

Ideas for Extra Protein

*Sugar Free Carnation Instant Breakfast Shake

1 Packet of sugar free carnation instant breakfast

1 cup skim milk

3 Tablespoons of non fat dry milk

Mix in blender for a few minutes and enjoy.

You can add a banana or a few frozen strawberries for added flavor.

Each shake = 20 grams of protein.

*Klox Blocks

3 small Boxes of sugar free jello

4 envelopes of knox gelatin

4 cups of boiling water

Mix dry ingredients in a 13 X 9 cake pan. Add 2 cups of the boiling water and stir until jello and gelatin are dissolved. Add remaining 2 cups of water. Stir well. Refrigerate until firm and then cut into cubes. Enjoy. You can eat these anytime.

1 envelope of Knox = 9 grams protein, So a 13 x 9 pan = 36 grams of protein.

*You can add a scoop or two of Whey Protein Powder to the above shake instead of the non fat dry milk to increase protein amount.

*You can add a scoop of Whey Protein Powder or nonfat dry milk powder to puddings or cream soups.

- 1 Tablespoon of Nonfat Dry Milk = 3 grams of Protein.
- 1 Scoop of Whey Protein = 18 grams of Protein.