran to get low calorie fiber and a kinda insulating layer between me and the bar) I pre-formed the bars and rolled them. A smarter strategy may be to let them set in the fridge or freezer, cut them, and then roll them. I am going to experiment with putting them in the oven at low temperatures to frim them up a bit and see how they manage on the commute to work and whatnot.

The reason I really like them is that they are sweet. And in all honesty, it is the craving for sweets that causes the most trouble for me in terms of cutting diets. Incorporating a sweet tasting bar into the diet is the best way to be able to stick to plan without a lot of difficulty.

In terms of macros, the recipe makes 5 good size bars with the following:
253 calories / 6.4 g fat / 23.75 g carbs / 25.15 g protein

NOTE: Make this with chocolate whey and chocolate pudding mix and it will taste just like Reese's Peanut Butter Cups.

SERD PROTEIN BARS

INGREDIENTS:

2 CUPS of Go Lean Cereal
2 EGG WHITES
1 apple
3 scoops of whey
1cup of oats
2 TBSP of NAT. PB
2 Servings of non-fat powder milk...

Directions..

1. Cut apple in little chunks and make like a much on the stove add CINNAMON.
 2. WHIP 2 egg whits in a small bowl until firm peaks form. (want to know how to whip egg whites check out the video http://www.foodnetwork.com/food/ck_d..._18998,00.html)
 3. ADD the finished mushed apple and the eggs whites that are whipped to the Go lean and mix around
 4. Oven it for about 18 minutes (makes a delicious firm cakes ifyou stop here)
 5. Combine PB, Powder milk, and protein with .5 cup of oats with water to make like a frosting and spread all over..
 6. Then add the rest of the ats to make another layer to stay firm.
-

RICH CHOCOLATE PROTEIN BARS

5 scoops - Chocolate Whey (Macros based on ON chocolate)
1 cup - Oatmeal (dry)
2 tbsp. - Natural Peanut Butter
2 tbsp. - Sugar-free Chocolate syrup (the kind you find in the coffee section of the grocery store, two popular brands are Torani and DaVinci)
1/2 to 1 cup - Skim Milk
*5 tsp - L Glutamine (optional - I add it to mine, but it is not necessary)

Method:

Mix whey, oatmeal and glutamine in bowl until uniform consistency. Add sugar free chocolate sauce and natural peanut butter. Mix until consistency is again close to uniform (or at least the bits of peanut butter are small and approximately uniformly distributed). Add milk a couple ounces at a time mixing and trying to incorporate as much of the dry stuff into the batter as possible before adding more. (The goal is to use JUST enough milk to get all the dry stuff mixed into the batter and no more. Using only this much will greatly enhance the portability. How much works varies between 1/2-1 cup of milk depending on your desired texture). Cover a flat surface with your preferred coating (I use unprocessed wheat bran, others use oat flour... all are good and add negligibly to the macros). Once all the dry ingredients are part of the big glob of batter you will have formed place that glob in the middle of the covered surface. Put some of your desired coating on top and mold into a big brick. Cut into five equal sized bars, wrap, and freeze.

Freezing for me is just a way to keep them fresh. I pull them out and put them in my bag in the morning on the way to work and they keep their shape all day. They are chewy but are definitely a bar and do not require a fork.

236 cal / 5.4 g fat / 17.6 g carb / 29.4 g protein

WASKO PROTEIN BARS

Preheat oven to 165 degrees celsius

1 Packet Instant Sugar Free Strawberry Pudding
1 Cup Oatmeal
1/4 Cup Cottage Cheese
5 Scoops Strawberry Whey
1 Cup Skim Milk
2 Tbsp Canola Oil
4 Egg Whites
1/4 cup water

Mix in a large bowl, I just chuck them all in at the same time. Then spread out in a pan that has been sprayed with some sort of non-stick substance and bake for 25 - 30mins at 165 degrees celsius. Then take out and cut into 5 bars.

Chocolate Protein Bars (non-sweet bars)

200g Oatmeal (pinhead works for me...)
2 tablespoons Nat and Organic PB
3 egg whites
2 Bananas, mashed
1 tablespoon Honey
1.5 scoops whey powder (choc or whatever...)
about 3/4 cup skim milk (about 100ml)
2 level tablespoons cocoa powder
Dash Cinnamon
Pinch sea salt, Nutmeg and a small one of Red Pepper

Heat oven to about 350f

Mix oats, whey, cocoa, and spices and salt.
Add PB and mix well, then the whites, bananas, honey and mic again.
Slowly add the skim (batter should be spreadable).
Spread into a cake pan lined with paper and lightly sprayed.

Bake 12-15 min, or till almost dry.

Cool slightly (should still be a little sticky) and cut into 8 bars.

Dynamic PB Oatmeal Bars(home recipe)

made these babies on the fly and they came out great!
makes 8 bars, the nutritional info is based off of this recipe.

8 cups whey protein(i used vanilla)
3 cups quaker old-fashioned oats
1/4 cup all natural PB
2 tbs cocoa powder(i used ghardelli)
1.75 cups skim milk
1 tbs vanilla extract
3 dashes of cinnammon

mix all the ingredients together in large bowl
it should form a tough cookie dough like form. if its too dry add a touch more milk.
place in pan and put in frig
place in refrigerator for a few hours, then cut and enjoy!

Breakdown for 8 bars
(per bar)
Calories 275
Total Fat 6.4g
Sat Fat-1.81g
Carbs 23g
Net Carbs 10g
Sugar 4g
Protein 26.5g

TOFU PROTEIN BARS

1 cup milk
8 scoops protein (I used vanilla)
1 package pudding mix (I used banana cream)
1 cup oatmeal
12 oz lite silken tofu (1 package)

put the tofu, the milk, and the oatmeal in the food processor until smooth and creamy. you might have to scrape the sides down. mix this in a bowl with the pudding and protein mix. put it in a pan in the oven for about 15-20 minutes at 325 degrees. (If ya want you can use sf/ff pudding, but I don't because sugar's probably less harmful than those substitutes in the long term)

yields:
1702 calories
20.1 g fat
191 g carbs
171 g protein

Strawberry Cheesecake Protein Bars:

1 Packet SF/FF Vanilla Pudding (instant)
1C Oats
2T Peanut Butter
6 Scoops Strawberry Protein
3/4C Skim Milk
Wheat Bran (do not mix into recipe)

Vanilla Butterscotch Protein Bars:

1 Packet SF/FF Butterscotch Pudding (instant)
1C Oats
2T Peanut Butter
6 Scoops Vanilla Protein
3/4C Skim Milk
Wheat Bran (do not mix into recipe)

(Use either set of ingredients above for the directions below)

Mix the dry ingredients. Add the peanut butter and mix well. Finally, add the milk and mix thoroughly (Here's your shoulder workout for the day). Spread onto wax paper-lined 8x8 baking dish. Pop in fridge for about 20 minutes or so. Take out and liberally cover the top with wheat bran, pressing a little bit into the stuff until there are no sticky spots. Take the mixture out of the dish by lifting the wax paper and flip the whole thing upside down into the dish. Now, pop in the freezer for about 90 minutes or longer. Remove from freezer and the wax paper should pull off the bottom (which is now the top) fairly easily. Allow to sit out, or place in fridge again, until the mixture is tacky and workable again (maybe 20 minutes out on the table). Now, coat this side with wheat bran until it is no longer sticky. Cut into 9 bars.

Serving Size: 1 bar
Servings per container: 9
Fat: 3.33g
Carbohydrates: 13.5g
Protein: 18.5g

Protein & Oatmeal Pancakes

Ingredients

1/3 cup oatmeal
2 or 3 egg whites scrambled (or 1/2 cup eggbeaters)
1 scoop vanilla protein
1/2 tsp baking soda
dash of pumpkin pie spice
1/8 tsp sweet-n-low brown

Mix all ingredients in a small bowl and allow mixture to thicken for 2 to 3 minutes. Pour onto preheated frying pan or griddle. Cook over medium heat until golden brown, about 2 minutes per side. Makes 1 serving.

Variation- Add 1/2 pack sugar free apple cider mix. Lots of flavor and only 8 more calories.

MR. MAXX HOMEMADE PROTEIN BARS

Ingredients:

-6 scoops of chocolate flavored protein powder
-1 cup of quick oats
-3 cups of Rice Krispies
-1/2 cup of trail mix (nuts and dried fruit)
-1/2 cup peanut butter
-1/2 cup honey
-1/2 cup chocolate chips
-3/4 cup brown sugar
-2 tbsp ground flaxseed (optional)

Instructions:

Combine rice krispies, oats, trail mix, and flaxseed in a large bowl sprayed with cooking spray, set aside.

In a medium sauce pan, combine brown sugar, peanut butter and honey over medium heat. Stir until completely melted and smooth. Remove from heat and stir in protein powder. Pour chocolate mixture over cereal mixture and stir until evenly coated. Press into 9x13 pan sprayed with cooking spray. Cool at room temp until set, then cut into squares. Makes 12 squares (about 2 inches square).

Instant and very good protein bars whenever you need them. Cheaper and better flavored!

Nutritional Information:

1 Bar=

Calories= 295 Carbs= 44 Fat= 9 Protein= 15



Recipes



WLS Friendly Foods



Pam's Favorites

Vanilla Egg Custard

4 eggs
1 cup skim milk
1 can evaporated low-fat milk
1/2 cup Splenda Granular
2 teaspoons vanilla
Pinch of salt
Freshly grated nutmeg

Preheat oven to 325 degrees. Place 6 custard cups or ramekins in a large roasting pan and set aside. Whisk together the eggs, milk, evaporated milk, Splenda, vanilla, and salt. Pour through a fine mesh sieve into a large measuring cup. Divide evenly among the custard cups and grate a generous amount of nutmeg over each one. Pour enough hot water in the roasting pan to come about halfway up the sides of the custard cups. Bake 25 to 35 minutes, until the custard are just set in the center. Carefully remove the custards from the water bath, and transfer to a wire rack to cool. Serve chilled.

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Makes six 1/2 cup portions: Calories 110, fat 4.5 gr, carbs 7.5 gr, protein 9gr.

Protein Hot Chai Mix

6 scoops vanilla protein powder
1.5 cups non-fat powdered milk
3/4 cup instant unsweet tea mix
3/4 cup Splenda
1T. chai spice mix (or use half cinnamon and half ground ginger)
1t. ground cloves
1t. cardamom (original recipe calls for this, but I don't have any, so skipped it)

Mix all dry ingredients in bowl until well blended.

Add 1/2 cup of mixture to mug and add either splash of cold milk or water -- stir to create smooth paste (so you don't get lumpy protein powder). Add 8oz hot water and mix well. You can top with Light RediWhip and a sprinkle of chai spice or drink it naked. (The drink is naked, not you.)

Calculation below is without the "splash of milk" when you're mixing the tea. If you use RediWhip -- it adds about 20 calories. Recipe makes 7 half-cup servings.

Calories: 146 Fat: 1g Carbs: 9g Protein: 27g

Protein Snack List from Egg Face

"My Protein "Snacks" or Small Meals list
This is basically my breakfast and lunch list."

* Caprese Skewers

1 bunch fresh basil
1 lbs bocconcini (those bite-sized fresh mozzarella balls)
2 pints cherry tomatoes
olive oil
pesto sauce (homemade or store bought)
salt and pepper to taste
Bamboo Skewers (toothpick size or cut a full length in half)

Wrap the bocconcini with basil leaf and pierce with skewer. Add a tomato to skewer. Repeat until you've run out of skewers or ingredients. Drizzle skewers with pesto sauce that has been slightly thinned out with olive oil and sprinkle with freshly ground salt and pepper.

Spicy Nuts

1 tablespoon good olive oil
3 cups whole roasted cashews, whole roasted almonds
1/2 teaspoon cumin
1/2 teaspoon chili powder
1 teaspoon kosher salt or sea salt
freshly ground pepper

Place a medium-size saute pan over medium heat. Add olive oil and nuts and toss to coat. Add cumin, chili powder, salt, and pepper and toss until warmed through. Remove from heat and serve. They will crisp as they sit.

Various Snacks

* Cheese sticks - Frigo Twirls Cheddar & Mozzarella Cheese sticks (Polly-O makes one too) are my favorite.

* "Just the Cheese Crunchy Cheese" - crunchy cheese snack

* Dill Pickle Spears wrapped with a slice of Turkey or Roast Beef

* Cheesestick wrapped with Turkey or Roast Beef

* My "Faux Ice Cream" (Your favorite yogurt or protein shake made into frozen popsicles)

- * Almonds
- * Lime & Salt Peanuts
- * Trader Joe's Olive Oil, Feta & Garlic Soy Crisps or Genisoy Deep Sea Salt Soy Crisps dipped in Roasted Eggplant Spread or Hummus
- * Genisoy Apple Cinnamon Soy Crisps with Peanut Butter
- * 1 Stick of an Oh Yeah! Vanilla Peanut Butter Creme Protein Wafer
- * 1/2 a Luna Bar (my favs are Lemon Zest, Strawberries & Creme, Iced Oatmeal Raisin, or Chocolate Peppermint Stick "Think GS Thin Mints")
- * Cheese Stick dipped in warm Marinara Sauce
- * Peanut Butter Celery Stalk with Raisins (good old Ants on a Log)

- * Apple slices smeared with Justin's Almond Butter
- * Celery with Italian Cream Cheese
- * Hard boiled Egg
- * Deviled Eggs
- * Cold Grilled Chicken dipped in Cilantro Yogurt Dip
- * Berries with a dollop of Ricotta Cheese
- * Ricotta cheese sweetened with SF Torani Syrup
- * Jerky (beef, turkey, chicken)
- * Cheddar Cheese with a few Apple Slices (melted slightly in the toaster oven is great too)
- * Fage Yogurt with additions (flax cereal, granola, SF Torani Syrup, Fruit, unsweetened Coconut)
- * Raw Veggies and Tzatziki Yogurt Dip or Hummus

Protein Rich Recipes from

www.bariatriceating.com

Black Bean Salsa

Ingredients:

1 can (16 oz.) black beans
1 can (12 oz.) shoepeg (white) corn
1/4 C. cilantro
1/2 C. chopped green pepper
1 medium purple onion, chopped
3-4 medium tomatoes, chopped
1 jalapeno pepper, chopped (discard seeds for mild, leave seeds for hot)
1 T. canola oil
Juice of one large lime
1 tsp. salt
1 tsp. garlic powder

Directions:

Drain and rinse black beans and shoepeg corn. Place in a large mixing bowl. Add cilantro, green pepper, purple onion, tomatoes and jalapeno pepper. Blend well. Drizzle the canola oil and lime juice over the top of mixture. Add salt and garlic powder and mix well. Cover and refrigerate for 2-3 hours. Serve with baked tortilla chips

Nutrition information per serving: 41 calories, 7 gm carbohydrate, 2 gm protein, 0.8 gm fat, 0 mg. cholesterol Yield: 24 servings, 1/4 C. each

Oklahoma Bean Skillet

Ingredients:

1/2 lb. 90% fat-free ground beef
1 C. chopped onion
1/4 C. chopped green pepper
1 tsp. minced garlic
1/2 tsp. salt
1 can (14 1/2 oz.) diced tomatoes
1 can (15 1/2 oz.) chili beans
1 C. dry quick-cooking rice
1 C. shredded fat-free cheddar cheese
2 oz. salsa and cream cheese flavored baked tortilla chips, crushed (approximately 32 chips)

Directions:

Brown ground beef in a large skillet. Drain, rinse and return to skillet. Add onion, green pepper, garlic and salt. Continue to cook until onion is clear. Stir in undrained tomatoes and chili beans. Bring to a boil. Reduce heat to simmer. Stir in rice. Cover and cook 5 minutes. Sprinkle cheese over top. Replace lid and continue to cook 2 minutes or just until cheese melts. Sprinkle crushed chips edges and serve. Nutrition information per serving: 273 calories, 38g carbohydrate, 21g protein, 5.4g fat, 1.7g saturated fat, 27mg cholesterol, 3.5g dietary fiber Yield: 6 servings, 1 cup each

Tex-Mex Beef and Bean Soup

Enjoy Mexican flavors in this easy beef and bean soup.

Ingredients:

Nonstick spray coating,
1/2 pound boneless beef round steak, cut into 1/2-inch cubes,
1 cup chopped onion,
1 clove garlic, minced,
2 cups water,
1 14-1/2-ounce can tomatoes, cut up,
1 cup chopped carrot,
1 8-ounce can kidney beans, drained,
1/2 cup chopped green pepper,
2 tablespoons tomato paste,
1 tablespoon chili powder,
2 teaspoons instant beef bouillon granules,
1/4 teaspoon pepper,

Directions: Prep Time: 25 minutes Cooking Time: 30 minutes Spray a large saucepan with nonstick spray coating. Preheat over medium-high heat. Add beef, onion, and garlic. Cook and stir about 3 minutes or until meat is brown. Stir in water, undrained tomatoes, carrot, beans, green pepper, tomato paste, chili powder, bouillon granules, and pepper. Cover and simmer about 30 minutes or until meat is tender. Makes 5 servings.

Nutrition Facts (per Serving): 147 calories 16 g carbohydrates 29 mg cholesterol 3 g fat 381 mg sodium 15 g protein

Six Layer Tex Mex Dip

Ingredients:

1 (16 oz) can fat-free refried beans
1/2 cup salsa
1 cup fat-free sour cream
1 cup shredded reduced-fat cheddar cheese
1 medium chopped tomato
1/4 cup chopped green onions
2 tablespoons sliced black olives

Directions:

In a medium bowl, stir together the refried beans and salsa. Spread bean mixture on a 9-inch platter or pie plate. Spread the sour cream on top of the bean layer. Then layer the shredded cheese, tomatoes, green onions, and black olives on top. If desired, cover and refrigerate for up to 4 hours. Serve with low-fat baked tortilla chips.

Nutrition information per serving: 76 calories, 2g fat, 6.7 mg cholesterol, 289mg sodium. Yield: Serves 12

Spicy Chicken Dip

Ingredients:

Vegetable oil cooking spray
2 pkgs. (8 oz. each) fat-free cream cheese, softened
3 egg whites
1 can (7 oz.) chopped green chilies, slightly drained
1 can (5 oz.) white chicken meat, drained and chopped
1/2 tsp. salt
1 tsp. chili powder
1/4 tsp. black pepper
Peppers to taste (Anaheim red chilies, jalapeno or poblano)

Directions:

Preheat oven to 350 degrees F. In a medium mixing bowl, soften cream cheese with an electric mixer. Add remaining ingredients except cooking spray and peppers. Blend together using electric mixer. Spread into an 11 x 7-inch baking dish coated with vegetable oil cooking spray. Bake for 20-30 minutes. Garnish with pepper slices. Serve with baked tortilla chips.

Tex-Mex Chili Cheese Dip

Ingredients:

1 small onion, chopped
1 large can evaporated milk
1 can cream of mushroom soup
1 4 oz. Can chopped green chilies 1 8 oz. Pkg. Cream cheese, cut into pieces 1/2 C. grated Velveeta cheese

Directions:

In microwave dish, cook chopped onion until soft but not brown. Add milk, soup, chilies, cream cheese and grated cheese. Cook on medium in microwave oven, stirring every 2 or 3 minutes with whisk until cheese melts. Serve with chips, or use as a sauce for any Mexican dish. For corn tortilla enchiladas: Place tortillas one at a time into hot oil until soft. Take out of oil, put on platter, place large tablespoon of sauce on each tortilla. Roll up and serve. For low-fat version: use low-fat cream cheese, no-fat soup, light Velveeta, and skim evaporated milk. This will be a thinner sauce.

Orange Salad

24 oz of lowfat cottage cheese (I use Breakstones 2%--it's creamier and better tasting)
11 oz can of mandarin oranges, drained
8 oz can of pineapple tidbits packed in juice, drained
1 small box of sugar-free orange jello
1/2 of a small bowl of Cool Whip Free
3 packets of Splenda or more to taste

Mix all the ingredients in a bowl and refrigerate for at least 30 minutes. When you spoon out a serving, you can add protein powder if you like. It does have a little sugar from the mandarin oranges and the cool whip but not too much. It is a real treat!

Nutritional info for one cup: Calories: 172 Fat: 3g Carbs:22g Protein:14g

Old Time Beef Stew

Nothing is better on a cold winter evening than old-fashioned beef stew like mother made! This stew will make you think of your childhood.

2 tablespoons olive or vegetable oil
2 pounds boneless beef chuck, cut into 1-inch pieces
1 clove garlic, minced
1 medium onion, sliced
4 cups boiling water
1 tablespoon lemon juice
1 teaspoon worcestershire sauce
2 dried bay leaves
Salt and pepper to taste
1 teaspoon sugar substitute
1/8 teaspoon ground allspice or ground cloves
1/2 teaspoon paprika
6 carrots, sliced
1 pound small white onions
6 potatoes, cubed (optional)

In a large soup pot over medium-high heat, heat olive or vegetable oil. Add beef pieces and saute until brown; remove beef pieces to a plate.

Add garlic and onion; saute until soft. Stir in water, lemon juice, worcestershire sauce, bay leaves, salt, pepper, sugar, allspice or cloves, and paprika; add beef pieces. Reduce heat to low, cover, and simmer 2 hours, stirring occasionally. Remove bay leaves; add carrots, onions, and potatoes. Cover and simmer another 30 minutes or until meat and vegetables are tender. When the vegetables are cooked, remove from heat and transfer into individual serving bowls. Makes 6 to 8 servings

Egg Drop Soup

Ingredients:

2 1/2 qts. chicken broth (skim fat off if you make your own broth)
2 Tbsp. soy sauce
1/4 Cup chopped green onion
4 eggs - slightly beaten
1 Tbsp. Potato Starch (optional)

Combine first 3 ingredients in a large saucepan, bring to a boil. If using potato starch (to thicken a bit), mix it with 2 Tbsp cool water and add slowly to hot broth at this point. Stir to thicken. Slowly pour eggs into the boiling broth. Cook for 1 minute. Serve immediately.

Makes 10 servings. Less than 100 calories per cup and 1 carb per serving. (with potato starch - 3 carbs per serving.) Now just sip thiswhile on the poat-op liquid stage..

Berry & Cream Cheese Protein Crepes

1/2 cup of ff cottage cheese to my magic bullet or other small blender cup
one egg white or one whole egg or liquid egg white to equal one egg (I use liquid egg white most often)
2 T flour,
1 t. vanilla,
a dash of salt
*a scoop (protein scoop I keep in my canister) of splenda. *EDIT* Splenda to taste - I use about 2 T*

Pulse until smooth (thick batter consistency)

On a hot grill (works so much better than a pan in my experience) spray the nonstick griddle with butter Pam and pour the batter out in 4 even pancakes. I didn't do anything else at this point except wait for the batter to cook to firm and then flipped the cakes over to cook the rest of the way.

Add fresh fruit, sugar free jam or cream cheese to center and roll into wrap.

Approx Total Stats for Entire Recipe using frozen berries and liquid egg white
Calories 154
Fat 1
(healthy) Carbs 10
Protein 23

Chicken and Strawberry Salad

Build a backyard brunch around this colorful spring or summer salad. Set out a pitcher of fresh-squeezed orange juice and a basket of blueberry muffins to complete the meal.

Ingredients

2 tablespoons orange juice
1 tablespoon olive oil or salad oil
1 tablespoon lemon juice
2 teaspoons sugar
1/4 cup soy sauce
2 green onions, thinly sliced (1/4 cup)
2 tablespoons orange juice
1 clove garlic, minced
12 ounces skinless, boneless chicken breasts
4 cups spinach leaves
1 11-ounce can mandarin oranges, drained
1 cup sliced strawberries

Directions

Prep Time: 30 minutes

Cooking Time: 12 minutes

For dressing, in a screw-top jar combine 2 tablespoons orange juice, the oil, lemon juice, and sugar. Cover and shake well. Chill dressing until serving time.

For marinade, combine soy sauce, green onions, 2 tablespoons orange juice, and garlic. Place chicken in a plastic bag set into a shallow dish. Add marinade; seal bag. Turn chicken to coat well. Chill for 2 to 24 hours, turning chicken occasionally. Remove chicken from bag, reserving marinade. Grill chicken on an uncovered grill directly over medium coals for 5 minutes. Brush chicken with marinade; turn chicken and brush with marinade. Grill for 7 to 10 minutes more or until chicken is tender and no longer pink. Cool slightly; slice chicken breasts. Line 4 individual salad plates with spinach leaves.

Arrange oranges, strawberries, and chicken breast slices on spinach-lined plates. Shake dressing; drizzle over salads.

Makes 4 servings.

Nutrition Facts (per Serving): 206 calories 20 g carbohydrates 45 mg cholesterol 6 g fat 1119 mg sodium 19 g protein 2 g fiber

Maryland Shrimp Spread

¼ cup serving Calories 73, fat 3g, net carbs 4g, protein 15g
Makes 2 ½ cups

1 pound cooked shrimp
¼ cup Hellmann's Reduced Fat mayonnaise
3 scallions chopped
½ teaspoon Old Bay Seasoning

Pulse shrimp in food processor until ground but still chunky. Transfer to bowl. Place scallions, mayonnaise, and Old Bay in food processor and pulse until scallions are very finely chopped. Scrape flavored mayonnaise to bowl with shrimp, and combine, adding a little water for desired texture. Copyright © 2007 by Susan Maria Leach www.BariatricEating.com, HarperCollins Publishers Inc. all rights reserved.

Taco Soup

I serve with a pile of cheese on top and a dollop of sour cream, diced tomatoes and avocados.

2 tablespoons olive oil (if using Soy crumbles instead of hamburger)
1 pound ground beef or turkey OR 1 pkg. Morningstar Crumbles
1 medium onion, chopped
One 16-ounce can chili beans, undrained
One 15-ounce can kidney beans, undrained
One 15-ounce can whole kernel corn OR 1 cup frozen corn, optional
1 can condensed tomato soup, undiluted
Two 14.5-ounce cans peeled and diced tomatoes (I puree them)
One 4.5-ounce can diced green chiles
1 small can sliced olives
One 1.25-ounce envelope taco seasoning
2 teaspoons chili powder OR to taste
2 teaspoons Splenda

In large saucepan saute meat and onions over medium heat until browned. Drain away any remaining fat as possible.

Add remaining ingredients; simmer uncovered for 2 to 3 hours, stirring occasionally. The longer it simmers the better it gets!

Cheesy Chicken and Cauliflower Chowder

This is a thick and substantial chowder that is comfort food at it's best. You could leave out the chicken and add more cauliflower for a warm and filling vegetarian meal. Serve with hot, buttery whole grain rolls for your family.

Makes 8 servings.

Per Serving: 222 Cal; 22 g Protein; 9 g Tot Fat; 11 g Carb; 1 g Fiber; 4 g Sugar; 421 mg Sodium

1 tablespoon olive oil	1/8 teaspoon nutmeg
1 teaspoon butter	1/4 teaspoon dried basil
1 clove garlic, chopped	Kosher salt and black pepper
1 small onion, chopped	3 cups cubed cooked chicken
3 medium carrots, sliced	1/4 cup flour
3 cups chopped cauliflower (about 1 head)	1 cup milk
Two 14-ounce cans, reduced-sodium chicken broth	2 tablespoons reduced-fat cream cheese
1 teaspoon Splenda	4 ounces cheddar cheese, shredded

In a large saucepan, saute the garlic and onion in olive oil and butter until soft. Add carrots, cauliflower, broth, Splenda, nutmeg, basil, salt, and pepper. Bring to a boil, reduce heat and simmer for 15 minutes or until vegetables are tender. Add chicken and heat through. In a small bowl combine flour and milk until smooth. Add to chicken mixture. Bring to a boil and cook and stir for 2 minutes or until thickened. Remove from heat. Add cream cheese and cheddar. Stir until melted. Copyright © 2007 by Susan Maria Leach/Linda Farnsworth www.BariatricEating.com, HarperCollins Publishers Inc. all rights reserved.

More Recipes from Egg Face!

<http://theworldaccordingtoeggface.blogspot.com/>

These are a few that caught my eye while reading through her entire blog (worth the read!). Michelle is constantly adding more, so you'll have to check out her website to see what's new.

Shelly's Tortilla-less Enchilada Casserole

2 boneless skinless Chicken Breasts, boiled and chopped (or leftover rotisserie)
1 teaspoon Southwest Seasoning (cumin, oregano, cayenne)
1/2 cup Corn kernels (I used leftover frozen, cooked)
1 Cup Mexican Blend Cheese, divided use
1 yellow Onion, chopped
2 green Onions, chopped
8 medium Mushrooms, sliced
1 - 4 oz. can whole Mild Green Chilis, seeded and chopped (I used the Ortega brand)
2 Tablespoons Flour
1 Tablespoon Butter
3/4 Cup Chicken Broth
1/2 Cup Sour Cream

Preheat oven to 350. Melt butter, saute onions and mushrooms till golden. Divide into 1/2 and set 1/2 a side. To the 1/2 onions/mushroom mixture remaining in the pan add flour, and stir well. Add broth, cook till thickened. Stir in sour cream. Set aside.

Mix the shredded cooked chicken, the 1/2 onions & mushroom mixture, corn, mild green chilis, the seasoning and 1/2 cup of Mexican shredded cheese together. Pour chicken mixture into a casserole. Pour sauce over top and sprinkle with the other 1/2 cup of cheese. Bake for 35-40 minutes till golden and bubbly.

Edited to add: If you aren't allowed corn replace with black beans (canned, drained) or peas or just eliminate.

Egg & Pea Salad

8 hard-boiled eggs, chopped
1/2 cup frozen green peas, cooked (or fresh if you are lucky and they are in season)
1/4-1/2 cup of mayo
1 T of dijon mustard
1 green onion, diced
1 stalk celery, diced
kosher salt
freshly ground pepper

Mix all ingredients together. Serve scoops on a leaf of boston lettuce or in a low carb tortilla wrap.

Shelly's Italian Beef & Bean Soup

1 lb. Ground Beef (or Turkey)
1 Tablespoon Olive Oil
1 Tablespoon Butter
1 large Onion, chopped
2 Green Onions, chopped
2 cloves of Garlic, minced
1 teaspoon Italian Seasoning (Oregano, Basil, Marjoram)
2 15 oz cans of beans (I used a combo of cannellini and a Tuscan Bean Medley)
3 cups Beef Stock
1/2 cup Tomato Sauce
1 teaspoon Tomato Paste
1 cup frozen (or fresh) Spinach
1 teaspoon Salt
1/2 teaspoon freshly ground Pepper
1/4 cup Parmesan, grated
3 ounces Ricotta Salata, crumbled (or use Parmesan)

Brown ground beef and drain any fats. Remove from pan and set aside. Saute onions in butter/oil and cook until golden about 10 minutes. Add the garlic and Italian Seasonings and stir to coat the onions. Let cook 2 minutes, stirring constantly so the seasonings will not burn. Add the beef, beans, stock, tomato sauce, paste and spinach. Add salt and pepper. Cover and reduce the heat to a simmer. Simmer gently, about 1/2 hour. Stir in 1/4 cup Parmesan. Garnish with crumbled Ricotta Salata (note: this is not the ricotta used in lasagna it is a harder/salty cheese) or shaved Parmesan.

Awesome Crockpot Pot Roast

3-4 pound boneless Chuck Roast
1 can cream of chicken soup
1 package Lipton Dry Onion Soup mix
1/4 cup white wine
1 whole onion sliced

Optional: The last hour of cooking I sometimes add the following:

1/2 cup frozen peas
1/2 cup frozen carrots
1/2 cup sliced mushrooms

Place a 3 or 4 pound boneless Chuck Roast in a frypan and brown both sides about 5 minutes a side. Place the brown meat in a crockpot and add a can of undiluted cream of CHICKEN (yes chicken) over the top of the roast and spread it around just the top. Then empty a package of Lipton dry Onion Soup mix over the cream soup and don't mix it. Drizzle 1/4 cup of white wine down the side of the crockpot (don't leave this out the alcohol cooks away but is key for the awesome gravy). Place onion rings on top. Close the lid. That's all there is to it!! Don't add any additional water either. Cook on low for about 7 hours. Delish and so is the gravy!!

Perfect Roast Chicken

1 roasting chicken
Kosher salt
Freshly ground black pepper
1 large bunch fresh thyme
1 lemon, halved
1 head garlic, cut in half crosswise
2 tablespoons (1/4 stick) butter, melted
1/2 large yellow onion, thickly sliced

Preheat the oven to 425 degrees F. Rinse the chicken inside and out and pat the outside dry. Liberally salt and pepper the inside of the chicken. Stuff the cavity with 1/2 the bunch of thyme, both halves of lemon, the yellow onion and all the garlic. Brush the outside of the chicken with the butter and sprinkle again with salt and pepper and thyme. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken. Place in a roasting pan. Roast the chicken for 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh. Remove the chicken to a platter and cover with aluminum foil for about 20 minutes. Slice the chicken onto a platter.

Mexican Chicken Salad

2 cups fully cooked chicken, chopped
1 cup cheddar cheese, coarse shred
1/3 cup green bell pepper & red bell pepper, chopped
1/2 can kidney beans
1/2 yellow onion, chopped
1/4 cup sour cream
1/4 cup mayonnaise
2 T. taco seasoning

Shredded lettuce
Chopped tomatoes
Sliced black olives
Sliced avocado

Mix together sour cream, mayo, and taco seasoning. Add chicken, cheese, peppers, beans, and onion and mix till coated. Serve on bed of shredded lettuce and top with tomatoes, olives, avocado, as desired.

Dilly Chicken Salad

2 cups cooked and cubed chicken breast meat (rotisserie leftovers are great)
1/4 cup chopped cashews, roasted
1/2 cup cucumber, diced
1 Tablespoon fresh dill, chopped
1 Tablespoon fresh Italian parsley, chopped
1/2 cup mayonnaise
salt and freshly ground pepper

Mix together. Great on it's own, in a lettuce or tortilla wrap or stuffed in an avocado half or tomato.

Caprese Skewers

1 bunch fresh basil
1 lbs bocconcini (those bite-sized fresh mozzarella balls)
2 pints cherry tomatoes
olive oil
pesto sauce (homemade or storebought)
salt and pepper to taste
Bamboo Skewers (toothpick size or cut a full length in half)

Wrap the bocconcini with basil leaf and pierce with skewer. Add a tomato to skewer. Repeat until you've run out of skewers or ingredients. Drizzle skewers with pesto sauce that has been slightly thinned out with olive oil and sprinkle with freshly ground salt and pepper.

Quick Chili

Serve with the following fixings: sour cream, grated cheddar cheese, green onions, sliced avocado, and more hot sauce to taste.

2 pounds lean ground beef
1 large yellow onion, chopped
5 cloves garlic, chopped
1 14.5 oz can beef broth
2-3 Tablespoons chili powder
2 teaspoons ground cumin
1 14.5 oz can diced tomatoes
1 small can mild green chilies, diced
Hot sauce to taste
2 15.5 oz cans kidney beans, drained and rinsed

In a large soup pot or Dutch oven over moderate heat, cook ground beef, breaking up large pieces with a spoon, until it's no longer pink. Drain and set aside. Add the onion and cook until it is golden. Throw in the garlic and cook for a minute or so. Add meat back to onions and garlic. Stir in the broth, scrapping up any brown bits on the bottom of your pot. Stir in the chili powder, cumin, tomatoes with their juices, green chilies and hot sauce to taste. Bring to a boil, and then reduce heat to medium-low and cover, simmering for about 10 minutes. Add the beans. Simmer, uncovered, for another 10-15 minutes. Serves 8.

Salsa Fish

1 or 2 fillets of Tilapia or Cod
Fresh salsa the kind you have to keep refrigerated at all times
salt
pepper
foil (I use heavy duty for sturdiness)

Place fish on large sheet of foil. Sprinkle with salt and pepper. Spoon enough salsa to cover the fish. Fold foil into a packet. Use fork or knife to poke some holes on TOP of packet. Bake at 400F for 8 or so minutes until fish flesh is white and meat flakes. CAREFULLY open packet. Enjoy!

Parmesan Tilapia

You can use this topping on any white fish. It's so simple and good.

1/2 cup fresh grated parmesan cheese
3 tablespoons mayonnaise
1/4 teaspoon dried basil
1/8 teaspoon onion powder
2 lbs tilapia fillets
1/4 cup butter, softened
2 tablespoons fresh lemon juice
Salt and pepper

Preheat oven to 400 degrees. Grease baking pan. In small bowl, mix together the cheese, butter, mayonnaise and lemon juice, basil, onion powder, salt and pepper. Arrange fillets in a single layer in prepared pan. Bake for 20 - 30 minutes until done and flaky. Remove fillets from oven and cover them with the cheese mixture on top side. Place under broiler for 2 minutes or until the topping is browned. Be careful not to overcook the fish. 8 servings.

Shelly's Poppy Seed Chicken

1 cup chopped broccoli, steamed
1/2 yellow onion, chopped
2 zucchinis, chopped
2 boneless skinless chicken breasts, sliced into 1" pieces
1/2 cup sour cream
1 can of cream of chicken soup
salt & pepper to taste
10 Ritz crackers
poppy seeds
butter

Preheat oven to 350 degrees. Steam broccoli and set aside. Saute onions and zucchini till golden. Remove from pan. Saute chicken until golden cooked through. Add broccoli, onions and zucchini back to pan. Mix sour cream and cream of chicken soup together and pour over. Stir to coat. Salt & pepper to taste. Pour into a casserole dish. Crumble crackers in a ziplock baggie, add poppy seeds and sprinkle mixture over the top of chicken. Melt 1 Tablespoon of butter in the microwave. Drizzle melted butter evenly over crackers. Bake 30 minutes, until crackers are golden brown.

Shelly's Cannelini and Avocado Salad

1 can (15 oz.) Cannelini beans, drained and rinsed
2 Avocados, diced
2 Tomatoes, diced
1/4 of a small Red Onion, diced
1 Tablespoon Cilantro, chopped
a few twists of freshly ground Black Pepper
Kosher Salt to taste
Store bought Balsamic Dressing

Combine ingredients with enough dressing to moisten. Can also be made with leftover grilled chicken breast, cold shrimp or salmon to bump up the protein. You can eat it just as it is like I did or spoon on top of a green salad or it can also be served in a tortilla wrap.

Cheesy Cauliflower Casserole

4 cups Cauliflower, steamed
4 Tbs. Butter, divided use
1/4 cup Flour
1/2 tsp. Dry Mustard
1 tsp. Salt
1/4 tsp. Pepper
3 cups Milk
3/4 pound Sharp Cheddar Cheese (3 cups)
1/4 cup Bread Crumbs (optional)

Steam cauliflower set aside. Melt 3 tablespoons butter, blend in flour & seasonings. Add milk. Cook until thickened, stirring constantly. Stir in cheese; pour over steamed cauliflower and mix till combined. Top with optional crumbs mixed with remaining 1 tablespoons of butter. Bake at 375 for 30 minutes or until golden brown.

You can add cooked ground chicken, turkey or beef to this too. Throw your portion in the Black & Decker Mini Chopper Food Processor and whiz away.

Baked Ricotta

8 oz of Ricotta Cheese
1/2 cup grated Parmesan
1 large Egg, beaten
1 teaspoon Italian Seasoning
salt & pepper to taste
1/2 cup Marinara Sauce
1/2 cup shredded Mozzarella Cheese

Mix ricotta cheese, parmesan, beaten egg, seasonings together and place in a oven proof dish. Pour marinara on top and top with mozzarella cheese. Bake it in the oven @ 450 for about 20-25 minutes (best) or nuke it till hot and bubbly. I usually made it first in the oven and heated the leftovers in the microwave.

Shelly's Italian Cream Cheese

3-4 Basil Leaves, chopped
Contents of 1 roasted large head of Garlic
8 ounces Cream Cheese
1/4 cup grated Parmesan Cheese
Good Sicilian Olive Oil
sometimes I add:
1/4 cup toasted Walnuts (optional) or
1/4 cup chopped Artichoke Hearts (optional)

Mix chopped basil leaves, the contents of the head of one roasted garlic, cream cheese, grated Parmesan cheese, toasted walnuts (optional), artichoke hearts (optional). Blend thoroughly. Add olive oil a few drops at a time until creamy.

Shelly's Bruschetta

INGREDIENTS

- 2 garlic heads, whole
- 2 Tbsp. olive oil, divided
- 1/8 tsp. plus dash salt, divided
- 1/8 tsp. plus dash pepper, divided
- 2 medium tomatoes, diced
- 1/4 cup chopped fresh basil
- 1 pkg. (8 oz.) cream cheese
- 1-1/4 cups (5 oz.) Sargento® Artisan Blends™ Shredded Parmesan Cheese, divided
- 24 slices crusty Italian or French bread, 1/2-inch thick

DIRECTIONS

- Preparation Time: 20 minutes
 - Baking Time: 1 hour, 12 minutes
 - Makes: 24 appetizers
1. Cut top 1/3 off each garlic head, exposing cloves. Place on foil; drizzle 1 tablespoon olive oil over heads and sprinkle with a dash of salt and pepper. Bake in preheated 350°F oven 1 hour or until tender. Let cool.
 2. Meanwhile, combine tomatoes, basil, remaining olive oil, salt and pepper in medium bowl; set aside.
 3. Squeeze garlic out of skins. Mix garlic, cream cheese and 1/2 cup Parmesan cheese in a small bowl. Arrange bread slices on baking sheet; spread garlic mixture over one side of each slice; sprinkle with 1/4 cup cheese. Bake in preheated 350°F oven 12 minutes or until golden brown. Top with tomato mixture and remaining cheese.

Shelly's Strawberry Ricotta Parfait

- 1 cup Ricotta Cheese
- 2 Tablespoons (or more to taste) Torani Sugar Free Syrup
- 1 cup fresh Strawberries, sliced
- 1 cup Granola or Cereal

Mix Ricotta and Syrup in a bowl till smooth. Spoon 2 T. of the Granola (I used Flax Cereal) into glasses. Top with 2 T. of the Ricotta mixture and a thick layer of Strawberry slices. Repeat.

Note: You could use a variety of different SF syrups. I used Starbucks SF Cinnamon Dolce and it tasted like Cannoli filling. Other good choices would be SF Almond, Almond Roca, Vanilla Bean, or English Toffee. I buy my Sugar Free Syrups at Cost Plus World Market, Smart & Final, BevMo, Starbucks, or online at [Amazon.com](https://www.amazon.com). You could also use different fruits (raspberries, blueberries, or a combo)

Shelly's Mexican Chicken and Bean Stew

1 Chicken Breast, boneless, skinless, diced
1 Onion, Diced
2 cloves Garlic, minced
4 small Zucchini, sliced
1 can Diced Tomatoes (I used S&W diced)
1 can Cannelini Beans, drained
3 cups Chicken Broth
1 package Trader Joe's Chili Verde (defrosted slightly)
Olive Oil

Cilantro
Avocado
Mexican Cheese
Sour Cream
Lime

Brown chicken in oil. Set aside. Brown onion. Add garlic and zucchini and saute 5 minutes. Add Chicken, Tomatoes, Beans, Chicken Broth, Chili Verde package contents. Simmer on low 45 minutes with lid on.

Shelly's Double Dip Chicken Casserole

2 Boneless, Skinless Breasts, sliced into strips
1 Yellow Onion, diced
3 Green Onions, diced
4-5 Crimini Mushrooms, sliced
2 cloves garlic, diced
3 cups Zucchini, sliced
1 (8.8 oz.) package of Trader Joe's frozen (or TGIF's) Artichoke & Spinach Dip, nuked till softened
1/2 cup Salsa
Kosher Salt to taste
a few twists of Black Pepper
1/4 cup of Shredded Italian Cheese Blend
Butter
Olive Oil
For marinade: 1/4 cup Italian Dressing

Marinate chicken in Italian dressing for at least 4 hours in refrigerator. Drain chicken from marinade but do not rinse. Discard marinade. Saute chicken strips till golden. Remove from pan. Saute the onions till slightly golden in a touch of butter and olive oil. Add mushrooms, zucchini, garlic and steam saute till fork tender. Add chicken back to pan. Add artichoke spinach dip, salsa, salt and pepper and stir till coated. Pour into a 6x8 pyrex casserole dish and top with shredded cheese. Bake at 350 for 30 minutes till golden and bubbly.

Shelly's Cheesy Chicken & Veggie Bake

1 cup chopped Broccoli, steamed
1 cup Carrots, steamed
1/2 yellow Onion, chopped
2 boneless skinless Chicken Breasts, sliced into 1" pieces
1 Teaspoon Oil
1/2 cup Sour Cream
1 can of Cheddar Cheese Soup
1/2 cup Mexican Cheese blend
dash Chili Powder
Salt & Pepper to taste
10 Ritz Crackers
1 Teaspoon Poppy Seeds
1 Tablespoon Butter

Preheat oven to 350 degrees. Steam broccoli and carrots and set aside. Saute onions till golden. Remove from pan. Saute chicken in a teaspoon of oil until golden and cooked through. Add broccoli, carrots and onions to pan. Mix sour cream, soup, and cheese together and pour over. Stir to coat. Salt & pepper and chili powder to taste. Pour into a casserole dish. Crumble crackers in a Ziploc baggie, add poppy seeds and sprinkle mixture over the top of chicken. Melt 1 Tablespoon of butter in the microwave. Drizzle melted butter evenly over crackers. Bake 30 minutes, until crackers are golden brown.

Shelly's Summer Squash Casserole

3 cups sliced yellow summer squash or zucchini (or combo)
1/2 yellow onion, chopped
1 green onion, chopped (1 tablespoon chives)
1/4 cup sour cream
2 tablespoon melted butter, divided use
1 egg, beaten
1 tsp. Italian Seasoning
4 tablespoons shredded Italian Blend cheese (mozzarella, fontina, etc.)
kosher salt
freshly ground pepper
2 Tablespoons grated Parmesan
2 Tablespoons Italian dry bread crumbs

Saute the squash and onion till it just gets a little color and slightly tender. Add green onions. Combine sour cream, 1 T of the melted butter, cheese, egg, salt and seasonings. Off the heat. Fold into cooked squash. Turn into buttered casserole. Combine other Tablespoon of melted butter, bread crumbs and Parmesan. Sprinkle over top of casserole. Bake at 350 degrees about 25 - 30 minutes or until browned and bubbly.

Shelly's Baked Apple Crumb with Caramel Drizzle

2 Apples, chopped
1/4 teaspoon Cinnamon
1 Tablespoon SF Torani Syrup (I used Caramel)

Topping

1/3 cup Raw Almonds
1/3 cup Steel Cut Quick Cook Oatmeal
1/4 teaspoon Cinnamon
1/8 teaspoon Nutmeg
1 Tablespoon SF Torani Syrup (I used Caramel)
1 Tablespoon Almond Butter
1 Tablespoon Cold Butter

Caramel Drizzle

15 Sugar Free Caramels (Brach's is one brand that makes them)
1 Tablespoon Vanilla Soy Milk

Peel and chop apples. Toss with SF Syrup and Cinnamon and fill 4-4 oz. ramekins. Set aside. Whiz almonds in a mini food processor till fine. Add the rest of the ingredients and whiz again till thoroughly mixed.

Sprinkle clumps of the topping equally over each ramekin of apples. Bake at 350 for 30 minutes or until golden. Nuke 15 SF caramels and 1 Tablespoon of soy milk till melted. Stir to combine. Drizzle over cooling apple crumb. Serve hot or cold.

Shelly's Strawberry Ricotta Custard

6 ounces Cream Cheese, softened
1/3 cup fresh Ricotta Cheese (I used Whole Milk Ricotta)
1 large Egg, plus 1 large Egg White
1 Tablespoon SF Torani Syrup (I used SF Caramel)
1/4 cup Vanilla Soy Milk
1/2 Teaspoon Vanilla Extract
8 Red Ripe Strawberries

Preheat oven to 250. In a heavy-duty mixer, beat cream cheese until smooth and fluffy. Beat in ricotta. Be sure to scrape down sides and bottom. Gradually beat in egg and egg white until smooth. Add syrup, vanilla soy milk and vanilla. Beat until well blended. Pour mixture into 4/4-oz ramekins or custard cups. Here's what I use. If you don't have a groovy set up like this. Just place the ramekins in a large roasting pan.

Place pan on oven rack and pour enough very hot water to come halfway up sides of ramekins. Bake 50-55 minutes or until set. Transfer to a wire rack to cool. Cover and refrigerate until cold at least 3 hours or overnight.

Fresh Strawberry Sauce:

Whiz 8 red ripe Strawberries in a mini food processor till sauce consistency. Spoon over custards. If your strawberries aren't that sweet add Splenda to taste. If you want to take an extra step macerate the strawberries in the liqueur of your choice (about 1/4 cup liqueur to a pint of berries) Amaretto would be yummy.

Shelly's Roasted Veggie & Crab Casserole

1 medium Eggplant, peeled & cubed
2 Red Peppers, cubed
1 Red Onion, cubed
Olive Oil
1 teaspoon Kosher Salt
a few twists of Black Pepper
4-5 Mushrooms, sliced
2 Green Onions, diced
2 cloves Garlic, minced
1 cup Crab Meat, drained (I used canned)
1/2 cup Mayonnaise
1 cup Shredded Italian Blend Cheese
1 Tablespoon Prepared Horseradish
1/4 cup Italian Style Dry Bread Crumbs

Preheat oven to 425 degrees. Toss eggplant, onion and peppers with a glug (1-2 T's) of olive oil, salt and pepper and roast in oven for 50 minutes, turning once halfway through cooking time. Chop into bite size pieces. Set aside.

Saute mushroom and green onion till golden. Add garlic and saute 1 minute more. Mix roasted veggies, mushroom mixture, and all other ingredients together and pour into a Pyrex casserole dish. Bake at 350 for 45 minutes.

Shelly's Pesto Garlic Basting Sauce

1 Tablespoon Butter
1 Tablespoon Olive Oil
2 cloves crushed Garlic
1 Tablespoon Store bought Pesto Sauce

Warm 2 minutes in a sauce pan. Baste shrimp on both sides as it cooks.

Shelly's Italian Bean Salad

1 can (15 oz.) Cannelini beans, drained and rinsed
1/2 cup fresh Mozzarella balls (I got the mini ones at Trader Joe's or just 1/2 the bigger ones)
1/2 cup Cucumber, diced
1 Tomato, diced
1/4 of a small Red Onion, diced
1/2 teaspoon Oregano
1 Tablespoon fresh Basil, chopped
a few twists of freshly ground Black Pepper
Kosher Salt to taste
2 Tablespoons Storebought Pesto Sauce
2 Tablespoons Storebought Balsamic Dressing

Combine all ingredients and chill. Can also be made with leftover grilled chicken breast, cold shrimp, salmon or smoked albacore to bump up the protein. You can eat it just as it is like I did from a plastic bowl with a plastic fork staring at the mighty blue Pacific Ocean's crashing waves or spoon on top of a green salad or it can also be made into a tortilla wrap.

Shelly's Chocolate Monkey Bars

1/3 cup Raw Almonds, ground
1/3 cup Steel Cut Oatmeal
1/4 cup Soy Flour (7 g. of protein per 1/4 cup)
1/2 teaspoon Cinnamon
1/2 teaspoon Nutmeg
2 Tablespoons Almond Butter
1 Tablespoon Cold Butter
1/2 teaspoon Baking Powder
1/4 cup Nuts, chopped (I used a combo of pecans and walnuts)
1 egg, beaten
1 Banana, mashed
1/4 cup Raisins (I used 1/2 yellow, 1/2 regular)
1 Tablespoon Sugar Free Torani Syrup (I used Caramel)

Mash banana and beat egg and set both aside. In a mini food processor whiz almonds, oats, soy flour, cinnamon, nutmeg, baking powder till fine. Add almond butter and butter and whiz again till incorporated. Add to egg and banana mixture. Add SF Torani syrup, raisins and chopped nuts. Mix well.

Pat with a fork into 5 x 7" baking dish that has been lined with parchment paper. Bake at 350 for 30 minutes.

Cool on wire rack. Cut into 6-8 squares. Drizzle with Chocolate Caramel Drizzle. I love them cold out of the refrigerator.

Chocolate Caramel Drizzle

10 Sugar Free Chocolate Baking Discs
10 Sugar Free Caramels (Brach's is one brand that makes them)
1 Tablespoon Vanilla Soy Milk

Nuke SF chocolate, caramels and soy milk together till melted about 30 seconds. Stir to combine. Drizzle over cooled bars. Helps clean-up if you put the wire rack on top of a tray, cookie sheet or piece of newspaper.

Shelly's Banana Nut Breakfast Bar

1/3 cup Raw Almonds, ground
1/3 cup [Steel Cut Oatmeal](#)
1/4 cup [Soy Flour](#) (7 g. of protein per 1/4 cup)
1/2 teaspoon Cinnamon
1/8 teaspoon Nutmeg
2 Tablespoons Almond Butter
1 Tablespoon Cold Butter
1/2 teaspoon Baking Powder
1/4 cup Pecans, chopped
1 egg, beaten
1 Banana, mashed
1 Tablespoon [Sugar Free Torani Syrup](#) (I used Caramel)

Mash banana and beat egg and set both aside. In a [mini food processor](#) whiz almonds, oats, soy flour, cinnamon, nutmeg, baking powder till fine. Add almond butter and butter and whiz again till incorporated. Add to egg and banana mixture. Add SF Torani syrup and chopped pecans. Mix well.

Pat with a fork into 5 x 7" baking dish that has been lined with parchment paper. Bake at 350 for 30 minutes. Cool on wire rack.

Cut into 6-8 squares. Drizzle with Caramel Drizzle or spread with SF Strawberry Jam.

Caramel Drizzle

15 Sugar Free Caramels (Brach's is one brand that makes them)
1 Tablespoon Vanilla Soy Milk

Nuke SF caramels and soy milk till melted about 30 seconds. Stir to combine. Drizzle over cooled bars.

Shelly's Apple Nut Breakfast Bar with Cinnamon Cream Cheese Frosting

1/3 cup Raw Almonds, ground
1/3 cup [Steel Cut Oatmeal](#)
1/4 cup [Soy Flour](#) (7 g. of protein per 1/4 cup)
1/2 teaspoon Cinnamon
1/8 teaspoon Nutmeg
2 Tablespoons Almond Butter
1 Tablespoon Cold Butter
1/2 teaspoon Baking Powder
1/4 cup Pecans, chopped
1 egg, beaten
1/4 cup [No Sugar Added Apple Butter](#)
1/4 cup Dried Apple, diced small
1 Tablespoon [Sugar Free Torani Syrup](#) (I used Caramel)

Mix apple butter, diced dried apple and beaten egg and set aside. In a mini food processor whiz almonds, oats, soy flour, cinnamon, nutmeg, baking powder till fine. Add almond butter and butter and whiz again till incorporated. Add to egg and apple mixture. Add SF Torani syrup and chopped pecans. Mix well. Pat with a fork into 5 x 7" baking dish that has been lined with parchment paper. Bake at 350 for 30 minutes. Cool on wire rack. Cut into 6-8 squares. Smear with Cinnamon Cream Cheese Frosting when cool.

Shelly's Cinnamon Cream Cheese Frosting

4 oz Cream Cheese, softened
1 Tablespoon Butter, softened
2 Tablespoon Vanilla Soy Milk
1 teaspoon Vanilla Extract
1 Tablespoon Sugar Free Torani (I used French Vanilla)
1/2 teaspoon Cinnamon

Mix all together till smooth and spread on cooled bars.

This frosting was soooo good. What else I can smear some on? Celery, a cottage cheese pancake, a fruit kabob, one of those gorgeous strawberries, my finger ;)

Miscellaneous Recipes

These are just compiled from various sources - no one person specifically

Pumpkin Cheesecake Pudding

1 package (1 oz) Vanilla (I USED CHEESECAKE!) Sugar Free Instant Pudding Mix
1 cup skim milk
2 scoops Vanilla protein powder
1/2 cup Canned pumpkin (NOT PIE MIX...I used Trader Joes Organic Pumpkin)
1/2 tsp pumpkin pie spice

Measure 1 cup cold fat free milk (package directions calls for 2 cups...but only use 1)
Add two scoops of vanilla protein powder to the one c. of milk. Mix thoroughly

Add pudding mix and pumpkin pie spice into a bowl and mix dry ingredients thoroughly with spoon or fork.

Pour protein powder/milk mixture and pumpkin to pudding mixture til thoroughly mixed****

Place in container and chill in the fridge. Top with 1 tbsp fat free cool whip and Enjoy!

Makes 3 1/2 cup servings
17g protein, 110 Calories, 10g Carbohydrates

**** As I was already using the blender to make my protein shakes, I figured I'd not mess up the mixer too so I used the blender. I first added milk and unjury into blender and mixed. Then put pudding mix and pie spice in cup and mixed.....then dumped pumpkin in blender and turned it on blend.....took the lid off the blender while it was on blend, and slowly added the pudding/dry mixture to milk/pumpkin mix. After blending, I quickly poured in 3 half cup containers. It is SOOOOO Creamy and smooth! My daughter even loved licking the spoon! (I hope protein powder is ok for her!)

Just-Like-Wendy's Chili

Ingredients

2	lbs ground beef
1	(29 ounce) can tomato sauce
1	(29 ounce) can kidney beans (with liquid)
1	(29 ounce) can pinto beans (with liquid)
1	cup diced onions (1 medium onion)
1/2	cup diced green chili peppers (2 chilies)
1/4	cup diced celery (1 stalk)
3	medium tomatoes, chopped
2	teaspoons cumin powder
3	tablespoons chili powder
1 1/2	teaspoons black pepper
2	teaspoons salt
2	cups water

Directions

1. Brown the ground beef in a skillet over medium heat; drain off the fat.
2. Using a fork, crumble the cooked beef into pea-size pieces.
3. In a large pot, combine the beef plus all the remaining ingredients, and bring to a simmer over low heat.
4. Cook, stirring every 15 minutes, for 2 to 3 hours.
5. Leftovers can be frozen for several months.

NOTES From Pam:

- o Instead of fresh chili peppers, I just buy a can of green chili (near the taco seasoning) and use a half of a can. Freeze the other half for next time.
- o I've never used cumin powder in my recipe and it still tastes great. One of these days I'll have to buy some to try it out.
- o I use canned diced tomatoes instead of fresh – just cuz I'm lazy.
- o I always make this recipe in the crock pot and let it cook all day.

Submitted by: Pam Tremble
pstremble@gmail.com

Fat Free Sour Cream Cheesecakes

32 ounces fat free cream cheese
16 ounces fat free sour cream
1 cup Splenda granular
3 egg whites
2 teaspoons vanilla extract

Preheat oven to 325 degrees.

Cream together cream cheese and Splenda. Add egg whites and mix well. Add vanilla and sour cream, blending well.

Divide evenly into 8 mini pie tins. Bake for 45 minutes, or until cakes jiggle evenly across the top. Let cool to room temperature, then refrigerate.

Top accordingly with fruit, preserves, peanut butter, whatever!

Calculated for 1 serving (183g)

Recipe makes 8 servings

Calories 169

Calories from Fat 20 (12%)

Amount Per Serving %DV

Total Fat 2.3g 3%

Saturated Fat 1.5g 7%

Polyunsat. Fat 0.1g

Monounsat. Fat 0.4g

Trans Fat 0.0g

Cholesterol 14mg 4%

Sodium 679mg 28%

Potassium 330mg 9%

Total Carbohydrate 15.4g 5%

Dietary Fiber 0.0g 0%

Sugars 4.8g

Protein 20.4g 40%

Crock Pot Meatloaf

- 1 package instant boxed stuffing mix - including seasoning packet
- 3 eggs
- 2 pounds lean ground beef
- 1 cup ketchup

Mix dry stuffing mix and seasoning packet with eggs and lean ground beef; form into tightly packed 'loaf' and place in slow cooker. Turn heat to LOW; cook for 6 to 8 hours. Add ketchup to top of meatloaf

Pumpkin Protein Muffin Pies

22 Fl oz can pure pumpkin
6 scoops vanilla protein powder (mine has 110 cal, 21 protein per scoop)
12 oz can evaporated skim milk
6 large eggs or egg substitute equivalent
3/4 cup sugar twin brown sugar substitute
1 tbsp cinnamon
1/2 tsp ginger
1/4 tsp ground cloves
1/4 tsp nutmeg

Directions:

Preheat oven to 400. Mix sugar and spices in a small bowl, set aside. Lightly whip 6 eggs in a large bowl, add in pumpkin and mix thoroughly before sprinkling in sugar mix. Blend protein powder and milk in a separate bowl with a hand mixer, then add to the pumpkin bowl mixing well before filling 18 lightly greased muffin tins. Bake at 350 for 10 minutes, reduce heat to 300 and cook for 40 - 50 minutes (I have a gas stove and took it out after 30 mins). Pies are cooked when a knife is inserted into the middle and comes out clean. Once cool, top with light whipping cream if you wish or a mixture of FF cream cheese, splenda and vanilla or maple extract to taste to make a "frosting". Store muffins in refrigerator, do not freeze.

Makes 18 servings (for some reason I get 21 if I use egg substitute)
For 18 servings using egg beaters: Cals 84, fats 3, carbs 6 and, protein 12. Enjo

Lemon Raspberry Bars

3/4 cup Splenda® Granular
3/4 cup flour
1/4 cup light butter
1 pinch salt
2 tablespoons flour-
1 1/4 cups Splenda® Granular
1/2 cup egg substitute
1/2 cup half and half
1/2 cup fresh lemon juice
1 tablespoon grated lemon zest
1/4 cup reduced sugar raspberry preserves

Preheat oven to 350F. Spray an 8 x 8 inch baking pan generously with butter flavored nonstick spray. Set aside. Mix together flour, Splenda® Granular and salt in a medium sized mixing bowl. Cut in light butter until the mixture is crumbly, like a streusel topping. Do not over mix. Press dough into prepared baking pan. Bake in preheated oven 15 to 20 minutes or until lightly browned. Place Splenda® Granular and flour in a medium sized mixing bowl. Stir well. Add egg substitute and half and half. Stir until blended. Slowly add lemon juice while stirring constantly. Add lemon peel. Stir raspberry preserves until they loosen up. Spread evenly over warm crust. Gently pour lemon mixture over preserves. Bake in preheated oven 20 to 25 minutes or until set. Remove from oven and allow to cool before placing in refrigerator. Chill in refrigerator 2 hours before serving. 16 servings.

Nutrition Information per serving:

Calories 70, Calories From Fat 20, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 10 mg, Sodium 45 mg, Total Carbohydrate 10 g, Dietary Fiber 0 g, Sugars 1 g, Protein 2 g
Exchanges per serving: 1 Starch

Crustless Pumpkin Pie

15 oz. can pumpkin
12 oz. can skim evaporated milk
3/4 c. egg substitute or 3 egg whites
1/2 t. salt
1 T. pumpkin pie spice
1 t. vanilla
1 c. Splenda

Combine all ingredients & beat until smooth .Pour into greased 9 1/2" glass pie plate. Bake @ 400* for 15 minutes, then @ 325* for 45 minutes until knife comes out clean from the center.

Individual Crustless Pumpkin Pies

Ingredients:

22 oz. pure pumpkin
6 scoops vanilla protein powder
12 oz. evaporated skim milk
6 large eggs
3/4 c. Sugar Twin brown sugar substitute
1 t. cinnamon
1/2 t. ginger
1/4 t. ground cloves
1/4 t. nutmeg

Pre heat oven to 400. Mix sugar and spices in a small bowl, set aside. Lightly whip 6 eggs in a large bowl, add in pumpkin and mix thoroughly before sprinkling in sugar mix. Blend protein powder and milk in a separate bowl with a hand mixer, then add to the pumpkin bowl mixing well before filling 18 lightly greased muffin tins. (Add more milk as necessary for smoother more liquid batter.) Bake at 350 for 10 minutes, reduce heat to 300 and cook for 40 - 50 minutes. Pies are cooked when a knife is inserted into the middle and comes out clean. Do not use Splenda Brown Sugar Blend.

Pumpkin Protein Bars

3 1/2 c. quick cooking oats
1 1/2 c. instant nonfat dry milk
4 scoops vanilla protein powder
1/4 c. ground flaxseed meal
2 1/2 teaspoons pumpkin pie spice
1 T. Splenda Brown Sugar blend
2 large egg whites, beaten stiff
1/2 c. SF Da Vinci Butter Rum coffee syrup
1/2 c. SF Da Vinci Caramel coffee syrup
1/2 c. canned pumpkin
1 t. vanilla
1/4 c. apple juice

Preheat oven to 325 degrees. Prepare a 9 x 13 baking dish by spraying with a baking-release spray. In a large mixing bowl combine oats, instant milk, protein powder, flaxseed meal, pumpkin pie spice and brown sugar replacement. Stir well to combine. In a separate bowl, whip the egg whites, fold in coffee syrups, pumpkin, vanilla extract and apple juice. Add the egg white mixture to the dry ingredients and stir by hand to combine. Pour into prepared pan and smooth top to flatten. Bake 30 minutes, or until top is dry and edges are lightly golden. Remove from oven and cool in pan 10 minutes, turn out onto cookie rack and cool completely. Cut into 12 equal bars and wrap individually. Stores well in freezer. Makes 12 servings.

Carmel Apple Salad

Whisk together:

1 tub Cool Whip
1 pkg SF butterscotch instant pudding (powder only)

Stir in:

3-4 peeled and diced apples
1/2 c. chopped peanuts.

Cover and chill until ready to serve.

Cherry Cheesecake

1/3 c. Splenda

2 eggs

8 oz. of cream cheese

Add a can of SF cherries and a T. of the cherry juice from the can. Blend it all together. Pour into a graham cracker crust. Bake at 350 for 23-30 min. Cool in the refrigerator. Frost with SF whip cream just before serving.

SF Fudge Candy

1/4 c. diet margarine
2 oz. unsweetened chocolate
24 packets Equal sweetener
1 t. vanilla extract
1 (8 oz.) pkg. cream cheese (softened)
Optional: 1/2 c. chopped nuts

Melt margarine over low heat. Add chocolate and stir just until melted. Remove from heat and stir in sweetener and vanilla. Combine chocolate mixture with cream cheese and beat until smooth. Stir in the nuts (optional). Spread mixture in a lightly greased 8 inch square pan. Refrigerate until firm. Cut into 1 inch squares. Store in refrigerator.

Chocolate Fudge Protein Bars

7 scoops (2 1/3 c.) Chocolate Whey Protein
1/2 c. melted butter
4 oz. FF cream cheese (8 protein; 4 carbs)
1/2 c. walnuts, if desired (10 protein; 5 carbs)

Melt butter & cream cheese in microwave and stir until smooth. Mix in protein powder. Stir until mixed. This will be very thick and hard to stir. Add chopped walnuts and mix. Put in a greased bread pan. Chill. Cut into 8 pieces. When firm, wrap each piece in plastic wrap and store in fridge. Yield: 8 generous bars. Protein per bar: 17.5 Carbs per bar: 2.43. These come out chewy and look like fudge.

Banana Nut Bread

1-1/3 c. mashed very ripe bananas (2-3 large)
2/3 c. Splenda
1/4 c. milk
3 T. vegetable oil (or applesauce)
1/2 t. vanilla
3 eggs
2-2/3 c. Reduced Fat Bisquick
1/2 c. chopped nuts

Heat oven to 350°. Grease bottom only of loaf pan, 9X5X3 inches. In a large mixing bowl, combine all ingredients except Bisquick and nuts; stir until blended. Stir in Bisquick and nuts. Bake banana nut bread for 50 to 60 minutes, or until toothpick inserted in center comes out clean; cool 10 minutes. Loosen sides of loaf from pan and remove to wire rack to cool completely.

Fruit Candy Bars

1 env. unflavored gelatin
1/4 c. water
1 c. dried apricots
1 c. raisins
1 c. pecans
1 T. flour
2 T. orange peel (grated)
1 t. rum extract

Sprinkle gelatin over water; allow to soften for 5 minutes. Heat and stir until gelatin is completely dissolved. Combine apricots, raisins, pecans, flour and orange peel in blender or food processor, working until finely chopped. Add to gelatin mixture. Add rum extract and stir to completely blend. Line 8-in. (20 cm) square pan with plastic wrap or waxed paper. Spread fruit mixture evenly into pan, and set aside to cool completely until candy is firm. Turn out onto cutting board, cut into 24 bars and wrap individually.

Cherry Pie

2 (16 ounce) cans tart cherries (no sugar added)
1 c. sugar (just replace the sugar with a c. of granulated Splenda)
3 T. quick-cooking tapioca
1/4 t. almond extract
1/4 t. salt
1 T. butter or margarine
Low fat/low sugar pie crust

Drain cherries, reserving 1/4 c. juice. Mix cherries, juice, sugar, tapioca, extract, salt; pour into the crust. Dot with butter. Top with a lattice crust. Bake at 375 degrees F for 55-60 minutes.

Summer Frozen Fruit Bars/Popsicles

2 c. cut-up summer fruit (strawberries, peaches, watermelon, etc.)
1 T. sugar
1 t. fresh lemon juice

Place the fruit in a blender. Cover and blend until smooth. Add 1-2 T. water, if necessary. Add sugar and lemon juice. Cover and blend until well mixed. Pour into 4 oz. ice-pop molds or paper c.. Insert sticks. Freeze until solid.

Frozen Pudding Pops

2 c. low-fat or skim milk
1 small box of instant pudding

Prepare pudding according to package directions. Freeze in pop molds or spoon into small paper c. and insert popsicle sticks or plastic spoons. Place in freezer until solid.

Luscious Lemon Meringue Pie

1 refrigerated unbaked 9 inch pie crust
1 1/2 c. Splenda granular (for pie)
1/2 c. Splenda granular (for meringue)
6 T. cornstarch
1 3/4 c. diet lemon-lime soda pop
2 egg yolks
2 T. + 2 t. reduced-calorie margarine
1/2 c. lemon juice
6 egg whites (I love the carton in the refrigerated section of the grocery)
1/2 t. vanilla extract

Preheat oven to 425 degrees. Place piecrust in 9 inch pie plate, flute edges, prick bottom and sides. Bake for 8 to 10 min. or until lightly browned. Place on wire rack and allow to cool completely. Lower heat to 350 degrees. In a medium saucepan combine: 1 1/2 c. Splenda Gradually stir in lemon lime soda. Cook over medium-high heat until mixture thickens and starts to boil, stirring constantly. Lower heat and simmer for 2 min. Remove from heat. Stir egg yolks into mixture. Continue cooking for 2 minutes or until mixture comes to a boil, stirring constantly.

Remove from heat. Add margarine and lemon juice NOTE: add lemon juice to taste. 1/2 c. will make a very tart pie so use a bit less if desired. Mix well to combine. Pour hot mixture into cooled piecrust.

For meringue: In large bowl beat egg whites with an electric mixer until soft peaks form. Add remaining 1/2 c. Splenda and vanilla extract. Continue beating until stiff peaks form. Spread meringue evenly over filling mixture, being sure to seal to edge of piecrust. Bake for 12 to 14 min. until meringue starts to turn golden brown. Place pie plate on wire rack to cook for 45 min.

Refrigerate for at least 2 hours.

Pumpkin Mousse

1 c. canned pumpkin
1 c. skim milk
1 c. SF whip cream
1 box butterscotch or vanilla SF/FF pudding (I like butterscotch)
pumpkin pie spice to taste.

Mix your pudding with the milk then add the rest of the ingredients by folding them into it. The SF Cool Whip has a lot of calories actually. I make the pudding without the SF Cool. (Add vanilla protein powder as an option.)

SF Chocolate Mousse

1 t. unflavored gelatin
1 t. cold water
2 t. boiling water
1 c. Splenda
1/2 c. unsweetened powdered cocoa (Ghirardelli preferred)
1/8 t. salt
1 c. heavy whipping cream
1 t. vanilla extract
Optional topping: whipped cream lightly sweetened with Splenda. Light dusting of unsweetened cocoa powder

Chill a medium mixing bowl in the refrigerator. Meanwhile, place the cold water in a small bowl. Sprinkle with gelatin and let stand 1 minute. Add boiling water and stir until gelatin is dissolved. Set aside. In the chilled bowl, combine Splenda, cocoa powder, salt, whipping cream and vanilla until roughly mixed. With an electric mixer on medium speed, beat mixture until it becomes stiff. Do not over-beat or you will end up with chocolate butter. Beat in the gelatin mixture just until combined. Spoon chocolate mousse into decorative dessert dishes or martini glasses. Chill 1 to 2 hours before serving. Top with whipped cream lightly sweetened with Splenda and a sprinkling of cocoa powder if desired.

Cheesecake

1 egg
1 16oz. pkg light cream cheese
1/2 c. Splenda
1 t. vanilla
1 t. of lime juice

Mix thoroughly with a mixer until fluffy pour into a nonstick pie pan and bake 30-40 min @ 350 degrees. For the topping, in a sauce pan add 1 t. of lime juice 1/2 c. Splenda, 1/4 c. of water and about 1 1/2 c. of chopped fresh strawberries. Bring to a boil. In a separate c., mix 1 t. corn starch and water. Add to the strawberries and let thicken. Remove from heat, cool, add to cake.

Peanut Butter Chocolate Fudge Pie

A double recipe of the peanut butter cookies (2 eggs, 2 c. Splenda, 2 c. peanut butter)
1 SF, FF Chocolate Fudge Pudding mix
Milk per package directions
SF whip cream

Press the cookie mixture into a pie shell and bake for 8-10 minutes watching it so it doesn't burn at 350 degrees. Let this cool. Mix up your pudding and fill your pie shell. You can also add some additional peanut butter to the pudding mixture if you would like it to be even richer. Refrigerate. Top with SF Cool Whip.

Strawberry Cheesecake Pudding Pie

1 shortbread or graham cracker crust
Several strawberries sliced
1 SF, FF cheesecake instant pudding mix
Milk per package directions
SF Whip cream.

Mix your pudding up with the milk as directed. Pour into pie crust. Refrigerate. Top with SF Cool Whip.

Protein Pudding

1 package SF Instant Chocolate Pudding Mix
2 c. NF very cold milk
2 scoops Matrix chocolate/vanilla/ or cookies 'n cream protein powder.

Pour the milk in a bowl. Add the protein powder, and whisk until well mixed. Add the Pudding Mix and continue to mix until well mixed. Pour into four individual serving dishes and refrigerate until firm - about 30 minutes (cover with plastic wrap if storing in fridge for more than a couple of hours. Otherwise the top dries out). *Some protein powders prevent the pudding from setting. Matrix is recommended for best results.

Chocolate Layer Delight

1 8oz cream cheese (softened to room temp)
2 containers of Cool Whip
1 package SF chocolate sandwich cookies (crushed) Reserve two T.p for garnish
1 SF chocolate pudding (made according to directions on box)

Beat cream cheese with mixer until creamy, mix in 1 container of Cool Whip with mixer until well mixed. Fold in crushed cookies. Place this layer in the bottom of a bowl. Next top with SF Pudding, top pudding layer with Cool Whip and garnish with reserved cookie crumbs. Place in frig for about 1 hour prior to serving.

Pumpkin Pie Ricotta

1/4 c. canned pumpkin
1/4 c. ricotta cheese
2 T. Matrix vanilla protein
2 pkgs Splenda
1/4 t. pumpkin pie spice

Mix all together until smooth and dig in!

Peanut Butter Chocolate Cheesecake Cups

Crust

36 Reduced-Fat Chocolate Wafers
1/4 c. SLENDA® Granular
5 T. Light Butter, melted

Peanut Butter Center

1/2 c. SLENDA® Granular
3 T. Reduced-Fat Peanut Butter
3 T. Reduced-Fat Cream Cheese

Chocolate Filling

4 oz. Unsweetened Chocolate
8 oz. Reduced-Fat Cream Cheese
1 3/4 c. SLENDA® Granular
1/2 c. Skim Milk
1/2 c. Egg Substitute
1 t. Vanilla

2 oz. Sugar-Free Chocolate, melted (optional)

Preheat oven to 350° F. Make crust. Crush cookies into fine crumbs. Blend all crust ingredients together in a small bowl. Stir until well blended. Set aside. Make peanut butter center. Place all center ingredients in a small bowl. Mix until well blended. Set aside. Make chocolate filling. Melt chocolate in small saucepan over low heat. Set aside. Place cream cheese and SLENDA® Granular in a small mixing bowl. Beat until soft. Slowly add skim milk. Mix using a wire whisk until smooth. Add melted chocolate. Stir well. Add egg substitute and vanilla. Mix until well blended. Set aside. Assemble cups. Place 24 mini size foil baking cups on a sheet pan. Evenly divide crust between the 24 baking cups. Firmly press crusts into the bottom of the cups. Place approx. 1/2 t. of the peanut butter center in the center of each crust-lined baking cup. Spoon chocolate filling into each baking cup. Firmly tap sheet pan on countertop to remove any air bubbles. Bake in a preheated oven 10-15 minutes, or until slightly firm to the touch. Chill for approx. 2 hours before serving. Drizzle optional melted chocolate over the top for a garnish.

Rice Pudding

1 small package SF vanilla instant pudding
16 oz light cottage cheese
2 snack size boxes raisins
cinnamon (to taste)
dash of nutmeg

Make pudding according to the directions on the box, adding spices before you whisk pudding. Once the pudding begins to get thick, stir in cottage cheese and raisins. Place in frig and let set for about 1 hour to blend.

Cottage Cheese Pancakes

1 T. heaping oats
1 T. heaping cottage cheese
1 egg
1/4 t. of vanilla
1 packet of Splenda

Puree in food processor. Pour into heated, greased skillet and cook until brown on both sides. Serve with SF syrup (optional.)

Cottage Cheese Pancakes - 2

1/2 c cottage cheese
1 egg
2 t. flour

Puree in food processor. Pour into heated, greased skillet and cook until brown on both sides. Serve with SF syrup (optional.) Makes about 4 small pancakes.

Cottage Cheese Pancakes - 3

1/2 c. rolled quick oats
1/2 c. cottage cheese
1 egg
1 t. canola oil
dash of cinnamon and vanilla

Puree in food processor. Pour into heated, greased skillet and cook until brown on both sides. Serve with SF syrup (optional.)

Seafood Scramble

4 T. butter or margarine
12 eggs
1/2 c. milk
1 t. salt
1/2 t. white pepper
1/2 t. dill weed or Cajun Seasoning
1 pound crab meat
8 oz. cream cheese, cut into pieces

Heat oven to 350 degrees. Heat butter or margarine in a 9-by-13 inch baking dish placed in the oven. Beat eggs, milk, salt, pepper and dill until fluffy. Stir in crab meat and cream cheese. Pour into baking dish. Bake at 350 degrees for 40 to 50 minutes until set in the center. Serves nine.

Mini Mushroom and Sausage Quiches

8 oz. turkey breakfast sausage, removed from casing and crumbled into small pieces
1 t. extra-virgin olive oil
8 oz. mushrooms, sliced
1/4 c. sliced scallions
1/4 c. shredded Swiss cheese
1 t. freshly ground pepper
5 eggs
3 egg whites
1 c. 1% milk

Position rack in center of oven; preheat to 325 degrees F. Coat a nonstick muffin tin generously with cooking spray. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping T. of the sausage mixture into each cup. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes.

Crustless Mini Quiches

7 large eggs
1/2 c. skim milk
1 c. low fat monetary jack cheese
4 oz. diced lean ham steak
1/2 c. chopped onion
1 c. chopped broccoli (minus the stems)
garlic powder, salt and ground pepper to taste

Blend eggs, milk and seasonings in food processor until fluffy. In a separate bowl, add broccoli and onion with some water and microwave this for 1.5 minutes. Add to egg mixture. Add cheese and diced ham. Spray a 12 cup muffin pan with nonstick cooking spray. Pour 1/4 c. into each muffin cup. Bake at 350 degrees for 30 minutes.

Chicken Salad

1 large can of white chicken breast drained
FF Miracle Whip to taste
Finely chopped red onions to taste
Finely chopped green peppers or celery
Celery salt to taste
Mix altogether and puree.

Creamy Black Bean Soup

1 TB olive oil
1 small onion, chopped
2 garlic cloves, chopped
One 15-ounce can black beans, rinsed and drained
3 cups Chicken Stock or low-sodium chicken broth
1/2 c. mild roasted tomato salsa
Kosher salt and freshly ground black pepper
1/2 c. reduced-fat sour cream

Shredded cheddar, chopped cilantro, and sliced green onions (scallions). Heat the oil in a large, heavy saucepan over medium heat. Sauté the onion and garlic until lightly browned, about 4 minutes. Add the beans, stock, and salsa, and season with salt and pepper. Bring the soup to a boil, reduce the heat, and simmer 10 minutes, stirring occasionally, until the flavors blend and the soup thickens slightly. Puree the soup with an immersion blender or in a blender until smooth and creamy. Be careful when pureeing hot liquids in a blender as the steam expands; always cover the lid with a kitchen towel, pulse the switch, then release the steam before proceeding.

Reheat the soup just before serving and whisk in the sour cream. Check the seasonings. Ladle the soup into bowls and garnish with the Cheddar, cilantro, and green onions. Have a bottle of hot sauce on the table and use to taste.

Note: Newman's Own and Goya salsas are excellent, as is the Frontera brand of salsa (from Rick Bayles, chef/owner of Chicago's Topolobampo and Frontera Grill). Watch for added sugar in other brands.

Turkey Taco Spread

1 lb. ground turkey
1/4 c. onion, peeled and chopped
2 cloves garlic, minced
1 t. cumin
1 t. chili powder
1/4 c. tomato sauce
salt and pepper to taste
low fat cheddar cheese (for garnish)
light sour cream (for garnish)

In a large skillet sprayed with nonstick spray over medium-high heat, place the ground turkey, onion, and garlic. Sauté for 5 minutes, drain any fat from the pan and return to the heat. Add the cumin, chili powder, tomato sauce, salt, and pepper, and bring to a simmer. Let simmer for 5 minutes. Place the taco mixture into a food processor and blend for 20 seconds. Using a rubber spatula, scrape down the sides of the bowl, puree another 30 seconds. Garnish with low-fat cheddar cheese and light sour cream and serve. Store this spread in an air tight container and it will keep for 2 days.

EASY Crock Pot Southwest Chicken and Rice

5 frozen chicken breasts - (do not defrost)

1 jar of Pace Picante sauce (mild, medium or hot)

1 can Campbell's cheddar cheese soup (do not dilute).

Place all above in crock pot low about 7 hour or until chicken is done.

Chile Rellenos Puff

5 eggs, beaten for 3 minutes

3 T. flour

1/4 t. salt

1/2 t. baking powder

1/4 t. black pepper

1/8 t. cayenne pepper

1/4 t. dry mustard powder

2 c. cottage cheese

1 large can (7 oz.) diced, mild green chiles

1 c. shredded Jack or Colby or mozzarella cheese

1/4 c. shredded sharp Cheddar

Beat into eggs the remaining ingredients (except sharp cheddar). Pour into a greased deep dish pie plate and sprinkle with cheddar. Bake in a 350 degree oven for about 30 minutes or until puffy, golden and knife comes out clean. Serve with diced avocados, tomatoes, olives, sour cream and salsa on top!!

Buffalo Chicken Dip

16 oz. FF cream cheese, at room temperature

1 c. Frank's Red Hot Sauce

1 c. low fat shredded cheddar or Colby cheese

2 10-11 oz. cans of shredded chicken

Preheat oven to 350. Put the cream cheese in the bottom of a 9 inch deep dish pie plate or other oven-proof dish. Place in until melted. Then remove from oven, mix in other ingredients, reserving 1/4 c of the shredded cheese to sprinkle on the top. Bake in oven for 20 minutes.

Almost Homemade Chicken Tacos

1 store cooked rotisserie chicken

1 pkg corn tortillas

1 pkg shredded cheese

1 bunch cilantro

1 can Bush's brand pintos

1 can Rotel original tomatoes with chilies

Add the can of tomatoes to the beans, bring to boil. Warm tortillas in the microwave and chop the cilantro. Chop chicken, place in warm tortilla, top with beans, sprinkle with cheese and cilantro.

Seafood Medley

Canned or imitation crab
Shrimp
Alfredo sauce
Shredded mixed cheese

Cook crab and shrimp. Add alfredo sauce. Add shredded cheese and bake till cheese is melted.

Chili

2 large cans of chili beans or 4 small cans
1 can of light red kidney beans
1-2 pounds of extra lean ground hamburger (I like mine meaty, I use 2 pounds).
4 cans of stewed tomatoes
1 can of Rotel (in the Mexican aisle)
1 green pepper chopped
1 onion chopped
2 packages of chili seasoning

Brown your meat. Drain and rinse well. It is important to get all that fat off as much as possible.
Then add all the rest of your ingredients together in a big pot. Simmer for at least an hour.

Fajitas

1 lb of chicken cut into strips
1 large onion cut into rings
1 green pepper cut into strips
1 red pepper cut into strips
1 yellow pepper cut into strips
1 pkg of fajita seasoning

Brown your chicken and add your fajita seasoning following the directions on the package. Add your veggies to the mix and sauté until desired crispness of veggies. Serve with salsa and light or FF sour cream and some light cheese.

Meat Crust Pizza

1 lb of ground beef extra lean
Pizza Sauce
Light mozzarella cheese
Any other pizza toppings you enjoy
20 All Wheat Crackers Crushed
2 eggs

Mix the ground beef, eggs and crushed crackers together and press into a cookie sheet. Bake at 350 for 10-15 mins until brown. Then top like a regular pizza and cook an addition 10-15 mins.

Meat Crust Pizza 2

2 cups raw extra lean ground beef
4 whipped eggs
1 c. fiber one cereal (crush it in the blender after measuring)

Mix this to a paste consistency and pat tightly into a 15 x 10" baking pan. The crust should be very thin. Pat it as tightly as you can to keep it from shrinking in the oven, if you use less than extra lean ground it will likely shrink some. Bake this in a preheated 350 degree oven for 10 minutes or until brown. Take out and top with favorite pizza toppings. Bake again for 10 minutes or until done.

Chicken Parmesan

2 lbs of chicken breast
½ c. of Italian bread crumbs
1/8 c. of grated parmesan cheese
Garlic powder to taste
1 egg
¼ c. of light sour cream
Spaghetti sauce (no added sugar if you prefer)
Light mozzarella cheese

Wash your chicken and pat dry. Dip the breasts in a mixture of egg and sour cream mixed up together. Then roll into bread crumb mixture (which is bread crumbs, parmesan cheese and garlic powder). Bake at 350 for 35-40 mins. The last 5-10 mins of cooking, sprinkle with the light mozzarella cheese. Then top with spaghetti sauce.

Pork Chops

5-6 pork chops
1 can cream of mushroom soup
1 can of milk
Lawry's seasoning salt or ½ pkg of instant onion soup mix.

Mix the mushroom soup with the milk and the soup mix or Lawry's seasoning salt. Place pork chops in shallow baking pan, cover with sauce. Bake at 300 degrees for 45 mins to 1 hour.

Chicken Cordon Blue

2 oz. Ham Steaks
2 oz. of Grilled Chicken
1 oz. of white cheese of your liking.

Grill this all up and add cheese on top.

Taco Salad

1 lb of extra lean hamburger meat
1 tomato chopped
½ purple onion chopped
Sliced black olives
Shredded lettuce
Light Colby/Monterey Jack mix of cheese or whatever you prefer
Light sour cream
Salsa

Brown your meat and drain and rinse off meat very well. Then add taco seasoning according to directions on package. Let simmer. Then build your taco salad!

Eggplant Lasagna

2 large eggplants, sliced lengthwise into 1/4-inch strips
3/4 c. onions, chopped
1 teaspoon salt, divided
½ teaspoon pepper, divided
1 lb low-fat ricotta cheese
1 egg white
1 T. green onions, chopped
2 ½ c. tomato sauce
1 c. reduced-fat mozzarella cheese
1/4 c. parmesan cheese, grated

Preheat oven to 425 degrees Fahrenheit. Sprinkle both sides of the peeled egg plant slices with 1/2 t. salt and 1/4 t. pepper. Place strips of egg plant and the chopped onions on a non stick baking sheet, in a single layer, and bake for 5 to 7 minutes; turn the strips over and bake a little longer until the eggplant is slightly soft. Cook onions until translucent. Mix together the ricotta, egg white, green onion and remaining salt and pepper. Spread 1 1/2 cups of tomato sauce on the bottom of a 9x13" oven proof casserole. Place a layer of eggplant and onion, using about one third. Cover with half of the ricotta mixture. Add another layer of veggies (1/3). Cover with the rest of the ricotta. Add the rest of the veggies. Add the remaining tomato sauce on top. Sprinkle with the mozzarella and parmesan cheeses. Cover with foil and bake for 1 hour at 375 degrees Fahrenheit. Remove foil and bake another 5 to 10 minutes until the cheese is nicely browned.

Meatloaf

1 or 2 lb extra lean ground beef
1 package of dry onion soup mix
1 diced onion, 2 whipped eggs
1/2 c. plum sauce (egg roll dipping sauce)
1/2 c. catsup
1 c. crushed whole grain cereal (all bran) mix all in a bowl.

Dump in a glass baking dish, mix well, and bake on 350 for an hour

Greek Style Chicken Breasts

1 lb Chicken Breasts
Light or FF Italian Dressing
Light Tomato Basil Feta Cheese
Fresh Spinach

Marinate your breast for a couple hours. Split them down the middle not going all the way through, forming a pocket by cutting into the sides. Stuff with the Feta Cheese and spinach. You can also add some bread crumbs if you like to make it more of a stuffing, but I am usually good with just the cheese and spinach. You can serve as is or cover in SF spaghetti sauce.

Greek Confetti Salad

2 cans of chick peas drained
½ purple onion chopped
1 red pepper chopped
½ lb of light sodium bacon or 2 chicken breasts (if you want less fat and more protein)
Cucumber peeled and chopped
Light or FF Italian Dressing
Light Feta Cheese
Greek Seasoning Salt

Mix all of this together, adding the light Italian dressing and Greek Seasoning to taste.

Chicken or Beef Kabobs

1 lb of chicken or beef chopped into 1 inch sections
Red Pepper chopped into 1 inch sections
Green Pepper chopped into 1 inch sections
SF Chunk Pineapple
Mushrooms
Red Onion chopped into one inch sections
Light of FF Italian Dressing
Marinate your meet for at least 2 hours. Then place on kabobs and sprinkle Greek seasoning or some sort of seasoning salt like Lawry's. The Greek is so good.

Chicken Curry Salad

1 pound cooked chicken, shredded (try rotisserie for flavor!)
1/4 c. light sour cream
1/4 c. light mayonnaise
1/4 c. golden raisins
1 t. curry powder
1/2 t. garlic powder

Place all ingredients into a large mixing bowl and mix well. Salt and pepper to taste. Serve.

Quick Thai Spicy Chicken Soup

48 oz. can chicken broth

1 ½ - 2 lb. boneless skinless chicken breast (sliced thin, bite size pieces)

14 oz. can lower fat coconut milk

1 very large lemon, or 2 medium limes - zested and juiced

Bunch of green onions sliced with most of the tops

¾ lb. whole fresh mushrooms, sliced in thirds

Thai chiles or Serrano chilies to taste

Some red chile pepper flakes to taste

Fresh cilantro for the top.

Heat the chicken broth to a simmer, add the sliced chicken, cook till done. Add coconut milk and lemon or lime juice with zest. Add sliced green onions, sliced mushrooms, Thai or Serrano chiles, red chile pepper flakes to taste. Serve topped with chopped fresh cilantro on top.

Garlic Lovers' Shrimp and Green Bean Salad

4 large cloves garlic, peeled

1/4 c. olive oil

2 tablespoons key lime juice

2 sprigs fresh rosemary leaves

1/2 teaspoon garlic salt

20 large shrimp, peeled and deveined

1 pound fresh green beans, trimmed

1/4 c. olive oil

1 clove garlic, minced

1/2 onion, thinly sliced

1/2 teaspoon garlic salt

1/2 teaspoon cracked black pepper

1/2 c. crumbled garlic and herb feta cheese

Place garlic cloves, 1/4 c. olive oil, key lime juice, rosemary, and 1/2 teaspoon garlic salt into a blender; puree until smooth. Combine shrimp and marinade in a re-sealable plastic bag. Marinate at least 30 minutes in the refrigerator. Place an oven rack in the topmost position and preheat oven on the broil setting. Pour the shrimp and their marinade onto a baking sheet lined with aluminum foil. Broil in preheated oven 3 to 4 minutes per side until the shrimp are opaque. Once cooked, pour everything into a bowl and place into refrigerator. Meanwhile, bring a large pot of lightly salted water to a boil. Add green beans and cook for 2 to 3 minutes, until tender; drain and rinse with cold water. Drain excess water from the chilled beans and place into a large bowl. Heat remaining 1/4 c. olive oil in a large skillet over medium heat. Stir in minced garlic and onion, cook until the onion has softened and turned translucent. Pour the oil over the beans, add shrimp mixture, and toss. Season with garlic salt, and pepper; mix well. Cover and refrigerate at least 1 hour. Mix in crumbled feta before serving.

Strawberry Mango Chutney

1 pint strawberries, stems removed and washed
1 large mango, peeled, seeded, and chopped
1/4 c. lime juice
1/2 c. onion, peeled and chopped
1/4 bunch cilantro, chopped (about 2 T.)
1 clove garlic
1/2 jalapeno, seeded
salt and pepper, to taste

Place all ingredients into a food processor and blend until desired consistency. Chill and serve.

Tomato Garlic and Cheese Salad

3 c. plum tomatoes, cut up
2 cloves fresh garlic, minced
1/2 c. green bell pepper, cut into thin strips
1/2 c. cucumber, peeled and chopped
1/4 c. red onion, finely chopped
1/2 t. fresh jalapeno pepper, minced
1/4 c. olive oil
1/4 c. balsamic vinegar
2 t. Italian seasoning
Cottage cheese

In a large bowl combine the tomatoes, garlic, bell pepper, cucumber, onion, and jalapeno add the olive oil, balsamic vinegar, and Italian seasoning, mix well and refrigerate. Serve with low-fat cottage cheese.

Herbed Beef Patties

1 lb lean ground beef
1 egg
2 t. Romano cheese
1/4 t. basil
1/4 t. oregano
1/4 t. thyme
1/4 t. garlic powder
1/4 t. onion powder
Fresh chopped basil (for garnish)

In a large mixing bowl, combine the beef, egg, cheese, basil, oregano, thyme, garlic powder, and onion powder. Using your hands, form into 4 round patties. Sauté the beef patties over medium-high heat for 4-6 minutes, turning the patties over every 2 minutes. Remove the beef patties from the pan and drain any excess fat. Prepare the Garlic Beef Cream Sauce, and when the sauce has started to simmer, add the cooked beef patties to the sauce and let simmer on low for 2 minutes. Garnish with fresh chopped basil and serve.

Garlic Beef Cream Sauce

2 t. beef bouillon granules
1/4 c. skim milk
1/2 c. light sour cream
1 t. garlic powder
salt and pepper to taste

In a skillet over medium heat, combine the beef bouillon granules and skim milk until dissolved. Add the light sour cream, garlic powder, salt, and pepper, stirring constantly until the mixture begins to lightly simmer. Stirring the sauce constantly and not letting it come to a boil are very important, because the sauce will burn and may separate.

Shrimp and Brie Scrambled Eggs

2 large eggs
1 t. skim milk
1/2 oz. Brie cheese
salt and pepper to taste
1 t. chives, minced
1/2 t. butter
1/4 c. cooked baby shrimp
Ripe tomatoes
Cottage cheese

In a small mixing bowl, mix the eggs and milk together. Cut the Brie into small pieces and add to the egg mixture, along with the salt, pepper, and chives. Melt the butter in an 8-inch nonstick frying pan over medium heat. Place the egg mixture in the pan with the shrimp. Stir until well cooked and fluffy.

Hawaiian Spinach Salad:

1/2 c. spinach leaves
1/4 c. ham diced
1/4 c. pineapple, cut into bite size pieces

Toss together in bowl, adding other favorite toppings such as cheese, hard boiled eggs, onion, carrot slices etc. Top with your favorite dressing or mango salsa.

Honey Chicken Stir Fry

Serve with brown rice and garnished with sesame seeds and chopped chives.

4 t. peanut oil
1 pound boneless skinless chicken breast, cut 1/2 inch thick
2 c. small broccoli florets
1 small onion, cut into thin strips
1 medium carrot, cut into thin slices
2 c. small mushrooms, cut in half
1/4 c. honey
1 t. sesame oil
1/4 t. crushed red pepper flakes
2 T. soy sauce

In a large skillet, heat the oil over medium-high heat; add the chicken and sauté for 3 minutes. Add the broccoli, onions, carrots, and mushrooms to the chicken and sauté for 5 minutes. Add the honey, sesame oil, red pepper flakes, and soy sauce. Stir until all the vegetables are glazed and the sauce is bubbly hot, about 1 minute. Make sure all of the chicken is the same size so it will cook evenly. May also use shrimp and scallops in this recipe if preferred.

Ricotta Chicken

1/2 c. ricotta cheese
3 T. pine nuts
2 T. fresh basil, chopped
1 T. fresh thyme, chopped
1 t. garlic, chopped
2 T. sun-dried tomatoes, chopped
1 artichoke heart, chopped
1 pound boneless skinless chicken breast, pounded 1/4 inch thick,
1/2 c. white wine
salt and pepper to taste

Preheat oven to 350 degrees. In a large bowl, combine the ricotta cheese, pine nuts, basil, thyme, garlic, sun-dried tomatoes, and artichoke heart. Mix well. Lay the pounded chicken breasts flat and divide the cheese mixture evenly. Spread the cheese mixture over the top of the chicken breast and roll tightly. Place the chicken seam side down into a baking pan, pour the white wine into the baking pan with the chicken, and add the salt and pepper. Bake at for 40 minutes or until done and the juices run clear.

Burgundy Pork

2 T. olive oil
four 4-ounce pork loin chops, pounded 1/4 inch thick
1 t. chili powder
1 t. salt
1 t. fresh ground pepper
2 cloves garlic
2 T. capers
1/2 c. burgundy wine

In a large skillet, over medium-high heat, add the olive oil. Season the pork medallions with chili powder, salt and pepper. When olive oil is heated, add the seasoned pork medallions and sauté for 1 minute each side. Add the garlic and capers and sauté for 2 minutes. Remove the pork, deglaze the pan with the burgundy and reduce by half, about 2 minutes. Serve.

Sage Turkey Dijon Meatballs

Try serving it with fresh steamed vegetables for a delicious meal.

1 lb ground turkey
2 t. sage
2 t. Italian seasoning
2 cloves garlic, minced
1/4 c. shredded Parmesan cheese
1 large egg
salt and pepper to taste
1/4 c. white wine
2 T. Dijon mustard
1/4 c. 2-percent milk
1/2 c. light sour cream
Chopped sage (for garnish)
Fresh ground pepper (for garnish)

In a large mixing bowl, combine the ground turkey, sage, Italian seasoning, garlic, cheese, egg, salt, and pepper. Mix well. Divide the meat mixture into 15 even pieces, and roll into 15 round balls. Spray a large sauté pan with cooking spray and heat over medium-high heat. When pan is hot, add the meatballs, and sauté for 10 minutes, turning frequently to brown all sides of the meatballs. Drain any grease from the pan, return the pan to the heat, add the white wine, and reduce by half. Add the mustard, milk, and light sour cream, and bring to a light simmer. Let simmer for 5 minutes or until meatballs have reached 165 degrees in the center. Garnish with chopped sage and fresh ground pepper and serve.

Seafood Calypso Salad

1/2 lb shrimp, cooked
1/2 lb sea scallops, cooked
1/2 lb crab meat, cooked
1 t. celery seed
1 t. onion powder
2 cloves garlic, finely chopped
1 T. lime juice
salt and pepper to taste
1 T. lemon juice
1/2 bunch dill, chopped (about 2 T.)
1 t. hot sauce
1/4 c. light mayonnaise
1/4 cut cocktail sauce
lime wedges (for garnish)
chopped dill (for garnish)

In a large mixing bowl, add the cooked seafood and all other ingredients. Toss well. Place in the refrigerator and let chill for 2 hours. Garnish with lime wedges and chopped dill and serve.

Crumb Coated Salmon

2 eggs
1/2 c. milk
1 c. dry bread crumbs
2 t. lemon pepper seasoning
1/2 t. dill weed
1/4 t. garlic powder
8 salmon fillets (3 oz. each)

In a shallow dish, beat eggs and milk. In another shallow dish, combine the bread crumbs, lemon pepper, dill and garlic powder. Dip salmon in egg mixture, then coat with the crumb mixture. Place on a greased or sprayed baking sheet. Bake at 350 degrees for 14-18 minutes or until fish flakes easily with a fork.

Shepherd's Pie (without potatoes)

1 T. Olive Oil
1 Large Onion, chopped
1 lb Ground Beef
1 Large Carrot, grated
1/2 t. Thyme
1 t. chopped fresh Parsley
1 clove Garlic, minced
Salt & Pepper to taste
1 T. Soy Sauce

Topping:

1 large Egg
2 T. Butter
2 T. Flour
1 c. Milk
4 oz Cream Cheese
1/2 c. Ricotta Cheese
Salt & Pepper to taste

Preheat oven to 350. Heat oil in skillet and sauté onion till golden. Remove and set aside. Sauté ground beef. Drain any fats. Add onions back, grated carrot, thyme, garlic, parsley, S&P and soy sauce. Cook for 1 minute. Pour into casserole dish. In a medium bowl, lightly beat the egg. In a small saucepan, melt 2 tablespoons butter over medium-high heat. Whisk in the flour and cook, whisking often, until the mixture is smooth, about 30 seconds. Slowly whisk in the milk and cook until thickened. Lower the heat to low and stir in the cream cheese and ricotta. Salt and pepper to taste. Whisk a spoon of the cheese sauce into the reserved eggs until smooth. Whisk the egg mixture into the cheese sauce in the saucepan. Pour the sauce over the meat in the baking dish. Bake until the top is lightly browned. 40 to 45 minutes. Let cool for 10 minutes before cutting.