

BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

USING ANY WHEY PROTEIN

VERY BERRY

½ cup milk, skim
5 strawberries, frozen, no added sugar
¼ cup raspberries, frozen, no added sugar
½ cup vanilla yogurt, no added sugar
2 scoops Any Whey Protein
Splenda, to taste

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 280 calories; 42 grams protein; 0 grams fat; 183 mg sodium, 451 mg calcium.

CHOCOLATE BANANA

½ cup milk, skim
1 scoop Any Whey Protein
2 Tbsp. Hershey's syrup, sugar free
½ banana, ripe
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 180 calories; 21.5 grams protein; 0 grams fat; 143 mg sodium; 235 mg calcium.

ICED MOCHA

1 cup milk, skim
1 1/3 Tbsp General Foods International Coffees
Suisse Mocha Sugar Free
1 scoop Any Whey Protein
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 181 calories; 25 grams protein; 0 grams fat; 191 mg sodium; 382 mg calcium.

BREAKFAST BOOST

½ cup orange juice, 100%
2 strawberries, frozen, no added sugar
2 peaches slices, frozen, no added sugar
1 scoop Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 182 calories; 19 grams protein; 0 grams fat; 35 mg sodium, 111 mg calcium.

BREAKFAST BOOST PLUS

½ cup orange juice, 100%
4 strawberries, frozen, no added sugar
2 peaches, frozen, no added sugar
2 scoops Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 252 calories; 36 grams protein; 0 grams fat; 65 mg sodium, 191 mg calcium.

RISE AND SHINE

½ cup orange juice, 100%
¼ cup yogurt, vanilla, fat free, no added sugar
¼ banana, ripe
3 peach slices, frozen, no added sugar
2 scoops Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 203 calories; 38 grams protein; 0 grams fat; 107 mg sodium, 279 mg calcium.

CHOCOLATE PEANUT BUTTER CUP

½ cup milk, skim
1 scoop Any Whey Protein
1 Tbsp peanut butter, creamy
2 Tbsp Hershey's Syrup, Sugar Free
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 223 calories; 25 grams protein; 8 grams fat; 176 mg sodium, 231 mg calcium.

FRUIT FREEZE

½ cup skim milk
1 scoop Any Whey Protein
5 strawberries, frozen, no added sugar
2 peaches, frozen, no added sugar
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 213 calories; 22 grams protein; 0 grams fat; 97 mg sodium, 238 mg calcium.

BANANA SPLIT

½ cup milk, skim
1 scoop Any Whey Protein
½ banana, ripe
1/8 cup pineapple, canned, packed in juice
3 strawberries, frozen, no added
2 Tbsp Hershey's Syrup, Sugar Free
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 233 calories; 22 grams protein; 0 grams fat; 144 mg sodium, 236 mg calcium.

APPLE SHAKE

½ cup milk, skim
¼ cup yogurt, vanilla, fat free, no added sugar
¼ cup applesauce, no added sugar
1 scoop Any Whey Protein
pinch cinnamon
pinch nutmeg
¼ tsp. vanilla extract
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 189 calories; 24 grams protein; 0 grams fat; 134 mg sodium, 321 mg calcium.

CARNATION INSTANT BREAKFAST SMOOTHIE

¼ cup orange juice, 100%
½ cup milk, skim
1 package Carnation Instant Breakfast, vanilla, no added sugar
1 scoop Any Whey Protein
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 211 calories; 25 grams protein; 1 grams fat; 134 mg sodium, 494 mg calcium.

CARNATION INSTANT BREAKFAST SMOOTHIE PLUS

¼ cup orange juice, 100%
½ cup milk, skim
1 package Carnation Instant Breakfast, vanilla, no added sugar
2 scoops Any Whey Protein
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 281 calories; 42 grams protein; 1 grams fat; 164 mg sodium, 574 mg calcium.

PROTEIN POWER CARNATION INSTANT BREAKFAST

1 cup milk, skim
1 package Carnation Instant Breakfast, no added sugar
1 scoop Any Whey Protein
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 226 calories; 29 grams protein; 1 grams fat; 226 mg sodium, 632 mg calcium.

PROTEIN POWER PLUS CARNATION INSTANT BREAKFAST

1 cup milk, skim
1 package Carnation Instant Breakfast, no added sugar
2 scoops Any Whey Protein
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 296 calories; 46 grams protein; 1 grams fat; 256 mg sodium, 712 mg calcium.

PROTEIN POWER STRAWBERRY CARNATION INSTANT BREAKFAST

1 cup milk, skim
1 package Carnation Instant Breakfast, no added sugar
1 scoop Any Whey Protein
½ cup strawberries, frozen, no added sugar

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 258 calories; 30 grams protein; 1 grams fat; 227 mg sodium, 634 mg calcium.

PROTEIN POWER CRYSTAL LIGHT

½ cup Crystal Light
1 scoop Any Whey Protein
2 Tbsp Cool Whip Free
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 85 calories; 17 grams protein; 0 grams fat; 35 mg sodium, 80 mg calcium.

PROTEIN POWER ORANGE FROSTIE

½ cup orange juice, 100%
1 scoop Any Whey Protein
2 Tbsp Cool Whip Light
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 113 calories; 17 grams protein; 0 grams fat; 36 mg sodium, 93 mg calcium.

CREAMSICLE

¾ cup orange juice, 100%
1 package, Carnation Instant Breakfast, vanilla
1 scoop Any Whey
4 ice cubes

PROTEIN POWER PINEAPPLE SMOOTHIE

2/3 cup pineapple juice, 100%
½ cup cottage cheese, fat free
1 scoop Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 244 calories; 33 grams protein; 0 grams fat; 400 mg sodium, 162 mg calcium.

PROTEIN POWERED VEGETABLE JUICE

1 cup tomato or V-8 juice
1 scoop Any Whey Protein

Blend or use a shaker cup to mix well. Pour over ice or blend with ice. Makes one serving.

NUTRITION INFORMATION PER SERVING: 120 calories; 19 grams protein; 0 grams fat; 890 mg sodium, 100 mg calcium.

ICED CAFÉ VIENNA

1 cup milk, skim
1 scoop Any Whey Protein
1 2/3 Tbsp. General Foods International Coffees Café Vienna, sugar free
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 181 calories; 25 grams protein; 0 grams fat; 191 mg sodium, 382 mg calcium.

HOT COCOA

1 cup milk, skim
1 scoop Any Whey Protein
1 packet hot cocoa, sugar free

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached. Stir in Any Whey and hot cocoa until dissolved. Makes one serving.

NUTRITION INFORMATION PER SERVING: 181 calories; 25 grams protein; 0 grams fat; 191 mg sodium, 382 mg calcium.

PUDDING

1 package (4 serving size) pudding, no added sugar, any flavor
2 cups milk, skim
4 scoops Any Whey Protein

Pour milk in blender. Add pudding mix and protein. Blend on medium speed for 45 seconds or until well mixed. Pour into small bowls. Refrigerate until set. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 148 calories; 22 grams protein; 0 grams fat; 393 mg sodium, 231 mg calcium.

KEY LIME PIE

6 oz Dannon Light'n Fit Key Lime Pie Yogurt
1/8 cup milk, skim
1 Tbsp gelatin, lime, sugar free
2 scoops Any Whey Protein
½ (2 small rectangles) graham cracker

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 271 calories; 45 grams protein; 2 grams fat; 178 mg sodium, 394 mg calcium.

ROOT BEER FLOAT

6 oz diet root beer, flat
½ scoop Any Whey Protein
½ scoop Matrix 5.0, Simply Vanilla
3 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 100 calories; 20 grams protein; 1 grams fat; 205 mg sodium, 155 mg calcium.

SOUP

After blending, straining and heating soup, stir in 1 scoop of Any Whey Protein prior to eating to boost the protein by 17 grams per serving.

YOGURT

Stir in 1–2 scoops of Any Whey Protein to your favorite no added sugar smooth yogurt flavor.

YOGURT SMOOTHIE

Blend 1–2 scoops of Any Whey Protein into your favorite no added sugar smooth yogurt flavor and ½ cup milk.