

## Preparation Instructions

### **Hot Drinks**

Add 6 - 8 oz of hot water, stir until dissolved. Use more or less water as desired for texture and taste. Pour contents of packet into large cup or mug. Or use room temperature water, shake in your ITG shaker and heat in microwave for approximately one minute or warm on the stove top. Enjoy.

### **Cold Drinks**

Add 6 - 8 oz of cold water, stir or shake until dissolved. Use more or less water as desired for taste.

### **Pudding/Shakes**

For a shake: Place contents of one packet into a large glass or shaker. Add 8 oz of cold water; shake or stir thoroughly and serve. Use more or less water as desired.

For pudding: Place contents of one packet into bowl or shaker. Add 4 oz water; mix thoroughly with a spoon or in shaker until smooth. It will thicken upon sitting. Use more or less water as desired.

### **Smoothies/Shake Mix Bottles**

Place contents of one packet into a large glass or shaker, add 8 oz of cold water and stir or shake thoroughly until dissolved. For ITG shake mix bottles fill to line as shown on bottle, shake and enjoy! HINT: Too cold of water may cause it to clump. You may need to tap bottom on counter to make sure all protein powder is mixed up.

### **Soups**

Pour contents of one packet in 6 - 8 oz of hot water. Use more or less water to desired texture. Stir with a fork or use shaker until completely dissolved. Wait 2 minutes for noodle soups. Feel free to season and add veggies.

### **Oatmeal**

Pour contents of one packet in 4 - 5 oz of hot water. Stir with fork until desired consistency; it will thicken as it stands.

### **Pancakes**

Preheat a non-stick frying pan at low heat. Pour contents of one packet of pancake mix in 1.7 oz of water. Stir with a fork. Pour the mixture into the pan and cook approximately 2 minutes on each side. You can also make this in a muffin cup or mug for about 60 secs or so in the microwave.



### **Chocolate Mug Cake (New Product)**

1. Combine 2 ounces of tap water with contents of one packet; stir thoroughly.
2. Pour the batter into a microwave-safe container such as a ramekin or small plastic ware.
3. Microwave on HIGH (100%) for 1 minute; carefully remove from microwave and allow to cool for 5 minutes. (Microwave ovens vary; adjust time as needed.)

### **Creamy Chicken Alfredo**

**Microwave:** Empty contents into a medium microwavable bowl and combine with 5 oz of hot water. Cook for 2½ minutes in microwave on high, stir and cook another 2½ minutes. Stir and allow 1-2 minutes to cool.

**Stovetop** - Combine contents of package with 5oz. water in saucepan. Stir. Bring to a boil using medium heat. Reduce heat and simmer, uncovered for 3 to 5 minutes or until thickened, stir frequently. Remove from stovetop, stir allow 1-2 minutes to cool.

### **Vegetable Chili**

**Microwave:** Pour 4 - 6 oz of hot / boiling water in a microwave safe bowl and add the contents of one packet. Cook for 2 to 3 minutes stirring occasionally. Allow to sit 30 - 60 seconds as it thickens.

**Stovetop:** Combine contents of package with 5 to 6oz. of hot water in saucepan. Stir. Bring to a boil using medium heat. Reduce heat and simmer, uncovered for 3 to 5 minutes or until thickened, stir frequently.

### **Pasta**

Stove Top:

- 1) Bring to a boil 1 L (4 cups) of slightly salted water.
- 2) Dip the pasta easy-cook pouch in the water (leaving the pasta in the pouch)
- 3) Cook for 9 minutes or more according to your preference.
- 4) Remove from pan and drain the high-protein pasta
- 5) Open the pouch and serve on a plate. Consume within 10 minutes.

### **Banana Strawberry Gelatin**

Pour contents of package into a large bowl. Gradually pour 8 ounces of boiling water into bowl. Chill until set.