Ideal Protein Foods – 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.

**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 and SPAGHETTI
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.

SOY PATTY and CHICKEN PATTY
Empty contents of pouch into a small bowl. Add 1.5 oz. of cold water, mix and allow mixture to sit for 1 minute. Pour mixture into a lightly greased non-stick skillet, forming a patty of about 4 inches. Cook over medium heat for 2 to 3 minutes on each side.

TISANE
Use one tea bag per cup. Add boiling water and steep 3-5 minutes. Remove tea bag and enjoy!
For iced Tisane, after steeping add ice cubes or allow to chill in refrigerator.

POTATO PUREE
Pour 60 ml of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently with a fork.
For soup, pour 100 ml of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently with a fork.

CHICKEN A LA KING POTTAGE
Pour 6 - 7 oz. (200 ml) of cold water into a shaker. Add contents of one packet and shake vigorously until mixture is smooth. Heat in the microwave for 1-2 minutes or over medium heat. Let stand for approximately 2 minutes before serving.

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