

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

Protein Drinks

Listen to What Others are Saying...

Meeting your protein goal can be challenging. Here are excerpts (paraphrased and edited) from postings on the Barix Connection Message Boards to find what worked others.

I would keep trying different proteins. There are so many different brands. Atkins Chocolate shakes, creamed soups and no-added-sugar Carnation Instant Breakfast worked for me. ~Michele

Soup got me through the liquids phase. Just make sure there are no chunks ... you have to strain them. ~Christine

The liquid phase was the hardest for me. I ended up mixing protein powder with applesauce and that became my breakfast. ~Chrissy

I used Campbell's Chunky Soup and blended it. It helped for a bit of a different texture and flavor. ~Kelly

These things worked best for me:

Chicken broth @ Barix Store -16g protein
Protein powder – Fuzzy Navel 23g protein @ Barix Store
Protein drinks – Isopure–cold in refrigerator @ Barix Store
40g protein
SF Jello cups & puddings
SF popsicles & fudgecicles
Light apple juice
Decaf coffee
Dannon Lit & Fit yogurts and smoothies

~Jennifer

I just had a bowl of Campbell's Broccoli & Cheese soup blended with skim milk. It was great. Give it a try! ~Becca

I had some cream of mushroom soup and its made all the difference! I went out last night and got tons of soup. ~Mary

At first it was tough, but when you're on those first stages, put protein powder in anything you can. ~Becky

I was hungry during the full liquid phase. My philosophy is that I was only on liquids for a short time so I would just have to deal with it. I drank more shakes. I missed chewing food so I chewed ice. ~Cindy

I drink the bullets (Profect and New Whey) with 100% juice. I love the Strawberry Kiwi and the Roadside Lemonade Nectar too.

~Tyra

I really like the Chike powders you can buy at Barix. I have tried quite a few and I think they have the least amount of after taste. I also like the Profect bullets which I add to 100% juice as well. Some of them taste tropical-like you are on a beach...lol. ~Vanda

I stick to basic chocolate. Sometimes I add a little peanut butter, yum ~Andrea

My fave is OPTIMUM NUTRITION 100% Any Whey Protein. It has a slight smell, but it does not have any flavor, and you can use it in cooking too. I can't go a day without it. ~Karen

I use Unjury from the website <http://www.unjury.com>. I love the chocolate flavor. It is the bomb. It tastes like chocolate milk. ~Kristy

I am currently loving the Nectar Vanilla Bean in hot milk and then I add a little bit of SF raspberry flavoring from the coffee shop that I work at. It taste like a raspberry vanilla hot choc. This will give me 31 grams of protein. The Vanilla Bean by itself is to sweet so I have to make it hot and that helps for me. Also you can blend it with strawberries and drink cold. LOVE IT.

I like the Any Whey from Barix -- it's unflavored and can be used with sweet or savory drinks, or mixed in hot soups. People's tastes vary, though, and some people say that Any Whey DOES have a flavor. (It definitely has a slightly sweet smell, but I don't detect any flavor.) I think you'll have to give different ones a try to see what suits you.

Keep in mind that your sense of taste can change after surgery, so don't buy a huge amount of any one product. ~Thann

I like the Matrix 5.0 - Simply Vanilla Matrix from Barix. I feel it is the most versatile

~Di556

I use Any Whey unflavored protein in my food for a little added protein. Other than that, I really enjoy the New Whey Protein Bullets, 42 grams of protein in 3.5 ozs. ~Pepsimama

I have only found one company to buy high protein products from where the shakes/mixes, bars and meals have absolutely NO after taste! :) Check out hmrprogram.com - I love it so much. ~Becca

I have a glass of skim milk for 2 of my snacks a day. ~Monica

You get some great shake recipes in the manual they give you. I especially liked the root beer float and banana split ones!! ~Reta

Barix, along with many other places offer sample packs. That is all I would buy before surgery. Your tastes can seriously change after surgery, so you what you tried beforehand and liked, may not agree with you at all after surgery. ~Robyn

