



**Geist Oral & Facial Surgery  
24-Hour Emergency Line: 317-823-4260**

**Liquid Diet Recommendations**

Nutrition is the process by which the body uses food for normal growth and repair. The major nutrients; carbohydrates, protein, fat, water, vitamins and minerals; are each required daily. This booklet was designed to give you practical tips on eating and preparing foods to meet your nutritional needs after surgery.

After surgery on your jaws (maxilla and/or mandible) your upper and lower teeth will be held together by either wires or very strong rubber bands for several days or weeks. A small plastic splint may be wired between your teeth to help stabilize and protect your teeth. If you have large spaces between your teeth or are missing teeth, you may be able to take thick pureed items while your jaws are wired together. If you do not have these spaces between your teeth or at the back of your mouth where your wisdom teeth are (or were), your food will probably need to be liquefied, thinned and strained during this initial healing process.

**HOW DO I EAT AFTER SURGERY?**

Your first liquids after surgery will be water, juice, melted gelatin, and broth. Your lips may be swollen and numb and you may find it difficult to take liquids. Remember, the swelling will decrease over several days. Eating during the first few days may be very frustrating. Most people dribble as they learn to eat and deal with numb lips, so have a small hand towel handy at meals. Take small amounts of liquids frequently rather than large amounts three times a day.

Many people take liquids successfully by pouring the liquid from a paper cup (squeeze the cup to a point and pour the liquid in slowly). You may be given a large syringe with a red tube on the end of it. First, pull the liquid through the tube into the syringe. Next, place the tube in the back of your mouth along your teeth and then slowly squeeze the liquid into your mouth. Your cheeks may be swollen making it difficult to work the red tube into a successful position the first time. Spoons, straws or glass glasses have been unsuccessful for most people.

You may be very sensitive to hot and cold temperatures. Many people find room temperature liquids most acceptable. Taking liquids is very important. Fruit juice may burn mouth sores and incisions. Taking warm juices and diluting them may avoid this. Melted gelatin is very soothing to a sore throat during the initial days after surgery. Gelatin is not the most nutritious food, yet serves a valuable purpose in this situation.

## EQUIPMENT AND FOODS TO HAVE READY AFTER SURGERY

It is a good idea to have someone to cook and prepare foods for you at least for the first week. As the swelling goes down, you may be able to take thicker liquids and pureed foods. This does not necessarily mean baby food although it may be handy at times. You will need a food processor or blender and a small wire strainer to prepare your food. A microwave is very helpful, but not necessary.

## BASIC FOOD GROUPS TO BE INCLUDED IN YOUR DIET

### MILK

Six or more servings from this group each day supply adequate protein, calcium, vitamins A and D, and riboflavin. Milk and milk products are the primary protein foods. Whether you select low fat, 2%, or whole milk products will depend on your personal preference and your total caloric need. The extra fat supplies additional calories, which you may need at this time. 1 serving equals any of the following:

- |   |                                 |
|---|---------------------------------|
| =1c. (8 ounces) milk<br>(Skim, 2%, whole, chocolate)                                  | =2oz Cheese Spread              |
| =1c. Buttermilk   | =1c. Custard or pudding         |
| =1c. Yogurt   | =1 1/2 Cottage cheese           |
| =1 1/2oz Cheese (Cheddar, Swiss,<br>American, Provolone, Monterey<br>Jack, Colby etc) | =2c. Ice cream                  |
| = 4Tbs Parmesan cheese  | =1c. Milk based soup            |
| = 1/2 c. Instant breakfast mix with milk  | =1/3 Non fat powdered milk      |
| =1c. High calcium Alba drink mix  | =2c. Hot chocolate (with water) |
| =1c. ProMod with juice* or milk   | =1c. Hot cocoa (with milk)      |
| =1c. Meritene powder mix with milk  | =1c Milk shake                  |
| =1c. Citroprotein powder* mix with juice<br>or water                                  | =7oz Tofu                       |
|   | =1/2c Ensure* or Ensure Plus*   |
|   | =1/2c Sustacal* or Sustacal HC* |
|   | =1c canned pudding              |

We recommend you take 3 – 4 packages of instant breakfast mix in milk daily to supply adequate protein and vitamin/mineral nutrition. This product tastes very good and is convenient.

The addition of small amounts of powdered milk to your milk will increase the protein and nutritional value with out changing the flavor. You can add 1/2 to 1 cup powdered milk to one quart of milk and use this special high protein milk in all of your cooking and drinking to increase protein and calories.

If you experience diarrhea, cramping, and gas after consuming milk and/or milk products, you may not be able to digest milk sugar (lactose) completely. The following low or no lactose milk products may be helpful: sweet acidophilus milk, Lactaid milk, yogurt and buttermilk. All are available at grocery stores and are very acceptable, high nutrition products if you can tolerate them. Supplements that do not contain any milk or milk products have a star (\*) next them in the above lists.

## PROTEIN AND MEAT GROUP

A balanced diet usually includes one serving from the meat and protein food group at each meal. You may find it difficult to eat foods from this group. Baby meats and home cooked pureed, strained meats may be mixed with soups or broth to add protein to your diet. The number of servings from the milk group has been increased for you to provide adequate protein without meat. If you are able to add more servings from the meat group, you may be able to decrease the milk group servings.

Foods in the meat group supply protein, iron, niacin, thiamin, zinc, and many other vitamins and minerals. Select the higher fat meats and cook them with extra fat to increase your calorie intake whenever possible. Larger portions of this group are recommended if you can tolerate more. Items that have a star (\*) next to them may be blenderized and/or strained while your mouth is wired. When Dr. Burns advances your diet to a non-chew diet, the following items can be blenderized for more variety.

1 serving	= 2 oz. of Tuna	= 2 oz Roasted Chicken
	= 3 large shrimp	(1 leg, ½ breast)
	= 3 oz. Scallops	= 2 Eggs
	= 3 oz. Fish	= ½ c. Egg substitutes*
	= 3 Fish Sticks	= 3 oz. Beef
	= 1/3 canned Salmon	= 1 small Beef patty
	= 3-5 Oysters (med)	= ½ c. canned Clams
	= ¾ c. Crab	= 6 strips Bacon (crisp)
	= 2 oz Lean ham	= 2 slices 95% fat free
	= 2 oz Lean pork	lunch meat (more protein)
	= 2 oz Lamb	= 1/3 c. Pumpkin, Squash or
	= 7 oz Tofu	or Sunflower seeds
	= 1 c. Cooked beans*	= 1 c. Pork and Beans*
	(navy, great northern,	= 1 c Split peas*
	lima, kidney, black, pinto,	= 3 Tbs. Peanut butter*
	garbanzo, red beans, soybeans)	(creamy)

Many people use raw eggs in shakes to add protein. To prevent salmonella contamination, eggs should be (1) fresh, (2) not cracked, and (3) thoroughly clean. Consume drinks with raw eggs immediately or within 2 hours if refrigerated. Excessive use of raw eggs is not recommended.

## FRUITS AND VEGETABLES GROUP

You should normally eat four servings from this group every day. These foods provide complex carbohydrates, fiber and many vitamins and minerals. Avoid any juices that have fiber or pulp if you are tightly wired without adequate spaces for the pulp to flow through. Try to eat 3 – 4 high vitamin A sources each week and 1 – 2 high vitamin C sources each day. Any pureed, strained items or juices are acceptable. You may add margarine for flavor and calories if desired.

ONE SERVING IS ½ CUP COOKED OR 1 CUP RAW

<u>Vitamin A</u>		<u>Vitamin C</u>	
<u>Best Sources</u>	<u>Good Sources</u>	<u>Best Sources</u>	<u>Good Sources</u>
Cantaloupe	Apricots	Broccoli	Coleslaw
Carrots	Broccoli	Orange juice	Green pepper
Greens	Tomato	Strawberries	Tangerine
Pumpkin	Watermelon	Grapefruit juice	Tomato
Sweet Potato	Winter squash	Greens	Tomato juice
Spinach	Carrot juice	Papaya	
	Tomato juice	Brussels sprouts	
	V8 juice		

### BREADS AND GRAINS

There are few items in the breads and grains group which can be eaten with a wired jaw. Baby cereal, regular hot cereal, whipped potatoes, and occasionally pureed casseroles or baby dinners are tolerated. It is usually recommended that you eat at least 4 servings from this list every day.

These foods supply your body with carbohydrates and fiber plus many vitamins and minerals including thiamin, niacin, iron and zinc. You will receive adequate amounts of these nutrients (with the exception of fiber) without taking food from this group if you take the instant breakfast mix in milk or the special supplements listed. You will miss the fiber from this food group. Changes in bowel habits are discussed in a later section.

#### ONE SERVING EQUALS:

- |                                |                                |
|--------------------------------|--------------------------------|
| = 1 slice Bread:               | = 4-6 Crackers                 |
| Whole wheat, cracked wheat,    | = 1 medium Dinner roll         |
| Rye or enriched white, raisin, | = 1 small English muffin       |
| French, sourdough              | = 1 small Hot dog or hamburger |
| = ½ c. Cooked Cereal           | bun                            |
| = ¾ c. Dry cereal              | = 1 medium Muffin              |
| = 1 small Bagel                | = 1 medium Pancake             |
| = 1 medium Biscuit             | = 1 medium Waffle              |
| = 1 medium Tortilla            | = ½ c. Bread stuffing          |
| = ½ c. Macaroni, spaghetti     | = ½ c. Rice brown or enriched  |
| = 1 Tbs Wheat germ             | = 2 ½ inch wedge Pizza crust   |

### OTHER FOODS

To add variety and additional calories, other foods not specified in the Basic Food Groups may be used. Such foods include butter, margarine, oil, salad dressing, gravies, sauces, jellies, candies, syrups, sweet desserts, and carbonated beverages.

### NUTRITION ON THE RUN

Dining at a restaurant is possible with a wired jaw. Order juices, strained soup or broth and milk. Some people find it difficult to drink from a spoon while wired, so consider ordering your soup by the cup.

Fast food shakes are often too thick to be acceptable. You may try ordering a shake and milk as well as an extra cup. Mix the shake and milk to the best consistency for you. Other alternatives include carrying a cooler with your own liquids.

### CHANGES IN YOUR BOWEL PATTERNS

The sudden change from solid, high fiber foods to liquids and low fiber items may change your bowel patterns. You may go several days without a bowel movement after surgery. Your stools may be softer, less formed and less frequent. If you are uncomfortable and feel constipated be sure you are drinking enough fluids daily. Eight to ten cups of fluids should be considered a daily minimum. Balance your intake of milk products with fruit juices for the most nutrition and comfort. If you have further problems call your physician.

### A SUGGESTED SHOPPING LIST

Foods you may wish to have on hand:

#### Juices:

Apple, grape, cranberry, (strained orange, grapefruit, nectars and pineapple juice)  
Citrus juices may burn mouth sores due to higher acid content. Individual juice packs are very convenient if they do not contain pulp.

*Preparation note: may be diluted, warmed or strained.*

#### Soups:

Canned creamed soups, any flavor. (These are not considered high protein sources)

*Preparation note: Blenderize canned condensed soups. Mix creamed soup from the can with milk, removing all lumps. Heat in microwave or on stove. Pour soup through a wire strainer to remove all lumps and pieces of meat or vegetables.*

You may wish to add baby food turkey or chicken to soup before heating or straining. This is only necessary if you are unable to take milk products and need additional protein or calories.

#### Milk:

Whole, 2%, skim or chocolate milk, instant breakfasts (Three to four packages each day are recommended), ice cream, yogurt (will need to be thinned and strained), pudding (thinned with extra milk) and eggnog.

#### Meats and other high protein foods:

Baby meats are almost the only meats that will go through your wires. The red meat baby foods have a stronger flavor. Try chicken and turkey baby meats. Creamy peanut butter can be mixed into a thin shake to give a new flavor. You may need to strain this mixture before drinking it.

### Broth:

Broths are very important to dilute items and add variety to your diet as possible. Chicken broth is often preferred over beef broth. Dilute broths, as very salty broths may burn mouth sores.

### Vegetables and fruits:

Baby fruits and vegetables can be thinned with fruit juice or water to add variety, yet often must be thinned so much as to lose the flavor of the item. Baby fruits and desserts are a nice treat but have limited nutrition and high sugar content. Tomato, V8, and carrot juice are readily available. The pulp may cause difficulty and the juice may need to be strained.

### Breads and starches:

Baby cereal is often tolerated if it is thinned with milk. Tolerance of regular instant hot cereal and whipped potatoes varies greatly.

## SPECIAL LIQUID SUPPLEMENTS

There are many liquid supplements available at pharmacies and grocery stores. These supplements contain vitamins and minerals with balanced nutrition in a liquid form. At least 3 servings per day are recommended. Grocery stores usually stock such items near the baby formula although instant breakfast mixes are located in the cold cereal section. The following is a brief description of common supplements to assist you in selecting a supplement. Specific calorie and protein information is noted in the next section.

Citrotein powder and Forta fruit powder come in a variety of flavors that can be mixed with water or fruit juices. Both provide vitamins and minerals and are similar to skim milk in nutritional value. They are lactose and milk free and can be used in a variety of recipes.

Ensure and Sustacal are milk or lactose free milk shake type drinks. Flavors include vanilla, chocolate, strawberry, eggnog, black walnut, etc. They are available in 8oz cans for convenience, can be used in milkshakes and are tasty over ice. Both are produced by different companies and have slightly different flavors.

Ensure Plus and Sustacal HC have more calories and protein per serving than Ensure and Sustacal. They also come in a variety of flavors.

Instant Breakfast powders. It is recommended that you take 3 to 4 packages of instant breakfast powder in milk daily unless you are milk intolerant. If you are milk intolerant, any of the other products noted above will be acceptable. Instant breakfast powders are based on dry milk solids with vitamins and minerals and a variety of flavors. Several companies make these products including Carnation, Pillsbury and Kroger. This is the most economical supplement for most people.

Meritine is similar to instant breakfast powders, yet provides slightly more protein per serving. It comes in a variety of flavors and in liquid or powder form. It is usually found

at your pharmacy rather than the grocery store. Meritene powder is mixed with milk and the liquid contains milk. Meritene can be used for milk shakes or in recipes as desired.

Canned Commercial Milkshakes are available from a variety of companies. Check the label and ingredients to insure your selection has added vitamins and minerals and adequate calories.

Polydose or Moducal are unflavored carbohydrate supplements used in foods and liquids to increase calories. They are rarely necessary for wired jaw patients. Most wired jaw patients meet their needs without these supplements. If a carbohydrate supplement is recommended by your dietitian, he or she will explain how to use it and where to purchase it.

SUGGESTED FLUIDS FOR WIRED JAW PATIENTS (HIGH PROTEIN AND CALORIES)

Items listed below are commonly recommended for wired jaw patients needing concentrated nutrition in a strained liquid form. A dietitian can give you an estimate of the calories and protein you need to maintain your weight and health during this stressful time. Try to select foods and liquids, which give you a variety of flavors and maximize your nutrition.

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN IN GRAMS
Instant breakfast mix in whole milk	8oz	320	15
Instant breakfast mix in 2% milk	8oz	275	15
Instant breakfast mix in skim milk	8oz	230	15
Diet Instant breakfast mix in Skim	8oz	170	15
Eggpro	8oz	250	15
Whole milk	8oz	150	8
2% milk	8oz	125	8
Skim milk	8oz	80	8
Chocolate milk (2%)	8oz	240	8
Cream (1/2 & 1/2)	8oz	312	8
Ensure (Ross Laboratories)	8oz	240	10
Ensure Plus	8oz	355	14
Sustacal (Meat Johnson Lab)	8oz	240	10
Sustacal HC	8oz	360	15
Meritene Powder in whole milk	8oz	266	18
Meritene Powder in 2% milk	8oz	241	18
Meritene Powder in Skim milk	8oz	196	18
Ovaltine in Whole milk	8oz	227	10
Hot Coco, from mix, with water	8oz	110	4
Citrotein Powder in water	8oz	158	10
Citrotein Powder in orange juice	8oz	218	10
Citrotein Powder in cranberry juice	8oz	238	10
Forta Brand Shake made with milk	8oz	290	17

Forta Brand Fruit drink with water	8oz	170	10
Forta Brand Soup with water	2/3 cup	250	9
ProMod (protein powder)	1 Tbsp	17	10
Fruit juice (strained)	8oz	120	1
Soup (creamed, strained) made with whole milk	8oz	272	5
Tomato Juice (or V8)	6oz	50	2
Ice cream (vanilla)	8oz	260	6
Shake-up	8oz	250	10
Sport Shake	8oz	250	10
Milk shake (McDonalds)	regular	383	10
Milk shake (Dairy Queen)	medium	600	15
Milk shake (Homemade)	8oz	421	11
Resources Liquid	8oz	240	10
Resources Plus Liquid	8oz	355	14
Baby cereal with whole milk	8oz	230	7
Baby meat (turkey or chicken)	3½ oz	115	14
Baby fruit	4½ oz	80	-
Baby dessert	4½ oz	210	2
Baby vegetable	4½ oz	80	2
Casserole (blenderized)	6oz	240	17
Yogurt (fruit, strained)	8oz	190	7
Kool-aid (with sugar)	8oz	95	-
Hot cereal made with water	½ cup	80	3

NOTE: No one specific product or company is preferred. Specific names, brands, and companies are listed as examples for clarification purposes only.

#### SAMPLE MENUS FOR A DAILY TOTAL INTAKE

<b>Sample #1</b>	<u>Amount</u>	<u>Calories</u>	<u>Protein</u>
Instant breakfast in whole milk	4 servings	1280	60
Creamed, strained soup with whole milk	2 servings	544	10
Baby fruit	2 jars	320	--
Ice cream	8 oz	260	6
Fruit juice	12 oz	180	1
	<i>Total</i>	<i>2584</i>	<i>77</i>

<b>Sample # 2</b>			
Ensure Plus (8oz can)	4 cans	1440	56
Fruit juice	12oz	180	1
Soup Creamed, strained with milk	2 servings	544	10
Baby meat mixed in soup	1 jar	115	14
Baby dessert	2 jars	210	2
	<i>Total</i>	<i>2489</i>	<i>83</i>

<b>Sample #3</b>			
Instant breakfast in whole milk	4 servings	1280	60

Ice cream	8 oz	260	6
Citroetin with strained orange juice	8 oz	410	20
Fruit juice	16 oz	240	1
	<i>Total</i>	<i>2190</i>	<i>87</i>

#### **Sample #4**

Diet inst. breakfast with skim milk	5 servings	850	75
Tomato juice	6 oz	50	2
Fruit juice	16 oz	240	1
	<i>Total</i>	<i>1140</i>	<i>78</i>

#### **Sample #5**

Citroetin with strained orange juice	16 oz	820	40
Creamed, strained soup	16 oz	544	10
Baby meat, in soup	3 ½ oz	115	14
Ensure Plus	8 oz	355	15
	<i>Total</i>	<i>1824</i>	<i>79</i>

Remember to drink extra water to meet your fluid needs if necessary.

### WHAT IS A NON-CHEW DIET?

When your mouth is unwired it is still healing, and Dr. Burns may instruct you to eat foods that do not require chewing. Follow the general guidelines given in the basic food group section of this booklet. This will increase the variety of foods you can eat and still maintain the nutrition your body needs. Foods should be cooked well and blenderized or mashed so you can eat them without chewing. Swallowing foods whole without chewing may create indigestion. You should add back meat, protein, breads and starchy foods. You can decrease the milk servings to 4 servings each day. Continue to take adequate fluids as you increase the fiber content in your diet to avoid constipation.

### SAMPLE MENUS FOR A NON-CHEW DIET

<b>Sample #1</b>	<b>Amount</b>	<b>Calories</b>	<b>Protein</b>
Instant breakfast in 2% milk	1 cup	275	15
Oatmeal (instant)	1 pkg	110	3
Sugar	1 tsp	16	-
Fruit juice	½ cup	60	-
Egg salad	(2 eggs + tbs. Mayonnaise)	340	16
Fruit juice	½ cup	60	-
2% milk	1 cup	125	8
Whipped potato + tsp margarine	½ cup	125	3
Ground beef in gravy (very fine)	1 cup	285	16
Pureed broccoli & cheese sauce	½ cup	105	8
Instant breakfast in 2% milk	1 cup	275	15
Mashed banana	1 medium	160	1
	<i>Total</i>	<i>2096</i>	<i>88</i>

## Sample #2

Instant breakfast in 2% milk	1 cup	275	15
Cream of wheat	2/3 cup	110	3
Sugar	1 tsp	16	-
Scrambled egg	1 medium	80	8
V8 juice	6 oz	50	2
Blenderized macaroni & cheese	6 oz	163	7
Blenderized green beans + tsp marg.	½ cup	40	2
Milk shake (from McDonalds)	1 medium	440	6
Eggnog	1 cup	250	10
Mashed Tuna Noodle Casserole	1 cup	280	18
Mashed carrots (cooked)	½ cup	25	2
Fruit juice	½ cup	60	-
2% milk	1 cup	125	8
	<i>Total</i>	<i>2004</i>	<i>81</i>

## RECIPES

*Preparation note: The following recipes may need to be strained before drinking if your mouth is tightly wired.*

### HIGH PROTEIN MILK

1 c whole milk

¼ c instant nonfat dry milk

Preparation: Add nonfat milk to whole milk; beat until dissolves. Refrigerate.

\*1 cup provides 270 calories and 10 grams of protein

\*This mixture can be used in recipes in place of milk to increase calories and protein.

### VANILLA WARMER

1 c whole milk

1 pkg vanilla flavored instant breakfast mix

1 tsp sugar

¼ tsp cinnamon

1/8 nutmeg

Dash of ground cloves

Preparation: Blend milk and other ingredients for 1 minute. Heat in saucepan or microwave. Do not boil.

\*One serving provides 320 calories and 15 grams of protein.

### MEXICAN MOCHA

2 Tbsp. Sugar

1 Tbsp. Cocoa powder (Hershey)

1 tsp instant coffee granules

Dash cinnamon

Dash salt

½ c water

½ c evaporated milk

Preparation: Combine all dry ingredients in a small saucepan. Stir in water until all dry ingredients are dissolved. Heat to boiling and then add evaporated milk. Continue to heat and stir until cocoa reached desired serving temperature.

\*One cup provides 291 calories and 3 grams of protein.

#### JUICE SHAKE

$\frac{3}{4}$  cup pineapple juice (or other juice)

1 egg (raw with no cracks) or  $\frac{1}{4}$  egg substitute

1  $\frac{1}{2}$  cups vanilla ice cream

Preparation: Combine all ingredients in a blender or mixing bowl and mix well.

\*One shake provides 360 calories and 17 grams of protein.

#### LEMON COOLER

1 cup whole milk

1 pkg van instant breakfast

$\frac{1}{2}$  cup sherbert, lemon

$\frac{1}{4}$  tps lemon extract

Preparation: Blend all ingredients well.

\*One serving provides 360 calories and 18 grams protein.

#### ORANGE COOLER

$\frac{1}{3}$  cup orange juice concentrate

$\frac{1}{2}$  cup water

$\frac{1}{2}$  cup milk (high protein milk can be substituted)

$\frac{1}{4}$  cup sugar

1tsp vanilla

5 – 6 ice cubes

Preparation: Combine all ingredients in a blender. Mix about 30 seconds.

\*Provides 135 calories and 1 gram protein per cup.

#### ORANGE JULIUS

$\frac{1}{4}$  cup orange flavored Citrotein

1 cup orange juice

$\frac{1}{2}$  cup vanilla ice cream

Preparation: Mix well in blender.

\*Provides 348 calories and 13 grams protein.

#### ORANGE NOG SUPREME

1 cup whole milk

$\frac{1}{2}$  cup orange juice

1pkg eggnog flavored instant breakfast

2 Tbsp. Brown sugar

$\frac{1}{4}$  cup vanilla ice cream

Preparation: Pour milk and juice into blender. Add instant breakfast powder, ice cream and brown sugar. Blend well.

\*Makes 486 calories and 16 grams of protein.

#### PEANUT BUTTER MILK

1 quart whole milk (high protein milk may be substituted)  
1/3 cup creamy peanut butter  
2 Tbsp. Sugar

Preparation: Add a small amount of milk to peanut butter in blender. Continue adding milk until peanut butter is in solution. Add remainder of milk and sugar. Mix well. Chill.

\*One cup provides 276 calories and 9 grams protein.

#### APRICOT DRINK

2 cups whole milk (high protein milk may be substituted)  
2 tsp lemon juice  
2 cups Apricot nectar, sweetened

Preparation: Blend all ingredients together. Chill and serve.

\*One cup provides 196 calories and 4 grams of protein.

#### BANANA MILK SHAKE

1 medium banana (mashed) or 1 jar baby banana  
1 ½ tsp sugar  
¼ tsp vanilla extract  
½ cup whole milk (may substitute high protein milk)

Preparation: Mix well in blender.

\*Provides 235 calories and 5 grams of protein.

#### HOT CHOCOLATE

1 cup whole milk  
1 pkg chocolate flavored instant breakfast  
1/8 tsp mint extract

Preparation: Mix ingredients well. Heat in saucepan or microwave to desired temperature.

\*Provides 320 calories and 15 grams of protein.