



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.

VANILLA SHAKE

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.

SUPER VANILLA SHAKE

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.

ICED CAFÉ VIENNA

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.

HOT COCOA

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.

VANILLA YOGURT

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.

VANILLA YOGURT SMOOTHIE

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.

ICED LATTE

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.

ORANGE CREAMSICLE

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.
