



Tips, Ideas and Suggestions

- Add vegetables to your Ideal Protein soups to make them even more delicious! You can also use the soup as a sauce for your vegetables and meat as they are very creamy.
- **Never ever** shake a protein mix with hot water in a closed container. It may explode, make a mess and could burn you! If you want to mix with hot water, use a small whisk instead of shaking.
- Remember to always pour your water into the container before the content of your packet to obtain a smooth texture.
- Be careful not to overcook or heat your products too quickly. Cook them gently and slowly. If you use a microwave, use a lower power setting and monitor every 30 seconds until you learn how each product works in your microwave.
- Measure your water carefully. A small change in the quantity of water will change the consistency and cooking time. You are welcome to vary the amounts of water you use with the different products, but just do it intentionally so that you can determine the effect.
- Rinse, soak or wash your dirty dishes right away. Protein residue is difficult to clean off if it has had time to solidify.
- Did you know that hot drinks are satiating? Drink all the hot tea you want and it will help you feel full!
- For convenience, prepare your weekly vegetables ahead of time. Put them in your refrigerator in re-sealable bags. This will make it very easy for your lunches or dinners, and in case of cravings.
- Try not to eat 2 hours before going to bed. For your evening snack, choose lower carbohydrate packets such as a pudding or drink.
- Add new vegetables to your selection weekly, to reduce the effect of repetition. This might also inspire you to try out new recipes.
- Sign up for a monthly health magazine to keep yourself motivated. It also makes for a great monthly reminder to continue eating healthy!
- Learn how to transform simple ingredients into mouth-watering meals with Chef Verati's cookbooks! My Ideal Recipes focuses exclusively on helping dieters in Phase 1 prepare delicious and healthy meals. Taste the Freedom provides hundreds of appetizing recipe ideas for dieters on Phase 4 of the Ideal Protein Weight Loss Method.