

HEALTHFUL TIPS



Protein Drinks

Helpful Tips to Get the Taste You Want!

Seems like you either love 'em or hate 'em. If you love them, you're in luck; protein drinks can be a very beneficial part of a post-bariatric surgery diet. A versatile and concentrated protein source, they're available in powder, liquid, and ready-to-drink forms. Protein drinks can be used to achieve pre-surgery weight loss, help to meet daily protein goals, reduce cravings for carbohydrates, as a quick and easy meal, and to increase fluid intake.

Now, for those who turn up their noses at the mere thought of protein drinks, here are the most common complaints and some inspiration that may get you to actually enjoy protein-packed beverages.

Complaint: Flavor is too strong

Inspiration: Don't use the entire scoop/serving. Add more milk or water. Add other ingredients such as vanilla extract, fresh or frozen fruit, peanut butter, or no-added-sugar chocolate. Add ice and blend.

Complaint: Too sweet

Inspiration: Add plain unflavored yogurt to cut sweetness. Add more milk or water. Add peanut butter.

Complaint: Too thick

Inspiration: Try liquid Pro-Fuse or a ready-to-drink product like Oh Yeah. Freeze product for 30 minutes and eat with a spoon. Add extra water or milk.

Complaint: Too much air

Inspiration: Use Blender Bottle or spoon to mix rather than blender.

Complaint: Don't like taste

Inspiration: Purchase several different single serving sizes and try different recipes. Keep an open mind—taste is very individual and you may need to try several products until you find one that you like.

Complaint: Too expensive

Inspiration: Once you find a product that you like, purchase the larger size. Shop online to compare pricing. Consider the money you are saving by reducing portion sizes of food.

Favorite Recipes

STRAWBERRY SHAKE

8 oz skim milk
1 scoop Matrix Strawberries & Cream
3/4 cup frozen strawberries
Add ingredients to blender, mix on high until smooth. Enjoy.

PEANUT BUTTER SHAKE

8 oz skim milk
Peanut Butter Cookie Protizyme
Add ingredients to Blender Bottle, shake and enjoy.

WHITE GRAPE DRINK

8 oz cold water
1 oz Pro-Fuse, White Grape
Add Pro-Fuse to water, shake and enjoy.

ORANGE CREAMSICLE

4 oz orange juice
4 oz skim milk
1 scoop vanilla protein powder
2 Tbsp sugar free Cool Whip ice
Add ingredients to blender, mix on high until smooth. Enjoy.

Powder	Liquid	Ready-to-Drink
Large variety of flavors to add to water or milk or make into your favorite smoothie.	Drink straight or add to water or your favorite sugar-free beverage.	The ultimate in convenience, just refrigerate, grab and go.
Examples: Nectar, Matrix, Any Whey, Protizyme	Examples: Pro-Fuse, New Whey	Examples: Oh Yeah, Muscle Milk Diet, Muscle Milk Protein Water