

Liquid High Protein Meal List

| ¼ cup – ½ cup at each meal A FOOD ITEMS | 8 ounces B PROTEIN SUPPLEMENT | 8 ounces / 2 servings minimum C FLUIDS |
|---|--|--|
| ** 3 TIMES DAILY ** | ** 3 TIMES DAILY ** | *THROUGHOUT THE DAY* |
| <p>Strained cream soups (no chunks) 98% FAT FREE and made with 1% or less milk.</p> <p>Broth with 1 scoop protein powder</p> <p>Sugar free pudding. made with 1% OR skim.</p> <p>Milk or lactaid (skim (fat free) or 1%) Soy milk (plain or vanilla)</p> <p>Light low fat blended yogurt- no chunks, made with artificial sweetener.</p> | <p><u>CHOOSE ONE 8 OUNCE SERVING FROM THE PROTEIN SUPPLEMENT LIST</u></p> <p><i>ON THE BACK OF THIS SHEET.</i></p> | <p>Any non carbonated decaf sugar free beverage made with (artificial sweetener).</p> <p>Water</p> <p>Sugar free Kool-Aid</p> <p>Crystal light</p> <p>Fruit 2 0</p> <p>Unsweetened decaf ice tea</p> <p>Fruit propel</p> <p>Decaf tea or coffee</p> <p>Sugar free popsicles</p> <p>Sugar free jello</p> <p>broth</p> |

SAMPLE MEAL PLAN



| TIME | FOOD CATAGORY (A, B,) |
|----------|-------------------------|
| 9:00 am | B |
| 10:30 am | A |
| 1:00 pm | B |
| 3:00 pm | A |
| 6:00 pm | B |
| 8:30 pm | A |

CATAGORY (C)

(FLUIDS)
TWO 8 OUNCE SEVINGS
THROUGHOUT THE DAY

B List
8 OUNCE LIQUID PROTEIN SUPPLEMENTS
DRINK 8 OUNCES OVER 1 HOUR

PRE-MADE SUPPLEMENTS

- SLIM FAST LOW CARB SHAKE
- BOOST, GLUCOSE CONTROL
- CARNATION INSTANT BREAKFAST NO SUGAR ADDED,, WITH 2 TBSP ADDED DRY MILK
- MYOPLEX LITE OR MYOPLEX CARB CONTROL

MAKE YOUR OWN SUPPLEMENT

Per 8oz cup a good supplement has:
15 grams or more of protein
Less than 5 grams of sugar
Less than 5 grams of fat

Examples of protein powders:

- Designer whey
- Zero Carb Isopure (Natures Best) – lactose free protein powders:
- 100% Whey, Nectar
- Optimum Nutrition Whey

CAN BE PURCHASED

- GNC
- Vitamin World
- Vitamin Shoppe

HIGH PROTEIN SHAKE RECIPE'S

CHOCOLATE PROTEIN SHAKE

8 ounces 1% or skim milk
1 scoop protein powder
1 packet splenda
1 tsp unsweetened cocoa powder
Blend all ingredients in blender 10 minutes or until very smooth



PROTEIN DRINK

8 ounces water
2 scoop protein powder

For more flavor:
replace 8 oz water with 8oz crystal light.

YOGURT SHAKE

4 ounces light low fat Yogurt blended
4 ounces 1% or skim milk
1 scoop protein powder
1 TBSP any flavor sugar free syrup or crystal light
Blend all ingredients in blender 10 minutes or until very smooth

****Avoid: straws, caffeine, carbonation, citrus, drinking fast, and Alcohol**

VANILLA SHAKE

8oz 1% or skim milk
1 scoop protein powder
½ tsp vanilla extract
Blend all ingredients in blender 10 minutes or until very smooth