

Protein Shakes

What you need...

- * When looking for a protein supplement, the supplement must be a soy or whey *isolate*, not a concentrate.
- * Try a sample of a product before you buy it. You don't want to get stuck with a whole canister of a supplement that you won't drink.
- * Don't buy a large amount of one single flavor, you'll get tired of it!
- * Buy a shaker bottle to mix the powder and liquid. We don't recommend stirring the powder in a glass with a spoon because it will not mix as well.
- * Have skim milk, 1% milk, soy milk, or water always on hand to mix with the powder, your preference!
- * You will use protein supplements mainly in the first month post-surgery.

Instructions & Tips

- Mix 1/2 scoop powder with 4 oz. liquid (Read the label for further instructions)
- To make, first measure out the liquid, then add the powder and shake. Pause for a moment and shake it again. Protein powder will settle to the bottom of the container, so shake the mixture again just before pouring or drinking.
- Do not mix powder with hot liquids ($>130^{\circ}$), this will form clumps.
- The colder the liquid, the less flavor and smell it will have, making it more tolerable for some.

How to mix...

Minimum of 60-80 grams of protein a day!