

## HIGH PROTEIN BEVERAGES - k-#@-o

### Spiced Hot Mocha

*Ingredients (for 1 serving):*

- 1 packet of high protein hot chocolate (can be found at PHWC)
- ¾ tsp Instant Coffee (Decaf if you prefer)
- 6 to 8 oz boiling water
- Cinnamon, ground: to taste
- Fat-free whip cream

*Directions:*

1. Combine hot chocolate mix, instant coffee and hot water in mug until dissolved.
2. Add cinnamon, stir, and top with whipped cream.

Nutrition per serving: approx. 85 calories, 0 g fat, 5 g carbohydrate, 1 g fiber, 15 g protein

### Vanilla Chai Tea

*Ingredients (for 1 serving):*

- Chai Tea Bag (or any flavored tea you prefer)
- ½pkg -high protein Vanilla Cappuccino mix, (can be found at PHWC)
- Fat Free Whipped Cream

*Directions:*

1. Prepare tea with hot water.
2. Stir in Cappuccino mix. Top with whipped cream.

Nutrition per serving: approx. 40 calories, 0 g fat, 3 g carbohydrates, 1 g fiber, 7.5 g protein

### Berry Hot Chocolate

*Ingredients (for 1 serving):*

- 1/4 teaspoon Crystal Light, Raspberry Ice
- 1 packet high protein hot chocolate (can be found at PHWC)
- 6 to 8 oz. very hot water

*Directions:*

1. Combine all ingredients in a mug.
2. Stir until completely blended.

Nutrition per serving: approx. 85 calories, 0 g fat, 5 g carbohydrate, 2 g fiber, 15 g protein



### Orange Cream Smoothie

- 1 packet Vanilla V.H.P.
- 8 oz of Diet Orange Soda
- 8 oz of Cold Water
- 4 ice cubes

Mix all ingredients in a blender on high speed until smooth.

#### Nutrition Facts (per serving)

- Calories 260
- Fat 3 g
- Carbohydrate 21g
- Protein 35 g

*(Drink entire serving for meal replacement or drink half for a high protein 17g snack, and share the other half)*



### Root Beer Float Smoothie

- 1 packet Vanilla V.H.P.
- 8 oz of Diet Root Beer
- 8 oz of Cold Water
- 4 ice cubes

Mix all ingredients in a blender on high speed until smooth.

#### Nutrition Facts (per serving)

- Calories 260
- Fat 3 g
- Carbohydrate 21g
- Protein 35 g

*(Drink entire serving for meal replacement or drink half for a high protein 17g snack, and share the other half)*

### Your Favorite Flavor Smoothie

- 1 packet vanilla V.H.P.
- 8 oz of your favorite diet soda (Cherry, Lemon Lime, Coke, etc.)
- 8 oz of cold water
- 4 ice cubes

Mix all ingredients together in a blender until smooth.

#### Nutrition Facts (per serving) Serves 1

- Calories 260
- Fat 3g
- Carbohydrate 21g
- Protein 35 g

*(Drink entire serving for meal replacement or drink half for a high protein 17g snack, and share the other half)*

### Coffee and Cream Frozen Delight

- 1 packet Vanilla V.H.P.
- 1 cup water
- 1 cup brewed coffee (Regular or Decaf)
- 5 ice cubes

Mix all ingredients together in blender until smooth.

#### **Nutrition Facts** (per serving) *Serves 1*

- Calories 260
- Fat 3 g
- Carbohydrate 21 g
- Protein 35 g

*(Drink entire serving for meal replacement or drink half for a high protein 17g snack, and share the other half)*

### Mocha Latte Frozen Delight

- 1 packet Chocolate V.H.P.
- 1 cup water
- 1 cup brewed coffee (Regular or Decaf)
- 5 ice cubes

Mix all ingredients together in blender until smooth.

#### **Nutrition Facts** (per serving) *Serves 1*

- Calories 260
- Fat 3 g
- Carbohydrate 21 g
- Protein 35 g



*(Drink entire serving for meal replacement or drink half for a high protein 17g snack, and share the other half)*

### Chocolate Dipped Strawberry Smoothie

- 1 packet Chocolate V.H.P.
- 15 oz of cold water
- 1/2 cup of Fresh or Frozen Strawberries
- 4 ice cubes (not needed if using frozen strawberries)
- 1 pkt of splenda

Mix all ingredients together in blender until smooth.

#### **Nutrition Facts** (per serving) *Serves 1*

- Calories 286
- Fat 3 g
- Carbohydrate 27 g
- Protein 35 g

*(Drink entire serving for meal replacement or drink half for a high protein 17g snack, and share the other half)*

## **Peach Smoothie**

- 1 packet Vanilla V.H.P.
- 1 medium peach, peeled and sliced
- 8 oz of diet cream soda
- 8 oz of cold water
- 5 ice cubes

Mix all ingredients in a blender on high speed until smooth.

### **Nutrition Facts** (per serving) - *Serves 1*

- Calories 300
- Fat 3g
- Carbohydrate 34g
- Protein 35 g

***(Drink entire serving for meal replacement or drink half for a high protein 17g snack, and share the other half)***

