



Stage III Meal and Snack Ideas

ARTIC ZONE SHAKE



- Any Flavor Arctic Zone Ice cream- ½ cup serving is 37 calories
- 1 cup almond milk
- 1 Splenda
- 1 scoop of protein powder (that meets our guidelines!)

Optional:

- Add 1 tablespoon of PB2 powdered peanut butter (peanut butter flavor or chocolate peanut butter flavor)
- Drink/eat as a shake or top with Fat free whipped cream
- Add any flavored extract to the shake (recommend coconut, almond, mint, vanilla) or instead of Splenda try sugar-free Torani syrups that come in a variety of flavors



Peanut Butter Parfait

- Add 1 Tbsp of PB2 and 1 Splenda to a 6 or 8 oz cup of fat free plain Greek yogurt
- Eat as is or add 1-2 of these toppings:
 - o Fat-free whipped cream
 - o Fruit: ½ banana, mashed
 - o Favorite flavor extract or try sugar-free Torani Syrup flavor instead of Splenda

Peanut Butter Apple Oatmeal

Mix 1 Tbsp PB2 (powdered peanut butter), 1 Tbsp of whipped JIF, OR Better n' peanut butter spread option into 1 packet of plain oatmeal made w/ water and add 1 Splenda and chopped apple slices (peel off skin). Heat according to packet directions. Make sure apples are well cooked/soft after heating in microwave. Add 1 scoop of protein powder (vanilla, unflavored, or chocolate recommended) and add cinnamon if desired.

Ricotta Cheese Please 90 calories, 7 g Protein, 7 g carbs, 3 g fat

- ¼ cup light/low fat ricotta cheese
- 1 Splenda
- 1 drop vanilla extract
- ½ Apple, braised or cooked soft in microwave without peel (or other soft fruit of choice without seeds or peel)
 - o Mix ricotta, Splenda and vanilla. add cinnamon and top w/ cooked apple (without peel) or other fruit of choice



Pass the Pudding'

100 calories, 7 g Protein,

60 calorie Jell-O pudding cup w/ fat free whipped cream or fat free cool whip and ½ scoop of protein powder of choice

Optional: 1 tsp of PB2 or cinnamon

The Egg Mug

125 calories 8 g protein, 0 g carbs

Ingredients:

3/4 cup fat-free liquid eggs substitute (like Egg Beaters Original)

1 wedge The Laughing Cow Light Creamy Swiss cheese



Directions:

In a large microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 1/2 minutes.

Mix in cheese wedge, breaking it into pieces. Microwave for 1 minute, or until set. Stir and enjoy!
Optional: Add Spinach and extra lean ham or deli turkey (FINELY CHOPPED)

Also Try Spreading a LIGHT Laughing Cow cheese wedge on sliced deli turkey and roll up!