

nutreat[®]

Pro 40

Heat Stable
Formulation

High Protein
Supplement
with 20 Vitamins
& Minerals

- ✓ A serve provides a Formulated Meal Replacement
- ✓ High Protein ✓ High Energy
- ✓ Heat Stable Protein
- ✓ 20 Vitamins & Minerals ✓ Gluten Free

Neutral Flavour

Recipe Book

Introduction

PRO 40

PRO 40 is a high protein, high energy supplement powder with 20 vitamins & minerals. It is an Australian owned & made product that has been developed in conjunction with food scientists & dietitians in Australia. It is targeted towards the elderly & those at risk of nutritional compromise.

PRO 40 compares favourably against all currently available supplements, as 40g of PRO 40 meets the Formulated Meal Replacement requirements (when mixed with milk). It is therefore suitable as a sole source of nutrition or as a supplement to the normal diet for those with disease related malnutrition.

PRO 40 can be used to fortify all of the following: regenerated cook / chill meals, soups, beverages, eggs, mashed vegetables, casseroles, stews, curries, porridge & desserts.

Mixing Instructions

Mix 40g (1 scoop = 1/3 metric cup) of PRO 40 into 200ml of water or milk. Stir until dissolved before serving.

If mixed with milk, a serve provides a Formulated Meal Replacement.

PRO 40 is available in a neutral flavour so that it can be mixed into beverages as well as food.

Measurements

1 cup = 250ml

1 teaspoon (tsp) = 5g

1 tablespoon (tbsp) = 20g

1 scoop PRO 40 powder = 40g



PRO 40 Nutrition Analysis

NUTRITION INFORMATION					
SERVINGS PER PACKAGE: 250			SERVING SIZE: 40g		
DESCRIPTION	PER	PERSERVE	% RDI	PERSERVE	% RDI
	100g	WITH 100ml WATER	WITH 100ml WATER	WITH 100ml MILK	WITH 100ml MILK
Energy (kJ)	1590	636		917	
Protein (g)	40	16	25%	19	30%
Total Fat (g)	2.0	0.8		4.6	
Saturated Fat (g)	1.3	0.5		3.0	
TotalCarbohydrate(g)	48.6	19.4		24	
Sugar (g)	40.9	16		21	
Vitamin A (ug)	863	345	38%	391	43%
Thiamin-VitB1 (mg)	1.0	0.3	25%	0.35	29%
Riboflavin-VitB2(mg)	1.0	0.4	29%	0.6	44%
Niacin - Vit B3 (mg)	10.0	4.0	25%	4.0	25%
Folate (ug)	250	100	25%	100	25%
Vit B6 (mg)	1.0	0.4	25%	0.4	25%
Vit B12 (ug)	4.2	1.7	71%	2.1	89%
Vit C (mg)	29	11	25%	11.4	25%
Vit D (ug)	10	4.0	50%	4.0	50%
Vit E (mg)	6.4	2.6	26%	2.6	26%
Calcium (mg)	730	292	29%	409	41%
Iodine (ug)	150	60	40%	60	40%
Iron (mg)	6.0	2.4	30%	2.4	30%
Magnesium (mg)	263	105	25%	115	27%
Phosphorus (mg)	625	250	25%	250	25%
Zinc (mg)	9	3.5	25%	3.5	25%
Potassium (mg)	1100	440		572	
Copper (mg)	0.05	0.02		0.02	
Selenium (ug)	20	7.9		8	
Sodium (mg)	267	107		148	

INGREDIENTS: Skim milk powder, Whey Protein Concentrate, Dextrose (from Corn), Glucose syrup solids (from Corn), Natural Flavours, Vitamins (A, C, B3 (Niacin), E, B6, Folate, D, B12, B2 (Riboflavin), B1 (Thiamin)), Minerals (Potassium, Calcium, Phosphorus, Magnesium, Sodium, Zinc, Iron, Copper, Iodine, Selenium).

Contains Milk and traces of Soy



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Breakfast



Cereal

Serves 1

Ingredients:

1 scoop (40g) Pro 40 powder

30ml water

Full cream milk

Breakfast cereal of choice

Nutrition Information Per Serve

Yield	g	212.5
Energy	kJ	1217
Protein	g	21.5
Fat	g	5.5
Saturated Fat	g	3.5
Carbohydrate	g	38
Sugar	g	12
Dietary Fibre	g	0.5
Sodium	mg	128.54
Potassium	mg	440
Vitamin A	g	345
Vitamin D	ug	8.7
Vitamin E	mg	6.2
Calcium	mg	429

Method:

1. Dissolve Pro 40 powder in 30ml of water
2. Pour over your breakfast cereal of choice
3. Add milk to taste

Good source of Vitamins A & D and Calcium
High Protein & Energy Dense





Porridge

Serves 1

Ingredients:

- 1 scoop (40g) Pro 40 powder
- ¼ cup (30g) rolled oats
- ½ cup (125ml) full cream milk
- ½ cup (125ml) water

Nutrition Information Per Serve

Yield	g	325
Energy	kJ	1484
Protein	g	22.8
Fat	g	8.4
Saturated Fat	g	4.3
Carbohydrate	g	45.4
Sugar	g	12.5
Dietary Fibre	g	2.8
Sodium	mg	124
Potassium	mg	421
Vitamin A	g	391
Vitamin D	ug	8.7
Vitamin E	mg	6.1
Calcium	mg	429

Method:

Stove:

1. Mix oats, milk & water together in a saucepan
2. Over medium heat, stir & bring to the boil
3. Decrease heat & simmer until soft (~5 minutes)
4. Remove from heat & mix in Pro 40 powder

Microwave:

1. Mix oats, milk & water together in a microwavable bowl
2. Cook on high for 3 minutes (uncovered)
3. Remove & stir
4. Cook on high until soft (~2 minutes)
5. Remove & mix in Pro 40 powder

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Scrambled eggs

Serves 4

Ingredients:

4 scoops (160g) Pro 40 powder

8 eggs

½ cup (125ml) full cream milk

1 tbsp (20g) butter

Salt & pepper to taste

Nutrition Information Per Serve

Yield	g	185
Energy	kJ	1479
Protein	g	29.8
Fat	g	16.1
Saturated Fat	g	7.7
Carbohydrate	g	22.3
Sugar	g	6.8
Dietary Fibre	g	<1.0
Sodium	mg	292
Potassium	mg	312
Vitamin A	g	550
Vitamin D	ug	9.1
Vitamin E	mg	8.8
Calcium	mg	361

Method:

Stove:

1. Whisk together Pro 40 powder, eggs, milk, salt & pepper
2. Over gentle heat melt butter in saucepan & add egg mixture
3. Lift & fold until all the mixture is cooked

Microwave:

1. Whisk together Pro 40 powder, eggs, milk, salt & pepper in a microwavable bowl
2. Cover bowl & microwave for 1 minute
3. Remove & stir
4. Continue until cooked through.

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Pikelets

Serves 8 (1 serve = 2 pikelets)

Ingredients:

4 scoops (160g) Pro 40 powder

2 eggs

¾ cup (190ml) full cream milk

1 cup (140g) self-raising flour

½ cup (90g) caster sugar

Nutrition Information Per Serve

Yield	g	85
Energy	kJ	906
Protein	g	12
Fat	g	2.9
Saturated Fat	g	1.5
Carbohydrate	g	35.4
Sugar	g	15
Dietary Fibre	g	<1.0
Sodium	mg	186
Potassium	mg	153
Vitamin A	g	194
Vitamin D	ug	4.2
Vitamin E	mg	3.4
Calcium	mg	186

Method:

1. Combine self-raising flour & caster sugar
2. Whisk together Pro 40 powder, eggs & milk, add to flour mix
3. Over medium heat add small amount of butter/cooking spray to a frying pan
4. Place heaped table spoonfuls of mixture into the pan
5. Cook until bubbles appear on surface (~few minutes)
6. Flip & cook until golden in colour

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Soups



Pumpkin & Sweet Potato Soup

Serves 8

Ingredients:

8 scoops (320g) Pro 40 powder
700ml full cream milk
1 medium brown onion (roughly chopped)
500g pumpkin (peeled & diced)
1 medium sweet potato (peeled & diced)
6 chicken stock cubes
Salt & pepper to taste

Nutrition Information Per Serve

Yield	g	295
Energy	kJ	1389
Protein	g	24.4
Fat	g	6.3
Saturated Fat	g	3.9
Carbohydrate	g	42.3
Sugar	g	18.9
Dietary Fibre	g	3
Sodium	mg	717
Potassium	mg	754
Vitamin A	g	1284
Vitamin D	ug	9.6
Vitamin E	mg	7.1
Calcium	mg	486

Method:

1. Place vegetables, milk & stock in saucepan
2. Cover & bring to boil
3. Turn heat to low & simmer (~30 minutes)
4. Remove from heat when vegetables are soft
5. Puree until smooth consistency
6. Return soup to saucepan & reheat
7. Mix through Pro 40 powder until dissolved

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Purchased Tinned Soup

Serves 4

Ingredients:

4 scoops (160g) Pro 40 powder
1 tin (420g) store bought creamy soup
(eg. Cream of mushroom/vegetable)
Full cream milk

Nutrition Information Per Serve

Yield	g	185
Energy	kJ	1251
Protein	g	18.8
Fat	g	10.1
Saturated Fat	g	4.4
Carbohydrate	g	24.4
Sugar	g	8.9
Dietary Fibre	g	1.7
Sodium	mg	834
Potassium	mg	277
Vitamin A	g	352
Vitamin D	ug	8.3
Vitamin E	mg	6
Calcium	mg	345

Method:

1. Follow heating instruction as directed on tin
2. Pour soup into saucepan & mix in amount of milk as directed on tin
3. Remove saucepan from heat
4. Whisk in Pro 40 powder into soup until dissolved
5. Return soup to reheat

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Main Meals



Beef Stew

Serves 4

Ingredients:

3 scoops (120g) Pro 40 powder
400g casserole steak diced
1 onion diced
1 carrot diced
1 cup (130g) frozen peas
2 cups (250ml) beef stock
1 tbsp (60g) tomato paste
2 tbsp (20g) plain flour
2 tbsp (40ml) oil
1 tsp mixed herbs
Salt & pepper to taste

Nutrition Information Per Serve

Yield	g	285
Energy	kJ	1991
Protein	g	34.6
Fat	g	24.4
Saturated Fat	g	7.6
Carbohydrate	g	27.6
Sugar	g	9.5
Dietary Fibre	g	4.8
Sodium	mg	728
Potassium	mg	817
Vitamin A	g	736
Vitamin D	ug	6.8
Vitamin E	mg	6.1
Calcium	mg	273

Method:

Oven:

1. Preheat oven to 180 °C
2. Place flour in a bowl & mix in 2-3 tbsp beef stock to make smooth paste
3. Place paste, tomato paste, stock, herbs, beef & vegetables into casserole dish
4. Stir to combine
5. Cover & place in oven. Stir every half hour
6. Remove from oven when meat & vegetables are tender (1-2 hours)
7. Mix in Pro 40 powder & peas until well combined
8. Cover & return to oven (15 minutes)
9. Add salt & pepper to taste

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Chicken Curry

Serves 6

Ingredients:

4 scoops (160g) Pro 40 powder
400g chicken breast (cubed)
250g pumpkin cubed (skin & seeds removed)
1 jar (500g) chicken curry sauce (eg. Butter chicken sauce)
1 tbsp (20ml) oil
1 ¼ cups (230g) basmati rice
Salt & pepper to taste

Nutrition Information Per Serve

Yield	g	240
Energy	kJ	2050
Protein	g	33.6
Fat	g	13.6
Saturated Fat	g	6.4
Carbohydrate	g	56.1
Sugar	g	10.5
Dietary Fibre	g	2.6
Sodium	mg	500
Potassium	mg	697
Vitamin A	g	483
Vitamin D	ug	6.8
Vitamin E	mg	7.1
Calcium	mg	331

Method:

1. Heat oil & seal chicken on all sides. Set aside
2. In a saucepan place sauce & pumpkin, cover & bring to boil
3. Decrease heat, cover & simmer for 10 minutes
4. Add chicken & simmer until cooked
5. Stir occasionally. Do not allow to stick
6. Cook rice to packet directions
7. Remove curry from heat & mix in Pro 40 until dissolved.
8. Season to taste

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Mashed Potato

Serves 4

Ingredients:

3 scoops (120g) Pro 40 powder
375g potatoes (washed, peeled & chopped)
1 tbsp (20g) butter
Full cream milk
Salt & pepper to taste

Nutrition Information Per Serve

Yield	g	125
Energy	kJ	864
Protein	g	13.2
Fat	g	5.1
Saturated Fat	g	3.4
Carbohydrate	g	25.8
Sugar	g	4.3
Dietary Fibre	g	1
Sodium	mg	91.2
Potassium	mg	465
Vitamin A	g	290
Vitamin D	ug	6
Vitamin E	mg	4.7
Calcium	mg	220

Method:

1. Boil potatoes until tender (~15-20 minutes)
2. Drain potatoes in a colander & stand for approx. 10 minutes
3. Mash the potatoes
4. Add Pro 40 powder, butter & adequate milk to moisten,
5. Beat until fluffy
6. Season to taste

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Mashed Vegetables

Serves 4

Ingredients:

3 scoops (120g) Pro 40 powder
200g potatoes (peeled & diced)
200g sweet potato (peeled & diced)
200g pumpkin (peeled & diced)
Salt & pepper to taste

Nutrition Information Per Serve

Yield	g	180
Energy	kJ	853
Protein	g	14.5
Fat	g	1.4
Saturated Fat	g	0.8
Carbohydrate	g	31
Sugar	g	9.7
Dietary Fibre	g	3.2
Sodium	mg	65
Potassium	mg	624
Vitamin A	g	1046
Vitamin D	ug	6
Vitamin E	mg	4.7
Calcium	mg	242

Method:

1. In a saucepan place all the vegetables
2. Cover with water & bring to boil
3. Simmer until very tender (~15-20 minutes)
4. Drain vegetables in a colander & stand for approx. 10 minutes
5. Mash the vegetables
6. Add Pro 40 powder, beat with wooden spoon until smooth
7. Season to taste

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Gravy

Serves 4 (makes 1 cup)

Ingredients:

1 scoop (40g) Pro 40 powder
Gravy mix

Method:

1. Follow packet instruction to make up gravy
2. Add 1 scoop (40g) Pro 40 for every 200-250ml of prepared gravy
3. Whisk until smooth
4. Serve hot

Nutrition Information Per Serve

Yield	g	62.5
Energy	kJ	224
Protein	g	4.2
Fat	g	0.7
Saturated Fat	g	0.4
Carbohydrate	g	7.5
Sugar	g	1.2
Dietary Fibre	g	<1.0
Sodium	mg	333
Potassium	mg	42.9
Vitamin A	g	80
Vitamin D	ug	2
Vitamin E	mg	1.5
Calcium	mg	74.5

White sauce

Serves 4

Ingredients

2 scoops (80g) Pro 40 powder
1 ½ cup (375ml) milk
30g butter
3 tbsp (30g) plain flour

Method:

1. On low heat, melt butter in saucepan, stir in flour until smooth
2. Cook for 1 minute, stirring continuously
3. Add milk, stirring continuously, until smooth & thick
4. Remove from heat
5. Stir in Pro 40 until dissolved. Season.

Nutrition Information Per Serve

Yield	g	100
Energy	kJ	936
Protein	g	11.7
Fat	g	10.1
Saturated Fat	g	6.6
Carbohydrate	g	21.5
Sugar	g	8.3
Dietary Fibre	g	<1.0
Sodium	mg	119
Potassium	mg	223
Vitamin A	g	289
Vitamin D	ug	4.6
Vitamin E	mg	3.3
Calcium	mg	241

Good source of Vitamins A & D



High Protein & Energy Dense

Desserts & other treats



Vanilla Custard

Serves 4

Ingredients:

2 scoops (80g) Pro 40 powder
Custard powder OR pre-prepared custard
OR make from scratch:
300ml full cream milk
2 egg yolks
2 tsp cornflour
1 ½ tbsp. (20g) caster sugar
2 tsp vanilla essence / extract

Nutrition Information Per Serve

Yield	g	115
Energy	kJ	779
Protein	g	11.6
Fat	g	5.9
Saturated Fat	g	3.1
Carbohydrate	g	22.2
Sugar	g	12.1
Dietary Fibre	g	<1.0
Sodium	mg	71.3
Potassium	mg	192
Vitamin A	g	243
Vitamin D	ug	4.6
Vitamin E	mg	3.7
Calcium	mg	229

Method:

Using custard powder:

1. Use direction on the pack to prepare custard
2. When cooked, remove custard from heat
3. Whisk in 1 scoop (40g) Pro 40 powder per 150ml until smooth
4. Pass through sieve into jug

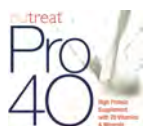
Using pre-prepared custard:

1. Place custard into bowl
2. Add 1 scoop (40g) Pro 40 powder for every 200g of custard
3. Whisk until smooth

Make from scratch:

1. Combine egg yolks, cornflour & sugar in bowl & whisk until smooth
2. Place milk in saucepan & bring to boil
3. Remove milk from heat & pour slowly onto egg mixture, whisking constantly
4. Return mixture to saucepan & cook over low heat
5. Stir constantly until thickened, do not allow to boil
6. Remove from heat & whisk in Pro 40 powder & vanilla until smooth
7. Strain custard into a jug

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Blueberry Muffins

Serves 10

Ingredients:

5 scoops (200g) Pro 40 powder
2 eggs
120ml full cream milk
4 ½ tbsp (90g) full fat sour cream
½ cup sugar
1 cup (140g) self-raising flour
½ cup (70g) dried blueberries

Nutrition Information Per Serve

Yield	g	85
Energy	kJ	954
Protein	g	11.1
Fat	g	5.7
Saturated Fat	g	3.3
Carbohydrate	g	32.9
Sugar	g	15.1
Dietary Fibre	g	<1.0
Sodium	mg	157
Potassium	mg	140
Vitamin A	g	226
Vitamin D	ug	4.2
Vitamin E	mg	3.4
Calcium	mg	177

Method:

1. Preheat oven to 200 °C
2. Lightly grease or line with muffin cups a 12-cup tray
3. Combine Pro 40, eggs, milk, sour cream & sugar in a bowl. Whisk until smooth
4. Sift flour into wet ingredients
5. Add berries & fold until combined
6. Divide mixture among 10 muffin cups
7. Bake for approx. 20 minutes or until skewer inserted in centre comes out clean

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Chocolate Cupcakes

Serves 8

Ingredients:

4 scoops (160g) Pro 40 powder

½ cup self-raising flour
1 ½ tbsp. (15g) cocoa powder
75g butter (room temperature)
½ cup brown sugar
2 eggs
2 tsp vanilla essence / extract
40g chocolate chips
60ml oil
60ml water

Nutrition Information Per Serve

Yield	g	120
Energy	kJ	2144
Protein	g	15.2
Fat	g	30
Saturated Fat	g	10.8
Carbohydrate	g	46.5
Sugar	g	26.9
Dietary Fibre	g	1.3
Sodium	mg	263
Potassium	mg	286
Vitamin A	g	460
Vitamin D	ug	6.6
Vitamin E	mg	8.9
Calcium	mg	270

Method:

1. Preheat oven to 180 °C. Place 8 paper patty cases in a muffin tray or on a baking tray
2. Sift cocoa & flour
3. In a separate bowl whisk Pro 40, water & oil until smooth
4. Beat sugar & butter until fluffy & pale. Beat in eggs one at a time, adding a little flour mix after each one. Mix in remainder flour with Pro 40 mixture. Fold in chocolate chips & vanilla
5. Separate mixture between the cupcake cases.
6. Bake for 25 minutes, or until knife inserted in centre comes out clean
7. Allow to cool before icing with frosting of choice.

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Drinks & Smoothies



Milkshake

Serves 1

Ingredients:

- 1 scoop (40g) Pro 40 powder
- 200ml full cream milk
- 1 scoop ice cream
- Flavouring of choice

Method:

1. Blend ingredients all together

Nutrition Information Per Serve

Yield	g	235
Energy	kJ	1802
Protein	g	21.9
Fat	g	18.6
Saturated Fat	g	12.1
Carbohydrate	g	44.9
Sugar	g	27.2
Dietary Fibre	g	<1.0
Sodium	mg	171
Potassium	mg	465
Vitamin A	g	532
Vitamin D	ug	8.7
Vitamin E	mg	6.2
Calcium	mg	465

**1 Serve = Formulated
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Chocolate Milkshake

Serves 2

Ingredients:

- 2 scoops (80g) Pro 40 powder
- 1 cup (250ml) full cream milk
- 2 scoops vanilla ice cream
- 2 tbsp (40ml) chocolate sauce

Method:

1. Blend together all ingredients until smooth
2. Pour mixture into 2 glasses

Nutrition Information Per Serve

Yield	g	235
Energy	kJ	1802
Protein	g	21.9
Fat	g	18.6
Saturated Fat	g	12.1
Carbohydrate	g	44.9
Sugar	g	27.2
Dietary Fibre	g	<1.0
Sodium	mg	171
Potassium	mg	465
Vitamin A	g	532
Vitamin D	ug	8.7
Vitamin E	mg	6.2
Calcium	mg	465

**1 Serve = Formulated
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Iced coffee

Serves 1

Ingredients:

- 1 scoop (40g) Pro 40 powder
- 200ml full cream milk
- 1 scoop ice cream
- 1 tsp instant coffee
- 1 tbsp hot water

Method:

1. Mix instant coffee & hot water together until dissolved
2. Blend all ingredients all together

Nutrition Information Per Serve

Yield	g	235
Energy	kJ	1802
Protein	g	21.9
Fat	g	18.6
Saturated Fat	g	12.1
Carbohydrate	g	44.9
Sugar	g	27.2
Dietary Fibre	g	<1.0
Sodium	mg	171
Potassium	mg	465
Vitamin A	g	532
Vitamin D	ug	8.7
Vitamin E	mg	6.2
Calcium	mg	465

**1 Serve = Formulated
Meal Replacement**

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Banana smoothie

Serves 2

Ingredients:

- 2 scoops (80g) Pro 40 powder
- 1 cup (250ml) full cream milk
- 1 ½ cups chopped banana

Method:

1. Blend together all ingredients until smooth
2. Pour mixture into 2 glasses

Nutrition Information Per Serve

Yield	g	215
Energy	kJ	1194
Protein	g	20.1
Fat	g	5.8
Saturated Fat	g	3.8
Carbohydrate	g	37.5
Sugar	g	18.6
Dietary Fibre	g	1.2
Sodium	mg	121
Potassium	mg	494
Vitamin A	g	392
Vitamin D	ug	8.6
Vitamin E	mg	6.1
Calcium	mg	413

**1 Serve = Formulated
Meal Replacement**

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Hot Beverages



Tea with milk

Serves 1

Ingredients:

- 1 scoop (40g) Pro 40 powder
- 1 tea bag
- 50ml full cream milk
- 200ml freshly boiled water

Method:

1. Add tea bag to mug of boiled water, brew & discard
2. Add Pro 40 & milk, stir till dissolved

Nutrition Information Per Serve

Yield	g	250
Energy	kJ	794
Protein	g	16.9
Fat	g	3.2
Saturated Fat	g	2.1
Carbohydrate	g	23.2
Sugar	g	7.7
Dietary Fibre	g	<1.0
Sodium	mg	94.5
Potassium	mg	217
Vitamin A	g	348
Vitamin D	ug	8.3
Vitamin E	mg	6
Calcium	mg	340

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Coffee with milk

Serves 1

Ingredients:

- 1 scoop (40g) Pro 40 powder
- Coffee powder/granules to taste
- 50ml full cream milk
- 200ml freshly boiled water

Method:

1. Add coffee to mug of boiled water
2. Add Pro 40 & milk, stir till dissolved

Nutrition Information Per Serve

Yield	g	250
Energy	kJ	809
Protein	g	17.1
Fat	g	3.2
Saturated Fat	g	2.1
Carbohydrate	g	24.3
Sugar	g	7.7
Dietary Fibre	g	<1.0
Sodium	mg	95.1
Potassium	mg	271
Vitamin A	g	348
Vitamin D	ug	8.3
Vitamin E	mg	6
Calcium	mg	343

Good source of Vitamins A & D and Calcium
High Protein & Energy Dense



Hot Chocolate

Serves 1

Ingredients:

1 scoop (40g) Pro 40 powder
 200ml full cream milk
 1 ½ Tbsp (20g) hot chocolate powder of choice

Method:

1. Heat the milk
2. Stir in chocolate powder until dissolved
3. Stir in Pro 40 powder until dissolved

Nutrition Information Per Serve

Yield	g	250
Energy	kJ	1546
Protein	g	23.2
Fat	g	9.4
Saturated Fat	g	6.1
Carbohydrate	g	48.8
Sugar	g	32.1
Dietary Fibre	g	<1.0
Sodium	mg	182
Potassium	mg	575
Vitamin A	g	434
Vitamin D	ug	9.1
Vitamin E	mg	6.4
Calcium	mg	498

**1 Serve = Formulated
Meal Replacement**

Good source of Vitamins A & D and Calcium
 High Protein & Energy Dense



Food Storage

Please follow the food storage recommendations below:

Store leftovers in an airtight container and refrigerate immediately. Consume or discard within two days. Alternatively freeze immediately in sealed freezer bags or containers. Food can be stored for up to six weeks in a fridge/freezer or up to three months in a chest freezer.

Reheating

Defrost overnight in the fridge or in the microwave. Most recipes can be reheated in the microwave, reheated on the stove or in the oven (160°C conventional / 140°C fan forced.)

Check that the food is hot all the way through (at least 75°C) using a meat thermometer