

**Incorporate More Protein Into Your Diet** 



# **Pro-Stat® Recipes**

This recipe book features several easy-to-prepare, delicious recipes that allow you to incorporate more protein into your diet.

For more recipe ideas, please visit our website at www.SpecializedAdultNutrition.com.

Our products are for use under medical supervision.

Please consult with your healthcare provider for the recipes that are right for your individual diet plan.

Nutritional values contained within this booklet are based on the use of Pro-Sta Sugar free. All nutritional values are approximate and may vary based on brands, quantities, and substitutions used in recipe preparation.

# **Pro-Stat®: A Great Tasting Way to Help Meet Your High Protein Needs!**

Pro-Stat is a medical food designed for the dietary management of wounds and for those unable to meet their protein requirement from a normal diet.

### **Pro-Stat® Sugar Free**

Concentrated liquid protein

#### Pro-Stat® AWC

Concentrated liquid protein + advanced wound healing ingredients

#### Pro-Stat® MAX

Whey-based concentrated liquid protein

#### **Pro-Stat® Renal Care**

Concentrated liquid protein + fiber



For product details, visit www.SpecializedAdultNutrition.com



## **Banana Grape Smoothie**

Cool off with this creamy & delicious beverage

- 2 Tbsp Grape Pro-Stat®\*
- 1 Banana
- ½ Cup Vanilla Yogurt
- ½ Cup Ice Cubes

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy! Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
281 kcals	20 g	52 g	0.5 g	3.5 g	120 mg	688 mg	80 mg

<sup>\* 1</sup>fl oz = 2 Tbsp





## **Cherry Spritzer**

A refreshing thirst quencher

- 2 Tbsp Wild Cherry Punch Pro-Stat®\*
- 1 Cup Diet Lemon Lime Soda
- ½ Cup Grape Juice

Mix all ingredients together, pour over ice, and be refreshed! Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
160 kcals	15 g	26 g	0 g	0 g	75 mg	90 mg	50 mg

<sup>\* 1</sup>fl oz = 2 Tbsp





## **Spiced Apple Cider**

#### A great fall-time treat!

- 2 Tbsp Vanilla Pro-Stat®\*
- 1 package sugar-free spiced cider
- 8 fl oz water

Put water in microwave safe cup. Heat water in microwave on high for 90 seconds. Add sugar-free cider mix. Stir until dissolved. Add Pro-Stat and stir. Drink while warm. Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
115 kcals	15 g	14 g	0 g	0 g	80 mg	25 mg	60 mg

<sup>\* 1</sup>fl oz = 2 Tbsp

### **Citrus Cooler**

#### A fruity & flavorful drink

- 2 Tbsp Citrus Splash or Tangerine Pro-Stat®\*
- 4 fl oz Pineapple Juice

Stir Pro-Stat into juice. Pour over ice and serve. Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
165 kcals	16 g	26 g	0 g	0 g	63 mg	38 mg	50 mg



<sup>\* 1</sup>fl oz = 2 Tbsp



### **Iced Fruit Green Tea**

### Light & uplifting

- 2 Tbsp Grape Pro-Stat®\*
- 1 Green Tea Bag
- Ice, as desired

Steep tea bag in boiling water. Stir in Pro-Stat. Pour over ice. Makes 1 serving

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
100 kcals	15 g	10 g	0 g	0 g	50 mg	40 mg	50 mg

<sup>\* 1</sup>fl oz = 2 Tbsp

## **Cherry Mousse**

#### A sweet & creamy indulgence

- 2 Tbsp Wild Cherry Punch Pro-Stat® \*
- ½ Cup Sugar Free Instant Vanilla Pudding
- ½ Cup Whipped Topping

Prepare instant pudding according to directions on box. Mix ½ cup of pudding with Pro-Stat and whipped topping in a bowl and enjoy! Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
206 kcals	15 g	20 g	6 g	0 g	130 mg	20 mg	50 mg



<sup>\* 1</sup>fl oz = 2 Tbsp



## **Tropical Gelatin**

#### A refreshing dessert

- 1/4 Cup Citrus Splash or Tangerine Pro-Stat®\*
- 1 package (4 serving size) sugar-free gelatin
- 1 1/4 cup boiling water

Add boiling water to sugar-free gelatin. Stir for two minutes until gelatin is completely dissolved. Add Pro-Stat and stir. Refrigerate until firm, approximately 1 hour. Makes 4 servings.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
210 kcals	31 g	20 g	0 g	0 g	145 mg	40 mg	100 mg

<sup>\* 1</sup>fl oz = 2 Tbsp

# **Cherry Cheesecake Pudding**

#### A creamy, mouth-watering treat

- 2 Tbsp Wild Cherry Punch Pro-Stat®\*
- ½ Cup Sugar Free Instant Cheesecake Pudding
- 2 Graham Cracker Squares, crushed

Prepare instant pudding according to directions on box. Mix ½ cup of pudding with Pro-Stat in a bowl and top with crushed graham cracker. Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
184 kcals	16 g	27 g	1 g	0 g	445 mg	39 mg	65 mg

<sup>\* 1</sup>fl oz = 2 Tbsp







### Vanilla Float

#### Old-fashioned & flavorful

- 2 Tbsp Vanilla Pro-Stat®\*
- 1 Cup Diet Lemon Lime Soda
- 1 Scoop Vanilla Ice Cream (about ½ Cup)

Stir Pro-Stat and lemon lime soda in a tall glass. Add in a scoop of vanilla ice cream and enjoy with a spoon. Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
250 kcals	18 g	25 g	9 g	0g	110 mg	90 mg	50 mg

<sup>\* 1</sup>fl oz = 2 Tbsp

## **Fruity Applesauce**

#### Packed with a high protein punch

- 2 Tbsp Citrus Splash or Tangerine Pro-Stat®\*
- ½ Cup Unsweetened Apple Sauce

Stir all ingredients together until mixed well. Makes 1 serving.

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
151 kcals	15 g	24 g	0 g	1 g	52 mg	110 mg	56 mg



<sup>\* 1</sup>fl oz = 2 Tbsp



## **Peanut Butter & Jelly** Milkshake

#### A classic & comforting treat

- 2 Tbsp Grape Pro-Stat®\*
- 2 Tbsp Creamy Peanut Butter
- 1 Cup Vanilla Ice Cream
- ½ Cup Milk\*\*

Place all ingredients in a blender and blend until smooth. Pour into a glass and drink or eat with a spoon. Makes 1 serving.

							Phosphorus
641 kcals	32 g	53 g	36 g	2 g	324 mg	603 mg	166 mg

<sup>\* 1</sup>fl oz = 2 Tbsp

<sup>\*\*</sup>Nutritional values based on 1% milk





# **Additional Pro-Stat® Mixing Ideas & Recipes**

Try mixing Pro-Stat with any of the following:

- Instant Sugar Free Lemonade
- Club Soda, Seltzer, or Diet Soda
- Juice







Order Online at www.SpecializedAdultNutrition.com

GOT A QUESTION? Contact us at (800) 365-7354



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