

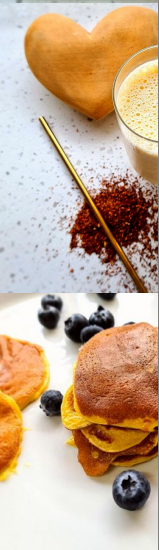


OPTIFAST[®] Shakes

Recipe Book



The CDE-OPTIFAST® Programme is a clinically proven, nutritionally complete weight management programme designed for the management of obesity and related co-morbidities.



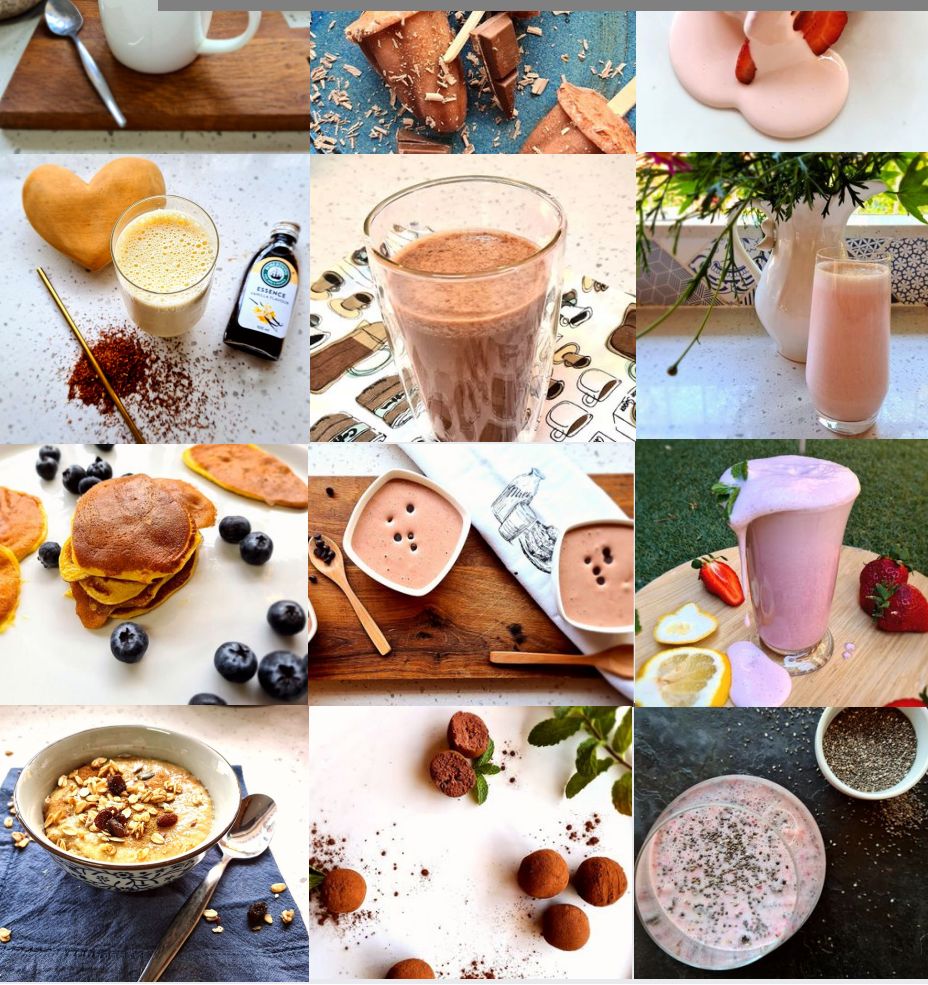
The OPTIFAST® Shakes can be used as a meal replacement as part of the CDE-OPTIFAST® Programme.



Consult a registered dietitian when following the CDE-OPTIFAST® Programme.



Find a VLCD-accredited dietitian near you: www.cdediabetes.org



Rooibos Vanilla Milkshake

Serves: 1

Energy per serving: 200 kcal



Ingredients

1 Sachet OPTIFAST[®]
Vanilla Shake
200 ml Cold Water
50 ml Strong Rooibos Tea

Method

1. Mix the OPTIFAST[®] Vanilla Shake sachet and water together until smooth.
2. Place mixture in ice trays and freeze overnight.
3. Blend the rooibos tea and frozen OPTIFAST[®] Vanilla Shake cubes together in a blender until smooth and creamy.
4. Enjoy immediately.

Pumpkin Spice Pie Warmer

Serves: 1

Energy per serving: 200 kcal

Ingredients

1 Sachet OPTIFAST[®]

Vanilla Shake

200 ml Cold Water

1/4 tsp Ground Cinnamon

1/4 tsp Vanilla Essence

1 Pinch Ground Nutmeg

Method

1. Mix all the ingredients together until smooth.
2. Place in a mug and heat on high in the microwave for 60 seconds, stirring every 20 seconds.
3. Enjoy on a rainy day.



Nutrition

Oat Bran Bowl

Serves: 1

Energy per serving: 260 kcal



Ingredients

- 1 Sachet OPTIFAST[®]
Vanilla Shake
- 125 ml Cold Water
- 2 tbsp. Oat Bran
- 1/2 tsp Ground Cinnamon

Method

1. Place all the ingredients in a small pot over a low heat.
2. Stir continuously for 8 – 10 minutes without bringing the mixture to a boil.
3. Enjoy as a warm breakfast in Phase 2 or 3.

Vanilla Flapjacks

Serves: 1

Energy per serving: 274 kcal

Ingredients

1 Sachet OPTIFAST®
Vanilla Shake
50 ml Cold Water
1 Large Egg
1 Pinch of Salt
1 tsp Vanilla Essence

Method

1. Mix all the ingredients together until smooth.
2. Spray non-stick cooking spray into a non-stick frying pan.
3. Place 1 tablespoon of batter in a hot pan for 20 - 30 seconds, flip and cook on the other side for 20 seconds or until golden brown.
4. Makes 12 - 15 mini pancakes.
5. Enjoy all of the flapjacks in Phase 2 or 3 as a meal, or 6 - 8 with 1/2 a cup of fresh blueberries in Phase 1.



Nutrition

Choc-Coffee Shake

Serves: 1

Energy per serving: 200 kcal



Ingredients

1 Sachet OPTIFAST®
Chocolate Shake
200 ml cold water
30 ml Espresso / Strong Coffee

Method

1. Mix all the ingredients together until smooth and enjoy with your feet up.

A close-up photograph of several orange and chocolate ice lollies on a blue surface. The lollies are coated in chocolate and topped with orange zest. Some chocolate bars are also visible on the surface.

Orange & Chocolate Ice Lollies

Serves: 1

Energy per serving: 224 kcal

Ingredients

1 Sachet OPTIFAST[®]
Chocolate Shake
200 ml Cold Water
50 ml Orange Juice
1 tsp Orange Zest

Method

1. Mix all the ingredients together until smooth.
2. Place in 4 ice-popsicle moulds and freeze overnight.
3. Makes 4 ice lollies. Enjoy 1 serving in Phase 2 or 3 as a dessert.

Chocolate Mint Truffles

Serves: 1

Energy per serving: 212 kcal

Ingredients

1 Sachet OPTIFAST®
Chocolate Shake
50 ml Cold Water
1 tsp Chopped Mint
1 tbsp Cocoa Powder

Method

1. Mix all the ingredients together until a thick 'dough' forms.
2. Let it stand for 2–3 minutes.
3. Roll into 6 equal-sized balls.
4. Roll balls into cocoa powder until covered.
5. Enjoy 1 serving in Phase 2 or 3 as a dessert, or all 6 as a meal with some water in Phase 1.

Double Chocolate Mousse

Serves: 1

Energy per serving: 250 kcal

Ingredients

- 1 Sachet OPTIFAST[®]
Chocolate Shake
- 150 ml Cold Water
- 1/2 tsp Vanilla Essence
- 1 tsp Dark Chocolate Chips

Method

1. Mix all the ingredients together with an electric whisk for 90 seconds until thick and smooth.
2. Garnish with chocolate chips.

Summer Berry Smoothie

Serves: 1

Energy per serving: 238 kcal

Ingredients

1 Sachet OPTIFAST[®]
Strawberry Shake
250 ml Ice Cold Water
1/2 cup Frozen Mixed Berries
1 Strawberry

Method

1. Blend all the ingredients together in a blender until smooth.

Chia Seed & Strawberry Filler

Serves: 1

Energy per serving: 280 kcal

Ingredients

1 Sachet OPTIFAST®
Strawberry Shake
250 ml Cold Water
1 tbsp. Chia Seeds
2 - 3 Strawberries

Method

1. Mix all the ingredients together.
2. Set in the fridge for 1 hour.
3. Enjoy in Phase 2 or 3 as a meal.

Strawberry Mocktail

Serves: 1

Energy per serving: 207 kcal

Ingredients

- 1 Sachet OPTIFAST®
Strawberry Shake
- 175 ml Cold Sparkling
Water
- 1 cup Ice
- 2 Strawberries
- 6 Mint Leaves
- 1 Squeeze Lemon Juice

Method

1. Blend together until smooth. Enjoy immediately.

Strawberries & Cream

Serves: 1

Energy per serving: 207 kcal

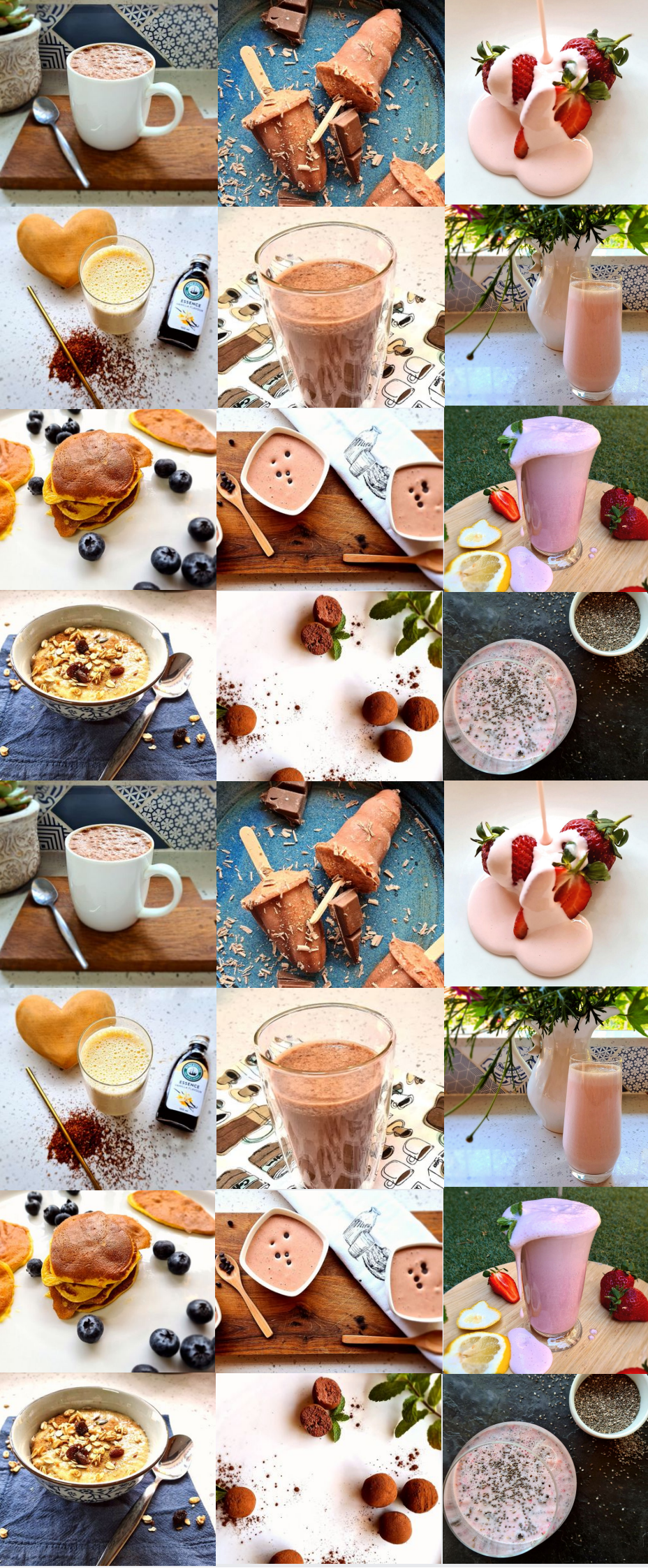


Ingredients

1 Sachet OPTIFAST®
Strawberry Shake
125 ml Cold Water
1/2 tsp Vanilla Essence
1 Squeeze Lemon Juice

Method

1. Mix all the ingredients together with an electric whisk for 90 seconds until thick and smooth.
2. Serve with 2 - 3 fresh strawberries.



For further information about the CDE-OPTIFAST® Programme, or to find your closest VLCD-Accredited healthcare professional, visit www.cdediabetes.org. Alternatively, please phone 011 712 6000 and ask to speak to a CDE-OPTIFAST® Consultant.