

# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING ANY WHEY PROTEIN

### VERY BERRY

½ cup milk, skim  
5 strawberries, frozen, no added sugar  
¼ cup raspberries, frozen, no added sugar  
½ cup vanilla yogurt, no added sugar  
2 scoops Any Whey Protein  
Splenda, to taste

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 280 calories; 42 grams protein; 0 grams fat; 183 mg sodium, 451 mg calcium.

### CHOCOLATE BANANA

½ cup milk, skim  
1 scoop Any Whey Protein  
2 Tbsp. Hershey's syrup, sugar free  
½ banana, ripe  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 180 calories; 21.5 grams protein; 0 grams fat; 143 mg sodium; 235 mg calcium.

### ICED MOCHA

1 cup milk, skim  
1 1/3 Tbsp General Foods International Coffees  
Suisse Mocha Sugar Free  
1 scoop Any Whey Protein  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 181 calories; 25 grams protein; 0 grams fat; 191 mg sodium; 382 mg calcium.

### BREAKFAST BOOST

½ cup orange juice, 100%  
2 strawberries, frozen, no added sugar  
2 peaches slices, frozen, no added sugar  
1 scoop Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 182 calories; 19 grams protein; 0 grams fat; 35 mg sodium, 111 mg calcium.

### BREAKFAST BOOST PLUS

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
2 scoops Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 252 calories; 36 grams protein; 0 grams fat; 65 mg sodium, 191 mg calcium.

### RISE AND SHINE

½ cup orange juice, 100%  
¼ cup yogurt, vanilla, fat free, no added sugar  
¼ banana, ripe  
3 peach slices, frozen, no added sugar  
2 scoops Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 203 calories; 38 grams protein; 0 grams fat; 107 mg sodium, 279 mg calcium.

### CHOCOLATE PEANUT BUTTER CUP

½ cup milk, skim  
1 scoop Any Whey Protein  
1 Tbsp peanut butter, creamy  
2 Tbsp Hershey's Syrup, Sugar Free  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 223 calories; 25 grams protein; 8 grams fat; 176 mg sodium, 231 mg calcium.

### FRUIT FREEZE

½ cup skim milk  
1 scoop Any Whey Protein  
5 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 213 calories; 22 grams protein; 0 grams fat; 97 mg sodium, 238 mg calcium.

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## BANANA SPLIT

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½ cup milk, skim  
1 scoop Any Whey Protein  
½ banana, ripe  
1/8 cup pineapple, canned, packed in juice  
3 strawberries, frozen, no added  
2 Tbsp Hershey's Syrup, Sugar Free  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 22 grams protein; 0 grams fat; 144 mg sodium, 236 mg calcium.

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## APPLE SHAKE

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½ cup milk, skim  
¼ cup yogurt, vanilla, fat free, no added sugar  
¼ cup applesauce, no added sugar  
1 scoop Any Whey Protein  
pinch cinnamon  
pinch nutmeg  
¼ tsp. vanilla extract  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 189 calories; 24 grams protein; 0 grams fat; 134 mg sodium, 321 mg calcium.

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## CARNATION INSTANT BREAKFAST SMOOTHIE

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¼ cup orange juice, 100%  
½ cup milk, skim  
1 package Carnation Instant Breakfast, vanilla, no added sugar  
1 scoop Any Whey Protein  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 211 calories; 25 grams protein; 1 grams fat; 134 mg sodium, 494 mg calcium.

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## CARNATION INSTANT BREAKFAST SMOOTHIE PLUS

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¼ cup orange juice, 100%  
½ cup milk, skim  
1 package Carnation Instant Breakfast, vanilla, no added sugar  
2 scoops Any Whey Protein  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 281 calories; 42 grams protein; 1 grams fat; 164 mg sodium, 574 mg calcium.

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## PROTEIN POWER CARNATION INSTANT BREAKFAST

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1 cup milk, skim  
1 package Carnation Instant Breakfast, no added sugar  
1 scoop Any Whey Protein  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 226 calories; 29 grams protein; 1 grams fat; 226 mg sodium, 632 mg calcium.

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## PROTEIN POWER PLUS CARNATION INSTANT BREAKFAST

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1 cup milk, skim  
1 package Carnation Instant Breakfast, no added sugar  
2 scoops Any Whey Protein  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 296 calories; 46 grams protein; 1 grams fat; 256 mg sodium, 712 mg calcium.

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## PROTEIN POWER STRAWBERRY CARNATION INSTANT BREAKFAST

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1 cup milk, skim  
1 package Carnation Instant Breakfast, no added sugar  
1 scoop Any Whey Protein  
½ cup strawberries, frozen, no added sugar

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 258 calories; 30 grams protein; 1 grams fat; 227 mg sodium, 634 mg calcium.

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## PROTEIN POWER CRYSTAL LIGHT

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½ cup Crystal Light  
1 scoop Any Whey Protein  
2 Tbsp Cool Whip Free  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 85 calories; 17 grams protein; 0 grams fat; 35 mg sodium, 80 mg calcium.

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## PROTEIN POWER ORANGE FROSTIE

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½ cup orange juice, 100%  
1 scoop Any Whey Protein  
2 Tbsp Cool Whip Light  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 113 calories; 17 grams protein; 0 grams fat; 36 mg sodium, 93 mg calcium.

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## CREAMSICLE

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¾ cup orange juice, 100%  
1 package, Carnation Instant Breakfast, vanilla  
1 scoop Any Whey  
4 ice cubes

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## PROTEIN POWER PINEAPPLE SMOOTHIE

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2/3 cup pineapple juice, 100%  
½ cup cottage cheese, fat free  
1 scoop Any Whey Protein

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 244 calories; 33 grams protein; 0 grams fat; 400 mg sodium, 162 mg calcium.

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## PROTEIN POWERED VEGETABLE JUICE

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1 cup tomato or V-8 juice  
1 scoop Any Whey Protein

Blend or use a shaker cup to mix well. Pour over ice or blend with ice. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 120 calories; 19 grams protein; 0 grams fat; 890 mg sodium, 100 mg calcium.

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## ICED CAFÉ VIENNA

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1 cup milk, skim  
1 scoop Any Whey Protein  
1 2/3 Tbsp. General Foods International Coffees Café Vienna, sugar free  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 181 calories; 25 grams protein; 0 grams fat; 191 mg sodium, 382 mg calcium.

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## HOT COCOA

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1 cup milk, skim  
1 scoop Any Whey Protein  
1 packet hot cocoa, sugar free

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached. Stir in Any Whey and hot cocoa until dissolved. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 181 calories; 25 grams protein; 0 grams fat; 191 mg sodium, 382 mg calcium.

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## PUDDING

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1 package (4 serving size) pudding, no added sugar, any flavor  
2 cups milk, skim  
4 scoops Any Whey Protein

Pour milk in blender. Add pudding mix and protein. Blend on medium speed for 45 seconds or until well mixed. Pour into small bowls. Refrigerate until set. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 148 calories; 22 grams protein; 0 grams fat; 393 mg sodium, 231 mg calcium.

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## KEY LIME PIE

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6 oz Dannon Light'n Fit Key Lime Pie Yogurt  
1/8 cup milk, skim  
1 Tbsp gelatin, lime, sugar free  
2 scoops Any Whey Protein  
½ (2 small rectangles) graham cracker

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 271 calories; 45 grams protein; 2 grams fat; 178 mg sodium, 394 mg calcium.

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## ROOT BEER FLOAT

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6 oz diet root beer, flat  
½ scoop Any Whey Protein  
½ scoop Matrix 5.0, Simply Vanilla  
3 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 100 calories; 20 grams protein; 1 grams fat; 205 mg sodium, 155 mg calcium.

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## SOUP

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After blending, straining and heating soup, stir in 1 scoop of Any Whey Protein prior to eating to boost the protein by 17 grams per serving.

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## YOGURT

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Stir in 1–2 scoops of Any Whey Protein to your favorite no added sugar smooth yogurt flavor.

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## YOGURT SMOOTHIE

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Blend 1–2 scoops of Any Whey Protein into your favorite no added sugar smooth yogurt flavor and ½ cup milk.



# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING MATRIX 5.0 SIMPLY VANILLA

### VERY BERRY

½ cup milk, skim  
5 strawberries, frozen, no added sugar  
¼ cup raspberries, frozen, no added sugar  
½ cup plain yogurt, fat free, no added sugar  
2 scoops Matrix 5.0 Simply Vanilla

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 392 calories; 58 grams protein; 4 grams fat; 450 mg sodium, 680 mg calcium.

### BREAKFAST BOOST

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
1 scoop Matrix 5.0, Simply Vanilla

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 232 calories; 25 grams protein; 2 grams fat; 155 mg sodium, 181 mg calcium.

### RISE AND SHINE

½ cup orange juice, 100%  
¼ cup yogurt, vanilla, fat free, no added sugar  
¼ banana, ripe  
3 peach slices, frozen, no added sugar  
1 scoops Matrix 5.0, Simply Vanilla

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 183 calories; 27 grams protein; 2 grams fat; 197 mg sodium, 269 mg calcium.

### EGGNOG

1 scoop Matrix 5.0, Simply Vanilla  
1 cup of skim milk  
¼ cup egg substitute  
1 Tbsp Instant pudding, vanilla, sugar free, dry  
½ tsp. vanilla extract

Put all ingredients into blender. Blend on high for 45 seconds. Chill, and then stir prior to serving. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 183 calories; 27 grams protein; 2 grams fat; 197 mg sodium, 269 mg calcium.

### FRUIT FREEZE

½ cup skim milk  
1 scoop Matrix 5.0, Simply Vanilla  
5 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 263 calories; 28 grams protein; 2 grams fat; 217 mg sodium, 308 mg calcium.

### APPLE SMOOTHIE

½ cup milk, skim  
¼ cup yogurt, plain, fat free, no added sugar  
¼ cup applesauce, no added sugar  
1 scoop Matrix 5.0, Simply Vanilla  
pinch cinnamon  
pinch nutmeg  
¼ tsp. vanilla extract  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 221 calories; 31 grams protein; 0 grams fat; 257 mg sodium, 391 mg calcium.

### APPLE SHAKE

¾ cup milk, skim  
½ cup applesauce, no added sugar  
1 scoop Matrix 5.0, Simply Vanilla  
pinch cinnamon  
pinch nutmeg  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 237 calories; 29 grams protein; 2 grams fat; 197 mg sodium, 377 mg calcium.

### PROTEIN POWER ORANGE FROSTIE

½ cup orange juice, 100%  
1 scoop Matrix 5.0, Simply Vanilla  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 148 calories; 23 grams protein; 2 grams fat; 151 mg sodium, 163 mg calcium.

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## VANILLA SHAKE

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½ cup milk, skim  
¼ cup yogurt, plain, fat free  
1 scoop Matrix 5.0, Simply Vanilla  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 195 calories; 30 grams protein; 2 grams fat; 256 mg sodium, 389 mg calcium.

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## SUPER VANILLA SHAKE

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½ cup milk, skim  
¼ cup yogurt, plain, fat free  
1 scoop Matrix 5.0, Simply Vanilla  
1 scoop Any Whey Protein  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 265 calories; 47 grams protein; 2 grams fat; 286 mg sodium, 469 mg calcium.

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## ICED CAFÉ VIENNA

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1 cup milk, skim  
1 scoop Matrix 5.0, Simply Vanilla  
1 2/3 Tbsp. General Foods International Coffees Café Vienna, sugar free  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 231 calories; 31 grams protein; 2 grams fat; 311 mg sodium, 452 mg calcium.

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## HOT COCOA

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1 cup milk, skim  
1 scoop Matrix 5.0, Simply Vanilla  
1 packet hot cocoa, sugar free

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached. Stir in Matrix 5.0 and hot cocoa until dissolved. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 231 calories; 33 grams protein; 2 grams fat; 426 mg sodium, 752 mg calcium.

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## VANILLA YOGURT

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1 cup plain, fat free yogurt  
1 scoop Matrix 5.0, Simply Vanilla

Stir Matrix 5.0 into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 250 calories; 36 grams protein; 2 grams fat; 320 mg sodium, 600 mg calcium.

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## VANILLA YOGURT SMOOTHIE

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1 cup plain, fat free yogurt  
1 scoop Matrix 5.0, Simply Vanilla  
¼ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 272 calories; 38 grams protein; 2 grams fat; 352 mg sodium, 676 mg calcium.

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## ICED LATTE

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1 cup decaffeinated coffee, chilled  
1 scoop Matrix 5.0, Simply Vanilla  
4 ice cubes

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 120 calories; 23 grams protein; 2 grams fat; 150 mg sodium, 150 mg calcium.

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## ORANGE CREAMSICLE

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½ scoop Nectar, Fuzzy Navel  
½ scoop Matrix 5.0, Simply Vanilla  
8 oz cold water

Stir all ingredients together or use a shaker cup. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.

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# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING MATRIX 5.0 PERFECT CHOCOLATE

### CHOCOLATE BANANA

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½ cup milk, skim  
1 scoop Matrix 5.0, Perfect Chocolate  
½ banana, ripe  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 215 calories; 27.5 grams protein; 2 grams fat; 213 mg sodium; 305 mg calcium.

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### DOUBLE CHOCOLATE FUDGE

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½ cup milk, skim  
1 packet hot cocoa mix, no added sugar  
1 scoop Matrix 5.0, Perfect Chocolate  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 211 calories; 35.5 grams protein; 2 grams fat; 386 mg sodium; 391 mg calcium.

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### CHOCOLATE MOCHA

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½ cup milk, skim  
1 1/3 Tbsp General Foods International Swiss Mocha Instant Coffee, sugar free  
1 scoop Matrix 5.0, Perfect Chocolate  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 188 calories; 27 grams protein; 2 grams fat; 284 mg sodium; 301 mg calcium.

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### CHOCOLATE PEANUT BUTTER CUP

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½ cup milk, skim  
1 scoop Matrix 5.0, Perfect Chocolate  
1 Tbsp peanut butter, creamy  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 258 calories; 31 grams protein; 10 grams fat; 246 mg sodium, 301 mg calcium.

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### BANANA SPLIT

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½ cup milk, skim  
1 scoop Matrix 5.0, Perfect Chocolate  
½ banana, ripe  
1/8 cup pineapple, canned, packed in juice  
3 strawberries, frozen, no added

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 268 calories; 28 grams protein; 2 grams fat; 214 mg sodium, 306 mg calcium.

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### HOT COCOA

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1 cup milk, skim  
1 scoop Matrix 5.0, Perfect Chocolate

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached. Stir in Matrix 5.0 until dissolved. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 206 calories; 31 grams protein; 2 grams fat; 306 mg sodium, 452 mg calcium.

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### CHOCOLATE DREAM

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½ scoop Matrix 5.0, Perfect Chocolate  
½ scoop Matrix 5.0, Simply Vanilla  
8 oz milk, skim

Stir ingredients together or use shaker cup. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 206 calories; 31 grams protein; 2 grams fat; 276 mg sodium, 452 mg calcium.

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# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING NECTAR VERY CHERRY BERRY

### VERY BERRY

½ cup milk, skim  
5 strawberries, frozen, no added sugar  
¼ cup raspberries, frozen, no added sugar  
½ cup plain yogurt (unflavored), fat free  
1 scoop Nectar, Very Cherry Berry  
Splenda to taste

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 230 calories; 31 grams protein; 0 grams fat; 183 mg sodium, 441 mg calcium.

### CHERRY BERRY BANANA FROST

½ cup milk, skim  
1 scoop Nectar, Very Cherry Berry  
½ banana, ripe  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 186 calories; 28 grams protein; 0 grams fat; 124 mg sodium, 355 mg calcium.

### FRUIT FREEZE

½ cup skim milk  
1 scoop Nectar, Very Berry Cherry  
5 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

### VERY CHERRY BERRY MILK

1 cup milk, skim  
1 scoop Nectar, Very Cherry Berry  
4 ice cubes

Stir one scoop of Nectar Very Cherry Berry into milk and pour over ice or blend with ice. Sit to let foam settle. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 176 calories; 31 grams protein; 0 grams fat; 186 mg sodium, 452 mg calcium.

### VERY CHERRY BERRY YOGURT

1 cup plain, fat free yogurt  
1 scoop Nectar, Very Cherry Berry

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

### VERY CHERRY BERRY YOGURT PLUS

1 cup plain, fat free yogurt  
2 scoops Nectar, Very Cherry Berry

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

### VERY CHERRY BERRY YOGURT SMOOTHIE

1 cup plain, fat free yogurt  
1 scoop Nectar, Very Cherry Berry  
½ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.

### VERY CHERRY BERRY CREAMSICLE

½ scoop Nectar, Very Cherry Berry  
½ scoop Matrix 5.0, Simply Vanilla  
6 oz cold water  
4 ice cubes

Stir all ingredients together or use a shaker cup. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.

### CHOCOLATE DREAM

½ scoop Matrix 5.0, Perfect Chocolate  
½ scoop Matrix 5.0, Simply Vanilla  
8 oz milk, skim

Stir ingredients together or use shaker cup. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 206 calories; 31 grams protein; 2 grams fat; 276 mg sodium, 452 mg calcium.

# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING NECTAR STRAWBERRY KIWI

### STRAWBERRY KIWI SLUSHY

1 scoop Nectar, Strawberry Kiwi  
½ cup water  
6–7 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium.

### STRAWBERRY KIWI BANANA FROST

½ cup milk, skim  
1 scoop Nectar, Strawberry Kiwi  
½ banana, ripe  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 186 calories; 28 grams protein; 0 grams fat; 124 mg sodium, 355 mg calcium.

### BREAKFAST BOOST

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
1 scoop Nectar, Strawberry Kiwi

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 202 calories; 25 grams protein; 0 grams fat; 65 mg sodium, 181 mg calcium.

### BREAKFAST BOOST PLUS

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
1 scoop Any Whey Protein  
1 scoop Nectar, Strawberry Kiwi

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 272 calories; 42 grams protein; 0 grams fat; 95 mg sodium, 261 mg calcium.

### STRAWBERRY KIWI YOGURT

1 cup plain, fat free yogurt  
1 scoop Nectar, Strawberry Kiwi

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

### STRAWBERRY KIWI CREAMSICLE

½ scoop Nectar, Strawberry Kiwi  
½ scoop Matrix 5.0, Simply Vanilla  
6 oz cold water  
4 ice cubes

Stir all ingredients together or use a shaker cup and pour over ice or blend with ice. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.

### FRUIT FREEZE

½ cup skim milk  
1 scoop Nectar, Strawberry Kiwi  
5 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

### STRAWBERRY KIWI MILK

1 cup milk, skim  
1 scoop Nectar, Strawberry Kiwi  
4 ice cubes

Stir Nectar into milk and pour over ice or blend with ice. Sit to let foam settle. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 176 calories; 31 grams protein; 0 grams fat; 186 mg sodium, 452 mg calcium.

### STRAWBERRY KIWI YOGURT PLUS

1 cup plain, fat free yogurt  
2 scoops Nectar, Strawberry Kiwi

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

### STRAWBERRY KIWI YOGURT SMOOTHIE

1 cup plain, fat free yogurt  
1 scoop Nectar, Strawberry Kiwi  
1/2 cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.



# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING NECTAR FUZZY NAVEL

### FUZZY SLUSHY

1 scoop Nectar, Fuzzy Navel  
½ cup water  
6–7 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium.

### ORANGE PEACH BANANA FROST

½ cup milk, skim  
1 scoop Nectar, Fuzzy Navel  
½ banana, ripe  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 186 calories; 28 grams protein; 0 grams fat; 124 mg sodium, 355 mg calcium.

### BREAKFAST BOOST

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
1 scoop Nectar, Fuzzy Navel

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 202 calories; 25 grams protein; 0 grams fat; 65 mg sodium, 181 mg calcium.

### BREAKFAST BOOST PLUS

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
1 scoop Any Whey Protein  
1 scoop Nectar, Fuzzy Navel

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 272 calories; 42 grams protein; 0 grams fat; 95 mg sodium, 261 mg calcium.

### FUZZY YOGURT

1 cup plain, fat free yogurt  
1 scoop Nectar, Fuzzy Navel

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

### FUZZY MILK

1 cup milk, skim  
1 scoop Nectar, Fuzzy Navel  
4 ice cubes

Stir Nectar into milk and pour over ice or blend with ice. Sit to let foam settle. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 176 calories; 31 grams protein; 0 grams fat; 186 mg sodium, 452 mg calcium.

### FRUIT FREEZE

½ cup skim milk  
1 scoop Nectar, Fuzzy Navel  
5 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

### FUZZY YOGURT PLUS

1 cup plain, fat free yogurt  
2 scoops Nectar, Fuzzy Navel

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

### FUZZY YOGURT SMOOTHIE

1 cup plain, fat free yogurt  
1 scoop Nectar, Fuzzy Navel  
½ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.

### FUZZY CREAMSICLE

½ scoop Nectar, Fuzzy Navel  
½ scoop Matrix 5.0, Simply Vanilla  
6 oz cold water  
4 ice cubes

Stir all ingredients together or use a shaker cup and pour over ice or blend with ice. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.

# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING CARIBBEAN COOLER NECTAR

### CARIBBEAN COOLER SLUSHY

1 scoop Nectar, Caribbean Cooler  
½ cup water  
6–7 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium.

### CARIBBEAN MORNING

8 oz Crystal Light Classic Orange  
1 scoop Nectar, Caribbean Cooler

Stir ingredients together or use shaker cup. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 95 calories; 23 grams protein; 0 grams fat; 60 mg sodium, 250 mg calcium.

### BREAKFAST BOOST

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
1 scoop Nectar, Caribbean Cooler

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 202 calories; 25 grams protein; 0 grams fat; 65 mg sodium, 181 mg calcium.

### BREAKFAST BOOST PLUS

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
1 scoop Any Whey Protein  
1 scoop Nectar, Caribbean Cooler

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 272 calories; 42 grams protein; 0 grams fat; 95 mg sodium, 261 mg calcium.

### FRUIT FREEZE

½ cup skim milk  
1 scoop Nectar Caribbean Cooler  
5 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

### CARIBBEAN PUNCH

8 oz Crystal Light Pineapple Orange  
1 scoop Nectar, Caribbean Cooler

Stir ingredients together or use shaker cup. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 95 calories; 23 grams protein; 0 grams fat; 60 mg sodium, 150 mg calcium.

### CARIBBEAN COOLER YOGURT

1 cup plain, fat free yogurt  
1 scoop Nectar, Caribbean Cooler

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

### CARIBBEAN COOLER YOGURT PLUS

1 cup plain, fat free yogurt  
2 scoops Nectar, Caribbean Cooler

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

### CARIBBEAN COOLER YOGURT SMOOTHIE

1 cup plain, fat free yogurt  
1 scoop Nectar, Caribbean Cooler  
½ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.

### CARIBBEAN COOLER CREAMSICLE

½ scoop Nectar, Caribbean Cooler  
½ scoop Matrix 5.0, Simply Vanilla  
6 oz cold water  
4 ice cubes

Stir all ingredients together or use a shaker cup and pour over ice or blend with ice. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.

### CRYSTAL SKY SLUSHY

1 scoop Nectar, Crystal Sky  
½ cup water  
6–7 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium.



# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES USING CRYSTAL SKY NECTAR

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## FRUIT FREEZE

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½ cup skim milk  
1 scoop Nectar, Crystal Sky  
5 strawberries, frozen, no added sugar  
2 peach slices, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

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## CRYSTAL SKY MILK

---

1 cup milk, skim  
1 scoop Nectar, Crystal Sky  
4 ice cubes

Stir Nectar into milk and pour over ice or blend with ice. Sit to let foam settle. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 176 calories; 31 grams protein; 0 grams fat; 186 mg sodium, 452 mg calcium.

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## CRYSTAL SKY YOGURT

---

1 cup plain, fat free yogurt  
1 scoop Nectar, Crystal Sky

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

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## CRYSTAL SKY YOGURT PLUS

---

1 cup plain, fat free yogurt  
2 scoops Nectar, Crystal Sky

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

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## CRYSTAL SKY YOGURT SMOOTHIE

---

1 cup plain, fat free yogurt  
1 scoop Nectar, Crystal Sky  
1/2 cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.

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## CRYSTAL SKY CREAMSICLE

---

½ scoop Nectar, Crystal Sky  
½ scoop Matrix 5.0, Simply Vanilla  
6 oz cold water  
4 ice cubes

Stir all ingredients together or use a shaker cup and pour over ice or blend with ice. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.

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# BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

## USING ROADSIDE LEMONADE NECTAR

### LEMON SLUSHY

1 scoop Nectar, Roadside Lemonade  
½ cup water  
6–7 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium.

### BREAKFAST BOOST

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
1 scoop Nectar, Roadside Lemonade

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 202 calories; 25 grams protein; 0 grams fat; 65 mg sodium, 181 mg calcium.

### BREAKFAST BOOST PLUS

½ cup orange juice, 100%  
4 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
1 scoop Any Whey Protein  
1 scoop Nectar, Roadside Lemonade

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 272 calories; 42 grams protein; 0 grams fat; 95 mg sodium, 261 mg calcium.

### FRUIT FREEZE

½ cup skim milk  
1 scoop Nectar, Roadside Lemonade  
5 strawberries, frozen, no added sugar  
2 peaches, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

### ROADSIDE LEMONADE YOGURT

1 cup plain, fat free yogurt  
1 scoop Nectar, Roadside Lemonade

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

### ROADSIDE LEMONADE YOGURT PLUS

1 cup plain, fat free yogurt  
2 scoops Nectar, Roadside Lemonade

Stir Nectar into yogurt. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

### ROADSIDE LEMONADE YOGURT SMOOTHIE

1 cup plain, fat free yogurt  
1 scoop Nectar, Roadside Lemonade  
½ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.

### ROADSIDE LEMONADE CREAMSICLE

½ scoop Nectar, Roadside Lemonade  
½ scoop Matrix 5.0, Simply Vanilla  
6 oz cold water  
4 ice cubes

Stir all ingredients together or use a shaker cup and pour over ice or blend with ice. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.