



## Ideal Protein Foods – Preparation Instructions

### Soups

Pour 230 ml (8 oz) of cold water into a shaker. Add contents of one packet and shake vigorously until completely mixture us smooth. Heat in the microwave for 1 to 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.

**NOTE:** For creamy soups, add 175 ml (6 oz) of cold water.

### Chicken Noodle Soup Mix

Pour 200 ml (7 oz) of cold water into a shaker. Add contents of one packet and shake until mixture is smooth. Heat in the microwave for 30 to 60 seconds or simmer over low heat on stovetop. Do not allow mixture to boil.

### Chicken à la King Flavored Pottage Mix

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

### Vegetable Chili Mix

**Stovetop:** Pour 170 ml (5-6 oz) of cold water in a saucepan and add the contents of one packet. Bring to a boil and simmer 5 to 10 minutes, stirring occasionally.

**Microwave:** Pour 170 ml (5–6 oz) of cold water in a microwave-safe bowl. Add the contents of one packet. Cook for 2 to 3 minutes stirring occasionally.

### Potato Puree

Pour 60 ml (2 oz) of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently with a fork.

For soup variation, pour 100 ml (3 oz) of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently with a fork.

### Rotini

Empty contents of one packet into a pot of boiling water. Cook for 10 to 12 minutes (al dente), or until desired texture, stirring occasionally. Drain well and serve.

### Tomato and Basil Rotini

Empty contents of one packet into a pot of boiling water. Cook for 2 to 4 minutes (al dente), or until desired texture, stirring occasionally. Drain well and serve.



## Omelet

Pour 150 ml (5 oz) of cold water (depending on the texture you desire) into a shaker. Add contents of one packet and shake vigorously until mixture is smooth. Cook on stovetop at medium heat in a non-stick skillet.

## Maple Oatmeal Mix

Pour contents of one packet into a bowl. Add 100 ml (3-4 oz) of boiling water and mix well.

## Pancake Mix

Pour 100 to 150 ml (3.5-4 oz) of very cold water into a shaker. Add contents of one packet and shake vigorously until mixture is smooth. Heat a non-stick skillet over medium heat and lightly grease with a drop of oil. Pour batter into skillet and cook on each side for 1 to 3 minutes.

## Crispy Cereal

Pour 100 ml (3.5 oz) of very cold water into a bowl. Add contents of one packet and stir.

## Puddings

Pour 150 ml (4-5 oz) of very cold water into a shaker. Add contents of one packet and shake vigorously until mixture is smooth. Let stand 2 minutes before serving.

**NOTE:** The pudding can be placed in the freezer for about 30 minutes for a thicker ice cream like effect.

## Raspberry Jelly Mix

Pour 150 ml (5 oz) of boiling water into a bowl. Add contents of one packet and stir until completely dissolved. Refrigerate for 30 to 45 minutes.

## Hot Drinks

Pour 200 ml (7 oz) of cold water into a shaker. Add contents of one packet and shake vigorously until completely dissolved. Heat in a microwave oven for 1 to 2 minutes or in a saucepan over medium heat. Do not overheat.

**NOTE:** To reduce the sweetness of drinks, add 300 ml (10 oz) of cold water instead of 200 ml (7 oz).

## Cold Drinks

Pour 200 ml (7 oz) of very cold water into a shaker. Add contents of one packet and shake vigorously until completely dissolved.

**NOTE:** To reduce the sweetness of drinks, add 300 ml (10 oz) of cold water instead of 200 ml (7 oz).