

Add *Variety* to Your HMR Shakes

Having lots of different ways to prepare your HMR Shakes will help keep you motivated and help you avoid boredom on your diet.



HMR diet

Try different preparation methods

- ❖ Make a creamy and filling shake by mixing it in the blender with water and ice
- ❖ Make a refreshing fruit smoothie by blending in 1 to 2 cups of fruit (frozen, fresh, or canned)
- ❖ Make a pudding (HMR 70 Plus only)
- ❖ Add fruit to an HMR 70 Plus pudding for a filling snack or meal
- ❖ Make a delicious and filling mousse or "ice cream" with a food processor
- ❖ Mix a shake using a hand shaker or a bottle of water when you're on-the-go
- ❖ Mix a hot shake - chocolate or vanilla
- ❖ Make a hot mug of HMR Chicken Soup

Create countless flavors using low-calorie add-ins

The add-ins below are intended to be used for flavorings only. In general, only use items that are 15 calories per tablespoon or less.

- ❖ Diet sodas
- ❖ Extracts
- ❖ Flavored waters (less than 10 calories per serving)
- ❖ Instant coffee
- ❖ Lemon/lime juice
- ❖ Non-caloric sweeteners
- ❖ Non-caloric syrups
- ❖ Spices
- ❖ Sugar-free drink mix (e.g., Crystal Light®)
- ❖ Sugar-free gelatin powder
- ❖ Sugar-free maple syrup (maximum amount / shake - 2 Tbsp)
- ❖ Sugar-free pudding powder, including PB2 powder (maximum amount / shake - 1 Tbsp)
- ❖ Unsweetened cocoa

FOR COFFEE / TEA ONLY

- ❖ Non-dairy creamer (less than 15 cal/Tbsp)
- ❖ Skim milk
- ❖ 1% milk