



Ideal Protein Food – Preparation Instructions

SOUPS

Pour 8 oz. (6 oz. for creamy soups) (230 ml) of cold water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved. Heat in a microwave oven for 1-2 minutes or in a saucepan over medium heat. Do not overheat. *Also, don't hesitate to add seasonings for variety, or mix in leftover cooked veggies.*

HOT DRINKS

Pour 6.5 oz. (200 ml) of cold water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved. Heat in a microwave oven for 1 – 2 minutes or in a saucepan over medium heat. Do not overheat.

COLD DRINKS

Pour 6.5 oz. (200ml) of very cold water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved. (you may increase the amount of water)

OATMEAL

Pour 2.5 oz. (80 ml) of lukewarm water into a bowl, add contents of one packet and shake vigorously until mixture is completely dissolved. Do not overheat. Add nutmeg or cinnamon for extra flavor.

CREPES/PANCAKES

Pour 3.5 - 4 oz. (120ml) of lukewarm water into an airtight shaker, add contents of one packet and shake vigorously until completely dissolved. Let the mixture sit for 1 to 3 minutes. Heat a non-stick skillet and add a drop of oil or spray olive oil on the pan. Pour the mixture and cook on each side at medium heat for 1 to 3 minutes.

CRISPY CEREAL

Pour 3.5 oz (100 ml) of very cold water into a bowl. Add contents of one packet and mix

PUDDINGS

Pour 4 - 5 oz. (150ml) of very cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Can be placed in the freezer for about 30 minutes for a thicker ice cream like effect.

CAKES

Pour 1 oz. - 2 oz. (35 ml – 60 ml) of cold water (depending on the texture you desire). Add one packet and stir (don't shake) until completely dissolved. Bake in oven at 350°F (180°C) for 10 minutes or in a microwave safe dish for 30 seconds.

RASPBERRY GELATIN

Pour 5 oz. (150ml) of hot water into a bowl. Add contents of one packet and stir until completely dissolved. Refrigerate for 30 – 45 minutes.

OMELET

Pour 3 - 5 oz. (100 ml) of cold water (depending on the texture you desire) into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Pour into a non-stick skillet and cook on stove top at medium heat.

CHILI/ SPAGHETTI AND HEARTY STEW

Stovetop: pour 5 - 6 oz. (170 ml) of cold water in a pan; add the contents of one packet. Let cook 10 minutes stirring occasionally let stand 2*3 minutes

Microwave: pour 5 - 6oz. (170 ml) of cold water in a microwave safe bowl and add the contents of one packet. Cook for 2 to 3 minutes stirring occasionally.