

CHOCOLATE PROTEIN PANCAKES

FOR MEN

Serves: 1

Prep: 15 minutes

Cook: 8 minutes

NUTRITION FACTS

Amount Per Serving

Calories	995	Folate	193mcg
Protein (g)	72g	Thiamin	1mg
Carbohydrate (g)	149g	Riboflavin	3mg
Dietary Fiber	20g	Niacin	22mg
Total Sugars	74g	Calcium	1170mg
Total Fat	20g	Potassium	2988mg
Saturated Fat	6g	Sodium	1066mg
Polyunsaturated Fat	3g	Copper	1.1mg
Monounsaturated Fat	6g	Iron	24.6mg
Cholesterol	230mg	Magnesium	251mg
Vitamin A	824mcg	Phosphorus	1473mg
Vitamin B6	1.5mg	Selenium	135mcg
Vitamin B12	4mcg	Zinc	5.9mg
Vitamin C	121mg		
Vitamin D	3mcg		
Vitamin E	8mg		
Vitamin K	17mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

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| 1 cup sliced banana, raw | 1 cup halves strawberries, raw |
| 1 tsp morsels, chocolate chips, semi sweet | 3 individual packets sugar substitute, herbal extract sweetened, stevia powder |
| 1 tsp cinnamon | 2 medium slice, turkey bacon, cooked |
| 2 tablespoon cocoa powder, unsweetened | 6 oz. Greek yogurt, plain, fat free |
| 5 large egg whites, raw | 2 tsp wheat germ, toasted |
| 1 large Omega-3 enriched egg, raw | 1/2 cup chopped carrots, raw |
| 1 cup, regular or quick oats, uncooked | 4 halves dried apricot, uncooked |
| 1 cup skim milk | 1 mug (8 fl oz) coffee, regular |

DIRECTIONS

Pancake Cooking Directions

1. Mix together chocolate chips, cocoa powder, egg whites, whole eggs, oats, cinnamon and 2 packets of stevia. Batter should be somewhat runny/liquid enough to pour.
2. Spray a skillet with non-stick spray and heat to medium.
3. Pour the mixture into the skillet and spread it out with a spoon to a pancake shape.
4. Cook for a few minutes until you can shake the pancake free in the pan. Then flip and cook the other side until you can do the same thing.
5. Top pancakes with sliced bananas and 1/2 cup of strawberries, and serve with turkey bacon, ½ cup of raw carrots, Greek yogurt, 1 cup of skim milk and coffee.

Turkey Bacon Cooking Directions (Pan Fry)

1. Preheat a nonstick skillet or electric griddle over medium heat (375°F).
2. Heat slices for 6-7 minutes or until desired crispness, turning frequently.
3. For crispier bacon; Lightly spray skillet with nonstick cooking spray before heating bacon.

Greek Yogurt Directions

1. Combine fat-free plain Greek yogurt, 1/2 cup strawberries, toasted wheat germ and 1 stevia packet in a small bowl and top with apricot.

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CHOCOLATE PROTEIN PANCAKES

FOR WOMEN

Serves: 1

Prep: 15 minutes

Cook: 8 minutes

NUTRITION FACTS

Amount Per Serving

Calories	660	Folate	119mcg
Protein (g)	40g	Thiamin	1mg
Carbohydrate (g)	115g	Riboflavin	2mg
Dietary Fiber	14g	Niacin	16mg
Total Sugars	57g	Calcium	801mg
Total Fat	12g	Potassium	2122mg
Saturated Fat	3g	Sodium	400mg
Polyunsaturated Fat	1g	Copper	0.9mg
Monounsaturated Fat	3g	Iron	18.1mg
Cholesterol	200mg	Magnesium	183mg
Vitamin A	287mcg	Phosphorus	897mg
Vitamin B6	1mg	Selenium	91mcg
Vitamin B12	2mcg	Zinc	3.1mg
Vitamin C	44mg		
Vitamin D	3mcg		
Vitamin E	6mg		
Vitamin K	4mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

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|--|--|
| 1 cup sliced banana, raw | 3/4 cup, regular or quick oats, uncooked |
| 1 tsp morsels, chocolate chips, semi-sweet | 1 cup skim milk |
| 1 tsp cinnamon | 1/4 cup sliced strawberries, raw |
| 2 tablespoon cocoa powder, unsweetened | 2 individual packets sugar substitute, herbal extract sweetened, stevia powder |
| 4 large egg whites, raw | 4 halves dried apricot, uncooked |
| 1 large Omega-3 enriched egg, raw | 1 mug (8 fl oz) coffee, regular |

DIRECTIONS

Pancake Cooking Directions

1. Mix together chocolate chips, cocoa powder, egg whites, whole egg, oats, cinnamon and 2 packets of stevia. Batter should be somewhat runny/liquid enough to pour.
2. Spray a skillet with non-stick spray and heat to medium.
3. Pour the mixture into the skillet and spread it out with a spoon to a pancake shape.
4. Cook for a few minutes until you can shake the pancake free in the pan. Then flip and cook the other side until you can do the same thing.
5. Top pancakes with sliced bananas, $\frac{1}{4}$ cup strawberries and apricots and serve with 1 cup of skim milk and coffee.

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