

Preparation Guide

Medislank protein products

Pay attention to the following:

- First check how much water you need.
- Always use cold water, unless differently stated.
- One exception is the mashed potato, there you must use hot water.
- After you've added the right amount of water into the shaker, add the content of the sachet.
- Place the cover on the shaker and shake well.
- For the preparation of the pancakes and omelettes, it's better to use a pan with a non-stick coating.



What you should not do:

- Do not use hot or lukewarm water to prepare the sachet (unless differently stated).
- Never put the shaker with the cover still on it in the microwave.
- Never put the powder in the shaker before the water; that makes lumps.

Tip: this is a general preparation guide. There are a lot more delicious dishes to create with the protein products. Ask your sales and guidance point fore more tips and recipes.

WEEKLY MENU'S

The protein diet is based on weekly menu's, you don't have to create menu's yourself. If you use the weekly menu's you're sure that you're following the diet in a correct manner. Otherwise it's possible to create your own diet. In that case you must know how much proteins, carbohydrates and calories you need during unit 1 and 2. Based on this amount you can compile your own protein diet.

HOW TO CALCULATE DAILY PROTEINS, CARBOHYDRATES AND CALORIES?

Count all the proteins, carbohydrates and calories in your daily protein menu. You will find the amounts on the product label of the protein products. For the non protein products (such as vegetables, meat and fish) check the product label or search for the nutritional values on the internet. Internet offers you excellent lists.

EATING LESS CALORIES IS NO PROBLEM

To lose weight you must restrict calories in your daily menu. The low calorie intake in the protein diet, instead of some other, crash, diets, doesn't slow down your metabolism. The great extend of protein in the diet spares your muscle mass and therefore keeps your metabolism at the right level. This prevents weight gain again after losing the kilos.

STILL LOSE WEIGHT WITH MORE CARBOHYDRATES AND NO KETOSIS

If your body, because of a higher level of carbohydrates, doesn't reach ketosis but you do eat high amounts of protein and you still restrict calories you can still loose weight. Although ketosis has some advantages in stead of normal diets. In ketosis you'll lose weight very quick, you've more energy and your skin looks better. So if you want this advantages and losing weight quickly try the protein diet as described in unit 1 and 2 and keep an eye on the maximum amount of carbohydrates.

REMAIN IN KETOSIS!

The special protein products contain a small amount of carbohydrates with a maximum amount of 50 grams a day. Check daily how much carbohydrates you consume, always count the carbohydrates from all your meals. Try to remember that some products contain more carbohydrates than others. The protein bars and protein wafers for example contain a lot more carbohydrates than the protein soups or desserts.

CHOOSE THE RIGHT PRODUCTS

The protein diet offers you an extended choice of products and flavours tot satisfy everyone's preferences. This also enables you to bring some variation into your diet. To lose weight most efficient en to maintain your muscle mass you must choose the right protein products. Don't only buy protein bars because you like them so much, they contain a lot of carbohydrates which can enhance the weight loss process. Keep an eye on the amounts of proteins and carbohydrates at each meal. The amount of proteins for one meal lies between 11 and 35 grams and the amount of carbohydrates lies between 0 and 16 grams.

THE FIGURES IN A ROW

Is your weight below the 100 kg?
You don't have a heavy job and do you exercise moderately? These are your daily guidelines:

- Four protein meals
- At best two protein snacks
- Two times fresh vegetables

You eat daily:

- At last 70 grams of protein
- At best 50 grams of carbohydrates
- At best 1000 calories in unit 1
- At best 1200 calories in unit 2

Is your weight above the 100 kg? Or do you have a heavy job and/or do you exercise a lot? These are your daily guidelines:

- Five protein meals
- At best two protein snacks
- Two times fresh vegetables

You eat daily:

- At last 80 grams of proteins
- At best 50 grams of carbohydrates
- At best 1100 calories in unit 1
- At best 1300 calories in unit 2



Hot drinks (Boisson/Drink)

Hot cappuccino, Hot cocoa drink

- Put 220 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Put the content from the shaker into a cup.
- Warm the drink into the microwave for 1,5 minute at 800 watt. To make sure the drink is completely hot, stir, every 30 seconds, with a spoon.



Cold drinks (Boisson/Drink)

Pineapple & orange, peach & mango (pêche mangue), grapefruit (pomplemousse), orange, apple & pear, iced cappuccino (café frappé) piña colada

- Put 220 ml of cold water into the shaker. Here's one exception: for the apple & pear drink you must use 300 ml of cold water.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Fill the shaker with water up to 240 ml and shake again for 10 seconds. This isn't necessary for the apple & pear drink
- Wait until the foam has disappeared before drinking.



Hot meals

Stew (parmentier), chilli, spaghetti bolognese

- Empty the content of the sachet in a bowl.
- Put about 170 ml of boiling water into the bowl and stir well.
- Boil the mixture for 5 to 10 minutes (or 1 to 3 minutes in the microwave at 600 Watt)
- Stir well and allow the meal to thicken for 2-3 minutes.



Quiche Provence herbs

Quiche Provence herbs

- Put 125 ml of cold water into the shaker.
- Add the content of the sachet.
- Close the shaker and shake well for 10 seconds.
- Let the quiche rest 10 minutes.
- Put the dough into a bowl and warm it up in the microwave for 1 minuut and 20 seconds at 800 Watt.
- You can also cut the dough in four portions and bake it in the pre-heated oven at 165°C for 10 minutes.



Soups (Veloute/Cream)

Mushroom (aux crepes), **vegetable** (legumes), **chicken** (poulet), **tomato, asparagus, onion** (gratinee oignon), **chicken curry** (poulet curry)

- Put 50 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Fill the shaker with water up to 140-170 ml.
- Warm up the soup in the microwave for 1,5 minutes at 800 Watt. To make sure the soup is completely hot, stir, every 30 seconds, with a spoon.



Omelettes

Mediterranean herbs, cheese, bacon, chives, mushroom

- Put 120 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Warm a little olive oil in a pan with a non-stick coating.
- Put the mixture into the pan and fry the omelette on one side on a hot fire. It's not necessary to fry on both sides. But you may if you prefer.



Salty pancakes

Cheese, herbs

- Put 100 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Warm a little olive oil in a pan with a non-stick coating.
- Turn the pancake over, turn the heat off and finish frying the pancake.
- Do the same with the other half of the mixture.
You can also prepare 1 pancake, please remember that the pancake will be thicker.



Salty pancake salmon

Salty pancake salmon

- Put 80 ml of cold water into the shaker.
- Add the content of the sachet.
- Close the shaker and shake well for 10 seconds.
- Let the mixture rest 5 minutes.
- Warm a little olive oil in a pan with a non-stick coating.
- Put a quarter of the mixture into the pan. Reduce the heat to half and fry the pancake on one side until it's dry.
- Turn the pancake over, turn the heat off and finish frying the pancake.
- Do the same with the rest of the mixture.
- You can also prepare two or three small pancakes with the mixture.



Pancakes (sweet) (Crêpe)

Pancake natural, pancake with orange blossom

- Put 100 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Let the mixture rest for 1-3 minutes.
- Warm a little olive oil in a pan with a non-stick coating.
- Put half of the mixture into the pan.
- Reduce the heat to half, and fry the pancake until it's dry.
- Turn the pancake over, turn the heat off and finish cooking the pancake.
- Do the same with the other half of the mixture.
- You can also prepare 1 pancake, please remember that the pancake will be thicker.



Pasta fusilli

Pasta Fusilli natural, pasta fusilli with tomato sauce, pasta fusilli with carbonara sauce

- Cook the pasta in boiling water for 10 -12 minutes, Add a little salt and olive oil.
- Mix the content of the sauce sachet with 30-50 ml of water in a bowl and warm the mixture for 20 seconds in the microwave at 800 Watt.
- Add the sauce to the pasta.



Sweet dishes (Entremets/Pudding)

Strawberry (fraise), apricot (abricot), banana, caramel, chocolate, lemon, pear-chocolate (poire belle helene), vanilla, dark chocolate (chocolat noir) coffee

For the dessert

- Put 115 ml of cold water into the shaker and add the content from the sachet.
- Shake well, until airy.
- Put the mixture into a bowl and let thicken for 15-30 minutes in the fridge

For the mousse

- Prepare like a pudding. Add one egg white. Please note there is a risk of salmonella contamination.
- Place the cover on the shaker and shake well for 10 seconds.
- Put the mixture into the bowl and let thicken for 15-30 minutes in the fridge.

For the milkshake

- Use more water (220 ml) and follow the preparation for the dessert to get the milkshake.



Mashed potato

Mashed potato (*puree de pomme de terre*)

- Empty the content of the sachet into a bowl.
- Put 110 ml of water in your shaker and warm it up in the microwave just under boiling point. (If you use the mashed potato for a oven recipe, you can use cold water and warm the mashed potato up in the oven)
- Add the water to the bowl while you mix with a guard.
- Add taste to the mashed potato with nutmeg, pepper and salt.
- The mashed potato can not be re-heated, eat it directly.



Yoghurt

Yoghurt red berries, dessert stracciatella, kwark (*curd*) with raisins

Yoghurt red berries

- Put 180 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Let thicken for 3 minutes.

Dessert stracciatella

- Put 140 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Let thicken for 15-30 minutes.

Kwark (*curd*) with raisins

- Put 150 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Let thicken for 3 minutes.



Oatmeal apple-cinnamon

Oatmeal apple-cinnamon

- Put 160-170 ml of luke warm (or cold) water into the shaker.
- Empty the content of the sachet into the shaker.
- Place the cover on the shaker and shake well for 10 seconds.
- Put the mixture into a bowl.
- Warm up for 2-3 minutes in the microwave at 600 Watt. Eat directly.



Muesli chocolate caramel

Muesli chocolate caramel

- Put 150 ml of Greek yoghurt 0% fat in a bowl.
- Add the content of the sachet to the yoghurt and stir well.



Rice pudding

Rice pudding (gateau de riz)

- Put 180 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker, and shake well.
- Put the mixture into a bowl.
- Warm up in the microwave for about 1 minute and 20 seconds at 600 Watt. ,
- Let thicken for 45 minutes in the fridge.



Bread

Bread

- Put 50 ml of cold water into the shaker.
- Empty the content of the sachet into the shaker and mix well until you have a smooth mixture.
- Put the dough with a spoon on baking paper and place on a baking tray or grill.
- Place in the pre-heated oven at 200 °C for 25 minutes.



Cheese soufflé

Cheese soufflé (souffle au fromage)

- Put 60 ml of cold water into a bowl.
- Empty the content of the sachet into the bowl and mix well until you have a smooth mixture.
- Put the dough into a baking form
- Place the form into a pre-heated oven at 180°C for 20 minutes.
- You can also prepare the cheese soufflé in a frying pan like an omelette.



Pizza dough with tomato sauce

Pizza dough with tomato sauce

- Put 55 ml of cold water into a bowl.
- Empty the content of the sachet into the bowl.
- Mould the dough well with the hand.
- Form 6 small balls from the dough and flatten them on a non-stick tray or on baking paper.
- Mix the content of the small sachet with 40 ml of cold water to a homogeneous mixture. Let the sauce mixture rest for 5 minutes.
- Spread the sauce over the unbaked dough.
- Place the small pizza's into the pre-heated oven at 180°C for 15 minutes.



Pots (about 18 meals)

Cocoa, cappuccino, omelette chives, dessert vanilla, , dessert strawberry, dessert caramel, chicken soup, cold drink orange, chicken curry soup

Cocoa drink and cappuccino drink

- Put 230 ml of cold or hot water in the shaker.
- Add 2 spoons of powder.
- Place the cover on the shaker and shake well for 10 seconds.

Dessert Vanilla, Dessert Strawberry, Dessert Caramel

- Put 115 ml (for dessert) or 230 ml (for milkshake) of cold water into the shaker.
- Add 2 spoons of powder.
- Place the cover on the shaker and shake well for 10 seconds.

Omelette Chives

- Put 50-80 ml cold water into the shaker.
- Add 2 spoons of powder.
- Place the cover on the shaker and shake well for 10 seconds.
- Warm a little olive oil in a frying pan.
- Put the mixture into the frying pan and fry the omelette on 1 side on a hot fire. It's not necessary to fry on both sides. But you may if you prefer.

Chicken soup

- Put 30 ml of cold water into the shaker.
- Add 2 spoons of powder and mix to a paste
- Add 140 -200 of ml hot (not boiling) water.
- Place the cover on the shaker and shake gently.
- Warm up for 1,5 minutes in the microwave at 800 Watt. Eat directly.

Cold drink orange

- Put 220-230 ml of cold water into the shaker.
- Add 2 spoons of powder.
- Place the cover on the shaker and shake well for 10 seconds.

Chicken curry soup

- Put 230 ml of cold water into the shaker.
- Add 2 spoons of powder.
- Place the cover on the shaker and shake well for 10 seconds.
- Warm up for 1,5 minute in the microwave at 800 Watt. Eat directly.



Smoothie

Smoothie red fruits

- Put 150 ml of cold water into the shaker.
- Add 2 spoons of powder.
- Place the cover on the shaker and shake well for 10 seconds.
- Place the shaker in the fridge for 15 minutes.
- Put (crushed) ice cubes into the glass and add the smoothie.



Protein crunchy bits

Chocolate, red fruits

- Put 150 ml of Greek yoghurt 0% fat in a bowl
- Add 3 spoons of protein crunchy bits to the yoghurt and stir well.



Kant-en-klaar

Savoury croutons (soy snacks)

Barbecue Bacon (Bouchees de soja BBQ/BBQ soy snacks)

Cream and herbs (Bouchees de soja oignon/Onion soy snacks)

Mediterranean (Bouchees de soja ail et persil/Garlic and parsley soy snacks)

Mexican Chilli (Bouchees de soja chili/Chili soy snacks)

Bars

Chocolate decadent bar.

Chocolate bar.

Chocolate peanut bar.

Cinnamon and pecan nut bar.

Chocolate crunch bar.

Caramel nut bar.

Nougat and honey bar.