

WHEY PROTEIN BASED MEALS, SNACKS and DESERT RECIPES

A. START WITH THE CORE PROTEIN INGREDIENTS

Use any of the two options below:

- a.** 1 scoop **Whey Cool Vanilla** or **PaleoMeal Vanilla** (may use the **PaleoMeal Strawberry** or **Chocolate** flavors if the recipe below works with the taste)
- b.** ½ scoop **Whey Cool Vanilla** or **PaleoMeal Vanilla**, and ½ cup organic non-fat/low-fat yogurt (Greek yogurt contains a lot less carbohydrates). *No blender is needed for this option if the added ingredients from the recipes below do not need to be blended (for example: freeze-dried berries/cherries, apple sauce, lemon juice).* Also, you may want to use less water or coconut/almond milk in the recipes below when using yogurt.

Include 1-3 tsp **PaleoFiber** and/or 1-3 tsp flaxseeds depending on your taste preference.

B. Add any the core nutrients suggested above in the recipes below:

MODERATE CARBOHYDRATES CONTENT

<p>1.TROPICAL SMOOTHIE (PINA COLADA)</p> <p>1/2 cup lite coconut milk 1/2 cup water or ice 1/2-1 cup fresh or frozen pineapple or mango 1-2 Tbs shredded coconut</p>	<p>2.SWEET VERRY BERRY</p> <p>½ cup organic lite coconut milk or unsweetened almond milk or 1/2 cup water with 1tsp almond oil 1/2-1 cup water or ice 1/2-1 cup frozen, fresh or freeze-dried raspberries, strawberries, blueberries or frozen sweet cherries</p>
<p>4.NUTTY APPLE CINNAMON</p> <p>½ cup organic lite coconut milk or unsweetened almond milk or 1/2 cup water with 1tsp almond oil 1/2-1 cup water or ice 1/2 cup unsweetened apple sauce pinch of cinnamon to taste 1/4c raw pecans, slivered or sliced raw almonds</p>	<p>3.APRICOT OR PEACH DELIGHT</p> <p>½ cup organic lite coconut milk or unsweetened almond milk or 1/2 cup water with 1tsp almond oil 1/2-1 cup water or ice 1/2-1 cup peaches/apricots fresh, frozen or packed in water (unsweetened)</p>
<p>5.STRAWBERRY MOUSSE</p> <p>Blend 2 cups of strawberries with 1 tsp almond oil with no water till smooth. Blend in 1 scoop Whey Cool vanilla and adjust blender speed till it whips up like a mousse or use hand blender. May add 1 tsp honey or Xylitol (depending on the sweetness of the strawberries and the desired taste)</p>	

LOWER CARBOHYDRATES CONTENT

<p>6.COCONUT CRAZE</p> <p>1 cup lite coconut milk & 1/2 cup water or ice 1-2 tsp xylitol or raw honey 3 Tbs shredded coconut</p>	<p>7.ALMOND CRUNCH</p> <p>1 1/2 cup unsweetened almond milk , may add ice 1-2 tsp xylitol or raw honey 1/4cup slivered or sliced raw almonds</p>
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TANGY REFRESHING SMOOTHIES (these are also low in carbohydrate)

<p>8.CRANBERRY/BLACKBERRY TANG</p> <p>½ cup organic lite coconut milk or unsweetened almond milk or 1/2 cup water with 1tsp almond oil 1/2-1 cup water or ice & 1-2 tsp xylitol or raw honey 1/4-1/2c fresh/frozen unsweetened cranberries or or blackberries</p>	<p>9. LEMON/LIME FRESH</p> <p>½ cup organic lite coconut milk or unsweetened almond milk or 1/2 cup water with 1tsp almond oil 1/2-1 cup water or ice 1-2 tsp xylitol or raw honey 1/2 a lemon/lime (peeled and sliced), may add a few lemon/lime rind shavings for health and taste or use 1-2Tbs lemon/lime juice or to taste</p>
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FOR ADDED TASTE, CRUNCH AND SATISFACTION

You may add 1 tsp of shredded coconut, nuts (almonds, pecans) or seeds (sunflower or pumpkin seeds) even if they are not listed in the above recipes. This adds good fats, flavor, chewing satisfaction and reduces hunger. Choose the organic version of fruit, coconut milk/flakes and raw nuts whenever possible.

Here are some healthier alternatives to common treats that satisfy your cravings for chocolate/coffee drinks

The recipes below are high in protein and low in carbohydrates.

- 10. CHOCOLATE MILK:** Blend 1 scoop **Whey Cool Vanilla** or **PaleoMeal Vanilla** with
1 ½-2 cups water/ ice (may include ½cup almond or lite coconut milk),
1-3 tsp unsweetened cocoa powder, 1tsp almond oil and 1-2 tsp xylitol or honey
- 11. CAFÉ MOCHA:** Add to the “Chocolate Milk” recipe above 1-3 tsp instant organic coffee
(preferably decaf). Have this before 3pm so it does not affect your sleep