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Smoothies and Drinks

Strawberry Smoothie	Raspberry Cream Soda
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Black Forest Smoothie	Caribbean Punch
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DeeDee's Smoothie	Orange Cooler
CoCo Mint Smoothie	Creamsicle
Pina Colada	Half and Half
Bariatric Fuzzy Navel	Spiced Iced Coffee
Fresh Peach Treat	Run Coffee
Peppermint Twist	Brazilian Coffee Shake
Fudge Fantasy	Cocoa Delight
The Break	Coffee and Cream
Blueberry Breaker	Krista's Cappuccino
Vanilla Brandy	Spice Orange Tea
Root Beer Float	Asian Tea
Cherry Slush	
Lumberjack Special	

Strawberry Smoothie

1 packet Proti-Max Vanilla Pudding/Shake Mix

1 cup diet cola

$\frac{3}{4}$ cup strawberries, sliced

5 ice cubes

$\frac{1}{2}$ cup water

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

Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories	70
Fat	1 g
Carbohydrate	8 g
Protein	8 g

Peach Smoothie

- 1 packet Proti-Max Vanilla Pudding/Shake Mix
- 1 medium peach, peeled and sliced
- 1 cup diet cream soda
- 5 ice cubes

Mix all ingredients in a blender on high speed until smooth.
Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories	70
Fat	1g
Carbohydrate	7g
Protein	8g

Cherry Smoothie

- 1 packet Proti-Max Vanilla Pudding/Shake Mix
- 1 packet Proti-Max Chocolate Pudding/Shake Mix
- 1 cup water
- 5 ice cubes
- 1 cup diet cherry cola

Mix all ingredients, except cherry soda, in a blender on high speed until smooth.

Pour into chilled glasses then pour cherry soda on top.

Nutrition Facts (per serving)

Serves 2

Calories	100
Fat	2g
Carbohydrate	6g
Protein	15g

Watermelon Smoothie

1 packet Proti-Max Vanilla Pudding/Shake Mix

½ cup water

1 cup watermelon, cubed

5 ice cubes

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

Pour into chilled glasses.

Nutrition Facts (per serving)

Serve 2

Calories 74

Fat 1g

Carbohydrate 8g

Protein 8g

Black Forest Smoothie

1 packet Proti-Max Chocolate Pudding/Shake Mix

$\frac{3}{4}$ cup cold water

1 tsp cherry extract

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

Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	6g
Protein	15g

Orange Julius

1 packet Proti-Max Vanilla Pudding/Shake Mix

1 packet Nutri-15 Orange Drink Mix

$\frac{3}{4}$ cup water

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

Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories	85
Fat	1g
Carbohydrate	4g
Protein	15g

DeeDee's Smoothie

1 packet Proti-Max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup strawberries

$\frac{1}{2}$ tsp almond extract

$\frac{1}{2}$ tsp coconut extract

Mix all ingredients in a blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	136
Fat	2g
Carbohydrate	14g
Protein	16g

CoCo Mint Smoothie

1 packet Proti-Max Chocolate Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

5 ice cubes

1 tsp mint extract

Mix all ingredients together in blender on high speed. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	6g
Protein	15g

Pina Colada

- 1 packet Proti-Max Pudding/Shake Mix
- 1 tsp rum extract
- 1 tsp coconut extract
- ¾ cup cold water

Mix all ingredients together in a blender on high speed until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Bariatric Fuzzy Navel

2 packets Proti-Max Vanilla Pudding/Shake Mix

1 packet Nutri-15 Peach Mango Drink

1 can diet lemon-lime soda

½ cup cold water

Ice cubes to thicken

Mix all ingredients together in a blender until smooth. Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories	135
Fat	2g
Carbohydrate	7g
Protein	23g

Fresh Peach Treat

1 packet Proti-Max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup water

1 medium peach, peeled and sliced

1 package sweetener

5 ice cubes

Mix all ingredients in a blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	138
Fat	2g
Carbohydrate	14g
Protein	15g

Peppermint Twist

1 packet Proti-Max Vanilla Pudding/Shake Mix

½ cup water

4 ice cubes

½ tsp peppermint extract

½ tsp vanilla extract

1 drop red food coloring

Mix all ingredients together in blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Fudge Fantasy

1 packet Proti-Max Chocolate Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

5 ice cubes

1 packet sweetener

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	6g
Protein	15g

The Break

1 packet Proti-Max Vanilla Pudding/Shake Mix

¾ cup your favorite diet soda

5 ice cubes

Mix all ingredients together in a blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Blueberry Breaker

1 packet Proti-Max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

$\frac{1}{2}$ cup blueberries

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	141
Fat	2g
Carbohydrate	5g
Protein	15g

Vanilla Brandy

1 packet Proti-Max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup cold water

4 ice cubes

1 tsp brandy extract

1 tsp vanilla extract

Dash nutmeg

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Root Beer Float

1 packet Proti-Max Vanilla/Pudding Shake Mix

1 can diet root beer

10 ice cubes

Mix all ingredients together in blender. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Cherry Slush

1 packet Proti-Max Vanilla Pudding/Shake Mix

½ tsp sugar-free Cherry Kool-Aid Mix

1 cup cold water

10 ice cubes

Blend first 3 ingredients until well combined. Add ice and blend again. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Lumberjack Special

1 packet Proti-Max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup cold water

$\frac{1}{4}$ tsp maple extract

Dash cinnamon

Blend first 4 ingredients in a blend until smooth. Pour into a chilled glass. Top with a dash a cinnamon.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Raspberry Cream Soda

1 packet Proti-max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup raspberries

1 cup diet cream soda

1 packet artificial sweetener

2 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	148
Fat	2g
Carbohydrate	16g
Protein	16g

Razzle Dazzle

1 packet Vanilla Proti-Max Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

$\frac{1}{2}$ cup frozen raspberries

5 ice cubes

Mix all ingredients in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	132
Fat	2g
Carbohydrate	12g
Protein	16g

Chocolate-Strawberry Fizz

1 packet Proti-Max Strawberry Pudding/Shake Mix

1 packet Chocolate Pudding/Shake Mix

1 can diet lemon-lime soda

10 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories	100
Fat	2g
Carbohydrate	6g
Protein	15g

Vanilla Spritzer

1 packet Proti-Max Vanilla Pudding/Shake Mix

1 cup lemon or orange seltzer water

Mix ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Grasshopper Shake

- 1 packet Proti-Max Chocolate Pudding Shake Mix
- 1 cup cold water
- ½ tsp chocolate extract
- ½ tsp peppermint extract
- 5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	9g
Protein	15g

Caribbean Punch

- 1 cup prepared Crystal Light Fruit Punch Beverage
- 1 packet Proti-Max Strawberry Pudding/Shake Mix
- 5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	105
Fat	2g
Carbohydrate	20g
Protein	15g

Pineapple Cooler

1 packet Proti-Max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup cold water

$\frac{3}{4}$ cup fresh pineapple

$\frac{1}{4}$ tsp coconut extract

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	156
Fat	2g
Carbohydrate	20g
Protein	16g

Orange Cooler

1 packet Nutri-15 Orange Drink Mix

$\frac{3}{4}$ cup diet orange soda

1 small orange, sectioned

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	145
Fat	0g
Carbohydrate	14g
Protein	16g

Creamsicle

1 packet Vanilla Proti-Max Pudding/Shake Mix

1 can diet orange soda

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Half and Half

Mix 2 of your favorite Proti-Max Pudding/Shake Mixes with 2 cups cold water and blend. Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories	100
Fat	2g
Carbohydrate	6g
Protein	15g

Spiced Iced Coffee

1 packet Proti-Max Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup water

5 ice cubes

1 tsp instant coffee

$\frac{1}{2}$ tsp brandy extract

Dash of; allspice, cinnamon, and nutmeg

Mix all ingredients together in a blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Rum Coffee

- 1 packet Proti-Max Vanilla Pudding/Shake Mix
- 1 tsp instant coffee
- 1 tsp rum extract
- 1 tsp almond extract
- 1 cup water

Mix all ingredients together in blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Brazilian Coffee Shake

- 1 packet Proti-Max Vanilla Pudding Shake
- 1 cup cold water
- 4 ice cubes
- ¼ tsp vanilla extract
- 1 tsp instant vanilla flavored coffee

Mix all ingredients together in blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Cocoa Delight

- 1 packet Proti-Max Vanilla Pudding/Shake Mix
- 1 packet Proti-Max Chocolate Pudding/Shake Mix
- 2 cups water
- 1 package sweetener

Mix all ingredients together in blender until smooth. Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Coffee and Cream

1 packet Proti-Max Vanilla Pudding/Shake Mix

1 cup water

½ cup brewed coffee

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Krista's Cappuccino

- 1 package Proti-Max Vanilla Pudding/Shake Mix
- ½ package Proti-Max Chocolate Pudding/Shake Mix
- 1 tsp instant decaf coffee
- 1 cup hot water
- Dash of cinnamon

Blend first 4 ingredients until smooth. Pour into mug and top with a dash of cinnamon.

Nutrition Facts (per serving)

Serves 1

Calories	150
Fat	3g
Carbohydrate	8g
Protein	23g

Spiced Orange Tea

1 packet Nutri-15 Orange Drink Mix

5 ice cubes

$\frac{3}{4}$ cup cold water

1 tsp instant tea

1 packet sweetener

Mix all ingredients in a blender on low speed until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	70
Fat	0g
Carbohydrate	3g
Protein	15g

Asian Tea

1 packet Nutri-15 Orange Drink Mix

1 tsp instant tea

Dash of nutmeg and cinnamon

Mix all ingredients in a blender on low speed until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories	70
Fat	0g
Carbohydrate	3g
Protein	15g

Dips and Appetizers

Cheese Dip
Vegetable Dip
Sweet Cabbage Rolls
Pizza

Cheese Dip

- 1 packet Proti-15 Vegetable Soup
- 2 oz low fat sharp cheddar cheese
- ¼ cup cold water
- Dash cayenne pepper

Process all ingredients in a blender until smooth, cover and chill.

Serves with whole grain crackers*

Nutrition Facts (per serving)

Serves 4

Calories	53
Fat	.5g
Carbohydrate	2g
Protein	8g

*Crackers not included in Nutrition Facts

Vegetable Dip

- 1 packet Proti-15 Cream of Chicken Soup
- 1 cup low-fat cottage cheese
- 1 scallion, minced
- Dash of garlic powder

Combine all ingredients in a blender and puree until creamy.
Cover and chill.
Serve with assorted vegetables*

Nutrition Facts (per serving)

Serves 4

Calories	61
Fat	.5g
Carbohydrate	3g
Protein	11g

*Assorted vegetables not included in Nutrition Facts

Sweet Cabbage Rolls

1 packet Proti-15 Cream of Tomato Soup

1 lb ground turkey

1 head cabbage, leaves separated

½ cup shredded carrot

¼ tsp garlic powder

½ tsp Worcestershire sauce

¼ cup onion, chopped

⅛ tsp sweetener

Parboil cabbage leaves and allow to cool.

Brown turkey with spices and onion in a large skillet.

Mix soup as directed on package and add sweetener.

Spoon equal amounts of turkey mixture into each cabbage leaf, and wrap tight.

Lay leaves in a shallow baking pan that has been sprayed with cooking spray, and pour soup mixture over top.

Bake in a 350° oven for 15-25 minutes.

Nutrition Facts (per serving)

Serves 12

Calories	122
Fat	5g
Carbohydrate	11g
Protein	25g

Pizza

1 packet Proti-15 Cream of Tomato Soup

½ cup hot water

1 tsp onion powder

½ tsp oregano

½ dried basil

¼ tsp black pepper

2 (4 inch) whole wheat pitas

¼ cup extra lean ground beef, cooked

2 oz part skim mozzarella cheese

Combine ingredients 1-6, mix thoroughly then microwave for 1 minute.

Divide sauce evenly on pitas, top with ground beef and cheese.

Broil for 2-3 minutes or until cheese is melted.

Nutrition Facts (per serving)

Serves 2

Calories	201
Fat	9g
Carbohydrate	11g
Protein	21g

Soups

Gazpacho
Cream of Chicken and Broccoli Soup
Broccoli Bisque
Turkey Chili
Zucchini Soup
Creamy Mushroom Soup
Hearty Tomato Soup
Savory Vegetable Soup

Gazpacho

1 packet Proti-15 Cream of Tomato Soup

½ cup cucumber, peeled and sliced

4-5 sprigs fresh cilantro

Dash of Tabasco

1 tsp garlic powder

1 tsp onion powder

½ cup cold water

Mix all ingredients in a blender and puree. Adjust spices to personal taste.

Nutrition Facts (per serving)

Serves 1

Calories	90
Fat	0g
Carbohydrate	5g
Protein	16g

Cream of Chicken and Broccoli Soup

- 1 packet Proti Cream of Chicken Soup
- 1 cup hot water
- 6 oz chicken, boiled
- 1 cup broccoli florets, chopped
- Salt and pepper, to taste
- Dash of nutmeg (optional)

In a sauce pan mix soup with water until smooth, cook over medium heat.

Add chicken and broccoli, season with salt, pepper, and a dash of nutmeg.

Simmer for 4-5 minutes, or until heated through.

Nutrition Facts (per serving)

Serves 2

Calories	250
Fat	9g
Carbohydrate	8g
Protein	35g

Broccoli Bisque

1 packet Proti-15 Cream of Chicken Soup

1 cup broccoli

1 tbsp dried onion

1 cup hot water

Pepper, to taste

Fill a medium sauce pot with a ½ inch of water, add in broccoli and onion, and bring to a boil.

Steam broccoli and onion for 2 minutes, or until bright green.

Then, combine broccoli, onion, 1 cup of water, pepper, and soup mix in a blend and puree until smooth.

Nutrition Facts (per serving)

Serves 1

Calories	170
Fat	4g
Carbohydrate	15g
Protein	20g

Turkey Chili

2 packets Proti-15 Cream of Tomato Soup

12 oz ground turkey

1 cup green pepper, chopped

1 cup onions, diced

2 cups tomatoes, chopped

$\frac{3}{4}$ cup water

1 tbsp chili powder

1 tbsp cumin

2 packets sweetener

In a non-stick skillet, combine turkey, green peppers, and onion; brown over medium heat. Drain, add remaining ingredients, mix well, and simmer 15 minutes.

Nutrition Facts (per serving)

Serves 6

Calories	185
Fat	8g
Carbohydrate	6g
Protein	22g

Zucchini Soup

2 tbsp olive oil
 3 cups diced zucchini
 ½ cup chopped celery
 1 cup diced carrots
 1 medium onion, dice
 1 tbsp all-purpose flour
 1½ cups skim milk
 1½ cups water
 2 packets Proti-15 Chicken Bouillon
 ½ cup fat-free sour cream

Heat olive oil in a large stock pot, sauté zucchini, celery, carrots, and onion until soft (approximately 15 minutes). In a small bowl combine flour and milk. Mix until smooth and then add to stock pot. Cook until thickened. In another small bowl combine water and chicken bouillon soup mix, add to pot and stir until well combined. Puree soup, in batches, in a blender until smooth and creamy. Pour pureed soup back into stock pot and add sour cream, stir to combine then simmer until heated through and serve.

Nutrition Facts (per serving)*Serves 4*

Calories	191
Fat	7g
Carbohydrate	20g
Protein	14g

Creamy Mushroom Soup

1 (14 oz) can low sodium chicken broth
2 packets Proti-15 Cream of Mushroom Soup
1 tbsp olive oil
2 cups baby portabella mushrooms, sliced
1 medium onion, chopped
1 tbsp flour
1 cup skim milk

In a small bowl combine chicken broth with soup mix, set aside.
Heat oil in a large sauce pan and sauté the mushrooms and onion for about 5 minutes, or until soft.

Stir in flour, and then gradually pour in soup mixture, stirring constantly, and allowing soup to thicken. Cook for approximately 5 minutes, or until mixture begins to bubble.
Stir in milk, and enjoy!

Nutrition Facts (per serving)*Serves 2*

Calories	239
Fat	9g
Carbohydrate	15g
Protein	24g

Hearty Tomato Soup

1 (28 oz) can whole plum tomatoes, drained
1 (14.5 oz) can reduced sodium chicken broth
2 packets Proti-15 Cream of Tomato Soup
1 packet sweetener
¼ cup loosely packed fresh basil leaves

In a large saucepan bring tomatoes and chicken broth to a boil.
Reduce heat, cover, and simmer for 10 minutes.
Stir in soup, sweetener, and basil. Let simmer 10 more minutes.
Puree soup in blender to create a smooth texture.

Nutrition Facts (per serving)*Serves 2*

Calories	157
Fat	.5g
Carbohydrate	25g
Protein	20g

Savory Vegetable Soup

2 cups vegetable broth

1 cup frozen mixed vegetables

1 packet Proti-15 Cream of Vegetable Soup

In a large sauce pan bring vegetable broth to a simmer. Add vegetables, cover, and simmer until soft.

Stir in vegetable soup packet, mixing well.

Nutrition Facts (per serving)

Serves 2

Calories	131
Fat	1g
Carbohydrate	17g
Protein	14g

Entrees

Trick Potatoes
Microwave Stuffed Potatoes
Fancy Fried Rice
Green Beans and Brown Rice
Fried Chicken
Chicken Piccatta
Baked Chicken Delight
Mexican Chicken Salad
Chicken Taco Salad
Chicken with Grapes
Oven BBQ Chicken
Chicken and Pasta
Chicken Florentine
Chicken Cordon Bleu
Stir Fried Chicken
Chicken and Dumplings
Turkey with Gravy
Turkey Stuffed Green Peppers
Swiss Steak
Microwave Meatballs and Sauce
Italian Stuffed Zucchini
Hamburg Stroganoff
Pork Tenderloin Marinara
Pork Stuffed Peppers
Seafood Pasta Florentine
Broccoli Au Gratin
Cauliflower Casserole
Spinach Casserole
Vegetable Casserole
Spaghetti Squash Casserole
Tuna Casserole
Baked Cabbage

Trick Potatoes

1 packet Proti-15 Cream of Chicken Soup
16 oz frozen cauliflower

Cook cauliflower until very soft, drain. Mash with a fork and add in soup. Mix well.

Nutrition Facts (per serving)

Serves 2

Calories	62
Fat	0g
Carbohydrate	7g
Protein	20g

Microwave Stuffed Potatoes

1 packet Proti-15 Cream

¼ cup boiling water

1 small baked potato

½ cup finely chopped broccoli

Paprika

Place soup mix into a cup and whisk in boiling water to make a thick gravy.

Cut warm potato in half lengthwise, scoop out pulp and set shell aside. Mash pulp with a fork until fluffy, mix in soup and broccoli.

Scoop back into potato halves, garnish with paprika, and enjoy!

Nutrition Facts (per serving)

Serves 2

Calories	100
Fat	1g
Carbohydrate	14g
Protein	10g

Fancy Fried Rice

1 packet Nutri-15 Chicken Bouillon Soup Mix

2 tsp margarine

2 small apples

$\frac{2}{3}$ cup brown rice

1 $\frac{1}{3}$ cups water

Garlic powder, to taste

Onion powder, to taste

Melt margarine in a frying pan. Peel and dice apples and sauté in margarine. Add rice, stir until browned. Add water, soup mix, and seasonings.

Simmer 40 minutes, or until rice is cooked.

Nutrition Facts (per serving)

Serves 2

Calories	260
Fat	4g
Carbohydrate	45g
Protein	12g

Green Beans and Brown Rice

1 packet Cream of Vegetable Proti-15 Soup

1 cup fresh green beans

½ cup water

⅓ cup cooked brown rice

½ tsp margarine

Cook green beans in water with soup until tender. Drain into cup.

Add liquid from cup to rice, add margarine, and microwave for 2 minutes.

Stir in green beans.

Nutrition Facts (per serving)

Serves 2

Calories	108
Fat	1g
Carbohydrate	15g
Protein	11g

Baked Cabbage

- 1 packet Proti-15 Chicken Bouillon Soup
- 1 cup fresh cabbage, shredded
- 2 oz low fat cheese, grated
- 2 tbsp crushed crackers
- 1 tsp margarine
- ½ cup water
- Pepper, to taste

Mix all ingredients together, sprinkle with pepper and bake at 350° for 30 minutes.

Nutrition Facts (per serving)

Serves 1

Calories	259
Fat	9g
Carbohydrate	13g
Protein	32g

Fried Chicken

- 1 packet Proti-15 Chicken Bouillon
- ½ tsp garlic powder
- ½ tsp white pepper
- 3 oz chicken breast
- 1 tsp olive oil

Combine first three ingredients in a bag. Shake chicken in bag until coated.

Heat oil in a non-stick skillet. Add chicken, and cook until done.

Nutrition Facts (per serving)

Serves 2

Calories	166
Fat	7g
Carbohydrate	.5g
Protein	25g

Chicken Picatta

1 packet Proti-15 Chicken Bouillon

8 oz chicken breast

½ cup water

1 tsp lemon juice

2 cups mushrooms, sliced

Garlic powder, to taste

Dissolve bouillon in water and pour into frying pan. Add lemon juice, garlic powder, and chicken.

Sauté each side for 20 minutes or until done. Remove chicken, and cover.

Place mushrooms in frying pan and sauté for 5 minutes, or until soft.

Pour mushrooms and sauce over chicken and serve.

Nutrition Facts (per serving)

Serves 2

Calories	274
Fat	9g
Carbohydrate	3g
Protein	44g

Baked Chicken Delight

1 packet Proti-15 Cream of Chicken Soup

4 (3 oz) chicken breast halves

2 cups mushrooms

2 cups water chestnuts

1 cup water

1 tsp dried rosemary

½ tsp thyme

2 packets Bariatric Red Wine Dressing

Arrange chicken, mushrooms, and water chestnuts in a baking dish.

Mix soup with water; add rosemary, thyme, and salad dressing.

Pour over chicken.

Cover and bake at 375° for 1 hour, or until chicken is cooked through.

Nutrition Facts (per serving)

Serves 4

Calories	240
Fat	7g
Carbohydrate	13g
Protein	31g

Mexican Chicken Salad

1 packet Proti-15 Cream of Chicken Soup

$\frac{3}{4}$ cup water

3 oz chicken breast, cubed

1 cup green pepper, chopped

$\frac{1}{2}$ tsp onion powder

Garlic powder, chili powder, cayenne pepper, black pepper, as desired

1 cup romaine lettuce, chopped

Dissolve soup mix in water. Then, in a non-stick skillet combine soup, chicken, green pepper and spices.

Cook until chicken is done and soup makes a chili-like sauce.

Serve over chopped lettuce.

Nutrition Facts (per serving)

Serves 1

Calories	224
Fat	7g
Carbohydrate	6g
Protein	34g

Chicken Taco Salad

1 packet Proti-15 Cream of Chicken Soup
3 oz chicken breast, cooked and diced
½ cup water
Spicy seasoning mix, as desired
1 cup leaf lettuce, chopped
2 tbsp salsa

In a sauce pan combine chicken soup, water, and seasoning.
Cook on medium-high until thick.
Pour over lettuce, top with salsa, and serve.

Nutrition Facts (per serving)*Serves 1*

Calories	261
Fat	7g
Carbohydrate	7g
Protein	42g

Chicken with Grapes

1 packet Proti-15 Cream of Chicken Soup

½ cup water

¼ tsp tarragon

Orange rind

2 orange segments

1 tsp margarine

6 oz chicken breast

10 grapes

½ cup cooked brown rice

Mix soup and water. Add tarragon to soup mixture. Finely dice the orange peel and orange sections. Add to soup mixture. Set aside.

In a small skillet, heat margarine; add reserved tarragon and stir for 1 minute. Add chicken breast and sauté until mostly done. Remove chicken. Pour soup mixture into skillet and stir until thick. Add chicken breast and continue to simmer for two more minutes. Add grapes, and serve with cooked brown rice.

Nutrition Facts (per serving)

Serves 2

Calories	298
Fat	9g
Carbohydrate	20g
Protein	35g

Oven BBQ Chicken

1 packet Proti-15 Cream of Tomato Soup

4 (3 oz) chicken breasts

2 cups sliced onion

$\frac{3}{4}$ cup distilled vinegar

1 $\frac{1}{2}$ cups water

2-4 packets sweetener

1 bay leaf

$\frac{1}{4}$ tsp ground red pepper

$\frac{1}{4}$ tsp powdered mustard

Dash of pepper

Preheat oven to 350°. In a sauce pan combine all ingredients except chicken and onions.

Cook for 10-15 minutes. Layer meat in a 9x13 baking dish. Top with onion slices, pour in soup mixture.

Bake, basting often, 50-60 minutes, or until chicken is cooked through.

Nutrition Facts (per serving)

Serves 4

Calories	226
Fat	7g
Carbohydrate	12g
Protein	30g

Chicken and Pasta Dish

1 packet Proti-15 Cream of Chicken Soup

½ cup cooked pasta shells

½ cup fresh broccoli, chopped

6 oz cooked chicken breast, cubed

½ cup tomato, chopped

¼ tsp garlic powder

⅛ tsp white pepper

In large saucepan cook pasta according to package directions.

Add broccoli during last 3 minutes.

Drain and return to sauce pan. Add remaining ingredients and heat through.

Nutrition Facts (per serving)

Serves 2

Calories	271
Fat	7g
Carbohydrate	15g
Protein	36g

Chicken Florentine

1 packet Proti-15 Cream of Chicken Soup

1 cup cooked spinach

¼ cup cottage cheese

Salt and pepper, to taste

½ tsp dried basil

5 oz chicken

¾ cup water

Mix spinach and cottage cheese. Season with salt, pepper, and basil. Pound chicken until thin.

Spread mixture of spinach and cottage cheese over chicken, roll up, and hook with a toothpick.

Mix water and soup, and pour over chicken and wrap in foil.

Bake at 425° for 30 minutes.

Nutrition Facts (per serving)

Serves 2

Calories	238g
Fat	8g
Carbohydrate	7g
Protein	31g

Chicken Cordon Bleu

1 packet Proti-15 Cream of Chicken Soup

6 oz chicken breast

1 oz swiss cheese

½ cup mushrooms, sliced

¼ cup onion, diced

½ cup water

Split chicken breast in half. Place swiss cheese and diced onion in center. Close breast.

Combine mushrooms, soup, and water. Then pour over chicken. Bake for 1 hour at 350°.

Nutrition Facts (per serving)

Serves 2

Calories	276
Fat	11g
Carbohydrate	6g
Protein	38g

Stir-Fried Chicken

1 packet Proti-15 Cream of Chicken Soup
6 oz chicken breast
4 packets Bariatric Red Wine Salad Dressing
¼ cup green peppers, sliced
¼ cup cabbage, shredded
¼ cup mushrooms, sliced
¼ cup cauliflower, chopped
¼ broccoli, chopped
Garlic powder and pepper, to taste

Spray a wok, or large skillet, with cooking spray. Combine the first 7 ingredients and add spices as needed.

Cook until vegetables are tender-crisp. Sprinkle soup over chicken/vegetable mixture.

Cook for approximately 5 more minutes.

Nutrition Facts (per serving)

Serves 2

Calories	242
Fat	7g
Carbohydrate	11g
Protein	35g

Chicken and Dumplings

2 packets Proti-15 Cream of Chicken Soup

6 oz chicken breast

1 cup water

½ cup carrots, sliced thin

½ cup celery, chopped

½ cup onion, minced

½ scallions, minced

2 tsp onion powder

½ tsp garlic powder

1 slice whole wheat bread

Microwave first 10 ingredients for 5 minutes, or until vegetables are soft and chicken is cooked. Tear bread into small pieces and add to vegetable mixture.

Nutrition Facts (per serving)

Serves 2

Calories	323
Fat	7g
Carbohydrate	21g
Protein	44g

Turkey and Dressing with Gravy

2 packets Proti-15 Cream of Chicken Soup

6 oz turkey breast, cooked and sliced

1 slice whole wheat bread

1 tbsp minced onion

Dash of ground sage

½ cup hot water

Toast bread, then crumble.

Dilute 1 packet of soup with ¼ cup of water. Season with a dash of sage and stir in onions. Combine bread crumbs with soup mixture and place in bottom of oven safe dish, layer turkey on top. Then mix remaining soup with remaining water, adding water if necessary, and pour over turkey. Microwave or bake until warm.

Nutrition Facts (per serving)

Serves 2

Calories	197
Fat	3g
Carbohydrate	4g
Protein	39g

Turkey Stuffed Green Peppers

1 packet Proti-15 Cream of Tomato Soup
4 medium green peppers
12 oz ground turkey
½ cup onion, minced
½ cup mushrooms, sliced
½ cup tomato, chopped
½ tsp garlic powder
½ tsp onion powder
1 tsp oregano
¾ cup hot water

Boil peppers until tender. Set aside. Preheat oven to 425°. Brown turkey in a skillet with onion, mushrooms, and tomatoes. Drain excess liquid. Add seasonings. Drain peppers, and place on baking dish sprayed with non-stick cooking spray. Stuff peppers with turkey mixture. Mix soup with ¾ cup hot water. Pour over peppers, bake for 10 minutes.

Nutrition Facts (per serving)*Serves 4*

Calories	263
Fat	11g
Carbohydrate	11g
Protein	29g

Swiss Steak

1 packet Proti-15 Cream of Tomato Soup

3½ oz round steak, cut into strips

¼ cup green peppers, diced

½ cup mushrooms, sliced

Salt and pepper, to taste

Garlic powder, to taste

In a small pan combine steak and veggies; add salt, pepper, and garlic powder.

Cook until meat is slightly brown. Mix soup per package directions, then pour over vegetables. Simmer on low heat for approximately 30 minutes.

Nutrition Facts (per serving)

Serves 1

Calories	176
Fat	7g
Carbohydrate	6g
Protein	42g

Microwave Meatballs and Sauce

1 packet Nutri-15 Chicken Bouillon Soup
 1 packet Nutri-15 Cream of Tomato Soup
 2 slices toasted whole wheat bread
 1 tsp Italian seasoning
 ½ tsp crushed red pepper
 ½ tsp garlic powder
 12 oz extra lean ground beef
 1 egg
 1 cup green pepper, chopped
 2 mushrooms, diced
 1 cup water

Blend bread to fine crumbs, add Italian seasoning, crushed red pepper, garlic powder, and Bouillon soup.

In a bowl combine beef, egg, and bread crumbs. Mix well and form into small meatballs. Place in a microwave safe dish, cover with plastic wrap and cook 4 minutes. Remove from dish, turn, and cook an additional 3 minutes.

In another bowl add green peppers and microwave 3 minutes. Add mushrooms, and microwave 1 more minute.

Mix tomato soup with 1 cup water, and add to vegetables. Pour entire contents over meatballs and cook approximately 8 more minutes.

Nutrition Facts (per serving)*Serves 4*

Calories per	298
Fat	13g
Carbohydrate	10g
Protein	34g

Italian Stuffed Zucchini

2 packets Proti-15 Cream of Tomato Soup

1 medium zucchini

1 cup water

Spicy herb seasoning, as desired

6 oz ground beef, cooked and drained

1 slice whole wheat bread, diced

Half zucchini and scoop out flesh. Chop the scooped zucchini into small pieces and place in a beef, bread, and half of the sauce. Stuff zucchini shells and place in a baking dish. Bake at 350° for 15 minutes. Pour remaining sauce over top, and continue baking for 5-10 minutes.

Nutrition Facts (per serving)

Serves 2

Calories	339
Fat	14g
Carbohydrate	14g
Protein	40g

Hamburg Stroganoff

1 packet Proti-15 Cream of Tomato Soup

4 oz extra lean ground beef

1 cup elbow macaroni

1 cup sliced cabbage

Salt and pepper, to taste

Garlic powder, to taste

Pan broil hamburger. Mix in soup, noodles, cabbage, and seasoning.

Nutrition Facts (per serving)

Serves 2

Calories	288
Fat	9g
Carbohydrate	22g
Protein	27g

Pork Tenderloin Marinara

2 packets Proti-15 Cream of Tomato Soup

1 tsp dried oregano

1 tbsp parsley flakes

1 tsp basil

1 tsp rosemary

2 cups mushrooms, sliced

1½ cups water

12 oz pork tenderloin, cut into 4 portions

Salt and pepper, to taste

Combine first 7 ingredients, stir until well combined, and simmer 30 minutes.

Sprinkle pork with salt and pepper, brown cutlets on both sides in a non-stick skillet.

Transfer meat to a baking dish, pour over soup mixture, and bake at 350 for 40 minutes.

Nutrition Facts (per serving)

Serves 4

Calories	186
Fat	4g
Carbohydrate	3g
Protein	33g

Pork Stuffed Peppers

4 medium red bell peppers, tops removed and hollowed
 1 packet Proti-15 Cream of Tomato Soup
 1 cup hot water
 1 small onion, diced
 1 cup ground pork, cooked
 1 tbsp Worcestershire sauce
 1 cup long grain brown rice, cooked
 ¼ tsp garlic powder
 ¼ tsp onion powder
 1 tsp Italian seasoning

Preheat oven to 350.

Bring a large pot of water to a boil. Blanch peppers for 2-3 minutes, to soften, then transfer immediately to an ice bath.

In a small bowl combine soup mix with water, and mix well.

In a non-stick skillet heat onion and pork until onion is soft and pork is hot. Mix in Worcestershire sauce, rice, spices, and soup mix. Stir until combined, remove from heat.

Fill peppers with pork and rice mixture, place in baking dish and bake in preheated oven for 15 minutes.

Nutrition Facts (per serving)

Serves 2

Calories	203
Fat	7g
Carbohydrate	20g
Protein	15g

Seafood Pasta Florentine

1 packet Proti-15 Chicken Bouillon Soup
 2 tbsp cornstarch
 2 tbsp water
 12 oz shrimp, deveined
 12 oz scallops
 1 large yellow pepper, sliced
 ½ cup onion, chopped
 2 cloves garlic, minced
 1 tsp dried basil
 1 tsp dried oregano
 Pepper, to taste
 1 cup water
 2 cups tomato, chopped
 2 cups spaghetti, cooked
 2 tbsp fresh parsley, for garnish

Mix cornstarch and 2 tbsp water in a small dish.

In a large skillet cook yellow pepper, onion, garlic, basil, oregano, and pepper in 1 cup water for 5 minutes, or until vegetables are tender. Stir in cornstarch mixture. Cook and stir until thick and bubbly. Stir in scallops and shrimp. Cook 3-4 minutes until seafood is done. Stir in tomatoes and heat through. Toss with cooked spaghetti and garnish with parsley.

Nutrition Facts (per serving)

Serves 6

Calories	305
Fat	8g
Carbohydrate	26g
Protein	31g

Broccoli Au Gratin

- 1 packet Proti-15 Chicken Bouillon Soup
- 1 cup cooked broccoli florettes
- 3 oz low fat cheese, grates
- ½ cup cooked brown rice
- 1 tsp margarine

Mix all ingredients. Bake at 350° for 30 minutes or until lightly browned.

Nutrition Facts (per serving)

Serves 2

Calories	190
Fat	5g
Carbohydrate	15g
Protein	21g

Cauliflower Casserole

1 packet Proti-15 Cream of Chicken Soup

1 head cauliflower

½ cup boiling water

¼ cup whole wheat crackers, crushed

Nutrition Facts (per serving)

Serves 2

Calories	159
Fat	2g
Carbohydrate	24g
Protein	14g

Spinach Casserole

- 1 packet Proti-15 Cream of Mushroom Soup
- 1 cup fresh spinach
- ¼ cup oat bran
- 1 tsp margarine
- ¾ cup hot water
- Dash red cayenne pepper

Combine all ingredients. Cook in microwave 2 minutes, stir.

Nutrition Facts (per serving)

Serves 1

Calories	170
Fat	5g
Carbohydrate	22g
Protein	20g

Mixed Vegetable Casserole

2 packets Proti-15 Cream of Chicken Soup Mix

1 cup water

$\frac{3}{4}$ cup fat free sour cream

3 cups frozen mixed vegetable medley

2 cup macaroni, cooked

$\frac{1}{2}$ cup low-fat shredded cheddar cheese

In a small bowl combine soup mixes with water and mix thoroughly. Stir in sour cream.

In a large bowl toss together vegetables, macaroni, cheddar cheese, and soup mixture.

Bake at 350 for 40 minutes or until heated through.

Nutrition Facts (per serving)

Serves 6

Calories	188
Fat	1g
Carbohydrate	30g
Protein	14g

Spaghetti Squash Casserole

4 cups spaghetti squash, cooked
 2 cups chicken breast, cooked and diced
 1 medium onion, chopped
 ¾ cup mushrooms, sliced
 1 packet Proti-15 Cream of Chicken Soup Mix
 ½ cup water
 ¾ cup fat free sour cream
 2 tbsp whole wheat crackers, crushed

Preheat oven to 400.

In a large bowl combine squash, chicken, onion, and mushrooms. Set aside.

In a small bowl combine soup mix and water, mix well. Stir in sour cream.

Stir sour cream mixture into squash mixture, and coat evenly.

Place in a baking dish, lightly coated in cooking spray, sprinkle with cracker crumbs, and bake in a preheated oven for 20-25 minutes, or until heated through.

Nutrition Facts (per serving)

Serves 6

Calories	184
Fat	7g
Carbohydrate	14g
Protein	18g

Tuna Casserole

1 packet Proti-15 Cream of Chicken Soup

5 oz water packed tuna

½ cup water

1 tsp parsley

1 tsp onion flakes

1 tsp celery seed

Dash of sage and pepper to taste

Preheat oven to 350°. In a small mixing bowl, combine all ingredients. Place in baking dish and bake for 30 minutes, or until golden brown.

Nutrition Facts (per serving)

Serves 1

Calories	244
Fat	1g
Carbohydrate	4g
Protein	52g

Dressings and Sauces

Sweet and Sour Dressing

Russian Dressing

Tangy Dressing

Flo's Fancy Dressing

Cathy's Catalina

Spicy Salad Dressing

Chicken Gravy

Fancy Fruit Stuffing

Salsa Sauce

BBQ Sauce

Spicy BBQ

Texas Sauce

Sweet and Sour Dressing

2 tsp mustard

2 tsp water

1 packet Bariatric French Dressing

Dash of sugar

In a small bowl, combine all ingredients, mix well.

Nutrition Facts (per serving)

Serves 1

Calories	15
Fat	0g
Carbohydrate	3g
Protein	0g

Russian Dressing

1 packet Proti-15 Cream of Tomato Soup Mix

1 cup water

1 tbsp vinegar

½ tsp mustard powder

½ tsp onion powder

½ tsp paprika

4 packets sweetener

In a small dish combine soup mix with water and stir until well combined. Add remaining ingredients and mix well.

Nutrition Facts (per serving)

Serves 4

Calories	20
Fat	0g
Carbohydrate	1g
Protein	4g

Tangy Dressing

1 packet Proti-15 Cream of Tomato Soup

$\frac{3}{4}$ cup hot water

$\frac{1}{2}$ cup vinegar

2 packets sweetener

Dash Parsley, pepper, garlic powder, and basil

In a small bowl combine soup mix with water and stir until well combined. Add remaining ingredients and mix well.

Nutrition Facts (per serving)

Serves 4

Calories	20
Fat	0g
Carbohydrate	1g
Protein	4g

Flo's Fancy Dressing

1 packet Proti-15 Cream of Tomato Soup

½ cup tarragon vinegar

½ cup water

¼ garlic powder

1 packet sweetener

Mix all ingredients in a blender on low speed until dissolved.

Nutrition Facts (per serving)

Serves 4

Calories	20
Fat	0g
Carbohydrate	1g
Protein	4g

Cathy's Catalina

1 packet Proti-15 Cream of Tomato Soup

½ cup tarragon vinegar

½ cup hot water

¼ cup low fat cottage cheese

3 packets sweetener

Dash of pepper, garlic powder, onion powder, oregano, and parsley

In a small bowl combine soup mix with water and stir until well combined. Add soup mixture and remaining ingredients to a blender and blend on medium speed until creamy. Add more water if necessary to thin dressing.

Nutrition Facts (per serving)

Serves 6

Calories	27
Fat	0g
Carbohydrate	1g
Protein	5g

Spicy Salad Dressing

1 packet Proti-15 Cream of Tomato Soup

1 cup hot water

2 tbsp vinegar

½ tsp mustard powder

½ tsp onion powder

¼ tsp garlic powder

¼ tsp curry powder

1 tsp chili powder

4 packages sweetener

Dash of parsley flakes

In a small bowl combine soup mix with water and stir until well combined. Add remaining ingredients, and mix well. Refrigerate before serving.

Nutrition Facts (per serving)

Serves 4

Calories	20
Fat	0g
Carbohydrate	1g
Protein	4g

Chicken Gravy

1 packet Proti-15 Cream of Chicken Soup

½ cup boiling water

In a small bowl mix ingredients together until thick.

Nutrition Facts (per serving)

Serves 2

Calories	35
Fat	0g
Carbohydrate	0g
Protein	8g

Fancy Fruit Stuffing

1 packet Proti-15 Cream of Chicken Soup
1 cup hot water
1 slice, whole wheat bread, cubed
1 small apple, cored and cubed
¼ cup diced onion
¼ cup diced celery
Pepper, ground sage, and thyme, to taste

Preheat oven to 350. In a small bowl, dissolve soup in water, and set aside. In another bowl, combine remaining ingredients and moisten with soup mix. Place mixture in foil, wrap tightly, and bake 45 minutes.

Nutrition Facts (per serving)

Serves 2

Calories	108
Fat	.5g
Carbohydrate	17g
Protein	10g

Salsa Sauce

½ cup tomato, chopped

½ cup green pepper, chopped

½ cup onion, chopped

½ cup vinegar

Chili powder, as desired

1½ tsp dried pepper

Hot sauce, as desired

1 packet Proti-15 Cream of Tomato Soup

1 cup water

In a small bowl mix together tomato, green pepper, onion, vinegar, chili powder, and hot sauce. Heat water for soup and prepare as directed. Combine tomato mixture with soup and refrigerate 2 hours.

Nutrition Facts (per serving)

Serves 8

Calories	18
Fat	0g
Carbohydrate	3g
Protein	2g

BBQ Sauce

1 packet Proti-15 Cream of Tomato Soup

¼ cup vinegar

½ cup water

Onion powder and garlic powder, to taste

Mix all ingredients to a smooth consistency.

Nutrition Facts (per serving)

Serves 4

Calories	20
Fat	0g
Carbohydrate	1g
Protein	4g

Spicy BBQ

1 packet Proti-15 Cream of Tomato Soup

½ cup diet cola

Extra spicy, no sodium, seasoning mix, as desired

Combine all ingredients in a small sauce pan, Cook over medium heat until thick.

Nutrition Facts (per serving)

Serves 4

Calories	20
Fat	0g
Carbohydrate	1g
Protein	4g

Texas Sauce

1 packet Proti-15 Cream of Tomato Soup

½ cup vinegar

¼ cup lemon juice

4 packets sweetener

½ cup boiling water

Garlic powder, to taste

Chili powder, as desired

In a small bowl, combine all ingredients and mix well.

Refrigerate until ready to serve.

Nutrition Facts (per serving)

Serves 8

Calories	10
Fat	0g
Carbohydrate	0g
Protein	2g

Desserts

Whipped Topping
Icing
Peach Parfait
Double Orange Treat
Peach Fluff
Strawberry Delight
Bread Pudding
Pumpkin Pie Pudding
Eggnog Pudding
Rice Pudding
Apricot Delight Pudding
Vanilla Custard
Mocha Pudding
Chocolate Mousse
Chocolate Log
Double Chocolate Pudding
Brownies
Fudgesicle
Lemon Cookies
Chocolate Cookies
No Bake Haystack Cookies
Fiber Cookies
Coconut Treats
Frozen Vanilla Mints
NY Cheesecake
Orange Cheesecake
Carrot Cake
Chocolate Peanut Butter Pie

Whipped Topping

1 packet Bariatric Proti-Max Vanilla Pudding/Shake Mix

1 package artificial sweetener

3 oz cold water

Combine all ingredients in a blender and mix on high until light and fluffy.

Suggestions: try atop one of our delicious gelatins or puddings.

Nutrition Facts (per serving)

Serves 4

Calories	50
Fat	1g
Carbohydrate	3g
Protein	8g

Icing

1 packet Proti-15 Hot Chocolate

3 Tbsp water

¼ tsp vanilla extract

Mix all ingredients together and accent your favorite cookies or brownies.

Suggestions: substitute brewed coffee for water to create a delicious mocha icing.

Nutrition Facts (per serving)

Serves 2

Calories	40
Fat	3g
Carbohydrate	2g
Protein	8g

Peach Parfait

1 packet Proti-Max Vanilla Pudding/Shake Mix

3-4 oz cold water

1 medium peach or $\frac{3}{4}$ cup water packed peaches

Mix water and pudding mix to desired consistency. Top with sliced peaches.

Suggestion: garnish with a dollop of whipped topping.

Nutrition Facts (per serving)

Serves 1

Calories	138
Fat	2g
Carbohydrate	14g
Protein	16g

Double Orange Treat

1 packet Proti-Max Vanilla Pudding/Shake Mix

1 small orange

$\frac{3}{4}$ cup cold water

$\frac{1}{4}$ tsp orange extract

Combine water, pudding mix, and orange. Blend thoroughly in a blender. Add extract.

Blend again and serve!

Nutrition Facts (per serving)

Serves 1

Calories	145
Fat	2g
Carbohydrate	16g
Protein	16g

Peach Fluff

- 1 packet Proti-max Vanilla Pudding/Shake Mix
- 1 cup water
- 1 tsp cinnamon
- ¼ cup low fat cottage cheese
- 1 peach, peeled and diced

Place first 4 ingredients in a blender and mix on low until well blended. Place in serving dish and garnish with peaches.

Nutrition Facts (per serving)

Serves 1

Calories	141
Fat	3g
Carbohydrate	7g
Protein	22g

Strawberry Delight

2 packets Proti-Max Strawberry-Banana Gelatin

1 packet Proti-Max vanilla Pudding/Shake Mix

½ cup cold water

2 packets sweetener

1 tsp vanilla extract

2 cups strawberries, sliced

Sprinkle gelatin over water, let stand for 3-4 minutes. Add the rest of the ingredients and puree in blender. Pour into cups or bowls and chill before serving.

Nutrition Facts (per serving)

Serves 2

Calories	173
Fat	2g
Carbohydrate	17g
Protein	25g

Bread Pudding

2 packets Proti-Max Vanilla Pudding/Shake Mix

2 cups water

2 eggs

1 tsp vanilla and/or coconut extract

2 packages sweetener

4 oz low fat cottage cheese

1 slice bread

Cinnamon

Pre-heat oven to 350°. Combine first 6 ingredients in dish and mix at high speed with an electric beater.

Pour into baking dish, break up bread on top, sprinkle with cinnamon, and bake 45-55 minutes.

Nutrition Facts (per serving)

Serves 4

Calories	130
Fat	5g
Carbohydrate	7g
Protein	15g

Pumpkin Pie Pudding

1 packet Proti-Max Vanilla Pudding/Shake Mix

1/8 tsp pumpkin pie spice

3-4 oz cold water

Stir spice into dry pudding mix. Add water and mix until smooth

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Eggnog Pudding

1 packet Proti-Max Vanilla Pudding/Shake Mix

4 oz cold water

½ tsp rum extract

¼ tsp cinnamon

¼ tsp nutmeg

½ packet sweetener

Combine all ingredients and stir until smooth. Chill for 45 minutes-1 hour.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

Rice Pudding

2 packets Proti-Max Vanilla Pudding/Shake Mix

2 Tbsp raisins

1 slice wheat bread, broken into pieces

1½ cups water

¼ tsp nutmeg

1 tsp cinnamon

2 packets sweetener

2 tsp margarine

Combine all ingredients. Bake in microwave for 3-4 minutes.

Cool in refrigerator.

Nutrition Facts (per serving)

Serves 2

Calories	204
Fat	6g
Carbohydrate	24g
Protein	16g

Apricot Delight Pudding

1 packet Proti-Max Vanilla Pudding/Shake Mix

½ cup water

2 apricots, halved

Combine all ingredients in a blender, blend until consistency of pudding. Pour into serving dish and garnish with apricots.

Nutrition Facts (per serving)

Serves 1

Calories	134
Fat	2g
Carbohydrate	13g
Protein	16g

Vanilla Pudding

1 packet Proti-Max Vanilla Pudding Shake Mix

2 eggs

$\frac{3}{4}$ cup water

Dash cinnamon and nutmeg

Preheat oven to 350.

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

Pour into custard dishes, top with a dash of cinnamon and nutmeg, and bake for 12 minutes.

Nutrition Facts (per serving)

Serves 2

Calories	130
Fat	7g
Carbohydrate	3g
Protein	14g

Mocha Pudding

1 tsp instant coffee

½ cup water

1 packet Proti-Max Chocolate Pudding/Shake Mix

Dissolve coffee in water, stir in pudding until smooth.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	6g
Protein	15g

Chocolate Mousse

1 packet Proti-Max Chocolate Pudding/Shake Mix

¼ cup low fat cottage cheese

¼ cup water

1 tsp vanilla extract

Nutrition Facts (per serving)

Serves 1

Calories	141
Fat	3g
Carbohydrate	8g
Protein	22g

Chocolate Log*Log:*

2 bananas

4 slices of bread

4 packages Proti-Max Chocolate Pudding/Shake Mix

1 egg

1 tsp cream of tartar

1 tsp baking soda

2 tsp vanilla

Filling:

1 cup part-skim ricotta cheese

2 tsp vanilla

8 packets sweetener

Combine cake ingredients in blender. Blend until smooth. Spray jelly roll pan with non-stick cooking spray. Pour mixture into pan and spread to corners. Cook at 350° for 10 minutes. Let stand 1-2 minutes. Spread filling on cake and roll up. Wrap in foil and refrigerate or cut and serve immediately.

Nutrition Facts (per serving)

Serves 6

Calories	226
Fat	7g
Carbohydrate	24g
Protein	26g

Double Chocolate Pudding

1 packet Proti-Max Chocolate Pudding/Shake mix

½ cup water

2 Tbsp fat free sour cream

1 tsp sweetener

Combine pudding mix and water in a bowl with wire whisk. Spoon into custard dishes. Combine sour cream and sweetener, blend until smooth. Spoon over pudding. Broil until topping slightly browns, 2-3 minutes.

Nutrition Facts (per serving)

Serves 2

Calorie	62
Fat	1g
Carbohydrate	6g
Protein	8g

Brownies

3 packets Proti-Max Chocolate Pudding/Shake Mix

2 tbsp water

½ cup apple juice, concentrate

1 tbsp vegetable oil

1 tbsp vanilla extract

3 egg whites

½ cup flour

1 tsp baking soda

2 tsp cocoa powder

Mix water and apple juice concentrate until smooth. Add oil and vanilla extract and mix thoroughly.

Add egg whites, and again, mix thoroughly. Combine flour, cocoa, and baking soda. Add dry ingredients to liquid mixture and mix until combined. Place in a greased baking dish and bake at 350° for 20 minutes

Nutrition Facts (per serving)

Serves 8

Calories	95
Fat	3g
Carbohydrate	10g
Protein	8g

Fudgesicle

2 packets Proti-Max Pudding/Shake Mix

1 cup water

Combine mix and water until smooth, place in ice cube trays with a toothpick in each cube, and freeze.

Nutrition Facts (per serving)

Serves 4

Calories	50
Fat	1g
Carbohydrate	3g
Protein	8g

Lemon Cookies

1 packet Proti-15 Vanilla Pudding/Shake Mix

1 packet Nutri-15 Lemon Drink Mix

1 egg

Mix all ingredients to a doughy consistency. Form 6 dough ball and bake at 350 ° for 10 minutes.

Nutrition Facts (per serving)

Serves 6

Calories	42
Fat	1g
Carbohydrate	1g
Protein	6g

Chocolate Cookies

3 packets Proti-Max Chocolate Pudding/Shake Mix

3 egg whites

1¼ cup allpurpose flour

2 tbsp oil

2 tsp vanilla extract

2 tsp butter extract

¼ tsp baking soda

⅛ tsp salt

1¼ cup water

Mix water and pudding mix until smooth. Add oil, vanilla, and butter extract and mix thoroughly. Add egg whites and mix again. Combine flour, salt, and baking soda. Portion with teaspoon onto greased cookie sheets.

Bake at 350° for 10 minutes or until done.

Nutrition Facts (per serving)

Serves 12

Calories	113
Fat	4g
Carbohydrate	12g
Protein	7g

No Bake Haystack Cookie

1 packet Proti-15 Hot Chocolate
¾ cup rolled oats
2 tbsp peanut butter
3 packets sweetener
1 tsp vanilla extract
2-4 tbsp boiling water

In a medium bowl combine first 5 ingredients and mix well. Add boiling water until a doughy consistency is achieved. Drop teaspoon sized balls of dough onto waxed paper and refrigerate.

Nutrition Facts (per serving)

Serves 12

Calories	50
Fat	2.5g
Carbohydrate	5g
Protein	3g

Fiber Cookies

1 packet Proti-15 Chocolate Pudding/Shake Mix

½ cup diet cream soda

1½ cup oat bran cereal

¼ cup raisins

½ tsp cinnamon

In a medium bowl, combine all ingredients and mix well. Drop tablespoon size balls on waxed paper and place in freezer for 2 hours.

Nutrition Facts (per serving)

Serves 8

Calories	60
Fat	1g
Carbohydrate	11g
Protein	3g

Coconut Treats

1 packet Proti-Max Vanilla Pudding/Shake Mix

3 Tbsp non-fat vanilla yogurt

2 Tbsp 1% milk

½ tsp coconut extract

Mix all ingredients together. Drop by teaspoon onto a tray. Top each with a drop of chocolate icing (see icing recipe). After they freeze, put into plastic baggies, serve partially thawed.

Nutrition Facts (per serving)

*Serves*2

Calories	90
Fat	1g
Carbohydrate	10g
Protein	10g

Frozen Vanilla Mints

1 packet Proti-Max Vanilla Pudding/Shake Mix

2 Tbsp water

¼ tsp peppermint extract

Mix all ingredients in a bowl until smooth and creamy. Drop by large spoonfuls on a cookie sheet sprayed with cooking spray. Place in freezer for 1 hour.

Nutrition Facts (per serving)

Serves 1

Calories	100
Fat	2g
Carbohydrate	5g
Protein	15g

NY Cheesecake

Crust:

1 Vanilla Peanut Proti Bar, crumbled

1 tsp margarine

1 tsp water

Mix and press in bowl

Filling:

1 packet Proti-15 Vanilla Pudding/Shake Mix

¼ cup water

¾ cup low-fat cottage cheese

½ tsp lemon extract

Mix ingredients in blender, pour over crust and chill for 1-2 hours.

Nutrition Facts (per serving)

Serves 2

Calories	204
Fat	6g
Carbohydrate	13g
Protein	26g

Orange Cheesecake

1 packet Proti-15 Vanilla Pudding/Shake Mix

1 packet Nutri-15 Orange Drink

¼ cup cottage cheese

2-4 tbsp water

4 graham crackers

Combine first 4 ingredients in a blender and blend until smooth, spreadable consistency. Add water as needed. Spread over graham crackers and chill.

Nutrition Facts (per serving)

Serves 4

Calories	112
Fat	2g
Carbohydrate	13g
Protein	10g

Carrot Cake

2 packets Proti-15 Chocolate Pudding/Shake Mix

1¼ cups water

1 cup grated carrot, steamed to soften

1 small bran muffin

2 packets sweetener

In a small bowl combine pudding mix with water and mix well. Spoon half of the mixture into another small dish. Sprinkle half of the grated carrot over the top. Crumble bran muffin and sprinkle over carrots. Sprinkle with half sweetener. Repeat layers.

Nutrition Facts (per serving)

Serves 2

Calories	184
Fat	4g
Carbohydrate	19g
Protein	17g

Chocolate Peanut Butter Pie

3 Chocolate Peanut Crisp Proti Bars, crumbled
2 packets Proti-15 Chocolate Pudding/Shake Mix
2 packets Proti-15 Vanilla Pudding/Shake Mix
1 packet sweetener
1 - 1½ cups water

Press bars firmly into a 6 inch bowl to form crust.
Combine pudding mix with sweetener in another bowl.
Gradually add water to shake mixes and stir until smooth and creamy. Pour into prepared crust and chill until ready to serve.

Nutrition Facts (per serving)*Serves 6*

Calories	146
Fat	4g
Carbohydrate	12g
Protein	18g