



## **Tips, Ideas and Suggestions**

1. Make yummy soups by adding vegetables to your IP soup. Or, use the soup as a sauce for your veggies and meat. The soups are actually very creamy
2. Use the chocolate pancake mix to make a muffin or a small cake. (Use a little less water.)
3. NEVER NEVER NEVER shake a protein mix with *hot water* in a closed container. It may explode and make a mess and could burn you!
4. If you want to mix with hot water, use a small whisk instead of shaking.
5. Be careful not to overcook your IP products. Cook them gently and slowly. If you microwave, use a lower power setting and monitor every 30 seconds until you learn how each product works in your microwave.
6. Measure your water carefully. A small change in the quantity of water will change the consistency and cooking time. You are welcome to vary the amounts of water you use in the different products, but just do it intentionally so that you can determine the effect.
7. The portion sizes and instructions for preparing IP products were originally based on milliliters, and have recently been converted to liquid ounces for Americans. Since the numbers have been rounded, they will not be exact. For example, a package may say to add "200 ML or 6.5 ounces" of water. But 200 milliliters is really 6.7648 fluid ounces, so you would be a tiny bit short on water if you measure by ounces.
8. Take notes on the water measurements, heat settings, and timings that work for you. Keep a chart in your kitchen for easy reference.
9. Rinse, soak or wash your dirty dishes right away. Protein residue is difficult to clean off if it has had time to solidify.
10. Did you know that hot drinks are satiating? Drink all the hot tea you want and it will help you feel full!
11. Try not to eat after 8PM. For your evening snack, choose lower carb packets such as a pudding or drink.
12. If you are concerned about cellulite or loose skin, be sure to have one of the collagen packets every day: either the Blueberry, Cranberry & Pomegranate drink or the Raspberry Gelatin.
13. Add cinnamon to your puddings and hot drinks. Cinnamon has been shown to have lots of health benefits including lowering LDL cholesterol and regulating blood sugar.