

# PROFAST Shake Recipes

Metabolic Medical Center



**PROFAST**  
Weight Loss Products

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Standard Weights & Measurements

## Flavor Additions

Syrup (Sugar-Free)

Jam, Jelly or Preserves (Sugar-Free)

Jello Powder (Sugar-Free)

Pudding Powder (Sugar-Free)

Diet Sodas

Flavored Water (Sugar-Free)

Single Serving Powder Drink Mix (Sugar-Free)

Non-Oil Based Extracts (Sugar-Free)

Fat-Free Sugar-Free Plain Greek Yogurt



# Vanilla PROFAST Shake Recipes

## Very Vanilla

- 1 Package PROFAST Vanilla Shake
- 2 Tsp. Vanilla Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Orange Dreamsicle

- 1 Package PROFAST Vanilla Shake
- 8 oz. Diet Orange Soda

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup and pour into a glass.*

## Root Beer Float

- 1 Package PROFAST Vanilla Shake
- 8 oz. Diet Root Beer

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup.*



## Very Blueberry

- 1 Package PROFAST Vanilla Shake
- 1 Tbsp. Blueberry Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Magic Shake

- 1 Package PROFAST Vanilla Shake
- 1 Shot, Caramel Syrup (Sugar-Free)
- 1 Shot Kahlua Syrup (Sugar-Free)  
(Non-Alcoholic)
- 8 oz. Cold Coffee
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Butter Nut Cream**

- 1 Package PROFAST Vanilla Shake
- 1 Tsp. Butter Extract
- 1 Tsp. Walnut Extract
- 8 oz. Diet Cream Soda

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup and pour into a glass.*

## **Berry Vanilla**

- 1 Package PROFAST Vanilla Shake
- 1 Tsp. Strawberry Preserves (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Peach Cream**

- 1 Package PROFAST Vanilla Shake
- 1 Tsp. Peach Preserves (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Cafe Au Lait**

- 1 Package PROFAST Vanilla Shake
- 8 oz. Hot Coffee

*Using a hand whisk, gently mix the shake powder with coffee in your coffee mug.*

## **Butter Mint Cream**

- 1 Package PROFAST Vanilla Shake
- 1 Tsp. Butter Extract
- 1 Tsp. Mint Extract
- 8 oz. Diet Cream Soda
- Ice Cubes

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup and pour into a glass.*

## **Pistachio Paradise**

- 1 Package PROFAST Vanilla Shake
- 1 Tbsp. Pistachio Pudding (Sugar-Free)  
(Powder)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Recipe Tip**

Add 1 teaspoon of fat-free cream cheese for an extra creamy smoothie (Limit to 1-2 serving per day)

# Vanilla PROFAST Shake Recipes

## **Goin' Nuts**

- 1 Package PROFAST Vanilla Shake
- 2 Tbsp. Hazelnut Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Vanilla Heaven**

- 1 Package PROFAST Vanilla Shake
- 1 oz. French Vanilla Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Raspberry Zipper**

- 1 Package PROFAST Vanilla Shake
- 1 oz. Raspberry Syrup (Sugar-Free)
- 8 oz. Very Cold Water

*Add ingredients into a blender and mix until smooth.*

## **Apricot Cream**

- 1 Package PROFAST Vanilla Shake
- 1 Tbsp. Apricot Gelatin (Sugar-Free)
- 8 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*



## **Grape**

- 1 Package PROFAST Vanilla Shake
- 1 Packet Grape Drink Mix (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Caramel Swirl**

- 1 Package PROFAST Vanilla Shake
- 1 oz. Caramel Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Peppermint Patty**

- 1/2 Package PROFAST Vanilla Shake
- 1/2 Package PROFAST Chocolate Shake
- 1 Tsp. Peppermint Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Coconut Banana Cream

- 1 Package PROFAST Vanilla Shake
- 1 Tsp. Coconut Extract
- 1 Tbsp. Banana Pudding (Sugar-Free) (Powder)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Mounds

- 1/2 Package PROFAST Vanilla Shake
- 1/2 Package PROFAST Chocolate Shake
- 1 Tsp. Coconut Extract
- 1 oz. Caramel Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Lemon Squeeze

- 1 Package PROFAST Vanilla Shake
- 1 Tsp. Lemon Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Vanilla Cream

- 1 Package PROFAST Vanilla Shake
- 1 Tsp. Vanilla Extract
- 8 oz. Diet Cream Soda

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup.*

## Recipe Tip

Mix 1/2 Cup of fat-free, sugar-free, plain yogurt into 1 Package of your favorite PROFAST Shake Mix for a healthy snack.

# Strawberry PROFAST Shake Recipes

## Very Berry

- 1 Package PROFAST Strawberry Shake
- 8 oz. Cold Water
- 1 Tbsp Blueberry Syrup (Sugar-Free)
- 2 Tbsp Non-Fat, Plain Greek Yogurt

*Add ingredients into a blender and mix until smooth.*

## Strawberry Sweetie

- 1/2 Package PROFAST Strawberry Shake
- 1/2 Package PROFAST Strawberry -Kiwi Juice Mix
- 2 Tbsp. Raspberry Syrups (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Strawberry Lemonade

- 1 Package PROFAST Strawberry Shake
- 1 Package Lemonade Drink Mix (Sugar-Free)
- 8 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*



## Strawberry Smoothie

- 1 Package PROFAST Strawberry Shake
- 8 oz. Cold Water
- 1 Tbsp. Strawberry Preserves (Sugar-Free)
- 1/4 C Plain Greek Yogurt

*Add ingredients into a blender and mix until smooth.*

## Tropical Berry

- 1 Package PROFAST Strawberry Shake
- 8 oz. Cold Water
- 1 Tsp. Coconut Extract
- 1 Tsp Pineapple Jello Powder (Sugar-Free)
- 1/2 C Plain Greek Yogurt

*Add ingredients into a blender and mix until smooth.*

## **Strawberry Banana**

1/2 Package PROFAST Strawberry Shake  
1/2 Package PROFAST Banana Shake  
8 oz. Cold Water  
Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Razz-A-Ma-Tazz**

1 Package PROFAST Strawberry Shake  
8 oz. Cold Water  
1 Tbsp. Raspberry Syrup (Sugar-Free)  
Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Hula-Hula Cocktail**

1 Package PROFAST Strawberry Shake  
8 oz. Cold Water  
1 Tsp. Pineapple Extract  
Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Berry Cream Soda**

1 Package PROFAST Strawberry Shake  
8 oz. Diet Cream Soda

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup and pour into a glass.*

## **Strawberry Delight**

1 Package PROFAST Strawberry Shake  
8 oz. Cold Water  
1 Tsp. Strawberry Extract  
1 Tsp. Vanilla Extract  
Ice Cubes

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup and pour into a glass.*

## **Strawberry Soda**

1 Package PROFAST Strawberry Shake  
8 oz. Diet Strawberry Soda

*Add ingredients into a blender and mix until smooth.*

## **Recipe Tip**

Top your PROFAST shake with 1 Tablespoon of non-dairy whipped topping like Cool Whip.  
(Limit to 1-2 per day)



# Strawberry PROFAST Shake Recipes

## **Strawberry Coconut**

- 1 Package PROFAST Strawberry Shake
- 1 Tsp. Coconut Extract
- 1 Tsp. Strawberry Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Strawberry Pineapple**

- 1 Package PROFAST Strawberry Shake
- 1 Tsp. Pineapple Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Berry Zinger**

- 1 Package PROFAST Strawberry Shake
- 1 oz. Raspberry Syrup (Sugar-Free)
- 8 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*



## **Lemon Berry**

- 1 Package PROFAST Strawberry Shake
- 1 Tbsp. Lemon Jello Powder (Sugar-Free)
- 1/4 C Plain Greek Yogurt
- 8 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*

## **Berry Mint**

- 1 Package PROFAST Strawberry Shake
- 1 Tsp. Peppermint Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Berry Banana Cream**

- 1 Package PROFAST Strawberry Shake
- 1 Tsp. Coconut Extract
- 1 Tbsp. Banana Pudding Powder (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Berry Blast**

- 1 Package PROFAST Strawberry Shake
- 1 Tsp. Raspberry Syrup (Sugar-Free)
- 1 Tsp. Blueberry Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Creamy Strawberry**

- 1 Package PROFAST Strawberry Shake
- 1 Tsp. Strawberry Preserves (Sugar-Free)
- 1 Tbsp Fat-Free Cream Cheese

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup.*

## **Recipe Tip**

Mix 1 Package of your favorite PROFAST Shake Mix into your morning, afternoon or evening coffee.

# Chocolate PROFAST Shake Recipes

## Very Chocolate

- 1 Package PROFAST Chocolate Shake
- 2 Tsp. Chocolate Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Nut Fudge Drink

- 1 Package PROFAST Chocolate Shake
- 1 Tsp Walnut Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Cherry Chocolate

- 1 Package PROFAST Chocolate Shake
- 1 Tsp Cherry Preserves (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*



## Italian Coffee

- 1 Package PROFAST Chocolate Shake
- 1 Tsp.. Instant Decaf. Coffee
- 1/2 Tsp Anise Extract
- 1/2 Tsp Mint Extract
- 8 oz. Hot Water

*Add ingredients into a blender and mix until smooth.*

## Chocolate Lemon

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Lemon Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Orange Tootsie**

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Orange Extract
- Dash of Nutmeg
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Berry Chocolate**

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Strawberry Preserves (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Gone Nuts**

- 1 Package PROFAST Chocolate Shake
- 2 Tbsp Hazelnut Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Cafe Au Lait**

- 1 Package PROFAST Chocolate Shake
- 8 oz. Hot Coffee

*Using a hand whisk, gently mix the shake powder with coffee in your coffee mug.*

## **Dr. Pepper Delight**

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Vanilla Extract
- 8 oz. Diet Dr. Pepper

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup and pour into a glass.*

## **Chocolate Pistachio**

- 1 Package PROFAST Chocolate Shake
- 1 Tbsp. Pistachio Pudding (Sugar-Free)  
(Powder)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Recipe Tip**

Make any shake into a pudding by adding less liquid.

# Chocolate PROFAST Shake Recipes

## **Chocolate Strawberry**

- 1 Package PROFAST Chocolate Shake
- 1 Tbsp. Strawberry Preserves (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Chocolate Heaven**

- 1 Package PROFAST Chocolate Shake
- 1 oz. Chocolate Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Choco-berry Zipper**

- 1 Package PROFAST Chocolate Shake
- 1 oz. Raspberry Syrup (Sugar-Free)
- 8 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*

## **Monk's Corner Mudd**

- 1 Package PROFAST Chocolate Shake
- 1/2 Package Profast Irish Cream
- 1 Shot Kahlua Syrup (Sugar-Free)(Non-Alcoholic)
- 8 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*



## **Cocoa-Caramel**

- 1 Package PROFAST Chocolate Shake
- 1 oz. Caramel Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Chocolate Mint**

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Peppermint Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Chocolate Coconut

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Coconut Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Almond Joy

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Almond Extract
- 1 Tsp. Coconut Extract
- 1 oz. Caramel Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Lemon Squeeze

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Lemon Extract
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Chocolate Cream

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Chocolate Extract
- 8 oz. Diet Cream Soda

*Using a hand whisk, gently mix the shake powder and soda into a measuring cup.*

## Recipe Tip

Mix powdered additives (jello powder, pudding, drink mixes) into the liquid (water, coffee, soda) before adding the shake mix.

# Extra PROFAST Recipes

## Chocolate Almond

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Almond Extract
- 1/4 Cup Non-Dairy Whipped Topping
- 3-4 oz. Cold Water

*Mix Profast shake with almond extract, chill. Spread whipped topping in a dessert bowl to cover the bottom and sides of the dish. Add the chilled pudding to the center of the prepared dessert bowl and spread to the edge.*

## Caramel Cheesecake

- 1 Package PROFAST Cheesecake Shake
- 1 Tbsp. Caramel Syrup (Sugar-Free)
- 1 Tbsp Fat-Free Cream Cheese
- 6 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*

## Berry Cheesecake

- 1/2 Package PROFAST Cheesecake Shake
- 1/2 Package PROFAST Strawberry Smoothie
- 1 Tbsp Fat-Free Cream Cheese
- 6 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*

## Oatmeal Pancakes

- 1 Package PROFAST Oatmeal
- 1/2 Tsp baking powder
- 2 Egg Whites
- Water

*Mix the Oatmeal, baking powder, and egg whites with 2-4 ounces of water. Start with 2 oz. and gradually add water until you have a batter type consistency. Spray a non-stick skillet with cooking spray and cook as you would a pancake.*

## Banana Bread

- 1 Package PROFAST Banana Shake
- 1/2 Cup Plain Greek Yogurt
- 1/2 Tsp Ground Cinnamon
- 1/8 Tsp. Ground Nutmeg
- 1/8 Tsp Ground Allspice
- 6 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Berry Chocolate

- 1 Package PROFAST Chocolate Shake
- 1 Tsp. Strawberry Preserves (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Banana Nut Bread**

- 1 Package PROFAST Banana Shake
- 1/2 Cup Plain Greek Yogurt
- 1/2 Tsp. Walnut Extract
- 1/2 Tsp Ground Cinnamon
- 1/8 Tsp. Ground Nutmeg
- 1/8 Tsp Ground Allspice
- 6 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Gone Nuts**

- 1 Package PROFAST Chocolate Shake
- 2 Tbsp Hazelnut Syrup (Sugar-Free)
- 8 oz. Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Lemon Cheesecake**

- 1 Package PROFAST Vanilla Shake
- 1 small box Lemon Jello (Sugar-Free)
- 1/2 Lemon (Juice and Zest)
- 1 Tbsp Splenda
- 2 Tbsp Fat-Free Cream Cheese

*Prepare the jello mix with 1 1/2 Cups of water. Mix the dry ingredients (shake and Splenda). Add 1/4 Cup of jello liquid and mix. Add the cream cheese and stir until blended. Add the rest of the jello liquid, lemon juice and zest. Mix well and*

*refrigerate until firm*

*\*This can be made with any sugar-free flavor you choose.*

## **Apples-N-Cinnamon Muffins**

- 1 Package PROFAST Apples-N-Cinnamon Oatmeal
- 1/8 Tsp. Cinnamon
- 1 Tsp Splenda
- 1/8 Tsp. baking powder
- 1/2 Tsp. Vanilla Extract
- 1/2 Tsp Butter Extract
- 2 Egg Whites

*Preheat oven to 350 degrees. Mix dry ingredients and then add the egg whites and a little water (one teaspoon at a time until just moist). Scoop into a mini muffin pan sprayed with a non-stick cooking spray. Bake for 12-15 minutes.*

## **Vanilla Cheesecake**

- 1 Package PROFAST Cheesecake Shake
- 2 Tsp. Vanilla Extract
- 1 Tbsp. Fat-Free Cream Cheese
- 6 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*



# Extra PROFAST Recipes

## **Chocolate Brownie Muffins**

- 1 Package PROFAST Apples-N-Cinnamon Oatmeal
- 1 Tsp. Splenda
- 1/8 Tsp. Baking Powder
- 2 Tsp. Cocoa
- 1 Tsp. Vanilla Extract
- 1 Tsp. Butter Extract
- 2 Egg Whites

*Preheat oven to 350 degrees. Mix the dry ingredients and then add the egg whites, extracts, and a little water (one teaspoon at a time until moist). Scoop into a mini muffin pan sprayed with Pam and bake for 12-15 minutes.*

## **Cherry Cheesecake**

- 1 Package PROFAST Cheesecake Shake
- 1 Tbsp. Cherry Preserves (Sugar-Free)
- 1 Tsp. Vanilla Extract
- 2 Tbsp Non-Fat, Plain Greek Yogurt
- 8 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*

## **Lemon Cheesecake**

- 1 Package PROFAST Cheesecake Shake
- 1 Tsp. Vanilla Extract
- 2 Tsp Lemon Extract
- 2 Tbsp. Non-Fat, Plain Greek Yogurt
- 6 oz. Cold Water

*Add ingredients into a blender and mix until smooth.*

## **Cold Coffee Shake**

- 1 Package PROFAST Vanilla Shake
- 1/2 Package PROFAST Amaretto Hot Chocolate
- 2 Tbsp. Caramel Syrup (Sugar-Free)
- 8 oz. Cold Coffee
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## **Green Smoothie**

- 1 Package PROFAST Pineapple-Orange Smoothie
- 2 Cups chopped Kale
- 1 Tbsp. Flaxseed
- 1/2 Cup Cold Water
- Ice Cubes

*Add ingredients into a blender and mix until smooth.*

## Standard Weights & Measurements

All recipes make 1 serving size.

Serving size is 8 ounces unless otherwise indicated.

<b>Cup</b> (C)	<b>Ounce</b> (oz)	<b>Tablespoon</b> (Tbsp)	<b>Teaspoon</b> (Tsp)
1 C	8 oz	16 Tbsp	48 Tsp
1/2 C	4 oz	8 Tbsp	24 Tsp
1/4 C	2 oz	4 Tbsp	12 Tsp
1/8 C	1 oz	2 Tbsp	6 Tsp
1/16 C	.5 oz	1 Tbsp	3 Tsp