

BestChoiceChanges

Protein Shakes



Chocolate and Vanilla Protein Shakes

BestChoiceChanges has been utilizing Protein Shakes for specific support to clients with special dietary needs and those with extra vigorous jobs or activities. Now we can offer these to anyone to use during each Phase of your plan with little to no modification in your projected results when used as directed. Remember you will remain vigilant of your daily weight and always remain a good student of your body.

Phase 2

Use as a breakfast supplement as needed. This is recommended as a 4 oz drink mixed with water. This provides an additional boost of protein 5g and only 25 calories. Fruit can be added.

Use prior to vigorous activity, tennis, moderate workouts, coaching, long work hours, double shifts. Prepare 4 oz of Vanilla and store in the refrigerator to use as a creamer to your coffee.

Option 1: is to use 4 oz with water as above 15- 20 minutes prior to extra activity. This may also be used if you find you need the extra boost after vigorous activity or other times of fatigue.

Option 2: use as an extra protein serving if advised by your BestChoiceChanges Client Services Nurse. You will mix up to 4 oz of water with 4 oz of Skim or 1% milk.

Option 3: As a meal replacement used, occasionally, to offer some flexibility in your menu and to help you remain compliant when you have not planned a meal with a protein source. Mix as above, 4 oz of water to 4 oz of Skim or 1% milk. This can be blended with allowable fruit, extra stevia and other non sugar, no calorie flavorings if you prefer. This is 90-110 calories with 15 g protein. A 4oz shake with water is only 25 calories 5 g protein. 8 oz shake with water is 50 calories and 10 g of protein.

*If you have questions on use of the protein shakes during Phase 2 contact your client services Registered Nurse or Medically directed Client Services contact.

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Phase 3

Use of BestChoiceChanges Protein Shakes in Vanilla or Chocolate during Stabilization.

While the BestChoiceChanges Protein Shakes are low in calories, they are a great addition to your ongoing plan. Stabilization is a great time to incorporate this into your day.

For a full and hardy protein drink, you may add 8 oz of Skim or 1% Milk to 2 heaping tablespoons of Protein shake powder while on Stabilization or in lifetime maintenance. This provides a tasty supplemental meal option and can be blended with a mix of fresh berries, or other fruits. Some have blended veggies and fruits for a very complete meal source. Add crushed ice and use a Bullet type blender for a frothy, icy smoothie type drink. Add extra Stevia to taste, flavored liquid Stevias, spices such as nutmeg or cinnamon and even cocoa powder to enhance the chocolate.

During Stabilization: BestChoiceChanges Protein Shakes may also serve as great treat or smoothie or dessert drink. Mixing options are limitless.

BestChoiceChanges Protein shakes have been pharmaceutically designed and are sweetened with Stevia.

Nutrition Facts

Serving Size: Approx. 2 Tbsp (14g)		Servings Per Container: 14		% Daily Value*		% Daily Value*	
	Calories 50		Calories from Fat 5	Vitamin A	20%	Vitamin C	20%
Amount Per Serving	% Daily Value*			Calcium	10%	Iron	20%
Total Fat	1 g		2%	Vitamin D	20%	Vitamin E	20%
Saturated Fat	0 g		0%	Thiamin	20%	Riboflavin	20%
Trans Fat	0 g			Vitamin B6	20%	Folate	20%
Cholesterol	25 mg		8%	Vitamin B12	20%	Biotin	20%
Sodium	50 mg		2%	Pantothenic Acid	20%	Phosphorus	6%
Potassium	100 mg		3%	Magnesium	6%	Zinc	20%
Total Carbohydrates	1 g		0%	Selenium	20%	Copper	20%
Dietary Fiber	0 g		0%	Manganese	20%	Chromium	20%
Sugars	1 g			Molybdenum	20%		
Protein	10 g						

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Ingredients: Whey Protein Blend (Whey Protein Concentrate and Whey Protein Isolate), Cocoa, Cellulose Gum, Canola Oil, Carageenan, Calcium Carbonate, Stevia, Xanthan Gum, Natural Flavors, Calcium Citrate, Magnesium Oxide, Soy Lecithin, Ferrous Fumarate, dl-Alpha Tocopheryl Acetate, Ascorbic Acid, Biotin, Niacinamide, Vitamin A Palmitate, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Cyanocobalamin, Folic Acid, Potassium Iodide, Dicalcium Phosphate, Manganese Gluconate, Chromium Polynicotinate, Sodium Molybdate, Sodium Selenite. Contains Milk and Soy. Manufactured in a facility that processes Milk, Soy, Eggs, Nuts and Wheat.

Calories:		2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories Per Gram:			
Fat	9	Carbohydrate	4
		Protein	4

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BestChoiceChanges Protein Shakes: Life Time Maintenance Program

In a symposium presented in Washington D.C. entitled: **Obesity Epidemic Symposium; Exploring Emerging Strategies for Weight Control and Risk Management;** Dr. George Bray MD MACP of Pennington Biomedical Research Center, and Dr. Louis Aronne MD FACP, Clinical Professor of Medicine Weil Medical College of Cornell University **listed meal replacement shakes as a successful emerging strategy for long term weight loss management and reduction of risk factors.**

The five top strategies for long term weight management success were:

- **Weigh Regularly**
- **Follow a Caloric Goal**
- **Record Food Intake**
- **Use Meal Replacement Shakes**
- **Regular physical activity and exercise**

BestChoiceChanges Protein Shakes provide the perfect mix as a good source of protein yet carefully managing the carbohydrate content for replacement meals. The fact that our product is sweetened with Stevia adds greater value because there is no sugar or use of chemical sweeteners.

Ideas for your BestChoiceChanges Shakes:

Blueberries	Blackberries
Strawberries	Raspberries

Or use a mix of all berries.

Use 8 oz. Skim, 1% or 2% milk or plain water.

Using milk will increase the calorie content to that of the 8 oz of milk plus 50 calories per 2 heaping tablespoons of Shake mix. Add crushed ice and blend.

Orange slices or orange juice for an orange smoothie.

Lime juice or lime slices, crushed mint and crushed ice plus water
For a Mojito flavored smoothie.

Do a green smoothie with spinach, chard or collard greens.

Mix fruit and veggies with a 1% milk shake for a full meal of protein, fruits and veggies.

Add seasonings such as chai, nutmeg, cinnamon, organic cocoa powder to enhance your shake. Add additional Stevia to taste.

* great shakes for Diabetics, Vegetarians, Elderly for good inexpensive protein sources, children with ADD and all of us working to maintain healthy approaches to weight management and risk reduction.