



Tips, Ideas and Suggestions

DIETER HANDOUT – INITIAL CONSULTATION

1. Make yummy soups by adding vegetables to your Ideal Protein soup. Or, use the soup as a sauce for your veggies and meat.
2. Use the chocolate pancake mix to make a muffin or a small cake. (Use a little less water).
3. NEVER, NEVER, NEVER, shake a protein mix with *HOT WATER* in a closed container. It may explode and make a mess, and could burn you! If you want to mix with hot water, use a small whisk instead of shaking.
4. Be careful not to overcook your IP products. Cook them gently and slowly. If you microwave, use a lower power setting and monitor every 30 seconds until you learn how each product works in your microwave.
5. Measure your water carefully. A change in the quantity of water will change the consistency, taste and cooking time of your IP food. You are welcome to vary the amounts of water you use in the different products, but just do it intentionally so that you can determine the effect.
6. Rinse, soak or wash your dirty dishes right away. Protein residue is difficult to clean off if it has had time to solidify.
7. Did you know that hot drinks are satiating? So, enjoy our drinks hot if you like, as it will help you feel full!
8. Try not to eat after 8 PM, depending on your personal lifestyle/schedule.
9. Add cinnamon to your puddings and hot drinks. In addition to a great taste, Cinnamon has been shown to have lots of health benefits including lowering LDL cholesterol and regulating blood sugar.

ENJOY!