

High Protein Jell-O

Recipe from RAMC Dietitians

For Stage 1 (two parts: clear liquids and full liquids)

Ingredients:

- 1 small box Sugar-Free Jell-O
- 1 scoop of 100% Whey Protein

Instructions:

1. Follow Jell-O package directions for dissolving in 1 cup boiling water.
2. In a different bowl, add 1 cup cold water.
3. Add protein powder to cold water and stir to dissolve.
4. Combine both Jell-O mixture and protein powder mixture together and stir.
5. Chill.

Note: The added protein may settle on the bottom – the taste will not be changed.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 50	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 18 mg	6 %
Sodium 84 mg	3 %
Potassium 43 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 7 g	14 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	0 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



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