

# YUMMY RECIPES - "Green" Program Shake Recipes

If you are lactose intolerant, we recommend using rice milk or soy milk for your shakes if not juice.

## French Vanilla

### Aloha Delight

2 TBSP. French Vanilla  
1 Cup Skim Milk  
\_ Tsp. Coconut Extract  
\_ Tsp. Pineapple Extract  
1 TBSP. Orange Juice  
3 Ice Cubes

### Banana Fruit Shake

2 TBSP. French Vanilla  
4 oz. Nonfat Yogurt  
4 oz. Water  
\_ Cup Frozen Peach Slices  
\_ Medium Banana  
3 Ice Cubes

### Maui Madness

2 TBSP. French Vanilla  
1 TBSP. Crushed Pineapple  
1 TBSP. Shredded Coconut  
1 Scoop Nonfat Vanilla Frozen Yogurt  
Orange Juice  
3 Ice Cubes

### Prune Shake

2TBSP. French Vanilla  
6 oz. Prune Juice  
2 oz. Herbal Aloe

### Orange Julius & Banana

2 TBSP. French Vanilla  
8 oz. Orange Juice  
\_ Banana

### Hawaiian Punch Shake

2 TBSP. French Vanilla  
8 oz. Hawaiian Punch  
3 Ice Cubes

### American Apple Pie

2 TBSP. French Vanilla  
8 oz. Apple Juice  
1 - 2 oz. Skim Milk  
\_ Tsp. Nutmeg  
4 Apple Slices  
\_ Tsp. Cinnamon  
4 - 5 Ice Cubes

### Root Beer Float

2 TBSP. French Vanilla  
4 oz. Skim Milk  
\_ Can Diet Root Beer  
3 Ice Cubes

### Very Berry Shake

2 TBSP. French Vanilla  
8 oz. Flavored Sparkling Water  
6 Frozen Strawberries  
10 - 12 Frozen Raspberries  
3 Ice Cubes

### The Carrot Thing

2 TBSP. French Vanilla  
8 oz Fresh Carrot Juice  
3 Drops of Lemon Juice  
3 Ice Cubes

### The Yogurt Thing

2 TBSP. French Vanilla  
6 - 9 oz. Vanilla Yogurt  
3 - 4 oz. Skim Milk  
1/3 Cup Frozen Fruit

### Passionate Papaya Shake

2 TBSP. French Vanilla  
\_ Papaya  
6 oz. Apple Juice  
2 oz. Herbal Aloe  
Dash of Cinnamon

### Herbal All-Bran Shake

2 TBSP. French Vanilla  
2 TBSP. ALL-Bran Cereal  
2 TBSP. Dry Skim Milk  
\_ Cup Warm Water

### Italian Soda Shake

2 TBSP. French Vanilla  
3 oz. Skim Milk  
3 oz. Orange Juice  
3 oz. Soda Water  
2 TBSP. Herbal Aloe

### Kiwi Quencher

2 TBSP. French Vanilla  
1 Kiwi Fruit  
8 oz. Water  
\_ Banana  
2 Drops Green Chartreuse  
3 Ice Cubes

### Pear Shake

2 TBSP. French Vanilla  
1 Small Pear  
1/3 Banana  
2 Drops Almond Extract  
Dash of Cinnamon

### Fruit-Juicy Shake

2 TBSP. Wild Berry  
8 oz. Cranberry Juice  
4 Strawberries  
3 Ice Cubes

### Very Berry Shake

2 TBSP. Wild Berry  
8 oz. Flavored Sparkling Water  
Yogurt  
6 Frozen Strawberries  
10 - 12 Frozen Raspberries  
3 Ice Cubes

### Cappuccino Shake

2 TBSP. Dutch Chocolate  
5 oz. Skim Milk  
4 oz. Nonfat Frozen  
Vanilla Yogurt  
1 TBSP. Instant Coffee

### Jamocho Fudge Shake

2 TBSP. Dutch Chocolate  
8 oz. Cappo Bottled Cappuccino  
Yogurt  
\_ Tsp. Chocolate Extract  
Ice Cubes

### Strawberry Sensation

2 TBSP. Wild Berry  
8 oz. Water  
1 Cup Strawberries  
3 Ice Cubes

### Strawberry Banana Shake

2 TBSP. Wild Berry  
8 oz. Skim Milk or Apple Juice  
\_ Banana  
5 - 6 Frozen Strawberries  
3 Ice Cubes

### Extra Chocolately Shake

2 TBSP. Dutch Chocolate  
1 Cup Skim Milk  
\_ Tsp. Vanilla Extract  
1 Tsp. Chocolate Syrup  
1 Tsp. Hershey's Cocoa  
3 Ice Cubes

### Brain Freeze

2 TBSP. Tropical Fruit  
\_ Banana  
\_ Peach  
5 Strawberries  
1 TBSP. Pineapple  
Cranberry Juice  
Orange Juice  
3 Ice Cubes

## Wild Berry

### Wild Berry-Orange Shake

2 TBSP. Wild Berry  
8 oz. Orange Juice  
4 Strawberries  
3 Ice Cubes

### Strawberries and Cream

2 TBSP. Wild Berry  
5 - 10 Strawberries  
2 Scoops Nonfat Frozen  
Vanilla Yogurt  
Nonfat Milk

### Hawaiian Punch Shake

2 TBSP. Wild Berry  
8 oz. Hawaiian Punch  
3 Ice Cubes

### Berry Bonzai

2 TBSP. Wild Berry  
5 - 10 Strawberries  
1 Scoop Nonfat Frozen Vanilla  
Cranberry Juice  
Ice Cubes

## Dutch Chocolate

### Raspberry Ras Ma Taz

2 TBSP. Dutch Chocolate  
8 oz. Water  
1/3 Cup Raspberries  
\_ Banana  
3 Ice Cubes

### Mocha Java Shake

2 TBSP. Dutch Chocolate  
1 TBSP. Instant Cappuccino Powder  
1 Scoop Nonfat Frozen Vanilla Yogurt  
Nonfat Milk

### Chocolate Banana Shake

2 TBSP. Dutch Chocolate  
8 oz Skim Milk or Water  
1 Cup Banana  
3 Ice Cubes

### Mocha Freeze

2 TBSP. Dutch Chocolate  
1 Tsp. Chocolate Syrup  
1 Scoop Nonfat Frozen Vanilla  
Nonfat Milk  
Ice Cubes

## Tropical Fruit

### Melon Masterpiece

2 TBSP. Tropical Fruit  
8 oz. Water  
\_ Cup Fresh Mango  
\_ Cup Fresh Cantaloupe  
3 Ice Cubes

## Gold Program Shake Recipes

- Prepare the HPLC vanilla shake mix like pudding; add 1 chopped Coconut Bar, blend well. Chill in freezer for icy-creamy dessert!! (Don't freeze solid – time may depend on freezer power!)
- Use HPLC soup mix for cooking. You can create 5 star meals your family will enjoy.
- Try marinating cucumbers with oily Italian dressing; add garlic or chives for zest. Chill in refrigerator 4-6 hours for a great summer appetizer or side dish. The longer you chill, the better this will taste.
- Fish marinade. Combine 2 Tbsp. Dijon Mustard to \_ - 1 cup mayo, 3 Tbsp. Lemon Juice, 1-2 Tbsp. Minced Garlic & lemon pepper & coarse black pepper. Mix well. Dip your favorite fish in this before wrapping in foil for grilling, baking, or broiling. Dill seasoning is also good in this list and contains 0-1 gram of carbohydrates per serving. (1tsp.)
- Try using Parmesan cheese with your broccoli & cauliflower recipes. It is lower in fat and calories and blends more easily with a rich flavor. We love using it and garlic in everything!
- If you're craving ice cream, freeze the shake to make it extra cold and frothy or stir it while freezing it until it's the consistency of ice cream.
- The Peach Mango Drink Mix, Orange Drink Mix, or Wildberry Drink Mix combined with vanilla powder are heavenly (plus ice & water). Also great for the sweet tooth.
- If you want a thicker shake, add an extra Tablespoon of Vanilla or Chocolate Powder (Formula 1) and/or 2 oz. Less water, plus extra ice cubes. The result will be more like a malt.
- Make Cream of Chicken, Cream of Potato-Leek or Tomato soup in advance (several servings). Add lots of veggies, dried or fresh herbs, a pinch of chicken bouillon and chicken, etc. This saves time and gives more substance variety.
- The soup makes a great sauce for veggies. Also try making a casserole using broccoli, cooked cubed chicken in the soup (use less water).
- Cut up the Chocolate Fudge Bar or the Peanut Butter Bar and mix with Soy nuts for a crunchy snack.

### **Frosty French Vanilla Dessert**

1 Canister of HPLC frozen dessert  
12 oz. Of Heavy Cream  
1 Cup of Egg Beaters  
12 to 14 oz of cold water  
2 Tbs. Of vanilla Extract  
3 packets of sweetener

Add all ingredients to blender. Blend on high For 30 seconds. This will be a very thick and desired,

Creamy mixture and you may need to use a flavor.

Spatula to work down the sides of the bowl if The mix sticks. If the mixture is too thick, add a little more water. Freeze for about 8 hours. Serve with a dash of cinnamon or nutmeg sprinkled on top.

### **Rich & Creamy Hot Chocolate**

2 Tbs. HPLC Chocolate Shake Mix  
2 Tbs. Performance Protein Powder  
Thermojetics Raspberry Herbal Concentrate (opt)  
14 oz of water

Boil 10 oz. of water. In shaker, add 4 oz. of cold water, HPLC Chocolate shake mix and Performance Powder. Shake until combined and powder is dissolved.

Pour into large mug. Add hot water and stir. If

Add Raspberry Herbal Concentrate for extra

### **Orange-Julius Shake**

2 Tbs. HPLC Vanilla shake mix  
1 packet HPLC Peach Mango Drink Mix  
2 to 3 ice cubes  
16 oz. of water

In a blender add 16 oz. of very cold water, 2 Tbs. HPLC shake mix, 1 packet of HPLC drink mix and ice cubes. Mix on high until ice is crushed and shake is rich and Creamy.

# Gold Program Shake Recipes

## Protein Balls

1 cup V/C/B Powder (your choice)  
1 cup natural peanut butter  
1 cup nonfat dry milk powder  
1 cup raw honey

Use one or all:

Fresh roasted wheat germ: finely chopped  
Nuts, graham cracker crumbs. Mix and  
Form into small balls. Roll in graham  
Cracker crumbs, chopped nuts or wheat  
Germ. Store in refrigerator. Makes 8  
Meals.

## Shake Bars

1 cup Vanilla or Chocolate Powder  
1 cup oats  
\_ cup wheat germ (honey crunch) or  
sesame seeds

Mix together and add:

1/3 cup peanut butter  
\_ cup honey

Mix thoroughly. Press into an 8x8 pan. Cut  
into 8 bars. Each bar equals one shake.

Wrap in plastic wrap to store. Options:

Add cinnamon to taste or natural peanut butter.

# High Protein Low Carb Recipes And Tips

## Frozen Fudgsicles

1 package HPLC Frozen Dessert treat mix (Van)  
4 oz. Better'n Eggs or similar egg substitute  
10 oz. Heavy cream  
14 oz. Water  
3 packets Splenda sweetener or similar sweetener  
\_ c. Nestle Cocoa powder  
2 heaping Tbsp. Carnation Malted Milk Powder  
1 Tsp. Instant coffee (optional)

Add HPLC frozen desert treat mix, egg substitute,  
Cream add water to blender. Add remaining  
Sweetener, cocoa powder, malted milk powder  
Add instant coffee. Blend on high for one minute  
Or until smooth and creamy. Mixture will be very  
Thick. Pour into ice cream molds or Dixie Cups,  
Add the Popsicle stick and freeze at least 6 hours.

## Creamy Broccoli Chicken

4-6 oz. Cooked Boneless, skinless chicken breasts  
cubed. Season with garlic & lemon pepper &  
parsley flakes.

2 cups steamed broccoli  
1 cup Parmesan cheese, shredded  
1 Tbsp. Minced Garlic  
1 Tsp. Coarse black pepper  
1-2 Tbsp. Lemon Pepper

Preheat oven to 350

Place chicken cubes in baking pan. Stir in broccoli.

Using fork, sprinkle 1 packet HPLC Chicken Soup  
mix lemon pepper, minced garlic, and black pepper  
over mixture. Dissolve remaining soup packet in  
8 oz. Hot water and pour over top of mixture.

Combine with fork. You may need to add 1-2 oz.

More water depending on how well the broccoli was  
Drained. Bake 15 minutes or until mixture has thickened  
and center is hot. Sprinkle Parmesan cheese on top. Bake 5  
min. or until cheese is slightly melted.

Serves 2-4 depending on appetite. (Do not over cook  
Broccoli prior to baking, you will have mushy broccoli)

Contains 5-6 Carbs.

- Lemon bars – Try them warm. 30 seconds in the microwave for that warm, comfort snack. Or you can do on all of the bars. This really fills you up. Be prepared!
- Protein Drink Mix (Your choice) – Try mixing with diet 7-Up or carbonated water (Stir Slowly!) Add Aloe Concentrate and it tastes like wedding punch.
- Mix Vanilla HPLC shake mix with Protein Drink Mix (your choice). Chill until slightly slushy – like a smoothie!

# Green Program Pie Recipes

## Lose Weight Pie

- 2 Cups skim milk
- 1 cup Formula # 1
- 1 box fat free, sugar free pudding

Mix all together: pour into low fat gram cracker crust: top with fat-free cool whip. Refrigerate.  
Cut into 7 slices: 1 slice = 1 meal

- Vanilla Pudding – Vanilla Powder
- Pistachio Pudding – Vanilla Powder
- Chocolate Pudding – Chocolate Powder

## Chewy – Crunchy Snack Bars

- 1 Cup any flavor Formula # 1 Powder
- \_ Cup old-fashioned oatmeal
- \_ Cup wheat germ
- 1 Cup Rice crispies (or ant dry cereal)
- \_ Cup Peanut Butter
- \_ Cup Honey
- 1 Tbsp. Water

Blend together: powder, oatmeal, wheat germ, & cereal. Then add Peanut Butter & Honey; Press into an 8 x \* pan, cut into 8 equal portions. Wrap individually and refrigerate.

## Cinnamon Roll Shake

- 2 Tablespoons Vanilla Powder
  - 8 Oz Vanilla Soy Milk (I use Silk) Or Regular Milk
  - 1/2 tsp. Cinnamon
  - 1/2 tsp. butter Buds or MollyMcbutter
  - 3 ice cubes
- I don't even miss the real thing, this is so awesome!

## Key lime Pie Shake

- 2 Tablespoons vanilla Powder
- 8 oz. Vanilla Soy Milk or Regular Milk
- 2 Tsp. Frozen Limeade
- 3 Ice cubes

## Peanut Butter Pie

- 1 Cup Formula 1 (vanilla or chocolate)
- 1 Package white chocolate sugar free pudding
- 2 \_ Cups skim milk
- 1 already made crust (I use Keebler Chocolate)
- \_ Cup peanut butter

Mix formula 1 and milk together than add the peanut butter, when mixed well add the pudding. Pour in one crust and let chill for 1 hour.

When chilled add light cool whip then cut into 8 equal pieces.

Each piece equals 1 shake and 50 calories

## **Coconut Pie**

- 1 Cup formula 1 vanilla
- 2 \_ Cups skim milk
- 1 package sugar free vanilla pudding
- \_ Cup coconut
- 1 cap full coconut extract
- 1 ready made graham cracker crust

Mix formula 1 and milk together then add coconut extract, when mixed well add the pudding then mix in the coconut. Pour into the crust and chill well. When chilled add light cool whip then cut into 8 equal pieces.

Each piece equals 1 shake and 50 calories

## **Banana Pie**

- 1 Cup formula 1 (I use \_ cup vanilla and \_ cup tropical fruit)
- 2 \_ cups skim milk
- 1 Package banana pudding
- 1 ready made Keebler shortbread crust

Mix formula 1 and milk together then add pudding, mix well pour into crust. Chill 1 hour then add light cool whip. Cut into 8 equal pieces. Before serving you can add \_ of a banana on top!!

Each piece equals 1 shake.

## **Chocolate Pie**

- 1 Cup formula 1 (vanilla or chocolate)
- 2 \_ cups skim milk
- 1 package sugar free chocolate pudding
- 1 ready made chocolate Keebler crust

Mix formula 1 and milk together add pudding and mix well. Pour into crust, chill 1 hour, and add coolwhip. Cut into 8 equal servings

Each piece equal 1 shake

## **Vanilla Pie**

- 1 Cup formula 1 vanilla
- 2 \_ cups skim milk
- 1 Package vanilla pudding
- 1 ready made Keebler chocolate crust

Mix formula 1 and milk together. Add pudding, mix well, and pour into crust. Chill 1 hour and add light cool whip. Cut into 8 equal pieces.

Each piece equal 1 shake

## **Butterscotch Pie**

- 1 Cup formula 1 vanilla
- 2 \_ cups skim milk
- 1 Package butterscotch sugar free pudding
- 1 ready made Keebler graham cracker crust

Mix formula 1 and milk together. Add pudding, mix well, and pour into crust. Chill 1 hour, add light cool whip, and cut into 8 equal pieces.

Each piece equals 1 shake

## **Peanut Butter Fudge Pie**

- 1 Cup formula (Vanilla or Chocolate)
- \_ cup Peanut Butter
- \_ cup honey
- 1 Cup non-fat dry milk

Mix formula 1 and dry milk together. Mix peanut butter and honey together. Add dry ingredients to wet and mix well, pour into a loaf pan. Put into the refrigerator for 1 hour then cut into 8 equal pieces.

Each piece equals 1 shake