

**EASY PREP
CFWLS & Proti
High Protein
RECIPES**

High Protein Cooking Made Simple



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Smoothies and Drinks



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Lumberjack Special	

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Strawberry Smoothie

1 packet Protein Vanilla Pudding/Shake Mix

1 cup diet cola

$\frac{3}{4}$ cup strawberries, sliced

5 ice cubes

$\frac{1}{2}$ cup water

Mix all ingredients in a blender on high speed until smooth.
Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories 70

Fat 1 g

Carbohydrate 8 g

Protein 8 g



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Peach Smoothie

1 packet Protein Vanilla Pudding/Shake Mix

1 medium peach, peeled and sliced

1 cup diet cream soda

5 ice cubes

Mix all ingredients in a blender on high speed until smooth.
Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories 70

Fat 1g

Carbohydrate 7g

Protein 8g



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Cherry Smoothie

1 packet Protein Vanilla Pudding/Shake Mix

1 packet Protein Chocolate Pudding/Shake Mix

1 cup water

5 ice cubes

1 cup diet cherry cola

Mix all ingredients, except cherry soda, in a blender on high speed until smooth.

Pour into chilled glasses then pour cherry soda on top.

Nutrition Facts (per serving)

Serves 2

Calories 100

Fat 2g

Carbohydrate 6g

Protein 15g



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Watermelon Smoothie

1 packet Protein Vanilla Pudding/Shake Mix

½ cup water

1 cup watermelon, cubed

5 ice cubes

Mix all ingredients in a blender on high speed until smooth. Pour into chilled glasses.

Nutrition Facts (per serving)

Serve 2

Calories 74

Fat 1g

Carbohydrate 8g

Protein 8g



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Black Forest Smoothie

1 packet Protein Chocolate Pudding/Shake Mix

$\frac{3}{4}$ cup cold water

1 tsp cherry extract

Mix all ingredients in a blender on high speed until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 6g

Protein 15g



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Orange Julius

1 packet Protein Vanilla Pudding/Shake Mix

1 packet Proti-15 Orange Drink Mix

$\frac{3}{4}$ cup water

Mix all ingredients in a blender on high speed until smooth.
Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories 85

Fat 1g

Carbohydrate 4g

Protein 15g



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DeeDee's Smoothie

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup strawberries

$\frac{1}{2}$ tsp almond extract

$\frac{1}{2}$ tsp coconut extract

Mix all ingredients in a blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 136

Fat 2g

Carbohydrate 14g

Protein 16g



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CoCo Mint Smoothie

1 packet Protein Chocolate Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

5 ice cubes

1 tsp mint extract

Mix all ingredients together in blender on high speed.
Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 6g

Protein 15g



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Pina Colada

1 packet Protein Vanilla Pudding/Shake Mix

1 tsp rum extract

1 tsp coconut extract

$\frac{3}{4}$ cup cold water

Mix all ingredients together in a blender on high speed until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Fuzzy Navel

2 packets Protein Vanilla Pudding/Shake Mix

1 packet Proti Peach Mango Drink

1 can diet lemon-lime soda

½ cup cold water

Ice cubes to thicken

Mix all ingredients together in a blender until smooth.

Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories 135

Fat 2g

Carbohydrate 7g

Protein 23g



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Fresh Peach Treat

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup water

1 medium peach, peeled and sliced

1 package sweetener

5 ice cubes

Mix all ingredients in a blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 138

Fat 2g

Carbohydrate 14g

Protein 15g



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Peppermint Twist

1 packet Protein Vanilla Pudding/Shake Mix

½ cup water

4 ice cubes

½ tsp peppermint extract

½ tsp vanilla extract

1 drop red food coloring

Mix all ingredients together in blender until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Fudge Fantasy

1 packet Protein Chocolate Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

5 ice cubes

1 packet sweetener

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 6g

Protein 15g



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The Break

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup your favorite diet soda

5 ice cubes

Mix all ingredients together in a blender until smooth.

Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Blueberry Breaker

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

$\frac{1}{2}$ cup blueberries

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 141

Fat 2g

Carbohydrate 5g

Protein 15g



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Vanilla Brandy

1 packet Protein Vanilla Pudding/Shake Mix

¾ cup cold water

4 ice cubes

1 tsp brandy extract

1 tsp vanilla extract

Dash nutmeg

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Root Beer Float

1 packet Protein Vanilla/Pudding Shake Mix

1 can diet root beer

10 ice cubes

Mix all ingredients together in blender. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Cherry Slush

1 packet Protein Vanilla Pudding/Shake Mix

½ tsp sugar-free Cherry Kool-Aid Mix

1 cup cold water

10 ice cubes

Blend first 3 ingredients until well combined. Add ice and blend again. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Lumberjack Special

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup cold water

$\frac{1}{4}$ tsp maple extract

Dash cinnamon

Blend first 4 ingredients in a blend until smooth. Pour into a chilled glass. Top with a dash a cinnamon.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Raspberry Cream Soda

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup raspberries

1 cup diet cream soda

1 packet artificial sweetener

2 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 148

Fat 2g

Carbohydrate 16g

Protein 16g



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Razzle Dazzle

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup diet lemon-lime soda

$\frac{1}{2}$ cup frozen raspberries

5 ice cubes

Mix all ingredients in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 132

Fat 2g

Carbohydrate 12g

Protein 16g



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Chocolate-Strawberry Fizz

1 packet Protein Strawberry Pudding/Shake Mix

1 packet Protein Chocolate Pudding/Shake Mix

1 can diet lemon-lime soda

10 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories 100

Fat 2g

Carbohydrate 6g

Protein 15g



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Vanilla Spritzer

1 packet Vanilla Pudding/Shake Mix

1 cup lemon or orange seltzer water

Mix ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Grasshopper Shake

1 packet Chocolate Pudding Shake Mix

1 cup cold water

½ tsp chocolate extract

½ tsp peppermint extract

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 9g

Protein 15g



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Caribbean Punch

1 cup prepared Proti WildBerry Passion Protein Drink

1 packet Protein Strawberry Pudding/Shake Mix

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 105

Fat 2g

Carbohydrate 7g

Protein 22g



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Pineapple Cooler

1 packet Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup cold water

$\frac{3}{4}$ cup fresh pineapple

$\frac{1}{4}$ tsp coconut extract

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 156

Fat 2g

Carbohydrate 7g

Protein 16g



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Orange Cooler

1 packet Proti Orange Protein Drink Mix

$\frac{3}{4}$ cup diet orange soda

1 small orange, sectioned

Mix all ingredients together in blender until smooth.

Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 145

Fat 0g

Carbohydrate 14g

Protein 16g



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Creamsicle

1 packet Vanilla Pudding/Shake Mix

1 can diet orange soda

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Half and Half

Mix 2 of your favorite Pudding/Shake Mixes with 2 cups cold water and blend. Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories 100

Fat 2g

Carbohydrate 6g

Protein 15g



Spiced Iced Coffee

1 packet Vanilla Pudding/Shake Mix

$\frac{3}{4}$ cup water

5 ice cubes

1 tsp instant coffee

$\frac{1}{2}$ tsp brandy extract

Dash of; allspice, cinnamon, and nutmeg

Mix all ingredients together in a blender until smooth.

Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Rum Coffee

1 packet Vanilla Pudding/Shake Protein Mix

1 tsp instant coffee

1 tsp rum extract

1 tsp almond extract

1 cup water

Mix all ingredients together in blender until smooth.
Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Brazilian Coffee Shake

1 packet Vanilla Pudding/Shake Protein mix

1 cup cold water

4 ice cubes

¼ tsp vanilla extract

1 tsp instant vanilla flavored coffee

Mix all ingredients together in blender until smooth.
Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Cocoa Delight

1 packet Vanilla Pudding/Shake Protein Mix

1 packet Chocolate Pudding/Shake Protein Mix

2 cups water

1 package sweetener

Mix all ingredients together in blender until smooth. Pour into chilled glasses.

Nutrition Facts (per serving)

Serves 2

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Coffee and Cream

1 packet Vanilla Pudding/Shake Mix

1 cup water

½ cup brewed coffee

5 ice cubes

Mix all ingredients together in blender until smooth. Pour into chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Krista's Cappuccino

1 package Vanilla Pudding/Shake Protein Mix

½ package Chocolate Pudding/Shake Protein Mix

1 tsp instant decaf coffee

1 cup hot water

Dash of cinnamon

Blend first 4 ingredients until smooth. Pour into mug and top with a dash of cinnamon.

Nutrition Facts (per serving)

Serves 1

Calories 150

Fat 3g

Carbohydrate 8g

Protein 23g



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Spiced Orange Tea

1 packet Proti-15 Orange Drink Mix

5 ice cubes

$\frac{3}{4}$ cup cold water

1 tsp instant tea

1 packet sweetener

Mix all ingredients in a blender on low speed until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 70

Fat 0g

Carbohydrate 3g

Protein 15g



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Asian Tea

1 packet Proti-15 Orange Drink Mix

1 tsp instant tea

Dash of nutmeg and cinnamon

Mix all ingredients in a blender on low speed until smooth. Pour into a chilled glass.

Nutrition Facts (per serving)

Serves 1

Calories 70

Fat 0g

Carbohydrate 3g

Protein 15g



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Dips and Appetizers

Cheese Dip

Vegetable Dip

Sweet Cabbage Rolls

Pizza



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Cheese Dip

1 packet Protein Vegetable Soup Mix

2 oz low fat sharp cheddar cheese

¼ cup cold water

Dash cayenne pepper

Process all ingredients in a blender until smooth, cover and chill.

Serves with our delicious protein chips*

Nutrition Facts (per serving)

Serves 4

Calories 53

Fat .5g

Carbohydrate 2g

Protein 8g

*Chips not included in Nutrition Facts



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Vegetable Dip

1 packet Protein Cream of Chicken Soup Mix

1 cup low-fat cottage cheese

1 scallion, minced

Dash of garlic powder

Combine all ingredients in blender and puree until creamy. Cover and chill.

Serve with assorted Vegetables or Protein chips*

Nutrition Facts (per serving)

Serves 4

Calories 61

Fat .5g

Carbohydrate 3g

Protein 11g

*Assorted vegetables not included in Nutrition Facts



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Waypoint Pimento Cheese

Prep time: 10 min

Makes: 2 quarts

Ingredients:

1lb Cheddar cheese, grated

½ lb Belavitano or white cheddar, grated

½ ea Red bell pepper, roasted

1 ea Small yellow onion, diced small

1 c Cream cheese

1 T Worcestershire sauce

1 T Kosher salt

2 tsp Black pepper

1 T Horseradish

1 tsp Cayenne pepper

1T Texas Pete

½ ea Lemon, juiced

1 ½ c Mayonnaise

2 Packets high protein Cream of Vegetable Soup

Directions:

Combine all ingredients and mix thoroughly, and refrigerate.

Nutritional Information:

Calories: Protein: Carbs:

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Sweet Cabbage Rolls

1 packet Protein Cream of Tomato Soup Mix

1 lb ground turkey

1 head cabbage, leaves separated

½ cup shredded carrot

¼ tsp garlic powder

½ tsp Worcestershire sauce

¼ cup onion, chopped

⅛ tsp sweetener

Parboil cabbage leaves and allow to cool.

Brown turkey with spices and onion in a large skillet.

Mix soup as directed on package and add sweetener.

Spoon equal amounts of turkey mixture into each cabbage leaf, and wrap tight.

Lay leaves in a shallow baking pan that has been sprayed with cooking spray, and pour soup mixture over top.

Bake in a 350° oven for 15-25 minutes.

Nutrition Facts (per serving)

Serves 12

Calories 122

Fat 5g

Carbohydrate 11g

Protein 25g

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Pizza

1 packet Protein Cream of Tomato Soup Mix

½ cup hot water

1 tsp onion powder

½ tsp oregano

½ dried basil

¼ tsp black pepper

2 (4 inch) whole wheat pitas

¼ cup extra lean ground beef, cooked

2 oz part skim mozzarella cheese

Combine ingredients 1-6, mix thoroughly then microwave for 1 minute.

Divide sauce evenly on pitas, top with ground beef and cheese. Broil for 2-3 minutes or until cheese is melted.

Nutrition Facts (per serving)

Serves 2

Calories 201

Fat 9g

Carbohydrate 11g

Protein 21g

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Soups

Gazpacho

Cream of Chicken and Broccoli Soup

Broccoli Bisque

Turkey Chili

Zucchini Soup

Creamy Mushroom Soup

Hearty Tomato Soup

Savory Vegetable Soup



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Gazpacho

1 packet Protein Cream of Tomato Soup Mix

½ cup cucumber, peeled and sliced

4-5 sprigs fresh cilantro

Dash of Tabasco

1 tsp garlic powder

1 tsp onion powder

½ cup cold water

Mix all ingredients in a blender and puree. Adjust spices to personal taste.

Nutrition Facts (per serving)

Serves 1

Calories 90

Fat 0g

Carbohydrate 5g

Protein 16g



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Cream of Chicken and Broccoli Soup

1 packet Protein Cream of Chicken Soup Mix

1 cup hot water

6 oz chicken, boiled

1 cup broccoli florets, chopped

Salt and pepper, to taste

Dash of nutmeg (optional)

In a sauce pan mix soup with water until smooth, cook over medium heat.

Add chicken and broccoli, season with salt, pepper, and a dash of nutmeg.

Simmer for 4-5 minutes, or until heated through.

Nutrition Facts (per serving)

Serves 2

Calories 250

Fat 9g

Carbohydrate 8g

Protein 35g

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Broccoli Bisque

1 packet Protein Cream of Chicken Soup Mix

1 cup broccoli

1 tbsp dried onion

1 cup hot water

Pepper, to taste

Fill a medium sauce pot with a ½ inch of water, add in broccoli and onion, and bring to a boil.

Steam broccoli and onion for 2 minutes, or until bright green.

Then, combine broccoli, onion, 1 cup of water, pepper, and soup mix in a blend and puree until smooth.

Nutrition Facts (per serving)

Serves 1

Calories 170

Fat 4g

Carbohydrate 15g

Protein 20g

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Turkey Chili

2 packets Protein Cream of Tomato Soup Mix

12 oz ground turkey

1 cup green pepper, chopped

1 cup onions, diced

2 cups tomatoes, chopped

$\frac{3}{4}$ cup water

1 tbsp chili powder

1 tbsp cumin

2 packets sweetener

In a non-stick skillet, combine turkey, green peppers, and onion; brown over medium heat. Drain, add remaining ingredients, mix well, and simmer 15 minutes.

Nutrition Facts (per serving)

Serves 6

Calories 185

Fat 8g

Carbohydrate 6g

Protein 22g

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Zucchini Soup

2 tbsp olive oil

3 cups diced zucchini

½ cup chopped celery

1 cup diced carrots

1 medium onion, dice

1 tbsp all-purpose flour

1½ cups skim milk

1½ cups water

2 packets Protein Chicken Bouillon Mix

½ cup fat-free sour cream

Heat olive oil in a large stock pot, sauté zucchini, celery, carrots, and onion until soft (approximately 15 minutes).

In a small bowl combine flour and milk. Mix until smooth and then add to stock pot. Cook until thickened.

In another small bowl combine water and chicken bouillon soup mix, add to pot and stir until well combined.

Puree soup, in batches, in a blender until smooth and creamy.

Pour pureed soup back into stock pot and add sour cream, stir to combine then simmer until heated through and serve.

Nutrition Facts (per serving)

Serves 4

Calories 191

Fat 7g

Carbohydrate 20g

Protein 14g

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Creamy Mushroom Soup

1 (14 oz) can low sodium chicken broth

2 packets Protein Cream of Mushroom Soup Mix

1 tbsp olive oil

2 cups baby portabella mushrooms, sliced

1 medium onion, chopped

1 tbsp flour

1 cup skim milk

In a small bowl combine chicken broth with soup mix, set aside.

Heat oil in a large sauce pan and sauté the mushrooms and onion for about 5 minutes, or until soft.

Stir in flour, and then gradually pour in soup mixture, stirring constantly, and allowing soup to thicken. Cook for approximately 5 minutes, or until mixture begins to bubble.

Stir in milk, and enjoy!

Nutrition Facts (per serving)

Serves 2

Calories 239

Fat 9g

Carbohydrate 15g

Protein 24g

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Hearty Tomato Soup

1 (28 oz) can whole plum tomatoes, drained

1 (14.5 oz) can reduced sodium chicken broth

2 packets Protein Cream of Tomato Soup Mix

1 packet sweetener

¼ cup loosely packed fresh basil leaves

In a large saucepan bring tomatoes and chicken broth to a boil. Reduce heat, cover, and simmer for 10 minutes.

Stir in soup, sweetener, and basil. Let simmer 10 more minutes.

Puree soup in blender to create a smooth texture.

Nutrition Facts (per serving)

Serves 2

Calories 157

Fat .5g

Carbohydrate 15g

Protein 20g

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Savory Vegetable Soup

2 cups vegetable broth

1 cup frozen mixed vegetables

1 packet Protein Cream of Vegetable Soup Mix

In a large sauce pan bring vegetable broth to a simmer.
Add vegetables, cover, and simmer until soft.

Stir in vegetable soup packet, mixing well.

Nutrition Facts (per serving)

Serves 2

Calories 131

Fat 1g

Carbohydrate 7g

Protein 14g



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Entrees

- | | |
|----------------------------|-------------------------------|
| Trick Potatoes | Turkey Stuffed Green Peppers |
| Microwave Stuffed Potatoes | Swiss Steak |
| Fancy Fried Rice | Microwave Meatballs and Sauce |
| Green Beans and Brown Rice | Italian Stuffed Zucchini |
| Fried Chicken | Hamburg Stroganoff |
| Chicken Piccata | Pork Tenderloin Marinara |
| Baked Chicken Delight | Pork Stuffed Peppers |
| Mexican Chicken Salad | Seafood Pasta Florentine |
| Chicken Taco Salad | Broccoli Au Gratin |
| Chicken with Grapes | Cauliflower Casserole |
| Oven BBQ Chicken | Spinach Casserole |
| Chicken and Pasta | Vegetable Casserole |
| Chicken Florentine | Spaghetti Squash Casserole |
| Chicken Cordon Bleu | Tuna Casserole |
| Stir Fried Chicken | Baked Cabbage |
| Chicken and Dumplings | |
| Turkey with Gravy | |

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Trick Potatoes

1 packet Protein Cream of Chicken Soup Mix

16 oz frozen cauliflower

Cook cauliflower until very soft, drain. Mash with a fork and add in soup. Mix well.

Nutrition Facts (per serving)

Serves 2

Calories 62

Fat 0g

Carbohydrate 7g

Protein 20g



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Microwave Stuffed Potatoes

1 packet Protein Cream of Vegetable Soup Mix

¼ cup boiling water

1 small baked potato

½ cup finely chopped broccoli

Paprika

Place soup mix into a cup and whisk in boiling water to make a thick gravy.

Cut warm potato in half lengthwise, scoop out pulp and set shell aside. Mash pulp with a fork until fluffy, mix in soup and broccoli.

Scoop back into potato halves, garnish with paprika, and enjoy!

Nutrition Facts (per serving)

Serves 2

Calories 100

Fat 1g

Carbohydrate 14g

Protein 10g

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Fancy Fried Rice

1 packet Protein Chicken Bouillon Soup Mix

2 tsp margarine

2 small apples

$\frac{2}{3}$ cup brown rice

$1\frac{1}{3}$ cups water

Garlic powder, to taste

Onion powder, to taste

Melt margarine in a frying pan. Peel and dice apples and sauté in margarine. Add rice, stir until browned. Add water, soup mix, and seasonings.

Simmer 40 minutes, or until rice is cooked.

Nutrition Facts (per serving)

Serves 2

Calories 260

Fat 4g

Carbohydrate 45g

Protein 12g

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Green Beans and Brown Rice

1 packet Protein Cream of Vegetable Soup Mix

1 cup fresh green beans

½ cup water

⅓ cup cooked brown rice

½ tsp margarine

Cook green beans in water with soup until tender. Drain into cup.

Add liquid from cup to rice, add margarine, and microwave for 2 minutes.

Stir in green beans.

Nutrition Facts (per serving)

Serves 2

Calories 108

Fat 1g

Carbohydrate 15g

Protein 11g



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Baked Cabbage

1 packet Protein Chicken Bouillon Soup Mix

1 cup fresh cabbage, shredded

2 oz low fat cheese, grated

2 tbsp crushed crackers

1 tsp margarine

½ cup water

Pepper, to taste

Mix all ingredients together, sprinkle with pepper and bake at 350° for 30 minutes.

Nutrition Facts (per serving)

Serves 1

Calories 259

Fat 9g

Carbohydrate 13g

Protein 32g



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Fried Chicken

1 packet Protein Chicken Bouillon Soup Mix

½ tsp garlic powder

½ tsp white pepper

3 oz chicken breast

1 tsp olive oil

Combine first three ingredients in a bag. Shake chicken in bag until coated.

Heat oil in a non-stick skillet. Add chicken, and cook until done.

Nutrition Facts (per serving)

Serves 2

Calories 166

Fat 7g

Carbohydrate .5g

Protein 25g



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Chicken Picatta

1 packet Protein Chicken Bouillon Soup Mix

8 oz chicken breast

½ cup water

1 tsp lemon juice

2 cups mushrooms, sliced

Garlic powder, to taste

Dissolve bouillon in water and pour into frying pan. Add lemon juice, garlic powder, and chicken.

Sauté each side for 20 minutes or until done. Remove chicken, and cover.

Place mushrooms in frying pan and sauté for 5 minutes, or until soft.

Pour mushrooms and sauce over chicken and serve.

Nutrition Facts (per serving)

Serves 2

Calories 274

Fat 9g

Carbohydrate 3g

Protein 44g

Suggestion, Add capers and adjust nutritional value

Baked Chicken Delight

1 packet Protein Cream of Chicken Soup Mix

4 (3 oz) chicken breast halves

2 cups mushrooms

2 cups water chestnuts

1 cup water

1 tsp dried rosemary

½ tsp thyme

2 packets Proti Red Wine Dressing or low carb dressing

Arrange chicken, mushrooms, and water chestnuts in a baking dish.

Mix soup with water; add rosemary, thyme, and salad dressing. Pour over chicken.

Cover and bake at 375° for 1 hour, or until chicken is cooked through.

Nutrition Facts (per serving)

Serves 4

Calories 240

Fat 7g

Carbohydrate 13g

Protein 31g

Mexican Chicken Salad

1 packet Protein Cream of Chicken Soup Mix

$\frac{3}{4}$ cup water

3 oz chicken breast, cubed

1 cup green pepper, chopped

$\frac{1}{2}$ tsp onion powder

Garlic powder, chili powder, cayenne pepper, black pepper, as desired

1 cup romaine lettuce, chopped

Dissolve soup mix in water. Then, in a non-stick skillet combine soup, chicken, green pepper and spices.

Cook until chicken is done and soup makes a chili-like sauce. Serve over chopped lettuce.

Nutrition Facts (per serving)

Serves 1

Calories 224

Fat 7g

Carbohydrate 6g

Protein 34g

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Chicken Taco Salad

1 packet Protein Cream of Chicken Soup Mix

3 oz chicken breast, cooked and diced

½ cup water

Spicy seasoning mix, as desired

1 cup leaf lettuce, chopped

2 tbsp salsa

In a sauce pan combine chicken soup, water, and seasoning. Cook on medium-high until thick.

Pour over lettuce, top with salsa, and serve.

Nutrition Facts (per serving)

Serves 1

Calories 261

Fat 7g

Carbohydrate 7g

Protein 42g

Suggestion, Pour over Protein Chips and adjust nutritional values

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Chicken with Grapes

1 packet Protein Cream of Chicken Soup Mix

½ cup water

¼ tsp tarragon

Orange rind

2 orange segments

1 tsp margarine

6 oz chicken breast

10 grapes

½ cup cooked brown rice

Mix soup and water. Add tarragon to soup mixture. Finely dice the orange peel and orange sections. Add to soup mixture. Set aside.

In a small skillet, heat margarine; add reserved tarragon and stir for 1 minute. Add chicken breast and sauté until mostly done. Remove chicken. Pour soup mixture into skillet and stir until thick. Add chicken breast and continue to simmer for two more minutes. Add grapes, and serve with cooked brown rice.

Nutrition Facts (per serving)

Serves 2

Calories 298

Fat 9g

Carbohydrate 20g

Protein 35g

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Oven BBQ Chicken

1 packet Protein Cream of Tomato Soup Mix

4 (3 oz) chicken breasts

2 cups sliced onion

$\frac{3}{4}$ cup distilled vinegar

1 $\frac{1}{2}$ cups water

2-4 packets sweetener

1 bay leaf

$\frac{1}{4}$ tsp ground red pepper

$\frac{1}{4}$ tsp powdered mustard

Dash of pepper

Preheat oven to 350°. In a sauce pan combine all ingredients except chicken and onions.

Cook for 10-15 minutes. Layer meat in a 9x13 baking dish. Top with onion slices, pour in soup mixture.

Bake, basting often, 50-60 minutes, or until chicken is cooked through.

Nutrition Facts (per serving)

Serves 4

Calories 226

Fat 7g

Carbohydrate 12g

Protein 30g

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Chicken and Pasta Dish

1 packet Protein Cream of Chicken Soup Mix

½ cup cooked pasta shells

½ cup fresh broccoli, chopped

6 oz cooked chicken breast, cubed

½ cup tomato, chopped

¼ tsp garlic powder

⅛ tsp white pepper

In large saucepan cook pasta according to package directions. Add broccoli during last 3 minutes.

Drain and return to sauce pan. Add remaining ingredients and heat through.

Nutrition Facts (per serving)

Serves 2

Calories 271

Fat 7g

Carbohydrate 15g

Protein 36g

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Chicken Florentine

1 packet Protein Cream of Chicken Soup Mix

1 cup cooked spinach

¼ cup cottage cheese

Salt and pepper, to taste

½ tsp dried basil

5 oz chicken

¾ cup water

Mix spinach and cottage cheese. Season with salt, pepper, and basil. Pound chicken until thin.

Spread mixture of spinach and cottage cheese over chicken, roll up, and hook with a toothpick.

Mix water and soup, and pour over chicken and wrap in foil. Bake at 425° for 30 minutes.

Nutrition Facts (per serving)

Serves 2

Calories 238g

Fat 8g

Carbohydrate 7g

Protein 31g

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SUCCESS**

Chicken Cordon Bleu

1 packet Protein Cream of Chicken Soup Mix

6 oz chicken breast

1 oz swiss cheese

½ cup mushrooms, sliced

¼ cup onion, diced

½ cup water

Split chicken breast in half. Place swiss cheese and diced onion in center. Close breast.

Combine mushrooms, soup, and water. Then pour over chicken. Bake for 1 hour at 350°.

Nutrition Facts (per serving)

Serves 2

Calories 276

Fat 11g

Carbohydrate 6g

Protein 38g



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SUCCESS**

Stir-Fried Chicken

1 packet Protein Cream of Chicken Soup Mix

6 oz chicken breast

4 packets Proti Red Wine Salad Dressing

¼ cup green peppers, sliced

¼ cup cabbage, shredded

¼ cup mushrooms, sliced

¼ cup cauliflower, chopped

¼ broccoli, chopped

Garlic powder and pepper, to taste

Spray a wok, or large skillet, with cooking spray. Combine the first 7 ingredients and add spices as needed.

Cook until vegetables are tender-crisp. Sprinkle soup over chicken/vegetable mixture.

Cook for approximately 5 more minutes.

Nutrition Facts (per serving)

Serves 2

Calories 242

Fat 7g

Carbohydrate 11g

Protein 35g

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**WEIGHT LOSS
SUCCESS**

Russian Dressing

1 packet Protein Cream of Tomato Soup Mix

1 cup water

1 tbsp vinegar

½ tsp mustard powder

½ tsp onion powder

½ tsp paprika

4 packets sweetener

In a small dish combine soup mix with water and stir until well combined. Add remaining ingredients and mix well.

Nutrition Facts (per serving)

Serves 4

Calories 20

Fat 0g

Carbohydrate 1g

Protein 4g

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**WEIGHT LOSS
SUCCESS**

Tangy Dressing

1 packet Protein Cream of Tomato Soup Mix

$\frac{3}{4}$ cup hot water

$\frac{1}{2}$ cup vinegar

2 packets sweetener

Dash Parsley, pepper, garlic powder, and basil

In a small bowl combine soup mix with water and stir until well combined. Add remaining ingredients and mix well.

Nutrition Facts (per serving)

Serves 4

Calories 20

Fat 0g

Carbohydrate 1g

Protein 4g

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Chicken and Dumplings

2 packets Protein Cream of Chicken Soup Mix

6 oz chicken breast

1 cup water

½ cup carrots, sliced thin

½ cup celery, chopped

½ cup onion, minced

½ scallions, minced

2 tsp onion powder

½ tsp garlic powder

1 slice whole wheat bread

Microwave first 10 ingredients for 5 minutes, or until vegetables are soft and chicken is cooked. Tear bread into small pieces and add to vegetable mixture.

Nutrition Facts (per serving)

Serves 2

Calories 323

Fat 7g

Carbohydrate 21g

Protein 44g

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Turkey and Dressing with Gravy

2 packets Protein Cream of Chicken Soup Mix

6 oz turkey breast, cooked and sliced

1 slice whole wheat bread

1 tbsp minced onion

Dash of ground sage

½ cup hot water

Toast bread, then crumble.

Dilute 1 packet of soup with ¼ cup of water. Season with a dash of sage and stir in onions. Combine bread crumbs with soup mixture and place in bottom of oven safe dish, layer turkey on top. Then mix remaining soup with remaining water, adding water if necessary, and pour over turkey. Microwave or bake until warm.

Nutrition Facts (per serving)

Serves 2

Calories 197

Fat 3g

Carbohydrate 4g

Protein 39g

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Turkey Stuffed Green Peppers

1 packet Protein Cream of Tomato Soup Mix

4 medium green peppers

12 oz ground turkey

½ cup onion, minced

½ cup mushrooms, sliced

½ cup tomato, chopped

½ tsp garlic powder

½ tsp onion powder

1 tsp oregano

¾ cup hot water

Boil peppers until tender. Set aside. Preheat oven to 425°. Brown turkey in a skillet with onion, mushrooms, and tomatoes. Drain excess liquid. Add seasonings. Drain peppers, and place on baking dish sprayed with non-stick cooking spray. Stuff peppers with turkey mixture. Mix soup with ¾ cup hot water. Pour over peppers, bake for 10 minutes.

Nutrition Facts (per serving)

Serves 4

Calories 263

Fat 11g

Carbohydrate 11g

Protein 29g

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Swiss Steak

1 packet Protein Cream of Tomato Soup Mix

3½ oz round steak, cut into strips

¼ cup green peppers, diced

½ cup mushrooms, sliced

Salt and pepper, to taste

Garlic powder, to taste

In a small pan combine steak and veggies; add salt, pepper, and garlic powder.

Cook until meat is slightly brown. Mix soup per package directions, then pour over vegetables. Simmer on low heat for approximately 30 minutes.

Nutrition Facts (per serving)

Serves 1

Calories 176

Fat 7g

Carbohydrate 6g

Protein 42g

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Microwave Meatballs and Sauce

81

1 packet Protein Chicken Bouillon Soup Mix

1 packet Protein Cream of Tomato Soup Mix

2 slices toasted whole wheat bread

1 tsp Italian seasoning

½ tsp crushed red pepper

½ tsp garlic powder

12 oz extra lean ground beef

1 egg

1 cup green pepper, chopped

2 mushrooms, diced

1 cup water

Blend bread to fine crumbs, add Italian seasoning, crushed red pepper, garlic powder, and Bouillon soup.

In a bowl combine beef, egg, and bread crumbs. Mix well and form into small meatballs. Place in a microwave safe dish, cover with plastic wrap and cook 4 minutes. Remove from dish, turn, and cook an additional 3 minutes.

In another bowl add green peppers and microwave 3 minutes. Add mushrooms, and microwave 1 more minute.

Mix tomato soup with 1 cup water, and add to vegetables. Pour entire contents over meatballs and cook approximately 8 more minutes.

Nutrition Facts (per serving)

Serves 4

Calories per 298

Fat 13g

Carbohydrate 10g

Protein 34g

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Italian Stuffed Zucchini

2 packets Protein Cream of Tomato Soup Mix

1 medium zucchini

1 cup water

Spicy herb seasoning, as desired

6 oz ground beef, cooked and drained

1 slice whole wheat bread, diced

Half zucchini and scoop out flesh. Chop the scooped zucchini into small pieces and place in a beef, bread, and half of the sauce. Stuff zucchini shells and place in a baking dish. Bake at 350° for 15 minutes. Pour remaining sauce over top, and continue baking for 5-10 minutes.

Nutrition Facts (per serving)

Serves 2

Calories 339

Fat 14g

Carbohydrate 14g

Protein 40g

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Hamburg Stroganoff

1 packet Protein Cream of Tomato Soup Mix

4 oz extra lean ground beef

1 cup elbow macaroni

1 cup sliced cabbage

Salt and pepper, to taste

Garlic powder, to taste

Pan broil hamburger. Mix in soup, noodles, cabbage, and seasoning.

Nutrition Facts (per serving)

Serves 2

Calories 288

Fat 9g

Carbohydrate 22g

Protein 27g



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Pork Tenderloin Marinara

2 packets Protein Cream of Tomato Soup Mix

1 tsp dried oregano

1 tbsp parsley flakes

1 tsp basil

1 tsp rosemary

2 cups mushrooms, sliced

1½ cups water

12 oz pork tenderloin, cut into 4 portions

Salt and pepper, to taste

Combine first 7 ingredients, stir until well combined, and simmer 30 minutes.

Sprinkle pork with salt and pepper, brown cutlets on both sides in a non-stick skillet.

Transfer meat to a baking dish, pour over soup mixture, and bake at 350 for 40 minutes.

Nutrition Facts (per serving)

Serves 4

Calories 186

Fat 4g

Carbohydrate 3g

Protein 33g

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Pork Stuffed Peppers

4 medium red bell peppers, tops removed and hollowed

1 packet Protein Cream of Tomato Soup Mix

1 cup hot water

1 small onion, diced

1 cup ground pork, cooked

1 tbsp Worcestershire sauce

1 cup long grain brown rice, cooked

¼ tsp garlic powder

¼ tsp onion powder

1 tsp Italian seasoning

Preheat oven to 350.

Bring a large pot of water to a boil. Blanch peppers for 2-3 minutes, to soften, then transfer immediately to an ice bath.

In a small bowl combine soup mix with water, and mix well.

In a non-stick skillet heat onion and pork until onion is soft and pork is hot. Mix in Worcestershire sauce, rice, spices, and soup mix. Stir until combined, remove from heat.

Fill peppers with pork and rice mixture, place in baking dish and bake in preheated oven for 15 minutes.

Nutrition Facts (per serving)

Serves 2

Calories 203

Fat 7g

Carbohydrate 20g

Protein 15g

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Seafood Pasta Florentine

86

1 packet Protein Chicken Bouillon Soup Mix

2 tbsp cornstarch

2 tbsp water

12 oz shrimp, deveined

12 oz scallops

1 large yellow pepper, sliced

½ cup onion, chopped

2 cloves garlic, minced

1 tsp dried basil

1 tsp dried oregano

Pepper, to taste

1 cup water

2 cups tomato, chopped

2 cups spaghetti, cooked

2 tbsp fresh parsley, for garnish

Mix cornstarch and 2 tbsp water in a small dish.

In a large skillet cook yellow pepper, onion, garlic, basil, oregano, and pepper in 1 cup water for 5 minutes, or until vegetables are tender. Stir in cornstarch mixture. Cook and stir until thick and bubbly. Stir in scallops and shrimp. Cook 3-4 minutes until seafood is done. Stir in tomatoes and heat through. Toss with cooked spaghetti and garnish with parsley.

Nutrition Facts (per serving)

Serves 6

Calories 305

Fat 8g

Carbohydrate 26g

Protein 31g

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Chile Cheese Egg Casserole

Ingredients:

- 1 stick (½ cup) butter
- 10 eggs
- 2 egg whites
- ½ cup flour
- 2 Packet High Protein Mushroom or Vegetable Soup Mix
- 1 teaspoon baking powder
- 2 (8-oz) cans diced green chilies
- 1 quart (4 cups) cottage cheese
- ½ cup mascarpone
- 1 lb shredded Monterey Jack
- Salt and pepper, to taste

Directions:

Preheat oven to 400 degrees F

Place butter in a 9x13 inch baking pan. Place pan in oven until butter is melted. Pour half the butter into a small bowl and set aside.

Beat eggs and egg whites lightly in a large bowl. Stir in flour, baking powder, chilies, all cheeses, salt, and pepper. Mix well.

Pour egg mixture into baking pan. Pour reserved butter evenly over the top.

Bake for 15 minutes. Reduce heat to 350 degrees F and bake 35-40 minutes or until casserole is set. Serves 12

Nutritional Info:

440 calories, 9g carbs, 27g protein, 34g fat, 240mg cholesterol, 730mg sodium, 0g fiber

Green Bean Casserole

Prep Time: 15 min Cook Time: 22 min

Servings: 6

Equipment: 10-inch glass pie pan

Ingredients:

Onion Straws:

½ Cup very thinly sliced onion

¼ cup soy flour

½ teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

1/8 teaspoon garlic powder

Casserole:

1 pound green beans, ends trimmed

1 tablespoon vegetable oil or canola oil

½ cup thinly sliced onion

8 ounces cremini mushrooms, rinsed and sliced

2 Packets High Protein Mushroom Soup

1 ½ teaspoons kosher salt

1/8 teaspoon garlic powder

1/8 teaspoon freshly ground black pepper

½ cup no-sugar, low-sodium chicken broth

1 teaspoon chopped fresh thyme leaves, plus a few sprigs for garnish

½ cup sour cream

Continue on Next Page

Directions:

Preheat oven to 350 degrees F

To make the onion straws: combine all the ingredients in a small bowl, toss to mix, and arrange in a single layer on a baking sheet. Set aside.

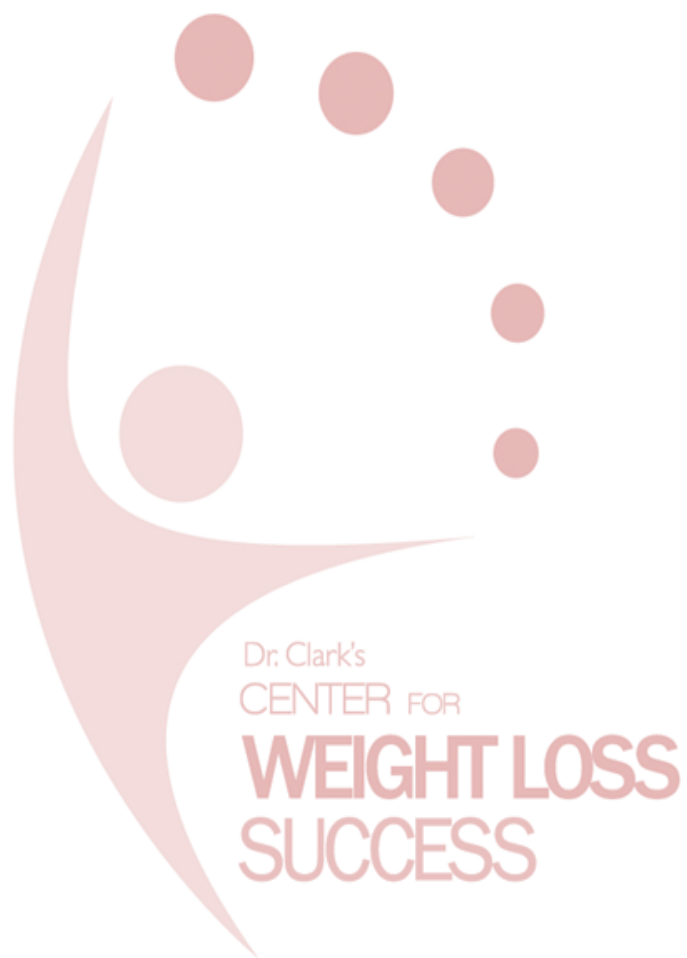
To make the casserole: Bring a small pot of water to a boil and season lightly with salt. Boil the green beans until tender, but still crispy, about 5 minutes. Drain and chill beans in an ice water bath or under running cold water. Drain again and transfer to a bowl.

Heat the oil in a large pan over medium-high heat. Add onion, mushrooms, salt, garlic, and pepper and cook, stirring, about 2 minutes. Add the chicken broth and thyme and cook until almost all of the liquid is evaporated, about 3 to 4 minutes. Transfer the mushroom mixture to the bowl of green beans, add the sour cream, and toss to combine.

Pour the green bean mixture into the glass pie pan. Bake the casserole and onion straws on separate racks until the straws are well browned and crispy (almost burnt, otherwise they will be soggy), about 15 to 17 minutes. Top the casserole with the straws, and serve garnished with thyme sprigs.

Calories: Protein: Carbs:

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Broccoli Au Gratin

1 packet Protein Chicken Bouillon Soup Mix

1 cup cooked broccoli florets

3 oz low fat cheese, grates

½ cup cooked brown rice

1 tsp margarine

Mix all ingredients. Bake at 350° for 30 minutes or until lightly browned.

Nutrition Facts (per serving)

Serves 2

Calories 190

Fat 5g

Carbohydrate 15g

Protein 21g



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Cauliflower Casserole

1 packet Protein Cream of Chicken Soup Mix

1 head cauliflower

½ cup boiling water

¼ cup whole wheat crackers, crushed

Nutrition Facts (per serving)

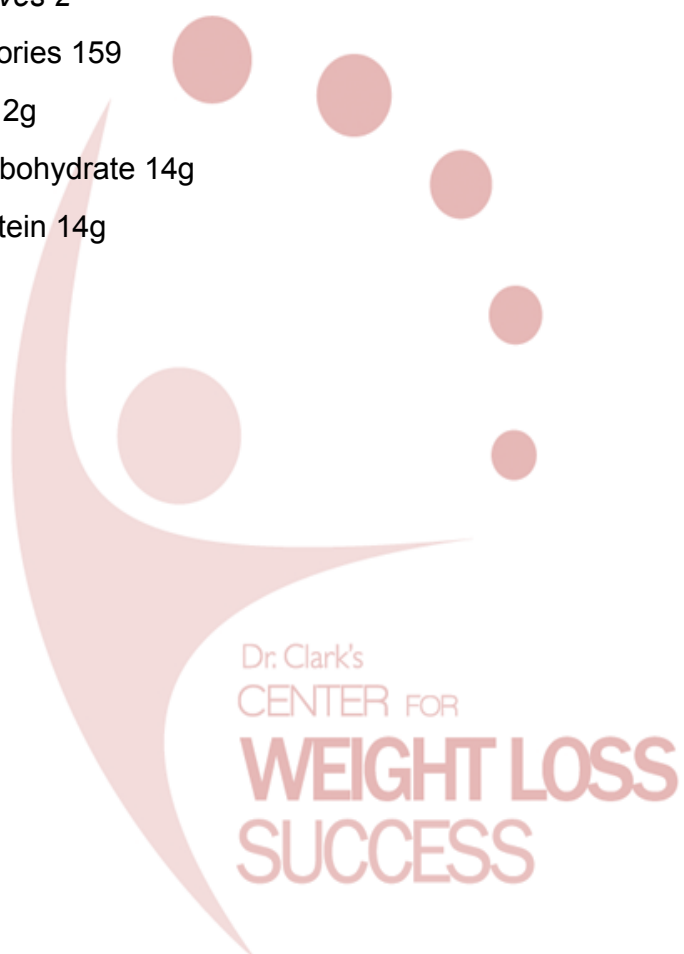
Serves 2

Calories 159

Fat 2g

Carbohydrate 14g

Protein 14g



Spinach Casserole

1 packet Protein Cream of Mushroom Soup Mix

1 cup fresh spinach

¼ cup oat bran

1 tsp margarine

¾ cup hot water

Dash red cayenne pepper

Combine all ingredients. Cook in microwave 2 minutes, stir.

Nutrition Facts (per serving)

Serves 1

Calories 170

Fat 5g

Carbohydrate 12g

Protein 20g



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Mixed Vegetable Casserole

2 packets Protein Cream of Chicken Soup Mix

1 cup water

$\frac{3}{4}$ cup fat free sour cream

3 cups frozen mixed vegetable medley

2 cup macaroni, cooked *

$\frac{1}{2}$ cup low-fat shredded cheddar cheese

In a small bowl combine soup mixes with water and mix thoroughly. Stir in sour cream.

In a large bowl toss together vegetables, macaroni, cheddar cheese, and soup mixture.

Bake at 350 for 40 minutes or until heated through.

Nutrition Facts (per serving)

Serves 6

Calories 188

Fat 1g

Carbohydrate 30g

Protein 14g

*Option..Low carb pasta to reduce carb count

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Spaghetti Squash Casserole

4 cups spaghetti squash, cooked

2 cups chicken breast, cooked and diced

1 medium onion, chopped

$\frac{3}{4}$ cup mushrooms, sliced

1 packet Protein Cream of Chicken Soup Mix

$\frac{1}{2}$ cup water

$\frac{3}{4}$ cup fat free sour cream

2 tbsp whole wheat crackers, crushed

Preheat oven to 400.

In a large bowl combine squash, chicken, onion, and mushrooms. Set aside.

In a small bowl combine soup mix and water, mix well. Stir in sour cream.

Stir sour cream mixture into squash mixture, and coat evenly. Place in a baking dish, lightly coated in cooking spray, sprinkle with cracker crumbs, and bake in a pre-heated oven for 20-25 minutes, or until heated through.

Nutrition Facts (per serving)

Serves 6

Calories 184

Fat 7g

Carbohydrate 10g

Protein 18g

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Tuna Casserole

1 packet Protein Cream of Chicken Soup Mix

5 oz water packed tuna

½ cup water

1 tsp parsley

1 tsp onion flakes

1 tsp celery seed

Dash of sage and pepper to taste

Preheat oven to 350°. In a small mixing bowl, combine all ingredients. Place in baking dish and bake for 30 minutes, or until golden brown.

Nutrition Facts (per serving)

Serves 1

Calories 244

Fat 1g

Carbohydrate 4g

Protein 52g



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Dressings and Sauces

Sweet and Sour Dressing

Russian Dressing

Tangy Dressing

Flo's Fancy Dressing

Cathy's Catalina

Spicy Salad Dressing

Chicken Gravy

Fancy Fruit Stuffing

Salsa Sauce

BBQ Sauce

Spicy BBQ

Texas Sauce



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Sweet and Sour Dressing

2 tsp mustard

2 tsp water

1 packet French Dressing

Dash of sugar

In a small bowl, combine all ingredients, mix well.

Nutrition Facts (per serving)

Serves 1

Calories 15

Fat 0g

Carbohydrate 3g

Protein 0g



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Flo's Fancy Dressing

1 packet Protein Cream of Tomato Soup Mix

½ cup tarragon vinegar

½ cup water

¼ garlic powder

1 packet sweetener

Mix all ingredients in a blender on low speed until dissolved.

Nutrition Facts (per serving)

Serves 4

Calories 20

Fat 0g

Carbohydrate 1g

Protein 4g

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Cathy's Catalina

1 packet Protein Cream of Tomato Soup Mix

½ cup tarragon vinegar

½ cup hot water

¼ cup low fat cottage cheese

3 packets sweetener

Dash of pepper, garlic powder, onion powder, oregano, and parsley

In a small bowl combine soup mix with water and stir until well combined. Add soup mixture and remaining ingredients to a blender and blend on medium speed until creamy. Add more water if necessary to thin dressing.

Nutrition Facts (per serving)

Serves 6

Calories 27

Fat 0g

Carbohydrate 1g

Protein 5g

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Spicy Salad Dressing

1 packet Protein Cream of Tomato Soup Mix

1 cup hot water

2 tbsp vinegar

½ tsp mustard powder

½ tsp onion powder

¼ tsp garlic powder

¼ tsp curry powder

1 tsp chili powder

4 packages sweetener

Dash of parsley flakes

In a small bowl combine soup mix with water and stir until well combined. Add remaining ingredients, and mix well. Refrigerate before serving.

Nutrition Facts (per serving)

Serves 4

Calories 20

Fat 0g

Carbohydrate 1g

Protein 4g

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**WEIGHT LOSS
SUCCESS**

Chicken Gravy

1 packet Protein Cream of Chicken Soup Mix

½ cup boiling water

In a small bowl mix ingredients together until thick.

Nutrition Facts (per serving)

Serves 2

Calories 35

Fat 0g

Carbohydrate 0g

Protein 8g



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Fancy Fruit Stuffing

1 packet Protein Cream of Chicken Soup Mix

1 cup hot water

1 slice, whole wheat bread, cubed

1 small apple, cored and cubed

¼ cup diced onion

¼ cup diced celery

Pepper, ground sage, and thyme, to taste

Preheat oven to 350. In a small bowl, dissolve soup in water, and set aside. In another bowl, combine remaining ingredients and moisten with soup mix. Place mixture in foil, wrap tightly, and bake 45 minutes.

Nutrition Facts (per serving)

Serves 2

Calories 108

Fat .5g

Carbohydrate 17g

Protein 10g

Note...A low carb bread will reduce carb grams

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Salsa Sauce

½ cup tomato, chopped

½ cup green pepper, chopped

½ cup onion, chopped

½ cup vinegar

Chili powder, as desired

1½ tsp dried pepper

Hot sauce, as desired

1 packet Protein Cream of Tomato Soup Mix

1 cup water

In a small bowl mix together tomato, green pepper, onion, vinegar, chili powder, and hot sauce. Heat water for soup and prepare as directed. Combine tomato mixture with soup and refrigerate 2 hours.

Nutrition Facts (per serving)

Serves 8

Calories 18

Fat 0g

Carbohydrate 3g

Protein 2g

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BBQ Sauce

1 packet Protein Cream of Tomato Soup Mix

¼ cup vinegar

½ cup water

Onion powder and garlic powder, to taste

Mix all ingredients to a smooth consistency.

Nutrition Facts (per serving)

Serves 4

Calories 20

Fat 0g

Carbohydrate 1g

Protein 4g



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Spicy BBQ

1 packet Protein Cream of Tomato Soup Mix

½ cup diet cola

Extra spicy, no sodium, seasoning mix, as desired

Combine all ingredients in a small sauce pan,
Cook over medium heat until thick.

Nutrition Facts (per serving)

Serves 4

Calories 20

Fat 0g

Carbohydrate 1g

Protein 4g



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Texas Sauce

1 packet Protein Cream of Tomato Soup Mix

½ cup vinegar

¼ cup lemon juice

4 packets sweetener

½ cup boiling water

Garlic powder, to taste

Chili powder, as desired

In a small bowl, combine all ingredients and mix well.
Refrigerate until ready to serve.

Nutrition Facts (per serving)

Serves 8

Calories 10

Fat 0g

Carbohydrate 0g

Protein 2g

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Desserts

Whipped Topping

Icing

Peach Parfait

Double Orange Treat

Peach Fluff

Strawberry Delight

Bread Pudding

Pumpkin Pie Pudding

Eggnog Pudding

Rice Pudding

Apricot Delight Pudding

Vanilla Custard

Mocha Pudding

Chocolate Mousse

Chocolate Roll Cake

Double Chocolate Pudding

Brownies

Fudgesicle

Lemon Cookies

Chocolate Cookies

No Bake Haystack Cookies

Fiber Cookies

Coconut Treats

Frozen Vanilla Mints

NY Cheesecake

Orange Cheesecake

Carrot Cake

Chocolate Peanut Butter Pie



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Whipped Topping

1 packet Vanilla Pudding/Shake Protein Mix

1 package artificial sweetener

3 oz cold water

Combine all ingredients in a blender and mix on high until light and fluffy.

Suggestions: try atop one of our delicious gelatins or puddings.

Nutrition Facts (per serving)

Serves 4

Calories 50

Fat 1g

Carbohydrate 3g

Protein 8g



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Icing

1 packet Protein Hot Chocolate Mix

3 Tbsp water

¼ tsp vanilla extract

Mix all ingredients together and accent your favorite cookies or brownies.

Suggestions: substitute brewed coffee for water to create a delicious mocha icing.

Nutrition Facts (per serving)

Serves 2

Calories 40

Fat 3g

Carbohydrate 2g

Protein 8g



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Peach Parfait

1 packet Protein Vanilla Pudding/Shake Mix

3-4 oz cold water

1 medium peach or $\frac{3}{4}$ cup water packed peaches

Mix water and pudding mix to desired consistency.
Top with sliced peaches.

Suggestion: garnish with a dollop of whipped topping.

Nutrition Facts (per serving)

Serves 1

Calories 138

Fat 2g

Carbohydrate 14g

Protein 16g



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Double Orange Treat

1 packet Protein Vanilla Pudding/Shake Mix

1 small orange

$\frac{3}{4}$ cup cold water

$\frac{1}{4}$ tsp orange extract

Combine water, pudding mix, and orange. Blend thoroughly in a blender. Add extract.

Blend again and serve!

Nutrition Facts (per serving)

Serves 1

Calories 145

Fat 2g

Carbohydrate 16g

Protein 16g



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Peach Fluff

1 packet Protein Vanilla Pudding/Shake Mix

1 cup water

1 tsp cinnamon

¼ cup low fat cottage cheese

1 peach, peeled and diced

Place first 4 ingredients in a blender and mix on low until well blended. Place in serving dish and garnish with peaches.

Nutrition Facts (per serving)

Serves 1

Calories 141

Fat 3g

Carbohydrate 7g

Protein 22g

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Strawberry Delight

2 packets Protein Strawberry-Banana Gelatin

1 packet Protein Vanilla Pudding/Shake Mix

½ cup cold water

2 packets sweetener

1 tsp vanilla extract

2 cups strawberries, sliced

Sprinkle gelatin over water, let stand for 3-4 minutes. Add the rest of the ingredients and puree in blender. Pour into cups or bowls and chill before serving.

Nutrition Facts (per serving)

Serves 2

Calories 173

Fat 2g

Carbohydrate 17g

Protein 25g

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Bread Pudding

2 packets Protein Vanilla Pudding/Shake Mix

2 cups water

2 eggs

1 tsp vanilla and/or coconut extract

2 packages sweetener

4 oz low fat cottage cheese

1 slice bread

Cinnamon

Pre-heat oven to 350°. Combine first 6 ingredients in dish and mix at high speed with an electric beater.

Pour into baking dish, break up bread on top, sprinkle with cinnamon, and bake 45-55 minutes.

Nutrition Facts (per serving)

Serves 4

Calories 130

Fat 5g

Carbohydrate 7g

Protein 15g

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Pumpkin Pie Pudding

1 packet Protein Vanilla Pudding/Shake Mix

$\frac{1}{8}$ tsp pumpkin pie spice

3-4 oz cold water

Stir spice into dry pudding mix. Add water and mix until smooth

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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Eggnog Pudding

1 packet Protein Vanilla Pudding/Shake Mix

4 oz cold water

½ tsp rum extract

¼ tsp cinnamon

¼ tsp nutmeg

½ packet sweetener

Combine all ingredients and stir until smooth. Chill for 45 minutes-1 hour.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g

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Rice Pudding

2 packets Protein Vanilla Pudding/Shake Mix

2 Tbsp raisins

1 slice wheat bread, broken into pieces

1½ cups water

¼ tsp nutmeg

1 tsp cinnamon

2 packets sweetener

2 tsp margarine

Combine all ingredients. Bake in microwave for 3-4 minutes. Cool in refrigerator.

Nutrition Facts (per serving)

Serves 2

Calories 204

Fat 6g

Carbohydrate 24g

Protein 16g

Note...low carb bread reduces carb grams

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Apricot Delight Pudding

1 packet Protein Vanilla Pudding/Shake Mix

½ cup water

2 apricots, halved

Combine all ingredients in a blender, blend until consistency of pudding. Pour into serving dish and garnish with apricots.

Nutrition Facts (per serving)

Serves 1

Calories 134

Fat 2g

Carbohydrate 13g

Protein 16g



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Vanilla Pudding

1 packet Protein Vanilla Pudding Shake Mix

2 eggs

$\frac{3}{4}$ cup water

Dash cinnamon and nutmeg

Preheat oven to 350.

Mix all ingredients in a blender on high speed until smooth. Pour into custard dishes, top with a dash of cinnamon and nutmeg, and bake for 12 minutes.

Nutrition Facts (per serving)

Serves 2

Calories 130

Fat 7g

Carbohydrate 3g

Protein 14g



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Mocha Pudding

1 tsp instant coffee

½ cup water

1 packet Protein Chocolate Pudding/Shake Mix

Dissolve coffee in water, stir in pudding until smooth.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 6g

Protein 15g



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Chocolate Mousse

1 packet Protein Chocolate Pudding/Shake Mix

¼ cup low fat cottage cheese

¼ cup water

1 tsp vanilla extract

Nutrition Facts (per serving)

Serves 1

Calories 141

Fat 3g

Carbohydrate 8g

Protein 22g



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Chocolate Roll Cake

Roll Cake:

2 bananas

4 slices of bread

4 packages Protein Chocolate Pudding/Shake Mix

1 egg

1 tsp cream of tartar

1 tsp baking soda

2 tsp vanilla

Filling:

1 cup part-skim ricotta cheese

2 tsp vanilla

8 packets sweetener

Combine cake ingredients in blender. Blend until smooth. Spray jelly roll pan with non-stick cooking spray. Pour mixture into pan and spread to corners. Cook at 350° for 10 minutes. Let stand 1-2 minutes. Spread filling on cake and roll up. Wrap in foil and refrigerate or cut and serve immediately.

Nutrition Facts (per serving)

Serves 6

Calories 226

Fat 7g

Carbohydrate 24g

Protein 26g

Note...can reduce carbs with low carb bread

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Double Chocolate Pudding

1 packet Protein Chocolate Pudding/Shake mix

½ cup water

2 Tbsp fat free sour cream

1 tsp sweetener

Combine pudding mix and water in a bowl with wire whisk. Spoon into custard dishes. Combine sour cream and sweetener, blend until smooth. Spoon over pudding. Broil until topping slightly browns, 2-3 minutes.

Nutrition Facts (per serving)

Serves 2

Calorie 62

Fat 1g

Carbohydrate 6g

Protein 8g



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Brownies

3 packets Protein Chocolate Pudding/Shake Mix

2 tbsp water

½ cup apple juice, concentrate

1 tbsp vegetable oil

1 tbsp vanilla extract

3 egg whites

½ cup flour

1 tsp baking soda

2 tsp cocoa powder

Mix water and apple juice concentrate until smooth.

Add oil and vanilla extract and mix thoroughly.

Add egg whites, and again, mix thoroughly. Combine flour, cocoa, and baking soda. Add dry ingredients to liquid mixture and mix until combined. Place in a greased baking dish and bake at 350° for 20 minutes

Nutrition Facts (per serving)

Serves 8

Calories 95

Fat 3g

Carbohydrate 10g

Protein 8g

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Fudgesicle

2 packets Protein Chocolate Pudding/Shake Mix

1 cup water

Combine mix and water until smooth, place in ice cube trays with a toothpick in each cube, and freeze.

Nutrition Facts (per serving)

Serves 4

Calories 50

Fat 1g

Carbohydrate 3g

Protein 8g



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Lemon Cookies

1 packet Protein Vanilla Pudding/Shake Mix

1 packet Proti-15 Lemon Drink Mix

1 egg

Mix all ingredients to a doughy consistency. Form 6 dough ball and bake at 350 ° for 10 minutes.

Nutrition Facts (per serving)

Serves 6

Calories 42

Fat 1g

Carbohydrate 1g

Protein 6g



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Chocolate Cookies

3 packets Protein Chocolate Pudding/Shake Mix

3 egg whites

1¼ cup all-purpose flour

2 tbsp oil

2 tsp vanilla extract

2 tsp butter extract

¼ tsp baking soda

⅛ tsp salt

1¼ cup water

Mix water and pudding mix until smooth. Add oil, vanilla, and butter extract and mix thoroughly. Add egg whites and mix again. Combine flour, salt, and baking soda. Portion with teaspoon onto greased cookie sheets.

Bake at 350° for 10 minutes or until done.

Nutrition Facts (per serving)

Serves 12

Calories 113

Fat 4g

Carbohydrate 12g

Protein 7g

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No Bake Haystack Cookie

1 packet Protein Hot Chocolate Mix

$\frac{3}{4}$ cup rolled oats

2 tbsp peanut butter

3 packets sweetener

1 tsp vanilla extract

2-4 tbsp boiling water

In a medium bowl combine first 5 ingredients and mix well. Add boiling water until a doughy consistency is achieved. Drop teaspoon sized balls of dough onto waxed paper and refrigerate.

Nutrition Facts (per serving)

Serves 12

Calories 50

Fat 2.5g

Carbohydrate 5g

Protein 3g

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Fiber Cookies

1 packet Protein Chocolate Pudding/Shake Mix

½ cup diet cream soda

1½ cup oat bran cereal

¼ cup raisins

½ tsp cinnamon

In a medium bowl, combine all ingredients and mix well. Drop tablespoon size balls on waxed paper and place in freezer for 2 hours.

Nutrition Facts (per serving)

Serves 8

Calories 60

Fat 1g

Carbohydrate 11g

Protein 3g



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Coconut Treats

1 packet Protein Vanilla Pudding/Shake Mix

3 Tbsp non-fat vanilla yogurt

2 Tbsp 1% milk

½ tsp coconut extract

Mix all ingredients together. Drop by teaspoon onto a tray. Top each with a drop of chocolate icing (see icing recipe). After they freeze, put into plastic baggies, serve partially thawed.

Nutrition Facts (per serving)

Serves 2

Calories 90

Fat 1g

Carbohydrate 10g

Protein 10g



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Frozen Vanilla Mints

1 packet Protein Vanilla Pudding/Shake Mix

2 Tbsp water

¼ tsp peppermint extract

Mix all ingredients in a bowl until smooth and creamy. Drop by large spoonfuls on a cookie sheet sprayed with cooking spray. Place in freezer for 1 hour.

Nutrition Facts (per serving)

Serves 1

Calories 100

Fat 2g

Carbohydrate 5g

Protein 15g



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NY Cheesecake

Crust:

1 Vanilla Peanut Proti Bar, crumbled

1 tsp margarine

1 tsp water

Mix and press in bowl

Filling:

1 packet Protein Vanilla Pudding/Shake Mix

¼ cup water

¾ cup low-fat cottage cheese

½ tsp lemon extract

Mix ingredients in blender, pour over crust and chill for 1-2 hours.

Nutrition Facts (per serving)

Serves 2

Calories 204

Fat 6g

Carbohydrate 13g

Protein 26g

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Orange Cheesecake

1 packet Protein Vanilla Pudding/Shake Mix

1 packet Proti-15 Orange Drink Mix

¼ cup cottage cheese

2-4 tbsp water

4 graham crackers

Combine first 4 ingredients in a blender and blend until smooth, spreadable consistency. Add water as needed. Spread over graham crackers and chill.

Nutrition Facts (per serving)

Serves 4

Calories 112

Fat 2g

Carbohydrate 13g

Protein 10g

Note...reduce carbs with a crumbled protein bar

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Carrot Cake

2 packets Protein Chocolate Pudding/Shake Mix

1¼ cups water

1 cup grated carrot, steamed to soften

1 small bran muffin

2 packets sweetener

In a small bowl combine pudding mix with water and mix well. Spoon half of the mixture into another small dish. Sprinkle half of the grated carrot over the top. Crumble bran muffin and sprinkle over carrots. Sprinkle with half sweetener. Repeat layers.

Nutrition Facts (per serving)

Serves 2

Calories 184

Fat 4g

Carbohydrate 19g

Protein 17g

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Chocolate Peanut Butter Pie

3 Chocolate Peanut Proti Bars, crumbled

2 packets Protein Chocolate Pudding/Shake Mix

2 packets Protein Vanilla Pudding/Shake Mix

1 packet sweetener

1 - 1½ cups water

Press bars firmly into a 6 inch bowl to form crust.

Combine pudding mix with sweetener in another bowl. Gradually add water to shake mixes and stir until smooth and creamy. Pour into prepared crust and chill until ready to serve.

Nutrition Facts (per serving)

Serves 6

Calories 146

Fat 4g

Carbohydrate 12g

Protein 18g



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Peanut Butter Cookies

Ingredients:

1 cup crunchy peanut butter

½ cup Splenda brown sugar

1 or 2 Scoops Protizyme Peanut Butter Cookie Protein Powder

1 egg

½ teaspoon baking soda

¼ cup chopped peanuts

Directions:

Preheat oven to 350 degrees. In large bowl, combine the peanut butter, sugar, egg, and baking soda until well blended. Stir in the peanuts. Place teaspoons of dough on non-stick baking sheet and press down with a fork to form ridges. Bake for 12-14 minutes, or until lightly browned.

Nutritional info:

(1 cookie) Calories 76, 3g carbohydrates, 6g protein, 5g fat

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Low Carb Pumpkin Cheesecake

Makes: 10 servings

Ingredients:

3(8 ounce) packages cream cheese

1(15 ounce) cans pumpkin puree

1 Packet Vanilla Pudding & Shake

$\frac{2}{3}$ cup Splenda sugar substitute

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon ground ginger

3 eggs, at room temperature

Directions:

Heat oven to 325 degrees F. Spray 8x3 deep cake pan with non-stick cooking spray. Line with parchment or wax paper, spray paper.

Beat cream cheese with an electric mixer until smooth. Add pumpkin, Splenda, vanilla, cinnamon, and ginger. Beat until smooth. Beat in one egg at a time until combined.

Pour batter into pan. Place cake pan in a roasting pan and pour boiling water around the outside of the pan until the water level reaches half way up the side.

Bake 42-45 minutes or until cake is set in the center. Turn the oven off, crack the oven door and let stand in oven for 15 minutes.

Remove pan from water bath and transfer to cooling rack. Cool completely. Run knife around edge of cake, cover and refrigerate 4 hours to overnight. To remove cake, dip bottom of pan in hot water for a few seconds to loosen.

Optional garnishes: mint sprigs or chopped pecans

Nutritional Info:

Calories 350, Protein 44g, Total Carbs 14g (4g net), Fiber 10g, Fat 20g

Cran-Berry Fusion Sauce

Ingredients:

1 12oz bag fresh cranberries

2 Packet High Protein Cran-Berry Juice Mix

1 C Splenda Granulated

½ C water

1 T orange juice concentrate (optional)

Directions:

Bring all ingredients to a boil in saucepan over high heat. Reduce heat to boil. Cook until cranberries pop open, are tender and become thicker, stirring frequently. Chill before serving.

Nutritional Info: (values are approximate)

Servings 7 (1 ¾ C)

Serving	¼ C	Made without juice
Calories	25	20
Fat	0	0
Sodium	0	0
Carbs	6.5 (Net 4.5)	5 (Net 3)
Fiber	2	2
Protein	4.3	4.3

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Wowser Waffles

Ingredients:

2 scoops of Vanilla Lean 'N Complete-Meal Replacement (1serving)

¼ cup almond meal

½ teaspoon of cinnamon

1 whole egg

1-2 egg whites or egg beater equivalent

Cooking spray

Belgian waffle maker (we use a Cuisinart)

Directions:

Turn on and pre-heat waffle maker

Mix Lean 'N Complete, almond meal, eggs, and cinnamon in a small bowl until mixture is smooth and consistent

Spray both top and bottom of one section of Belgian waffle maker with cooking spray

Pour ingredients in and close top. Waffle will be done in about 4 minutes

Top with favorite fruit (optional) and light whipped cream (optional)

Prep time: 5 min

Cooking time: 5 min

Makes: 1 serving

Calories: 350 Protein: 44g Carbs 14g (4 net carbs) Fiber: 10g Fat 20g

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Thanks to Dr's Karl & Spencer Nadolsky