

HEALTHY 'N FIT®

Feel Great Look Great™

Exceeding Your Expectations™

- *PROTEIN SHAKE SMOOTHIES
- *PROTEIN FREEZE'S
- *PROTEIN SMOOTHIE FREEZE BARS
- *PROTEIN FREEZE BARS
- *BAKING and COOKING IDEAS

HEALTHY 'N FIT® Protein/Amino Powders and Muscle Gainer taste great just the way they are with cold milk, water, juice or the beverage of your choice (mixing with milk will make your Protein Shake Smoothie thicker and creamier). You can also use liquid yogurt or add low fat or fat free/sugar free ice cream or whatever you fancy for some HEAVENLY TREATS! Your only limit is your imagination.

Enjoy any of these Award Winning Delicious
Protein Shake Smoothies
(23 to choose from)
Protein Freeze's
(6 to choose from)

Protein Shake Smoothies

These can be used with any of our protein shakes or muscle gainers. If using more than one scoop, just adjust the amount of other ingredients proportionately.

BANANA BLAST PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or low fat/fat free milk
- Add 1/2 - 1 ripe banana
- Add 1 scoop of your favorite vanilla or banana HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

COOL CHOCOLATE PEANUT BUTTER

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or low fat/ fat free milk
- Add 2 tablespoons of peanut butter (reduced fat if possible)
 - Add 1 scoop of your favorite chocolate HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

STRAWBERRY CHEESECAKE

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or low fat/ fat free milk
- Add 4 frozen strawberries - no added syrup , just pure frozen strawberries
- Add 2 tablespoons of cream cheese (reduced fat if possible)
- Add 1/4 teaspoon almond extract
- Add 1 scoop of your favorite strawberry or vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

ICY ALMOND DELIGHT

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz low fat/ fat free milk or cold water
- Add 1/2 teaspoon almond extract (alcohol free if possible)
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

MAGNIFICENT MOCHA

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz low fat/ fat free milk
- Add 1/2 teaspoon instant coffee
- Add 1 scoop of your favorite chocolate HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CREAMY ALMOND CAPPUCCINO

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz low fat/ fat free milk
- Add ½ teaspoon instant coffee
- Add ½ teaspoon almond extract (alcohol free if possible)
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

STRAWBERRY BANANA

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or low fat/ fat free milk
- Add 3 frozen strawberries - no added syrup, just pure frozen strawberries
- Add ½ ripe banana
- Add 1 scoop of your favorite strawberry, vanilla, or banana HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

COOKIES 'N CREAM

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz low fat/ fat free milk
- Add 2 low fat or fat free chocolate cream cookies
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CHERRIES JUBILEE

PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or low fat/ fat free milk
- Add 4 -5 pitted fresh cherries
- Add 1 scoop of your favorite strawberry or vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

PINA COLADA PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 4 oz water
- Add 2 ½ oz sugar free or low sugar pina colada mix
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

EGG NOG PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or low fat/ fat free milk
- Add 1½ oz. low fat or fat free egg nog mix
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CREAMY CINNAMON PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or low fat/ fat free milk
- Add ¼ teaspoon cinnamon
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

ICE CREAM PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or low fat/fat free milk
- Add 1 scoop of your favorite fat free sugar free ice cream
- Add 1 scoop of your favorite HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

BERRILICIOUS PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or low fat/fat free milk
- Add 4- 6 blueberries or raspberries- no added syrup; frozen or fresh
- Add 1 scoop of your favorite strawberry or vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHER thicker and creamier.

CHOCOLATE ALMOND PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add ¼ - 1/2 teaspoon almond extract (alcohol free if possible)
- Add 1 scoop of your favorite chocolate HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CHOCOLATE RASPBERRY PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 6-10 raspberries
- Add 1 scoop of your favorite chocolate HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHER thicker and creamier.

BANANA NUT PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add ½ ripe banana
- Add ¼ teaspoon almond extract (alcohol free is possible)
- Add 1 scoop of your favorite vanilla or banana HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CREAMY DREAMY COCONUT PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add 1- 1½ tablespoon of shredded coconut
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CHOCOLATE MINT PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz fat free milk
- Add 2 low fat or fat free chocolate mint cookies
 - Add 1 scoop of your favorite chocolate HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

PEACHES 'N CREAM PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 4 peach slices packed in their own juice – no added sugar
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

AROMATIC APPLE PIE PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz water or fat free milk
- Add 4 baking apple slices
- Add ¼ teaspoon of cinnamon
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CHOCOLATE BANANA PROTEIN SHAKE SMOOTHIE



- Crush 3 ice cubes in a blender
- Add 6 oz. cold water or fat free milk
- Add ½ - 1 ripe banana
- Add 1 scoop of your favorite chocolate HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

TO MAKE **PROTEIN SMOOTHIE FREEZE BARS**, SIMPLY USE FROZEN BAR MOLDS, FREEZE AND ENJOY!

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Protein Freeze's

ORANGE CREAMSICLE PROTEIN FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz orange juice (no added sugar)
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy.
Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

FRUIT PUNCH PROTEIN FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz fruit punch juice (no added sugar)
- Add 1 scoop of your favorite strawberry HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

GROOVY GRAPE PROTEIN FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz grape juice (no added sugar)
- Add 1 scoop of your favorite strawberry or vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

POWERFUL PINEAPPLE PROTEIN FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz pineapple juice (no added sugar)
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

CHERRY BERRY PROTEIN FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz cherry juice (no added sugar)
- Add 1 scoop of your favorite strawberry or vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

APPLE CINNAMON PROTEIN FREEZE



- Crush 4 ice cubes in a blender
- Add 2 oz water
- Add 4 oz apple juice (no added sugar)
- Add a pinch of cinnamon
- Add 1 scoop of your favorite vanilla HEALTHY 'N FIT® product blend and enjoy. Using low fat/ fat free milk will make your PROTEIN SHAKE SMOOTHIE thicker and creamier.

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Healthy 'N Fit® Protein/ Amino Powders and Muscle Gainers taste great just the way they are with cold milk, water, juice or the beverage of your choice (mixing with milk will make your Protein Shake Smoothie thicker and creamier). You can also use liquid yogurt or add low fat or fat free/sugar free ice cream or whatever you fancy for some HEAVENLY TREATS! Your only limit is your imagination.

BAKING and COOKING IDEAS

All of our protein powders and muscle gainers such as 100% WHEY PRO-AMINO™, REAL MEALS™, and 100% EGG PROTEIN can be used for baking and cooking—your only limit is your imagination.

To determine how many grams of protein each serving will provide, simply divide the number of servings the recipe yields into the number of grams of protein our product yields: For example, if you add three servings of HEALTHY 'N FIT® 100% EGG PROTEIN Vanilla into the recipe that equals 72 grams of protein/amino and if your recipe yields 8 servings, 72 grams of protein divided by 8 servings equals 9 grams of Additional Protein/Aminos per serving.

* **PROTEIN PACKED BANANA BREAD OR MUFFINS—**



Choose your favorite recipe and add four servings of HEALTHY 'N FIT® 100% EGG PROTEIN Natural Banana Blast to the recipe, mix, bake and serve. If the recipe yields 12 servings, and 4 servings of HEALTHY 'N FIT® 100% EGG PROTEIN yields 96 grams of protein/amino, this equates to 8 grams of Additional Protein/Aminos per muffin or per slice of banana bread. You could use Real Meals™, 100% WHEY PRO-AMINO™, or any other HEALTHY 'N FIT protein powder or Muscle Gainer in this recipe — You get the idea!

* **PROTEIN PACKED PANCAKES—**



Choose your favorite recipe and add two servings of HEALTHY 'N FIT® 100% WHEY PRO-AMINO™ Vanilla to the recipe, mix, cook and serve. If the recipe yields 12 pancakes and two servings of HEALTHY 'N FIT® 100% Whey Pro-Amino™ yields 90 grams of protein/amino, that equates to 7½ grams of Additional Protein/Aminos per pancake or 22½ grams for a serving of 3 pancakes. You could use Real Meals™, 100% WHEY PRO-AMINO™, or any other HEALTHY 'N FIT protein powder or Muscle Gainer in this recipe — You get the idea!

* **PROTEIN PACKED PEANUT BUTTER OR ALMOND BUTTER COOKIES—**



Choose your favorite recipe, add three servings of 100% WHEY PRO-AMINO™ to the recipe, mix, bake and serve. If the recipe yields 12 cookies and three servings of HEALTHY 'N FIT® 100% WHEY PRO-AMINO™ yields 135 grams of protein/amino, that equates to 11.25 grams of Additional Protein/Aminos per cookie (that's in addition to the inherent high protein in peanut butter or almond butter). A great nighttime snack—2 peanut/almond butter cookies and an 8oz. glass of low fat/fat free milk before bedtime yields over 30 grams of Protein/Aminos.

* **ITALIAN STRAWBERRY CHEESECAKE FOR DIETING OR MUSCLE BUILDING**

The purpose of this recipe, besides its delicious taste, is to further illustrate that you can absolutely enjoy a diet and muscle building program. Take your favorite unhealthy foods and transform them into Delicious Healthy Treats. All you need to do is be a little innovative. Also note that you can have reference to calorie, carbohydrate, protein, fat and cholesterol counters online and even for brand name foods. Delicious innovations are limitless. Our ITALIAN STRAWBERRY CHEESECAKE below is a great example.

ITALIAN STRAWBERRY CHEESECAKE



3 lbs. Fat Free Ricotta Cheese

2 Serving of your favorite HEALTHY 'N FIT® protein powder either Unflavored or Vanilla Ice Cream Flavor

1¼ cup Fructose (LESS fructose is used as a sweetener because it is sweeter than white sugar)

1 tbsp. of Anise Flavor (alcohol free if possible)

Total Recipe- 2,475 calories for the entire cheesecake and each slice has approximately 155 calories.

Garnish with a little strawberry preserves—fruit only (no added sugar) and fresh strawberries (sliced) which will add approximately 25 calories per slice. Besides the tremendous calorie difference over typical cheesecake, the Dieters or Muscle Building Italian Cheesecake has more protein (15 grams high quality protein per slice) and virtually no fat and cholesterol and less total carbohydrates.

Baking Instructions:

- Mix all ingredients together with an electric mixer.
- Put all mixed ingredients into a 9½ x 11 pan or pan of your choice.
- Bake 30 minutes at 400°, then turn down oven to 325° and bake for one additional hour or until golden brown.
- Let cool, then refrigerate until cold and serve.
- Makes approximately 16 good size slices.
- Absolutely delicious! ENJOY!

This Italian Strawberry Cheesecake is a complete food and can be used by dieters as a meal, perhaps with a glass of low fat/fat free milk or even a snack.

* Simply add one of our great tasting proteins to your favorite recipes in the flavor of your choice to add powerful Protein/Aminos and a touch of the flavor you select. You can adjust the Protein/Amino content up or down depending on the amount of HEALTHY 'N FIT® Protein/Aminos used.



* **PROTEIN PACKED VEGGIE BURGERS**

Veggie burgers can be quite tasty and healthy but are often low in protein and contain incomplete or low quality protein. To Protein Pack your veggie burgers with the highest quality Proteins/Aminos; break apart 6 veggie burgers in the consistency of ground beef in a bowl, and in a separate bowl add two servings of your favorite HEALTHY 'N FIT® protein powder with 4oz. water and gently mix with a spoon into a smooth consistency and then add this to the ground veggie burgers, along with additional spices and herbs and other items which you enjoy such as grated cheese or fresh vegetables such as peppers and tomatoes cut into small pieces, hand mix all together very well and form into 6 patties and grill or barbeque, and you can add low fat/fat free cheese right on top—DELICIOUS! Adds 8 additional grams of protein/aminos to each veggie burger and approximately 14 grams for each veggie cheeseburger.

Each serving of HEALTHY 'N FIT® 100% EGG PROTEIN has the protein of four eggs without the cholesterol or fat contained in eggs. HEALTHY 'N FIT® 100% EGG PROTEIN has NO cholesterol or fat.

YOU GET THE IDEA, THE USE AND VERSATILITY OF HEALTHY 'N FIT® PROTEINS FOR BAKING AND COOKING ARE LIMITLESS, THEY CAN BE A GREAT PART OF BAKING AND COOKING INNOVATIONS!

SOME HEALTHFUL TIPS. . .

- **Instead of using butter or margarine in your baking recipes, try substituting an equal amount of low fat/fat free yogurt in the flavor of your choice. This cuts the fat, cholesterol and reduces the calories and adds protein. If you desire you can add butter flakes for butter flavor which have almost zero calories and can be good for cooking as well.**

- **Try using fructose which is fruit sugar (not high fructose corn syrup) instead of regular sugar (sucrose). Fructose is sweeter so you can use a little less and it's also healthier. If you prefer, sugar substitutes are sold for baking and really reduce the calories in your recipe.**

BE HEALTHY, BE INNOVATIVE, HAVE FUN BAKING and COOKING—ENJOY!

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