



TECHNOLOGIES  
ANTI-AGING / PREVENTATIVE  
MEDICINE SPECIALISTS

PRESCRIBED BY DOCTORS  
RECOMMENDED BY PHARMACISTS™

## **SOLAL WHEY PROTEIN SHAKE RECIPES**

### **VANILLA, CHOCOLATE, STRAWBERRY, BANANA AND CAPPUCCINO FLAVOURS:**

#### **NUTTY CHOC**

1 cup skimmed milk  
2 tbsp natural peanut butter  
2 scoop Solal Technologies Whey Protein Chocolate powder  
5 ice cubes  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

#### **BANANA & ALMOND**

1 cup skimmed milk  
1 banana  
12 - 16 almonds (or the equivalent in *shredded almonds*)  
sprinkle of cinnamon (optional)  
2 scoops Solal Technologies Whey Protein Vanilla powder  
3-5 ice cubes  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

#### **FRUIT SMOOTHIE**

1 ½ cups skimmed milk  
2 cups fruit (below is an example – think of your perfect fruit salad and go for it)  
- strawberries  
- banana  
- seedless grapes  
- pineapple  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder  
5-6 ice cubes  
1 big tbsp cottage low fat cheese  
1 scoop Solal Technologies Whey Protein Vanilla powder

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For information on anti-aging and preventative medicine products and protocols or for any health need, contact:

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### **FRAPPACINO**

1 cup of fat-free milk  
1 tablespoon of instant coffee (you can use de-caffeinated coffee at night time)  
a little cinnamon sugar and vanilla flavoring  
1 scoop Solal Technologies Whey Protein Chocolate powder ice cubes  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

### **STRAWBERRY SMOOTHIE**

2 Cups skimmed milk  
10 strawberries  
1 cup plain fat-free yogurt  
1 scoop Solal Technologies Whey Protein Strawberry powder  
ice cubes  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

### **PEANUT STRAWBERRY SHAKE**

2 cups skimmed milk  
1 cup plain fat-free yogurt  
8 strawberries  
2 tbsp natural peanut butter  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder  
1 cup dry rolled oats  
1 scoop Solal Technologies Whey Protein Strawberry powder  
few ice cubes

### **THE BIG CHOCOLATE**

2 cups whole milk  
2 scoops vanilla ice cream  
½ cup dry rolled oats  
4 tablespoons cocoa powder  
2 scoops Solal Technologies Whey Protein Chocolate powder  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

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### **CHOCOLATE & VANILLA MANGO**

1 cup skimmed milk  
1 cup chopped fresh mango (or canned)  
1 tsp vanilla essence  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder  
1 scoop Solal Technologies Whey Protein Chocolate powder  
1 scoop Solal Technologies Whey Protein Vanilla powder  
ice cubes

### **CHOCO SHAKE**

1 cup skimmed milk  
15-20 blueberries  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder  
1 scoop Solal Technologies Whey Protein Chocolate powder  
ice cubes

### **CINNAMON CHOC & NUT**

1½ cup skimmed milk  
½ cup fat free cottage cheese  
1 tbsp natural peanut butter  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder  
dash of cinnamon  
1 scoop Solal Technologies Whey Protein Chocolate powder  
ice cubes

### **MINT-CHOC FRUIT COFFEE**

1 cup skimmed milk  
½ cup mixed fresh or frozen fruits  
1 tsp instant coffee  
1 drop of peppermint extract  
1 scoop Solal Technologies Whey Protein Chocolate powder  
ice cubes  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

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### **MOCCACHION**

1 cup cooled down cocoa (1 cup water mixed with 2 tsp cocoa powder)  
½ cup full cream  
1 tsp instant coffee or espresso powder (if you can take the stronger taste)  
honey to taste (some people might prefer an alternative sweetener)  
½ tsp vanilla essence  
1 scoop Solal Technologies Whey Protein Chocolate powder  
ice cubes  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

### **APPLE & BRAN DRINK**

1 ½ - 2 cups apple juice  
½ apple  
2 cups natural plain yoghurt (fat-free)  
½ cup a bran-type cereal (such as All Bran, etc)  
2 scoops Solal Technologies Whey Protein Vanilla powder  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

### **PINEAPPLE & VANILLA WHEY**

1 cup skimmed milk  
½ cup pineapple juice  
canned pineapple chunks to taste  
1 scoop Solal Technologies Whey Protein Vanilla powder

### **CHOCOLATE ORANGE SMOOTHIE**

1 cup skimmed milk  
tbsp concentrated orange juice  
1 fresh orange (peeled of course)  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder  
1 scoop Solal Technologies Whey Protein Chocolate powder  
ice cubes

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**COCONUT & ALMOND CHOCOLATE DRINK**

1 cup skimmed milk  
½ tsp coconut extract (can be replaced with coconut milk / cream or desiccated coconut)  
12 - 16 almonds  
1-2 teaspoons Naturally Sweet Sucralose Powder  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder  
3-5 ice cubes (optional)

**RAISIN-NUT SHAKE**

1 ½ cups skimmed milk  
½ cup shredded almonds  
1 tbsp of natural peanut butter  
½ cup of raisins  
½ cup dry rolled oats  
1 scoop Solal Technologies Whey Protein Vanilla powder  
1-2 teaspoons Solal Technologies Naturally Sweet Sucralose Powder

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