

## Chapter 10: Recipes

### Simple Shake

1 envelope sugar-free Carnation Instant Breakfast  
6 ounces skim milk  
¼ cup non-fat cottage cheese  
Artificial sweetener to taste  
Vanilla or other flavored extract to taste  
Several ice cubes

Put everything in the blender and blend until smooth.

**Protein:** 17 grams

### Simple Egg Nog

6 ounces of skim milk  
2 ounces egg substitute  
Artificial sweetener, rum/vanilla extracts to taste  
Several ice cubes

Put everything in blender and blend until smooth.

**Protein:** 12 grams

### Chocolate Shake

4 ounces of milk  
1 scoop chocolate protein powder  
1 – 2 Tbsp. Sugar-free, non-fat creamer (hazelnut, chocolate, amaretto, or other flavor)

Mix well in shaker cup or blender.

**Protein:** 18 – 23 grams depending on the protein powder used.

### Banana/Peanut Butter Shake

6 ounces of milk or artificially sweetened vanilla yogurt  
1 Tbsp. creamy peanut butter  
¼ - ½ banana  
Artificial sweetener to taste

Place in blender or food processor until smooth.

**Protein:** 9 grams

**Hint:** Place shakes in a cup with a top (shaker cup). Enough for one meal can be poured out. Refrigerate the rest until ready to drink it. Take cup out, shake well, pour and enjoy.

**Strawberry/Chocolate Shake**

4 ounces of plain yogurt or milk  
1 scoop chocolate flavored protein powder  
¼ - ½ cup strawberries, fresh or frozen, no sugar added  
Artificial sweetener to taste

Mix until smooth in blender or food processor.

**Protein:** 9 – 12 grams protein, depending on protein powder.

**Strawberry/Banana Shake**

4 ounces of sugar-free vanilla or plain yogurt or skim milk  
1 scoop of vanilla or natural-flavored protein powder  
¼ - ½ cup strawberries, fresh or frozen, no sugar added  
½ banana  
Artificial sweetener to taste

Mix until smooth in blender or food processor.

**Protein:** 9 – 12 grams protein each, depending on protein powder.

**My Favorite Shake**

1 scoop French Vanilla Designer Protein (17.5 g protein)  
1-cup milk (8 g protein)  
2 Tbsp. Sugar Free Nesquik (3 g protein)  
(Nesquik is cheaper and tastier than SF Carnation Instant Breakfast)  
1 ½ c. crushed ice

Place in blender and blend until smooth. (Total protein 28.5 g)

**Peanut Butter/Chocolate Shake**

4 ounces of skim milk, sugar-free vanilla or plain yogurt  
1 Tablespoon of creamy peanut butter  
1 scoop of chocolate flavored protein powder

Mix until smooth in blender or food processor.

**Protein:** 11 – 14 grams protein depending on protein powder used.

### **Double Chocolate Pudding I**

1 package sugar free chocolate instant pudding

2 cups milk

4 scoops chocolate protein powder

Mix well with spoon, wire whisk or in blender. Chill 1 hour or longer.

**Protein:** Makes 4, ½ cup servings for 19 – 23 grams protein each, depending on protein powder.

### **Double Chocolate Pudding II**

1 package sugar free chocolate instant pudding

2 packages chocolate sugar-free instant breakfast

2 cups milk

Mix well with spoon, whisk or in blender. Chill 1 hour or longer.

**Protein:** Makes 4, ½ cup servings for 6 grams of protein each.

**Hints:** It is easier to mix powder and liquid if you add the powder to the liquid. If you are not using a wire whisk, give one a try. They mix ingredients much quicker than a spoon and are less work to clean than a blender.

### **Super Milk Pudding**

1 package sugar free instant pudding mix

2 cups evaporated skim milk or 2 cups milk fortified with 2/3 cups of powder skim milk.

Mix well with spoon, whisk or blender. Chill 1 hour or longer.

**Protein:** Makes 4, ½ cup servings at 10.5 grams protein each with evaporated skim milk; or 9 grams protein each with fortified milk.

### **Custard**

¼ cup egg substitute

¼ cup milk, (evaporated skim or fortified provides more protein per ounce)

Nutmeg, cinnamon, artificial sweetener to taste

Mix all ingredients together with whisk or fork. Microwave on medium high for 1 minute (microwaves do vary so time may need to be adjusted).

**Protein:** 10 – 13 grams depending on milk used.

### **Pudding Pop**

Mix up Sugar Free Instant Pudding with milk and pour into popsicle molds and freeze.

**Protein:** 4 grams per 4-ounce popsicle. Higher if made from one of the pudding recipes above.

### **Omelet**

¼ cup egg substitute

¼ cup milk, (evaporated skim or fortified)

1 – 2 Tbsp. grated cheese, grated onion, and black pepper to taste.

Mix all ingredients together with whisk or fork. Microwave on medium high for 1 minute (microwaves do vary so time may need to be adjusted).

**Protein:** 11 – 14 grams depending on milk used and amount of cheese added.

### **Pizza Soup**

1 can tomato soup

1 can evaporated skim milk

2 ounces (1/2 cup) grated mozzarella cheese

Italian seasoning to taste

Heat soup and milk, stirring frequently, just until beginning to boil. Remove from burner and stir in cheese and seasoning. (Soup and milk can be heated in casserole in microwave).

**Protein:** 9 grams in ½ cup

### **Cream of Tomato Soup**

1 can tomato soup

1 cup milk

½ cup cottage cheese

Place soup, milk and cottage cheese in blender and puree. Heat until beginning to boil.

**Protein:** 5 grams in ½ cup

### **Egg Drop Soup**

½ cup chicken broth

¼ cup egg substitute

Pepper, soy sauce as desired.

**Protein:** 8 grams.

### **Pineapple/Lime Salad**

1 package diet lime gelatin  
½ cup cottage cheese  
½ cup pineapple packed in its own juice

Place pineapple and cottage cheese in blender and puree. Heat water to boil. Dissolve gelatin in one cup boiling water. Add 1 cup cold water or pineapple juice. Stir in pineapple and cottage cheese. Chill for one hour longer.

**Protein:** Makes 4 servings, 4 grams protein each.

### **Egg Salad**

1 egg, hard cooked.  
1 Tbsp. light mayonnaise or light salad dressing  
Mustard, cumin & black pepper to taste

Place ingredients in blender and puree

**Protein:** 7 grams

### **Tuna or Salmon or Chicken Salad**

¼ cup tuna or salmon or chicken packed in water, drained.  
1 Tbsp. light mayonnaise or light salad dressing  
Diced onion, lemon, dill or cumin to taste

Place ingredients in blender and puree

**Protein:** 7 grams

### **Tuna or Salmon or Chicken with Egg Salad**

1 egg hard cooked  
½ cup salmon or tuna or chicken packed in water, drained  
2 Tbsp. light mayonnaise or light salad dressing  
Diced onion, lemon, dill or cumin to taste

Place ingredients in blender and puree.

**Protein:** Makes 3 servings at 7 grams each.

### **Pineapple and Cottage Cheese Salad**

½ cup of cottage cheese  
½ cup of crushed pineapple in its own juice  
Artificial sweetener if desired

Place ingredients in blender or food processor and puree. Try with peaches, tomatoes or other favorite fruits.

**Protein:** 7 grams protein in ½ cup.

### **Hummus**

1 16-ounce can chick peas (garbanzo beans), drained  
1 or more cloves of garlic  
1 tsp salt  
1 Tbsp. lemon juice  
½ c tahini (optional)  
Place ingredients in blender and puree. If desired, add some parsley, cilantro or cumin.

**Protein:** ¼ cup provides 4 grams.

### **Aztec Sauce**

2-3 tomatoes  
½ of an onion  
2 garlic cloves  
¼ water and mix all ingredients in blender and puree  
Add seasonings to spice up, maybe some Tabasco. I would heat this up over a medium heat to get all the flavors together. You can also add some Mexican chili powder with lime if you want. You can boil anything in this Aztec Salsa such as the bison.

### **Spiked Tuna**

2 ounces of Light Tuna  
1 tsp light mayo  
1 tsp of mustard  
1 tsp Spike  
Mix ingredients and serve cold

### **Florida Sunrise Omelet**

1 egg  
100% Lactaid milk  
Whip egg with milk and cook with cooking spray for omelet, add spike for seasoning.  
Cook with 1 ounce of tuna, salmon, buffalo or Cabot cheese

**Spiked Salmon**

2 ounces canned salmon  
1 tsp light mayo  
1 tsp of mustard  
1 tsp Spike  
Mix ingredients and serve cold

**Bangkok Curry Chicken**

2 ounces canned chicken  
1 tsp of light mayo  
1 tsp of mustard  
Sprinkle McCormick's yellow curry powder to taste  
Add a dash of pepper  
Serve with three to four slices of fresh cold cucumber

**Herb Peppercorn Tilapia**

Wrap 2 ounces of Tilapia in Aluminum foil and sprinkle with Mrs. Dash Herb Peppercorn seasoning, seal foil and place in oven at 350 degrees and cook until flakey

**Garlic Lime Bison**

2 ounces of Bison and marinade in Mrs. Dash Garlic Lime marinade for 10 minutes.  
Sautee over medium heat until cooked and serve hot.

**Cowboy Lemon Basa**

Cook 2 ounces of Basa. Place in Aluminum foil and cut two slices of fresh lemon to place over the fish. Add Spike or other seasoning and capers if desired. Bake at 350 degrees until flakey. Serve hot.

**Caribbean Citrus Tilapia**

Cook 2 ounces of Tilapia. Marinade in Mrs. Dash Caribbean Citrus marinade for 10 minutes. Bake at 350 degrees until flakey. Serve hot.

**Baked tofu**

Marinate sliced tofu for 30 minutes in any flavor marinade you like. Add seasonings including spike, Tabasco and herbs. Preheat oven to 375 degrees and bake on lightly oiled pan for 30-35 minutes turning once half way. Cook till golden brown.