



Ideal Protein Food – Preparation Instructions

SOUPS: Pour 230 ml (200 for creamy soups) of cold water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved. Heat in a microwave oven for 1-2 minutes (start with less time), or in a saucepan over medium heat. Do not overheat. *Also, don't hesitate to add seasonings for variety, or mix in leftover cooked veggies.*

HOT DRINKS: Pour 200 ml of cold water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved. Heat in a microwave oven for 1 – 2 minutes or in a saucepan over medium heat. Start with less time, so as to not overheat.

COLD DRINKS: Pour 200 ml of very cold water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved.

OATMEAL: Pour 80 ml of lukewarm water into a bowl, add contents of one packet and shake vigorously until mixture is completely dissolved. Do not overheat. Add nutmeg or cinnamon for extra flavour.

CREPES/PANCAKES: Pour 120 ml of lukewarm water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved. Let the mixture sit for 1 to 3 minutes. Heat a non-stick fry pan and add a drop of oil or spray olive oil on the pan. Pour the mixture and cook on each side at medium heat for 1 to 3 minutes.

CRISPY CEREAL: Pour 100 ml of very cold water into a bowl. Add contents of one packet and mix.

PUDDINGS: Pour 150 ml of very cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Can be placed in the freezer for about 30 minutes for a thicker ice cream-like effect.

CHILLI/ SPAGHETTI:

Stovetop: pour 170 ml of cold water in a pan; add the contents of one packet. Let cook 10 minutes, stirring occasionally, then let stand 2 to 3 minutes.

Microwave : pour 170 ml of cold water in a microwave safe bowl and add the contents of one packet. Cook for 2 to 3 minutes, stirring occasionally.

Remember, that your Ideal Protein foods are extremely versatile and can be prepared to satisfy your personal taste. Just alter the amount of water that you mix with the protein food to change the texture and taste for any product. Example, if a drink is too sweet, just add a bit of water or a dash of sea salt. If you want to change the vanilla pudding to a vanilla shake, just double up on the water. What stays consistent is the superior quality and valuations, ensuring not only your pleasure, but wellness.