

BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

USING CARIBBEAN COOLER NECTAR

CARIBBEAN COOLER SLUSHY

1 scoop Nectar, Caribbean Cooler
½ cup water
6–7 ice cubes

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

NUTRITION INFORMATION PER SERVING: 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium.

CARIBBEAN MORNING

8 oz Crystal Light Classic Orange
1 scoop Nectar, Caribbean Cooler

Stir ingredients together or use shaker cup. Makes one serving.

NUTRITION INFORMATION PER SERVING: 95 calories; 23 grams protein; 0 grams fat; 60 mg sodium, 250 mg calcium.

BREAKFAST BOOST

½ cup orange juice, 100%
4 strawberries, frozen, no added sugar
2 peach slices, frozen, no added sugar
1 scoop Nectar, Caribbean Cooler

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: 202 calories; 25 grams protein; 0 grams fat; 65 mg sodium, 181 mg calcium.

BREAKFAST BOOST PLUS

½ cup orange juice, 100%
4 strawberries, frozen, no added sugar
2 peach slices, frozen, no added sugar
1 scoop Any Whey Protein
1 scoop Nectar, Caribbean Cooler

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: 272 calories; 42 grams protein; 0 grams fat; 95 mg sodium, 261 mg calcium.

FRUIT FREEZE

½ cup skim milk
1 scoop Nectar Caribbean Cooler
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: 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

CARIBBEAN PUNCH

8 oz Crystal Light Pineapple Orange
1 scoop Nectar, Caribbean Cooler

Stir ingredients together or use shaker cup. Makes one serving.

NUTRITION INFORMATION PER SERVING: 95 calories; 23 grams protein; 0 grams fat; 60 mg sodium, 150 mg calcium.

CARIBBEAN COOLER YOGURT

1 cup plain, fat free yogurt
1 scoop Nectar, Caribbean Cooler

Stir Nectar into yogurt. Makes one serving.

NUTRITION INFORMATION PER SERVING: 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

CARIBBEAN COOLER YOGURT PLUS

1 cup plain, fat free yogurt
2 scoops Nectar, Caribbean Cooler

Stir Nectar into yogurt. Makes one serving.

NUTRITION INFORMATION PER SERVING: 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

CARIBBEAN COOLER YOGURT SMOOTHIE

1 cup plain, fat free yogurt
1 scoop Nectar, Caribbean Cooler
½ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

NUTRITION INFORMATION PER SERVING: 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.

CARIBBEAN COOLER CREAMSICLE

½ scoop Nectar, Caribbean Cooler
½ scoop Matrix 5.0, Simply Vanilla
6 oz cold water
4 ice cubes

Stir all ingredients together or use a shaker cup and pour over ice or blend with ice. Makes one serving.

NUTRITION INFORMATION PER SERVING: 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.

CRYSTAL SKY SLUSHY

1 scoop Nectar, Crystal Sky
½ cup water
6–7 ice cubes

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

NUTRITION INFORMATION PER SERVING: 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium.