

The **Recipe** for **Thermojetics®**

High-Protein, Low-Carb **Success**

The Thermojetics® High-Protein, Low-Carb Program offers an amazing amount of flexibility. Discover for yourself just how versatile this program is by enjoying the variety of recipes we've put together.



Rich & Creamy Hot Chocolate

Ingredients:

- 2 tbs. Thermojetics® High-Protein, Low-Carb Weight-Management Chocolate Shake Mix
- 2 tbs. Thermojetics® Performance Protein Powder
- Thermojetics® Raspberry Herbal Concentrate (optional)
- 14 oz. of water

Directions:

Boil 10 oz. of water. In shaker, add 4 oz. of cold water, Thermojetics® High-Protein, Low-Carb Weight-Management Chocolate Shake Mix and Thermojetics® Performance Protein Powder. Shake until combined and powder is dissolved. Pour into large mug. Add hot water and stir. If desired, add Thermojetics® Raspberry Herbal Concentrate for extra flavor.

Orange-Julius Shake

Ingredients:

- 2 tbs. Thermojetics® High-Protein, Low-Carb Shake Mix (Vanilla flavor)
- 1 packet of Thermojetics® High-Protein, Low-Carb Peach Mango Drink Mix
- 2 to 3 ice cubes
- 16 oz. of water

Directions:

In a blender, add 16 oz. of very cold water, 2 tbs. Thermojetics® High-Protein, Low-Carb Shake Mix, 1 packet of Thermojetics® High-Protein, Low-Carb Peach Mango Drink Mix and ice cubes. Mix on high until ice is crushed and shake is rich and creamy.

Frosty French Vanilla Dessert Treat

Ingredients:

- 1 canister of Thermojetics® High-Protein, Low-Carb Frozen Dessert Treat Mix
- 12 oz. of heavy cream
- 1 c. of Egg Beaters™
- 12 to 14 oz. of cold water
- 2 tbs. of vanilla extract
- 3 packets of Sweet 'N Low®

Directions:

Add all ingredients to blender. Blend on high for 30 seconds. This will be a very thick and creamy mixture and you may need to use a 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 eight hours. Serve with a dash of cinnamon or nutmeg sprinkled on top.

**If mixture freezes too hard to scoop from container, microwave on high for a minute or two.*

Double Chocolate Dreamsicle

Ingredients:

- 1 canister of Thermojetics® High-Protein, Low-Carb Frozen Dessert Treat Mix
- 12 oz. of heavy cream
- 1 c. of Egg Beaters™
- 12 to 14 oz. of cold water
- 3 packets of Sweet 'N Low®
- 1/3 c. of cocoa powder
- 1 tbs. of instant coffee

Directions:

Add all ingredients to blender. Blend on high for 30 seconds. This will be a very thick and creamy mixture and you may need to use a 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 eight hours.

**If mixture freezes too hard to scoop from container, microwave on high for a minute or two.*