new direction®
weight control system

Recipe Book

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Chocolate Soufflé

1 pkt. **New Direction**® Chocolate Beverage

½ pkg. Knox® Gelatin

1 tsp. vanilla

5 oz. boiling water

Nutrition Info:
Additional Calories: 21
Additional Carbohydrate: 0g

1. Preheat toaster oven to 350° F.
2. Mix boiling water and gelatin.
3. Add **New Direction**® chocolate powder and mix.
4. Stir in vanilla.
5. Pour into a small baking dish and bake 20-25 minutes.
6. Serve immediately.

Chicken Biscuits

1 pkt. **New Direction**® Chicken Soup
1 tsp. baking powder
2 Tbsp. plus
1 tsp. water
Mrs. Dash® to taste

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 1 g
Additional Sodium: 488 mg*

1. Preheat oven to 350° F.
2. Mix dry ingredients.
3. Add water and mix lightly. Batter will be lumpy.
4. Spoon mixture into mini-muffin cups sprayed with vegetable oil spray.
5. Bake for 5½-6 minutes or until tops of biscuits are brown.
6. Eat while warm.

Pumpkin Biscuits

1 pkt. **New Direction**® Vanilla Beverage
1 tsp. baking powder
2 pkt. calorie-free sweetener
1 tsp. pumpkin pie spice
4 Tbsp. water

Nutrition Info:
Additional Calories: 16
Additional Carbohydrate: 4.5 g
Additional Sodium: 488 mg*

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. Add water.
4. Whip with a fork until well mixed.
5. Spoon mixture into mini-muffin cups sprayed with vegetable oil spray.
6. Bake 5½-6 minutes.

Makes 10-12 mini biscuits.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Muffins

1 pkt. **New Direction®** Vanilla Beverage

1 tsp. baking powder

1 pkt. calorie-free sweetener

(Optional) Extract, any flavor, to taste
[each ¼ tsp. adds about 2 calories]

7 Tbsp. water

1. Preheat oven to 325° F.
2. Mix dry ingredients.
3. Add water until mixture has a cake batter consistency.
4. Add mixture to muffin pan sprayed with vegetable oil spray.
5. Bake for 10 minutes.

Nutrition Info:
Additional Calories: 6-8
Additional Carbohydrate: 2 g
Additional Sodium: 488 mg*

Chocolate Muffins

1 pkt. **New Direction®** Chocolate Beverage

1 tsp. cocoa

1 tsp. baking powder

1 pkt. calorie-free sweetener

(Optional) Extract, any flavor, to taste
[each ¼ tsp. adds about 2 calories]

7 Tbsp. water

1. Preheat oven to 325° F.
2. Mix dry ingredients.
3. Add water until mixture has a cake batter consistency.
4. Add mixture to muffin pan sprayed with vegetable oil spray.
5. Bake for 10 minutes.

Nutrition Info:
Additional Calories: 10-12
Additional Carbohydrate: 2 g
Additional Sodium: 488 mg*

Chocolate Almond Muffins

1 pkt. **New Direction®** Chocolate Beverage

2 pkt. calorie-free sweetener

1 tsp. baking powder

4 Tbsp. water

1 tsp. almond extract

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. Add water.
4. Whip with a fork until well mixed.
5. Spoon mixture into a mini-muffin tin sprayed with vegetable oil spray.
6. Bake 5½-6 minutes.

Nutrition Info:
Additional Calories: 18
Additional Carbohydrate: 3.5 g
Additional Sodium: 488 mg*

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Orange Muffins

1 pkt. **New Direction**® Vanilla Beverage
1 tsp. baking powder
2 pkt. calorie-free sweetener
3½ Tbsp. water
1 tsp. orange extract

Nutrition Info:
Additional Calories: 18
Additional Carbohydrate: 3.5 g
Additional Sodium: 488 mg*

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. Add water and orange extract.
4. Whip with a fork until well mixed (there will be some lumps).
5. Spoon mixture into a mini-muffin tin sprayed with vegetable oil spray.
6. Bake 5½-6 minutes.

Lemon Muffins

1 pkt. **New Direction**® Lemon Beverage
1 tsp. baking powder
2 pkt. calorie-free sweetener
3½ Tbsp. water
1 tsp. lemon extract

Nutrition Info:
Additional Calories: 18
Additional Carbohydrate: 3.5 g
Additional Sodium: 488 mg*

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. Add water and lemon extract.
4. Whip with a fork until well mixed (there will be some lumps).
5. Spoon mixture into a mini-muffin tin sprayed with vegetable oil spray.
6. Bake 5½-6 minutes.

Pineapple/Apricot Muffins

1 pkt. **New Direction**® Vanilla Pudding
1 pkt. **New Direction**® Vanilla Beverage
2 pkt. **New Direction**® Pineapple Apricot Drink
4 tsp. baking powder
½ tsp. coconut extract
½ tsp. rum extract
½ tsp. butter flavoring/extract
water (approx. 1 cup)

Nutrition Info (per serving):
Additional Calories: 6
Additional Carbohydrate: 1.5 g
Additional Sodium: 488 mg*

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. While whipping with a wire whisk, add flavorings and enough water until consistency of cake batter.
4. Spoon mixture into a mini-muffin tin sprayed with vegetable oil spray.
5. Bake 5½-6 minutes.

Makes 4 servings.

Suggestion: Freeze extra servings in individual freezer bags to defrost fresh when you're on-the-go.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Chocolate Brownies (microwaved)

1 pkt. **New Direction**® Chocolate Beverage
1 tsp. cocoa
1 pkt. calorie-free sweetener
¼-½ cup water

Nutrition Info:
Additional Calories: 8
Additional Carbohydrate: 2 g

1. Mix dry ingredients.
2. Stir in water (½ cup for chewy brownies. ¼ cup for cake-like brownies).
3. Spray a 3 cup microwave-safe pan with vegetable oil spray.
4. Pour mixture into the pan and bake in the microwave on high for 3 minutes.
5. Cut into squares and serve immediately.

Note: You may need to bake an additional 1-3 minutes, depending on your microwave.

Chocolate Brownies (oven-baked)

1 pkt. **New Direction**® Chocolate Beverage
1 tsp. baking powder
2 pkt. calorie-free sweetener
⅜ cups water

Nutrition Info:
Additional Calories: 10
Additional Carbohydrate: 3 g
Additional Sodium: 488 mg*

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. Add water and whip with fork until well mixed.
4. Pour mixture into a 3 cup Pyrex® dish sprayed with vegetable oil spray.
5. Bake 10-12 minutes.

Variation: For "Blonde Brownies," substitute **New Direction**® Vanilla Beverage.

Orange Cake

1 pkt. **New Direction**® Vanilla Beverage
1 tsp. baking powder
2 pkt. calorie-free sweetener
⅜ cup water
½ tsp. orange extract

Nutrition Info:
Additional Calories: 14
Additional Carbohydrate: 3.5 g
Additional Sodium: 488 mg*

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. Add water and extract.
4. Whip with a fork until well mixed (there will be some lumps).
5. Pour mixture into a 3 cup Pyrex® dish sprayed with vegetable oil spray.
6. Bake 10-12 minutes.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Molly's Spice Cake

1 pkt. **New Direction**® Vanilla
1 pkt. calorie-free sweetener
¼ tsp. butter flavor extract
¼ tsp. baking powder
½ tsp. ground cinnamon
½ tsp. apple pie spice
¼ cup water

1. Preheat oven to 325° F.
2. Mix dry ingredients, add water and extract.
3. Spray mini-loaf pan with non-stick cooking spray.
4. Pour batter into pan.
5. Watch carefully after 6 minutes; remove from oven when batter rises.

Nutrition Info:
Additional Calories: 14
Additional Carbohydrate: 3 g
Additional Sodium: 122 mg*

Chocolate Cupcakes

1 pkt. **New Direction**® Chocolate Beverage
1 tsp. cocoa
¼ rounded tsp. baking powder
1 tsp. decaffeinated coffee crystals
2 pkt. calorie-free sweetener
½ tsp. vanilla extract
2½ Tbsp. water

1. Preheat oven to 350° F.
2. Mix together all dry ingredients.
3. Add water and extract.
4. Mix well.
5. Spoon mixture into 3 cupcake tins sprayed with vegetable oil spray.
6. Bake 8 minutes.

Nutrition Info:
Additional Calories: 20
Additional Carbohydrate: 4 g
Additional Sodium: 123 mg*

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Pancakes

1 pkt. **New Direction®** Vanilla Beverage

1 pkt. Splenda®

⅓ cup water

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 1 g

1. Mix together all dry ingredients.
2. Add water and mix with a fork until consistency of pancake batter.
3. Preheat non-stick skillet lightly sprayed with non-fat cooking spray, on medium-low heat.
4. Pour batter and cook until holes form.
5. Flip over and continue to cook until golden brown.

Makes 2-3 pancakes.

Hawaiian Pancakes

1 pkt. **New Direction®** Vanilla Beverage

2 pkt. Splenda®

1 tsp. cinnamon

½ tsp. pineapple extract

⅓ cup water

Nutrition Info:
Additional Calories: 18
Additional Carbohydrate: 4 g

1. Cinnamon Mixture: Mix cinnamon and one packet of Splenda® in a bowl and set aside.
2. Mix together **New Direction®** vanilla powder and one packet of Splenda®.
3. Add water and extract. Mix with a fork until consistency of pancake batter.
4. Preheat non-stick skillet lightly sprayed with non-fat cooking spray, on medium-low heat.
5. Pour batter and cook until holes form.
6. Sprinkle cinnamon mixture
7. Flip over and continue to cook until golden brown.

Makes 2-3 pancakes.

Pecan Pancakes

1 pkt. **New Direction®** Vanilla Beverage

¼ tsp. ground cinnamon

Dash of nutmeg [less than ¼ tsp.]

¼ tsp. pecan extract

⅓ cup water

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 1 g

1. Mix together all dry ingredients.
2. Add water and extract. Mix with a fork until consistency of pancake batter.
3. Preheat non-stick skillet lightly sprayed with non-fat cooking spray, on medium-low heat.
4. Pour batter and cook until holes form.
5. Flip over and continue to cook until golden brown.

Makes 2-3 pancakes.

Sutter's Chocolate Cookies

1 pkt. **New Direction**® Chocolate Beverage
2 pkt. calorie-free sweetener
1 tsp. baking cocoa
¼ tsp. baking soda
¼ tsp. almond extract
2 Tbsp. water

Nutrition Info:
Additional Calories: 10
Additional Carbohydrate: 3 g
Additional Sodium: 488 mg*

1. Preheat oven to 325° F.
2. Combine all dry ingredients using only 1½ packets of sweetener, reserving other half packet for topping.
3. Add water and extract and mix.
4. Continue to add more water by teaspoons until consistency of thick brownie batter.
5. Drop rounded teaspoons of batter onto foil lined cookie sheet sprayed with non-stick vegetable spray.
6. Sprinkle cookies with remaining half packet of sweetener prior to baking.
7. Bake in center of oven for 4-5 minutes.
8. Cool and remove to plastic bag or container to keep moist.

Makes 5-6 cookies.

Mocha Cookies

1 pkt. **New Direction**® Chocolate Beverage
2 pkt. calorie-free sweetener
1 level tsp. cocoa
Scant ¼ tsp. baking powder
½ tsp. (or more to taste) instant coffee powder
2 Tbsp. cold water
1 Tbsp. hot water

Nutrition Info:
Additional Calories: 14
Additional Carbohydrate: 3.5 g
Additional Sodium: 120 mg*

1. Preheat oven to 325° F.
2. Dissolve instant coffee in 1 Tbsp. hot water, then add cold water.
3. Mix dry ingredients; add coffee mixture and stir well.
4. Batter will be very stiff — about the consistency of brownie batter — if not, add another ½ tsp. of water.
5. Drop rounded teaspoons of batter onto cookie sheet which has been lightly sprayed with non-stick vegetable spray.
6. Bake for 5 minutes.

Makes 5-6 cookies.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Vanilla Cookies

1 pkt. **New Direction®** Vanilla Beverage

2 pkt. calorie-free sweetener

Scant ¼ tsp. baking powder

½ tsp. vanilla extract

2 Tbsp. + 2 tsp. water

Nutrition Info:
Additional Calories: 12
Additional Carbohydrate: 2.5 g
Additional Sodium: 120 mg*

1. Preheat oven to 325° F.
2. Mix dry ingredients, add extract and water and stir well.
3. Batter will be very stiff — about the consistency of brownie batter — if not, add another ½ tsp. of water.
4. Drop rounded teaspoons of batter onto cookie sheet which has been lightly sprayed with non-stick vegetable spray.
5. Bake for 5 minutes.
6. Remove from oven immediately; just a few seconds will make the difference between a soft, chewy cookie and a cake-like one.

Makes 5-6 cookies.

Variation: Use ½ tsp. of maple, coconut, black walnut or peppermint extract or flavoring in place of vanilla extract or ⅛ tsp. of lemon extract in place of vanilla extract.

Ginger Creams

1 pkt. **New Direction®** Vanilla Beverage

2 pkt. calorie-free sweetener

Scant ¼ tsp. baking powder

1 tsp. pumpkin pie spice

¼ tsp. maple extract

2 Tbsp. + 2 tsp. water

Nutrition Info:
Additional Calories: 17
Additional Carbohydrate: 3.5 g
Additional Sodium: 120 mg*

1. Preheat oven to 325° F.
2. Mix dry ingredients, add extract and water and stir well.
3. Batter will be very stiff — about the consistency of brownie batter — if not, add another ½ tsp. of water.
4. Drop rounded teaspoons of batter onto cookie sheet which has been lightly sprayed with non-stick vegetable spray.
5. Bake for 5 minutes.
6. Remove from oven immediately; just a few seconds will make the difference between a soft, chewy cookie and a cake-like one.

Makes 5-6 cookies.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Snicker Doodles

1 pkt. **New Direction**® Vanilla Beverage
3 pkt. calorie-free sweetener
1 tsp. ground cinnamon
Scant ¼ tsp. baking powder
⅛ tsp. lemon extract
2 Tbsp. + 2 tsp. water

Nutrition Info:
Additional Calories: 20
Additional Carbohydrate: 5 g
Additional Sodium: 120 mg*

1. Preheat oven to 325° F.
2. Mix together cinnamon and 1 packet of sweetener, set aside.
3. Mix together remaining dry ingredients, add extract and water, stir well.
4. Batter will be very stiff — about the consistency of brownie batter — if not, add another ½ tsp. of water.
5. Drop rounded teaspoons of batter onto cookie sheet sprayed with non-stick vegetable cooking spray.
6. Spray bottom of a glass with cooking spray and dip it in cinnamon and sweetener mixture.
7. Flatten batter with glass.
8. Bake for 5 minutes.
9. Remove from oven immediately; just a few seconds will make the difference between a soft, chewy cookie and a cake-like one.

Makes 5-6 cookies.

Butter Cookies

1 pkt. **New Direction**® Vanilla Beverage
2 pkt. calorie-free sweetener
1 tsp. Molly McButter®
Scant ¼ tsp. baking powder
4 Tbsp. water

Nutrition Info:
Additional Calories: 13
Additional Carbohydrate: 3 g
Additional Sodium: 420 mg*

1. Preheat oven to 325° F.
2. Combine all dry ingredients.
3. Add water to make a soft batter.
4. Drop rounded teaspoons of batter onto cookie sheet sprayed with non-stick cooking spray.
5. Bake for 6 minutes or in microwave for 1-2 minutes (until almost dry).
6. Remove from oven while slightly moist and serve immediately.

Makes 5-6 cookies.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Lucille's Spice Cookies

1 pkt. **New Direction**® Vanilla Beverage
¼ tsp. baking powder
2 pkt. calorie-free sweetener
1 tsp. cocoa powder
¼ tsp. pumpkin pie spice
⅛ tsp. almond extract
⅛ tsp. vanilla extract
2 ½ Tbsp. water

Nutrition Info:
Additional Calories: 16
Additional Carbohydrate: 4 g
Additional Sodium: 120 mg*

1. Preheat oven to 400° F.
2. Line cookie sheet with foil or parchment paper and spray with non-stick cooking spray.
3. Combine all dry ingredients using only one packet of sweetener, reserve second packet for topping.
4. Add liquid ingredients.
5. Mixture should be thick, similar to brownie mix.
6. Drop rounded ½ tsp. onto prepared pan.
7. Sprinkle with one packet of sweetener.
8. Bake in center of oven for 2-3 minutes; no more than 5 minutes.

Makes 17-18 mini cookies.

Tropical Delights

1 pkt. **New Direction**® Vanilla
3 pkt. calorie-free sweetener
1 tsp. ground cinnamon
Scant ¼ tsp. baking powder
½ tsp. pineapple extract
¼ tsp. coconut extract
2 Tbsp. + 2 tsp. water

Nutrition Info:
Additional Calories: 24
Additional Carbohydrate: 6 g
Additional Sodium: 120 mg*

1. Preheat oven to 325° F.
2. Mix together cinnamon and one packet of sweetener, set aside.
3. Mix together remaining dry ingredients; add extract and water and stir well.
4. Batter will be very stiff — about the consistency of brownie batter — if not, add another ½ teaspoon of water.
5. Drop rounded teaspoon of batter onto cookie sheet which has been lightly sprayed with non-stick vegetable spray.
6. Spray bottom of glass with non-stick vegetable spray.
7. Dip in cinnamon and sweetener mixture.
8. Flatten batter with glass.
9. Bake for 5 minutes.
10. Remove from oven immediately; just a few seconds will make the difference between a soft, chewy cookie and a cake-like one.

Makes 5-6 cookies.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Chicken Chips

1 pkt. **New Direction**® Chicken Soup

⅛ tsp. black pepper

⅛ tsp. garlic powder

⅛ tsp. baking powder

6 Tbsp. water

Nutrition Info:
Additional Calories: 3
Additional Carbohydrate: 0.5 g
Additional Sodium: 61 mg*

1. Preheat oven to 400° F.
2. Mix dry ingredients together.
3. Add 4 Tbsp. of water and mix.
4. Add the remaining 2 Tbsp. of water. Batter will have consistency of thin pancake batter.
5. Spray non-stick cookie sheet with vegetable oil spray.
6. Spoon mixture onto cookie sheet.
7. Bake for 3½ minutes or until firm.
8. Remove from oven and break into chips.

Note: Eat immediately. Do not over bake; chips will burn.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Egg Nog (1)

1 pkt. **New Direction**® Vanilla Beverage
⅛ tsp. nutmeg
11 oz. cold water

1. Pour all ingredients into blender.
2. Blend on lowest speed for 2-3 seconds with quick pulses and lid slightly ajar.

Variation: For a sweeter drink, add one packet of sweetener before blending.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Egg Nog (2)

1 pkt. **New Direction**® Vanilla Pudding
1 tsp. rum extract
¼ tsp. vanilla extract
Nutmeg to taste
6 oz. water

1. Pour all ingredients into blender.
2. Blend on lowest speed for 2-3 seconds with quick pulses and lid slightly ajar.

Nutrition Info:
Additional Calories: 10
Additional Carbohydrate: 0.5 g

Egg Nog (3)

1 pkt. **New Direction**® Vanilla Beverage
5-6 oz. diet ginger ale or diet lemon lime soda
1 pkt. calorie-free sweetener
Dash nutmeg [less than ¼ tsp.]
Dash cinnamon [less than ¼ tsp.]
1 tsp. vanilla extract
4-6 ice cubes

1. Combine all ingredients into blender.
2. Blend on lowest speed for 2-3 seconds with quick pulses and lid slightly ajar.

Nutrition Info:
Additional Calories: 12
Additional Carbohydrate: 1 g

Cola Slush

1 pkt. **New Direction**® Chocolate Beverage
8 oz. diet cola, well chilled
½ tsp. rum extract

1. Mix or blend all ingredients.
2. Freeze 1½ hours or until semi-solid.
3. Place in blender and blend until slush consistency.

Nutrition Info:
Additional Calories: 12
Additional Carbohydrate: 1 g

Tempting Slush

1 pkt. **New Direction®** Vanilla Beverage
8 oz. well chilled diet cola
⅛ tsp. rum extract
⅛ tsp. cinnamon

1. Mix or blend all ingredients.
2. Freeze 1½-2 hours or until semi-solid.
3. Place in blender and blend until slush consistency.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Maple Delight Slush

1 pkt. **New Direction®** Vanilla Beverage
8 oz. Diet Dr. Pepper®, well chilled
2 drops maple extract
Dash cinnamon [less than ¼ tsp.]

1. Mix or blend all ingredients.
2. Freeze 1½-2 hours or until semi-solid.
3. Place in blender and blend until slush consistency.

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Orange Creamsicle

1 pkt. **New Direction®** Vanilla Beverage
12 oz. can diet orange soda
1 tsp. orange extract

1. Mix or blend all ingredients.
2. Freeze 1½-2 hours or until semi-solid.
3. Place in blender and blend until slush consistency.

Nutrition Info:
Additional Calories: 8
Additional Carbohydrate: 0 g

Cola Frost

1 pkt. **New Direction®** Chocolate Beverage
8 oz. diet cola, well chilled
¼ tsp. almond extract
½ cup chipped ice
⅛ tsp. cinnamon

1. Pour diet cola and almond extract into blender.
2. Add chipped ice, **New Direction®** chocolate powder and cinnamon.
3. Blend at lowest speed until frothy for approximately 10 seconds.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Chocolate "Ice Cream"

1 pkt. **New Direction**® Chocolate Beverage
1 tsp. unsweetened cocoa powder
2 pkt. calorie-free sweetener
6 oz. diet chocolate fudge drink
8 oz. water
1 tray ice cubes

1. In a blender, add **New Direction**® chocolate powder, water, sweetener, cocoa and ice.
2. Blend until ice is completely crushed.
3. Add chocolate fudge drink and blend a few more seconds.

Note: Eat slowly all at once or save some in the freezer for a later snack.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 3 g

Mint Chocolate "Ice Cream"

1 pkt. **New Direction**® Chocolate Beverage
10 oz. crushed ice
¼ cup water
½ tsp. peppermint extract

1. Put all ingredients into blender.
2. Mix on high speed. Mixture will become very thick. Stop blender occasionally to stir mixture so it becomes consistent.
3. Spoon into bowl.

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0 g

Chocolate Soda

1 pkt. **New Direction**® Chocolate Beverage
½ tsp. rum extract
12 oz. chocolate fudge diet soda

1. Pour diet soda into blender.
2. Add **New Direction**® chocolate powder and rum extract.
3. Blend at lowest speed for 2-3 seconds with quick pulses and lid slightly ajar to prevent excessive foaming.

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0 g

Candy Cane Shake

1 pkt. **New Direction**® Vanilla Beverage
1 pkt. calorie-free sweetener
¼ tsp. peppermint extract
Dash cinnamon [less than ¼ tsp.]
5 oz. water
6 ice cubes
(Optional) 5 drops red food coloring

1. Combine all ingredients in a blender.
2. Blend until smooth.

Serve in a chilled glass.

Nutrition Info:
Additional Calories: 12
Additional Carbohydrate: 1 g

Strawberry Soda Shake

1 pkt. **New Direction**® Vanilla Beverage
10 oz. sugar-free strawberry or cherry soda
⅛–¼ tsp. strawberry extract

1. Place all ingredients in blender.
2. Blend for 2-3 seconds on low speed.

Nutrition Info:
Additional Calories: 1-2
Additional Carbohydrate: 0 g

Pineapple Delight

1 pkt. **New Direction**® Vanilla Beverage
1 cup sugar-free pineapple JELL-O®, prepared
½ cup water
4 ice cubes

1. Pour water and ice cubes into blender.
2. Crush ice.
3. Add **New Direction**® vanilla powder and prepared JELL-O®.
4. Blend until creamy.

Variation: Other gelatin flavors work well too; strawberry or triple berry, for example.

Nutrition Info:
Additional Calories: 16
Additional Carbohydrate: 1.5 g

Chocolate Paradise

1 pkt. **New Direction®** Vanilla Beverage

5-6 drops chocolate extract

2 drops orange extract

3-4 drops coconut extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

8 oz. cold water

(Optional) 3 ice cubes

1. Pour water into shaker or blender and add **New Direction®** vanilla powder.
2. Add flavor extracts and shake well or blend for 5 seconds.
3. Taste and add sweetener as desired.

Variation: Replace the orange extract with vanilla extract.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Piña Colada Surprise

1 pkt. **New Direction®** Vanilla Beverage

5-6 drops pineapple, coconut, and rum extracts

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

8 oz. cold water

(Optional) 3 ice cubes

1. Pour water into shaker or blender and add **New Direction®** vanilla powder.
2. Add flavor extracts and shake well or blend for 5 seconds.
3. Taste and add sweetener as desired.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Colada Paradise

1 pkt. **New Direction®** Vanilla Beverage

5-6 drops chocolate extract

2 drops vanilla extract

3-4 drops coconut extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

8 oz. cold water

(Optional) 3 ice cubes

1. Pour water into shaker or blender and add **New Direction®** vanilla powder.
2. Add flavor extracts and shake well or blend for 5 seconds.
3. Taste and add sweetener as desired.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Orange Cooler

1 pkt. **New Direction®** Vanilla Beverage
8 oz. diet orange soda, well chilled
Pinch cinnamon [approximately 1/16 tsp.]

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

1. Pour diet orange soda into blender.
2. Add **New Direction®** vanilla powder and cinnamon.
3. Blend at lowest speed for 5 seconds. Serve over ice.

Variation: To prepare as a "Slush," follow recipe above, then freeze 1 ½ to 2 hours or until semi-solid. Place in blender and blend until slush consistency.

Rum Spice Delight

1 pkt. **New Direction®** Vanilla Beverage
8 oz. diet cola, well chilled
⅛ tsp. rum extract
Pinch nutmeg [approximately 1/16 tsp.]

Nutrition Info:
Additional Calories: 1
Additional Carbohydrate: 0 g

1. Pour diet orange soda into blender.
2. Add **New Direction®** vanilla powder and nutmeg.
3. Blend at lowest speed for 5 seconds.

Note: Serve over ice.

Peppermint Shake

1 pkt. **New Direction®** Vanilla Beverage
6 oz. cold water
Ice
2 pkts. calorie-free sweetener
¼ tsp. peppermint extract
Dash cinnamon [less than ¼ tsp.]
5 drops red food coloring

Nutrition Info:
Additional Calories: 10
Additional Carbohydrate: 2 g

1. In a 2-cup glass measuring cup, add 6 oz. cold water.
2. Add ice until liquid level measures 12 oz.
3. Pour water, ice and remaining ingredients into a blender.
4. Close lid; blend on high speed until smooth.

Note: Serve immediately.

Old Fashioned Root Beer

1 pkt. **New Direction®** Vanilla Beverage

⅛ tsp. root beer extract

8 oz. diet root beer, well chilled

Pinch cloves [approximately 1/16 tsp.]

Nutrition Info:
Additional Calories: 1
Additional Carbohydrate: 0 g

1. Pour diet root beer and root beer extract into blender.
2. Add **New Direction®** vanilla powder and cloves.
3. Blend at lowest speed for 5 seconds.

Note: Serve over ice.

Variation: To prepare as a "Slush," follow recipe above, then freeze 1½-2 hours or until semi-solid. Place in blender and blend until slush consistency.

Vanilla Up

1 pkt. **New Direction®** Vanilla Beverage

8 oz. Diet 7-UP®

4-5 drops vanilla extract

3 ice cubes

Nutrition Info:
Additional Calories: 1
Additional Carbohydrate: 0 g

1. Pour Diet 7-UP® into blender.
2. Add **New Direction®** vanilla powder.
3. Add vanilla extract and ice cubes.
4. Blend at lowest speed for 10-15 seconds.

Berry Delicious Beverage

1 pkt. **New Direction®** Vanilla Beverage

12 oz. diet grapefruit soda or Diet 7-UP®

½ tsp. sugar-free mountain berry Kool-Aid®

4-6 ice cubes

Nutrition Info:
Additional Calories: 9
Additional Carbohydrate: 0 g

1. Fill blender with ice, soda and fruit drink.
2. Add **New Direction®** vanilla powder.
3. Blend at low speed for 10-15 seconds.

Variation: Add ¼ to ½ tsp. of pineapple, coconut or banana extract [each ¼ tsp. adds about 2 calories]

Lemon-Lime Drink

1 pkt. **New Direction**® Vanilla Beverage

2 tsp. lemon juice

2 tsp. lime juice

12 oz. sugar-free lemon lime soda

1. Add all ingredients to a blender.
2. Blend on low until thoroughly mixed, scraping down the sides to insure complete usage of the product.

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 1 g

Double Chocolate Orange

1 pkt. **New Direction**® Chocolate Beverage

8 oz. cold water

3-4 drops chocolate extract

3-4 drops orange extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

3 ice cubes

1. Pour water into shaker or blender.
2. Add **New Direction**® chocolate powder.
3. Add chocolate and orange extracts, sweetener and ice.
4. Shake vigorously for 15-20 seconds or blend at lowest speed for 5 seconds.

Nutrition Info:
Additional Calories: 1
Additional Carbohydrate: 0 g

Iced Mocha Java

1 pkt. **New Direction**® Chocolate Beverage

1 cup cold decaf coffee, prepared

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

1. Pour coffee and sweetener into shaker or blender.
2. Add **New Direction**® chocolate powder.
3. Shake vigorously for 15-20 seconds or blend at lowest speed for 5 seconds or until dissolved

Note: If serving cold, serve over ice.

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 1 g

Vanilla Surprise

1 pkt. **New Direction®** Vanilla Beverage

8 oz. strawberry soda, well chilled

¼ tsp. strawberry extract

Pinch mace [approximately 1/16 tsp.]

1. Pour diet strawberry soda and strawberry extract into blender.
2. Add powder and mace.

Note: Can be mixed in shaker jar if soda is flat.

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Iced Coffee

1 pkt. **New Direction®** Vanilla or Chocolate Beverage

1 cup decaf coffee, prepared

1. Shake vigorously for 15-20 seconds or blend at lowest speed for 5 seconds until dissolved.
2. Serve over ice.

Nutrition Info:
Additional Calories: 5
Additional Carbohydrate: 1 g

Pumpkin Pie

1 pkt. **New Direction®** Vanilla Beverage

1 pkt. calorie-free sweetener

12 oz. diet lemon-lime soda or diet ginger ale

1 tsp. vanilla extract

1 tsp. pumpkin pie spice

4-6 ice cubes

1. Combine all ingredients in a blender.
2. Blend until smooth.

Variation: Add ¼-½ tsp. of pineapple, coconut or banana extract [each ¼ tsp. adds about 2 calories]

Nutrition Info:
Additional Calories: 12
Additional Carbohydrate: 2 g

Raspberry Tea Cooler

1 pkt. **New Direction®** Vanilla Beverage

½ tsp. rum extract

1¼ cups raspberry flavored Crystal Light® fruit tea, reconstituted

3. Pour tea into a blender.
4. Add rum extract and **New Direction®** vanilla powder.
5. Blend at lowest speed for 5-10 seconds.
6. Serve over ice.

Nutrition Info:
Additional Calories: 10
Additional Carbohydrate: 0 g

Apple Pie

1 pkt. **New Direction**® Vanilla Beverage

1 pkt. calorie-free sweetener

½ tsp. vanilla extract

1 tsp. apple pie spice
[or ¾ tsp. cinnamon and ¼ tsp. nutmeg]

9 oz. water

5 ice cubes

1. Combine all ingredients
2. Blend until smooth.

Nutrition Info:
Additional Calories: 15
Additional Carbohydrate: 3 g

Vanilla Maple Drink

1 pkt. **New Direction**® Vanilla Beverage

10 oz. water

¾ tsp. pure maple extract

1. Place all ingredients in a blender.
2. Blend for 2-3 seconds on low speed.

Note: Serve immediately.

Variation: Substitute maple extract with peppermint extract.

Nutrition Info:
Additional Calories: 6
Additional Carbohydrate: 0 g

Slush Recipes

Mixing Instructions

1. Pour 6 ounces of fluid into measuring cup. Add ice until fluid line reaches 12-ounce marker.
2. Pour ice mixture into blender.
3. Add all ingredients and **New Direction**® Beverage.
4. Blend on low speed 2-3 seconds with quick pulses and lid slightly ajar. Blend on high speed until mixture is the consistency of a Slush.

Lemon Slush

1 pkt. **New Direction**® Vanilla Beverage

6 oz. beverage made with lemon flavored Crystal Light® drink mix

½ tsp. lemon flavor

Nutrition Info:
Additional Calories: 9
Additional Carbohydrate: 0 g

Strawberry Slush

1 pkt. **New Direction**® Vanilla Beverage

6 oz. strawberry diet soda

½ tsp. strawberry flavor

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0 g

Chocolate Slush

1 pkt. **New Direction**® Vanilla or Chocolate Beverage

6 oz. chocolate fudge diet soda and ice

½ tsp. rum extract

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0 g

Raspberry Slush

1 pkt. **New Direction**® Vanilla Beverage

6 oz. sugar-free raspberry flavored tea, reconstituted

½ tsp. rum extract

Nutrition Info:
Additional Calories: 9
Additional Carbohydrate: 0 g

Vanilla Maple Slush

1 pkt. **New Direction**® Vanilla Beverage

6 oz. water

½-1 tsp. pure maple extract

Nutrition Info:
Additional Calories: 4-8
Additional Carbohydrate: 0 g

Quick Drinks

The following drink recipes may be prepared by thoroughly mixing ingredients in a shaker cup and serving them over ice or by combining them in a blender for 35 seconds. Please note that for non-blender drinks that include diet sodas, it is preferable to use soda that is "flat" to avoid drinks bubbling over.

Chocolate Mint

1 pkt. **New Direction**® Chocolate Beverage

3-4 drops mint extract

8 oz. cold water

3 ice cubes

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Cola Rum Dazzler

1 pkt. **New Direction**® Chocolate Beverage

8 oz. diet cola, well chilled

½ tsp. rum extract

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0 g

Chocolate Chocolate Cream

1 pkt. **New Direction**® Chocolate Beverage

8 oz. diet cream soda, well chilled

½ tsp. chocolate extract

¼ tsp. rum extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

1 cup chipped ice or 3 ice cubes

Nutrition Info:
Additional Calories: 6
Additional Carbohydrate: 0 g

Nutty Chocolate

1 pkt. **New Direction**® Chocolate Beverage

3-4 drops walnut extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

8 oz. cold water

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Strawberry Coconut

1 pkt. **New Direction**® Strawberry Beverage

3-4 drops coconut extract

3-4 drops vanilla extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

8 oz. cold water

3 ice cubes

Nutrition Info:
Additional Calories: 1
Additional Carbohydrate: 0 g

Strawberry Pineapple

1 pkt. **New Direction**® Strawberry Beverage

3-4 drops pineapple extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

8 oz. cold water

3 ice cubes

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Strawberry Fizz

1 pkt. **New Direction**® Strawberry Beverage

8 oz. Diet 7-UP®

3-4 ice cubes

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Strawberry Treat

1 pkt. **New Direction**® Strawberry Beverage

8 oz. diet lemon lime soda, well chilled

⅛ tsp. lemon extract

Pinch nutmeg [approximately 1/16 tsp.]

Nutrition Info:
Additional Calories: 1
Additional Carbohydrate: 0 g

Quick Drinks (continued)

Sassy Strawberry

1 pkt. **New Direction**® Strawberry Beverage

3-4 drops pineapple extract

3-4 drops orange extract

3-4 drops coconut extract

3-4 drops banana extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

8 oz. cold water

3-4 ice cubes

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Strawberry Razzzzz

1 pkt. **New Direction**® Strawberry Beverage

8 oz. raspberry soda

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0 g

Vanilla Temptation

1 pkt. **New Direction**® Vanilla Beverage

8 oz. diet cola, well chilled

⅛ tsp. rum extract

⅛ tsp. cinnamon

Nutrition Info:
Additional Calories: 2
Additional Carbohydrate: 0 g

Kool Vanilla

1 pkt. **New Direction**® Vanilla Beverage

8 oz. any flavor sugar-free Kool-Aid® or Crystal Light®

3-4 ice cubes

Nutrition Info:
Additional Calories: 5
Additional Carbohydrate: 0 g

Quick Drinks (continued)

Maple Delight

1 pkt. **New Direction®** Vanilla Beverage
8 oz. diet Dr. Pepper®, well chilled
2 drops maple extract
Dash cinnamon [less than ¼ tsp.]

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Orange Soda

1 pkt. **New Direction®** Vanilla Beverage
12 oz. can diet orange soda
½ tsp. orange extract

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0 g

Vanilla Razzle Dazzle

1 pkt. **New Direction®** Vanilla Beverage
8 oz. chilled diet raspberry soda

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Peach Cobbler

1 pkt. **New Direction®** Vanilla Beverage
8 oz. chilled diet peach soda
Pinch of cinnamon [approximately 1/16 tsp.]

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

Vanilla-Maple Drink

1 pkt. **New Direction®** Vanilla Beverage
1 tsp. pure maple extract
12 oz. water

Nutrition Info:
Additional Calories: 8
Additional Carbohydrate: 0 g

Lemon Shake-Up

1 pkt. **New Direction®** Vanilla Beverage
½-1 tsp. sugar-free lemonade drink mix
11 oz. water

Nutrition Info:
Additional Calories: 5-10
Additional Carbohydrate: 1.5-3.5 g

Quick Drinks (continued)

Raspberry Ice Delight

1 pkt. **New Direction**® Vanilla Beverage
1 tsp. sugar-free raspberry Crystal Light®
11 oz. water

Nutrition Info:
Additional Calories: 9
Additional Carbohydrate: 3.5 g

Citrus Blend Bliss

1 pkt. **New Direction**® Vanilla Beverage
1 tsp. sugar-free citrus blend Crystal Light®
11 oz. water

Nutrition Info:
Additional Calories: 9
Additional Carbohydrate: 3.5 g

Frozen Pops

1 pkt. **New Direction**® Vanilla Beverage

12 oz. diet soda (grape, orange, etc.)

1 tsp. unsweetened Kool-Aid®
(same flavor as soda)

1 pkg. unflavored KNOX Gelatine®

Nutrition Info:
Additional Calories: 43
Additional Carbohydrate: 0 g

1. Prepare gelatin according to package directions.
2. Mix other ingredients together and stir in the gelatin.
3. Pour into an ice cube tray.
4. Place in freezer.

Makes 18 cubes.

Orange Sherbert

1 pkt. **New Direction**® Vanilla Beverage

2 pkt. calorie-free sweetener

6 oz. diet orange soda

¼ tsp. pure orange extract

8 oz. water

1 tray ice cubes

Nutrition Info:
Additional Calories: 8
Additional Carbohydrate: 2 g

1. Pour water, sweetener, extract and vanilla powder in a blender.
2. Add ice and blend on "crush" setting until ice is well crushed.
3. Add diet soda and blend well.

Note: Eat slowly, all at once, or freeze some for a later snack.

Frozen Chocolate Delight

1 pkt. **New Direction**® Chocolate Beverage

¼ cup diet soda

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

Add almond extract, as desired [each ¼ tsp. provides about 2 calories]

Nutrition Info:
Additional Calories: 0
Additional Carbohydrate: 0 g

1. Mix all ingredients by hand with spoon, fork, or whisk until well blended.
2. Pour into any dish, ½-1 inch deep, or spoon into small plastic cups.
3. Freeze and serve as dessert.

Ice Cream Sandwich Cookies

Cookies:

1 pkt. **New Direction**® Hot Cocoa or Chocolate Beverage

2 Tbsp. + 1 tsp. water

½ tsp. baking powder

1-2 pkt. Splenda® or other calorie-free sweetener

Filling:

1 pkt. **New Direction**® Chocolate or Vanilla Pudding

4-5 oz. water

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 2 g
Additional Sodium: 240 mg*

1. Preheat oven at 350˚F.
2. Combine **New Direction**® Hot Cocoa or Chocolate Beverage, baking powder, sweetener and mix dry powders, then add water and stir until smooth.
3. Spoon onto foil-lined cookie sheet sprayed with non-stick vegetable spray to make 8 small cookies.
4. Bake cookies for 9-10 minutes.
5. Make pudding with 5-6 oz. of water to be a little thick.
6. Let the cookies cool, put pudding on 4 cookies and top with second cookie to make sandwiches.
7. Set in the freezer for at least 45 minutes.

*Note: Two cookies equal one **New Direction**® beverage.*

Variation: Make mint chocolate cookies or chocolate cookies with banana filling. You could also use diet soda instead of water.

Frozen Delight

1 pkt. **New Direction**® Vanilla Beverage

1 tsp. Molly McButter® butter substitute

9 oz. water

Nutrition Info:
Additional Calories: 5
Additional Carbohydrate: 1 g
Additional Sodium: 180 mg*

1. Combine **New Direction**® vanilla powder and Molly McButter®.
2. Stir gently into water without shaking, mixing without causing mixture to foam.
3. Set in the freezer for at about an hour.
4. May be thawed slightly in the microwave to eat with a spoon.

Variation: For a different flavor, add ½ tsp. of rum extract, butter pecan extract or lemon extract, ¼ tsp. of Crystal Light®, or combine with ¼ tsp. any flavor unsweetened Kool-Aid® and 2 pkts. of calorie-free sweetener.

* For sodium restricted diets see *Additional Ingredient Nutritional Information* chart for low sodium substitutions.

Pumpkin Meal-in-a-Pie

1 pkt. **New Direction**® Vanilla Pudding

¼ cup canned pumpkin

1 pkg. unflavored KNOX Gelatine®

1 tsp. pumpkin pie spice

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

Nutrition Info:
Additional Calories: 52
Additional Carbohydrate: 6 g

1. Boil one cup water (on stove or in microwave).
2. Add KNOX Gelatine® (unflavored) packet and mix well using wire whisk until dissolved. Let stand 10-15 minutes.
3. In separate bowl — mix together canned pumpkin, **New Direction**® vanilla powder and pumpkin pie spice.
4. Using wire whisk, blend in warm gelatin (make sure not hot, but not formed yet either) to pumpkin mixture until there are no clumps.
5. Add sweetener to taste.
6. Pour into dish. Refrigerate about one hour until set.

Makes one 16 oz. serving.

Orange Ice

1 pkt. **New Direction**® Vanilla Beverage

4 oz. boiling water

½ pkt. unflavored KNOX Gelatine®

6 oz. orange Crystal Light®, reconstituted

Nutrition Info:
Additional Calories: 16
Additional Carbohydrate: 0 g

1. Add boiling water to gelatin.
2. Stir vigorously with wire whisk until dissolved; cool.
3. Place mixture and remaining ingredients into blender.
4. Blend for 3-4 minutes on low speed.
5. Pour mixture into the can of an electric ice cream maker.
6. Process for 20-25 minutes.
7. Spoon mixture into a plastic freezer container with a tight-fitting lid; freeze.

Orange Splash

1 pkt. **New Direction**® Vanilla Beverage

10 oz. orange Crystal Light®, reconstituted

⅛-¼ tsp. orange extract

Nutrition Info:
Additional Calories: 7
Additional Carbohydrate: 0 g

1. Mix all ingredients with a wire whisk until blended.
2. Pour mixture into ice cube trays; freeze.
3. When ready to use, place ⅓ cup of water into blender.
4. Drop cubes in several at a time until all have been added.
5. Blend to desired consistency on low speed.

Fruit Cubes

1 pkt. **New Direction**® Vanilla Beverage
8 oz. diet soda, heated not boiling
1 pkt. unflavored KNOX Gelatine®
4 oz. cold diet soda

Nutrition Info:
Additional Calories: 25
Additional Carbohydrate: 0 g

1. Add heated soda to gelatin.
2. Stir vigorously with wire whisk until dissolved.
3. Pour gelatin mixture into blender.
4. Add remaining ingredients.
5. Blend for 2-3 seconds on low speed until well mixed.
6. Place in a refrigerator container, chill until set. Stir several times during chilling to prevent separation of liquid and foam.

Key Lime Pops

1 pkt. **New Direction**® Vanilla Beverage
8 oz. Crystal Light®, reconstituted
½ tsp. sugar-free lemon JELL-O® mix
½ tsp. sugar-free lime JELL-O® mix
1 tsp. sugar-free pistachio pudding mix

Nutrition Info:
Additional Calories: 21
Additional Carbohydrate: 0 g

1. Blend all ingredients and pour into ice cube trays with sticks for pops.

Variation: Use only 6 oz. Crystal Light® and add ice and blend for a great slush.

Peppermint Cocoa

1 pkt. **New Direction**® Chocolate Beverage
1 tsp. cocoa
1 tsp. chocolate extract
⅛ tsp. peppermint extract
Dash cinnamon [less than ¼ tsp.]
1-2 pkts. calorie-free sweetener
9 oz. hot water

1. Pour hot water into shaker or blender.
2. Add **New Direction**® chocolate powder and ingredients.
3. Shake vigorously 15-20 seconds or blend at lowest speed for 5 seconds.

Nutrition Info:
Additional Calories: 18-26
Additional Carbohydrate: 3-5 g

Almond Cocoa

1 pkt. **New Direction**® Chocolate Beverage
1 tsp. cocoa
Dash cinnamon [less than ¼ tsp.]
¼ tsp. almond extract
1-2 pkts. calorie-free sweetener
9 oz. hot water

1. Pour hot water into shaker or blender.
2. Add **New Direction**® chocolate powder and ingredients.
3. Shake vigorously 15-20 seconds or blend at lowest speed for 5 seconds.

Nutrition Info:
Additional Calories: 11-15
Additional Carbohydrate: 2-3 g

Chocolate Diablo

1 pkt. **New Direction**® Chocolate Beverage
1 tsp. freeze-dried coffee
1 tsp. cocoa
1 pkg. calorie-free sweetener
Dash cinnamon [less than ¼ tsp.]
9 oz. hot water

1. Pour hot water into shaker or blender.
2. Add **New Direction**® chocolate powder and ingredients.
3. Shake vigorously 15-20 seconds or blend at lowest speed for 5 seconds.

Nutrition Info:
Additional Calories: 13
Additional Carbohydrate: 3 g

Mocha Coffee

1 pkt. **New Direction**® Chocolate Beverage

1 cup warm, brewed decaf coffee

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

Nutrition Info:
Additional Calories: 5
Additional Carbohydrate: 1 g

1. Pour coffee and sweetener into shaker or blender.
2. Add **New Direction**® chocolate powder.
3. Shake vigorously 15-20 seconds or blend at lowest speed for 5 seconds.

Variations: Before shaking or blending, you may add in extracts and/or spice for variety. For Mint Coffee, add 2-3 drops mint extract. For Italian Mint Coffee, add 2-3 drops each of mint extract and anise extract. For a Chocolate Cappuccino flavor, use 2-3 drops brandy extract along with a pinch of cinnamon and nutmeg.

Hot Buttered Rum

1 pkt. **New Direction**® Chocolate Beverage

1 cup hot water

3-4 drops rum extract

3-4 drops almond extract

Calorie-free sweetener, as desired [each pkt. adds 4 calories and 1 carbohydrate]

Nutrition Info:
Additional Calories: 1
Additional Carbohydrate: 0 g

1. Pour hot water into shaker or blender.
2. Add **New Direction**® chocolate powder.
3. Add rum extract, almond extract and sweetener.
4. Shake vigorously 15-20 seconds or blend at lowest speed for 5 seconds.

Refreshing Lemon Pudding

1 pkt. **New Direction**® Vanilla Beverage
1½ tsp. sugar-free lemon JELL-O® mix
½ fresh, grated lemon peel
⅔ cup boiling water
⅔ cup cold water

Nutrition Info:
Additional Calories: 17
Additional Carbohydrate: 2 g

1. Add boiling water to JELL-O® and mix well until gelatin is dissolved, then add cold water.
2. Add **New Direction**® vanilla powder and lemon peel and mix well.
3. Pour into several small or 1 large serving dish and cover.
4. Refrigerate until set.

Strawberry Chiffon Pudding

1 pkt. **New Direction**® Vanilla Beverage
½ cup sugar-free strawberry JELL-O® mix
¼ cup water
1 cup crushed ice

Nutrition Info:
Additional Calories: 8
Additional Carbohydrate: 0.5 g

1. Prepare JELL-O® according to package directions and set aside.
2. Thoroughly mix **New Direction**® vanilla powder and water.
3. Pour beverage and crushed ice in a blender.
4. Spoon in prepared JELL-O® and mix on low until thoroughly combined.

Variations: Substitute lime or orange JELL-O®. Add ½ tsp. banana extract and ½ tsp. cinnamon. Use raspberry JELL-O® and 1 tsp. of cocoa powder and 2 tsp. of sugar substitute.

Pumpkin Pie Pudding

1 pkt. **New Direction**® Vanilla Pudding
1 pkt. calorie-free sweetener
⅛ tsp. cloves
½ tsp. pumpkin pie spice
6-7 oz. water

Nutrition Info:
Additional Calories: 8
Additional Carbohydrate: 1.5 g

1. Blend all dry ingredients.
2. Add water and prepare as directed on **New Direction**® vanilla powder.

Thin Mint Pudding

1 pkt. **New Direction**® Chocolate Pudding

⅛ tsp. peppermint extract

½ pkt. calorie-free sweetener

6 oz. water

1. Blend all dry ingredients.
2. Add water and prepare as directed on **New Direction**® chocolate powder.

Nutrition Info:
Additional Calories: 3
Additional Carbohydrate: 0.5 g

Vanilla-Almond Pudding

1 pkt. **New Direction**®Vanilla Pudding

⅛ tsp. vanilla extract

⅛ tsp. almond extract

½ pkt. calorie-free sweetener

6 oz. water

1. Blend all dry ingredients.
2. Add water and prepare as directed on **New Direction**® vanilla powder.

Nutrition Info:
Additional Calories: 4
Additional Carbohydrate: 0.5 g

Apple Pie Pudding

1 pkt. **New Direction**®Vanilla Pudding

½ pkg. Sweet N' Low® or other calorie-free sweetener

½ tsp. apple pie spice

6 oz. water

1. Blend all dry ingredients.
2. Add water and prepare as directed on **New Direction**® vanilla powder.

Nutrition Info:
Additional Calories: 7
Additional Carbohydrate: 1 g

Orange Pudding

1 pkt. **New Direction**® Vanilla Beverage
3 oz. boiling water
1½ tsp. sugar-free orange JELL-O®
7 oz. orange Crystal Light®, reconstituted

Nutrition Info:
Additional Calories: 20
Additional Carbohydrate: 1.5 g

1. Add boiling water to gelatin.
2. Stir vigorously with wire whisk until dissolved.
3. Pour gelatin mixture into blender.
4. Add remaining ingredients.
5. Blend for 2-3 seconds on low speed until well mixed.
6. Place in a refrigerator container, chill until set.
7. Stir several times during chilling to prevent separation of liquid and foam.

Flavored Puddings

1 pkt. **New Direction**® Vanilla Beverage
1 small box sugar-free orange JELL-O®
10 oz. boiling water
10 oz. diet orange soda

Nutrition Info:
Additional Calories: 10
Additional Carbohydrate: 0 g

1. Add boiling water to JELL-O® and mix well until gelatin is dissolved
2. Add diet soda and mix well.
3. Add **New Direction**® vanilla powder and stir well.
4. Pour into four small or one large serving dish and cover.
5. Refrigerate until set.
6. Stir once or twice while setting.

Variations: Substitute using hawaiian pineapple JELL-O®, cherry JELL-O® & black cherry diet soda, or mixed berry JELL-O® & fruit punch diet soda.

Chocolate Orange Mousse

1 pkt. **New Direction**® Chocolate Pudding
2 pkg. calorie-free sweetener
Dash cinnamon [less than ¼ tsp.]
1 tsp. cocoa
1 tsp. orange extract
½ cup water

Nutrition Info:
Additional Calories: 21
Additional Carbohydrate: 4 g

1. Blend all dry ingredients.
2. Add water and prepare as directed on **New Direction**® chocolate powder.

Chocolate Cherry Mousse

1 pkt. **New Direction**® Chocolate Pudding
1 tsp. cocoa
2 pkg. calorie-free sweetener
½ tsp. freeze-dried coffee
Dash cinnamon [less than ¼ tsp.]
1 tsp. cherry extract
½ cup water

Nutrition Info:
Additional Calories: 23
Additional Carbohydrate: 4 g

1. Blend all dry ingredients.
2. Add water and prepare as directed on **New Direction**® chocolate powder.

Variation: For a Cherry Vanilla, substitute with **New Direction**® Vanilla Pudding instead of the chocolate.

Chocolate Mint Mousse

1 pkt. **New Direction**® Chocolate Pudding
2 pkg. calorie-free sweetener
Dash cinnamon [less than ¼ tsp.]
1 tsp. cocoa
1 tsp. crème de menthe or peppermint
½ cup water

Nutrition Info:
Additional Calories: 21
Additional Carbohydrate: 4 g

1. Blend all dry ingredients.
2. Add water and prepare as directed on **New Direction**® chocolate powder..

Variation: For Vanilla Mint, substitute with **New Direction**® Vanilla Pudding instead of the chocolate.

Pecan Mousse

1 pkt. **New Direction**® Vanilla Beverage
1-2 pkt. calorie-free sweetener
1 cup hot water
1 tsp. unflavored KNOX Gelatine®
½ tsp. pecan extract, to taste
½ tsp. coconut extract
1 cup cold water

Nutrition Info:
Additional Calories: 12-16
Additional Carbohydrate: 1.5-2.5 g

1. In a blender, add hot water, gelatin and sweetener.
2. Blend for one minute.
3. Add remaining ingredients and blend until well mixed.
4. Pour into several small or one large serving dish.
5. Cover and refrigerate at least 1½ hours or until set.

Pumpkin Spiced Mousse

1 pkt. **New Direction**® Vanilla Beverage
5 oz. boiling water
1 tsp. unflavored KNOX Gelatine®
3 drops yellow food coloring
5 oz. cold water
2 drops red food coloring
1 pkt. calorie-free sweetener
½ tsp. pumpkin pie spice

Nutrition Info:
Additional Calories: 20
Additional Carbohydrate: 1.5 g

1. Add water to gelatin. Stir vigorously with wire wisk until dissolved.
2. Add remaining ingredients and mix well with wire whip.
3. Pour into container with tight-fitting lid.
4. Put in freezer until set and very cold, but not frozen.
5. Mix with electric mixer on high speed until peaks form and mixture is light and fluffy.
6. Serve immediately.

Whipped Gelatin Delight

1 pkt. **New Direction**® Beverage (any flavor)
⅜ oz. sugar-free JELL-O® mix (any flavor)
1 cup boiling water
1 cup cold water

Nutrition Info:
Additional Calories: 33
Additional Carbohydrate: 2 g

1. Pour boiling water into blender.
2. Add low calorie gelatin dessert.
3. Blend at lowest speed for 5 seconds until dissolved.
4. Add cold water and **New Direction**® powder.
5. Blend at lowest speed until dissolved.
6. Pour into mixing bowl and chill until thickened (not set), approximately 1½ to 2 hours.
7. Pour thickened mixture into blender and blend at lowest speed for 10 seconds.
8. Pour into mixing bowl and chill until set.

This recipe contains one serving of **New Direction**® beverage; it may be consumed in one large serving or several smaller servings throughout the day. Keep refrigerated until consumed.

Strawberry Gelatin

1 pkt. **New Direction**® Vanilla Beverage

5 oz. boiling water

1½ tsp. sugar-free strawberry JELL-O®

5 oz. cold, sugar-free diet strawberry soda

Nutrition Info:
Additional Calories: 16
Additional Carbohydrate: 1.5 g

1. Add boiling water to gelatin.
2. Stir vigorously with wire whisk until dissolved.
3. Pour gelatin mixture into blender.
4. Add remaining ingredients.
5. Blend for 2-3 seconds on low speed until well mixed.
6. Place in a refrigerator container, chill until set.
7. Stir several times during chilling to prevent separation of liquid and foam.

Christmas Delight (3 Layers)

Red Layer:

1 pkt. **New Direction**® Vanilla Beverage

5 oz. boiling water

5 oz. cold water

1½ tsp. sugar-free cherry JELL-O® mix

White Layer:

1 pkt. **New Direction**® Vanilla Beverage

5 oz. boiling water

5 oz. cold water

1 pkt. calorie-free sweetener

½ tsp. lemon extract

1⅛ tsp. unflavored KNOX Gelatine®

Green Layer:

1 pkt. **New Direction**® Vanilla Beverage

5 oz. boiling water

5 oz. cold water

1½ tsp. sugar-free lime JELL-O® mix

Nutrition Info:
Additional Calories: 17
Additional Carbohydrate: 1.5 g

1. For each layer, add boiling water to gelatin.
2. Stir vigorously with wire wisk until dissolved.
3. Add remaining ingredients and mix well with wire wisk.
4. Pour each color into a separate refrigerator container, chill until partially set (1 hr.).
5. Doing each layer separately, blend partially set gelatin on medium speed with an electric mixer until foamy.
6. Divide the whip equally in three parfait glasses starting with red, then white and finishing with the green layer.
7. Serve chilled.

Prepare each layer separately.

Yields 3 servings. The remaining 2 servings can be kept in the refrigerator for up to 24 hours.

Zesty Chicken Soup Du Jour

1 pkt. **New Direction**® Chicken Soup

9 oz. water

One of the following spices:

⅛ tsp. ground thyme

½ tsp. cumin

½ tsp. coriander

⅛ tsp. poultry seasoning

⅓ tsp. chili powder

⅛ tsp. Chinese 5 spice

⅛ to ¼ tsp. curry powder

1 tsp. prepared Dijon mustard

½ tsp. Mrs. Dash® Table Blend

½ tsp. Mrs. Dash® Lemon and Herb

¼ tsp. tarragon leaves

1. Empty **New Direction**® chicken soup powder and one of the spices of your choice into a mug or bowl.
2. Add hot (not boiling) water and mix as directed on packet.

Variations: Heat 2 tsp. Marsala wine or cooking sherry with the water. [Adds 10-15 calories and 1-1.5g of carbohydrate]

Nutrition Info:
Additional Calories: 0-5
Additional Carbohydrate: 0-1 g

Lemon Parsley Chicken Soup

1 pkt. **New Direction**® Chicken Soup

9 oz. water

2 tsp. fresh lemon juice

¼ tsp. dehydrated parsley flakes

1. Empty **New Direction**® chicken soup powder and parsley into a mug or bowl.
2. Add hot (not boiling) water and lemon juice and mix as directed on packet.

Nutrition Info:
Additional Calories: 16
Additional Carbohydrate: 1.5 g

Spicy Tomato Soup

1 pkt. **New Direction**® Tomato Soup

½ tsp. cayenne pepper

½ tsp. dill or basil

9 oz. water

3. Empty **New Direction**® tomato soup powder and spices into a mug or bowl.
4. Add hot (not boiling) water and mix as directed on packet.

Nutrition Info:
Additional Calories: 5
Additional Carbohydrate: 0.5 g

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VLCD Product Nutritionals and Ingredients

ROBARD CORPORATION

Products (per serving)	Calories	Protein	Soy Protein	Total CHO	Fiber	Sugar	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Aspartame
Cold Beverages													
Chocolate Beverage	200	27g	0g	10g	1g	7g	6g	1.5g	0g	30mg	660mg	850mg	<200mg
Whey Protein Concentrate (From Milk), Calcium Caseinate, Nonfat Milk, Whey Protein Isolate, Corn Oil, Cocoa (Processed With Alkali), Corn Syrup Solids, Natural and Artificial Flavors, Dipotassium Phosphate, Fructose, Salt, Soy Lecithin, Sodium Citrate, Choline Bitartrate, Magnesium Oxide, Aspartame*, Tricalcium Phosphate, Decaffeinated Instant Coffee, Vitamin C, Ferrous Sulfate, Monoglycerides, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Ethoxylated Mono and Diglycerides, Selenium Amino Acid Chelate, Manganese Sulfate, Propylene Glycol, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin). **Phenylketonurics: Contains Phenylalanine**													
Chocolate Beverage with Fiber	210	27g	0g	14g	5g	7g	6g	1.5g	0g	30mg	660mg	850mg	<200mg
Whey Protein Concentrate (From Milk), Calcium Caseinate, Nonfat Milk, Whey Protein Isolate, Dietary Fiber Blend (Maltodextrin, Inulin and Partially Hydrolyzed Guar Gum), Corn Oil, Cocoa (Processed With Alkali), Corn Syrup Solids, Natural and Artificial Flavors, Dipotassium Phosphate, Fructose, Salt, Soy Lecithin, Sodium Citrate, Choline Bitartrate, Magnesium Oxide, Aspartame*, Tricalcium Phosphate, Decaffeinated Instant Coffee, Vitamin C, Ferrous Sulfate, Monoglycerides, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Ethoxylated Mono and Diglycerides, Selenium Amino Acid Chelate, Manganese Sulfate, Propylene Glycol, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin).													
Lemon Beverage	200	27g	0g	10g	0g	7g	5g	0.5g	0g	0g	640mg	700mg	0mg
Whey Protein Isolate (From Milk), Corn Oil, Fructose, Citric Acid, Sodium Citrate, Corn Syrup Solids, Sugar, Dipotassium Phosphate, Natural and Artificial Flavors, Tricalcium Phosphate, Malic Acid, Choline Bitartrate, Soy Lecithin, Magnesium Oxide, Salt, Guar Gum, Xanthan Gum, Acesulfame-K, Sucralose, Ascorbic Acid, Ferrous Sulfate, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Yellow #5, Selenium Amino Acid Chelate, Manganese Sulfate, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin).													
Mocha Beverage	200	27g	0g	10g	1g	7g	6g	1.5g	0g	35mg	660mg	880mg	0mg
Whey Protein Concentrate (From Milk), Calcium Caseinate, Nonfat Milk, Whey Protein Isolate, Corn Oil, Cocoa (Processed With Alkali), Corn Syrup Solids, Natural and Artificial Flavors (Includes Soy and Tree Nuts), Salt, Dipotassium Phosphate, Fructose, Decaffeinated Coffee Extract, Soy Lecithin, Sodium Citrate, Choline Bitartrate, Decaffeinated Instant Coffee, Magnesium Oxide, Tricalcium Phosphate, Sucralose, Acesulfame-K, Vitamin C, Monoglycerides, Ferrous Sulfate, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Ethoxylated Mono and Diglycerides, Selenium Amino Acid Chelate, Manganese Sulfate, Propylene Glycol, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin).													
Pineapple Apricot Drink	200	26g	0g	10g	0g	8g	5g	1g	0g	0mg	640mg	700mg	<150mg
Whey Protein Isolate (From Milk), Corn Oil, Fructose, Sodium Citrate, Corn Syrup Solids, Sugar, Citric Acid, Dipotassium Phosphate, Tricalcium Phosphate, Natural and Artificial Flavors, Malic Acid, Choline Bitartrate, Magnesium Oxide, Guar Gum, Aspartame*, Vitamin C, Ferrous Sulfate, Xanthan Gum, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Yellow #5, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Tocopherols (To Preserve Freshness), Manganese Sulfate, Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Red #40, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin). **Phenylketonurics: Contains Phenylalanine**													
Strawberry Beverage	200	26g	0g	10g	0g	4g	6g	2g	0g	40mg	660mg	660mg	<150mg
Whey Protein Concentrate (From Milk), Calcium Caseinate, Natural and Artificial Flavors, Corn Oil, Corn Syrup Solids, Sugar, Salt, Dipotassium Phosphate, Sodium Citrate, Tricalcium Phosphate, Choline Bitartrate, Magnesium Oxide, Aspartame*, Monoglycerides, Vitamin C, Ferrous Sulfate, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, Red #40, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Manganese Sulfate, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin). **Phenylketonurics: Contains Phenylalanine**													
Vanilla Beverage	200	26g	0g	10g	0g	4g	6g	2g	0g	40mg	660mg	660mg	0mg
Whey Protein Concentrate (From Milk), Calcium Caseinate, Natural and Artificial Flavors (Includes Milk, Soy and Tree Nuts), Corn Oil, Corn Syrup Solids, Fructose, Salt, Dipotassium Phosphate, Sodium Citrate, Sugar, Tricalcium Phosphate, Choline Bitartrate, Magnesium Oxide, Sucralose, Monoglycerides, Vitamin C, Ferrous Sulfate, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Acesulfame-K, Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Manganese Sulfate, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin).													
Vanilla Beverage with Fiber	210	26g	0g	14g	5g	3g	6g	2g	0g	40mg	660mg	670mg	0mg
Whey Protein Concentrate (From Milk), Calcium Caseinate, Natural and Artificial Flavors (Includes Soy and Tree Nuts [Walnuts]), Dietary Fiber Blend (Maltodextrin, Inulin and Partially Hydrolyzed Guar Gum), Corn Oil, Corn Syrup Solids, Salt, Dipotassium Phosphate, Fructose, Sodium Citrate, Tricalcium Phosphate, Choline Bitartrate, Sugar, Magnesium Oxide, Sucralose, Monoglycerides, Vitamin C, Ferrous Sulfate, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Acesulfame-K, Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Manganese Sulfate, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin).													

This literature is for informational purposes only, please refer to actual legends on displays or foils for confirmation. All ingredient/nutritional labels are produced in accordance with FDA Food Labeling Regulations.

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VLCD Product Nutritionals and Ingredients

ROBARD CORPORATION

Products (Per Serving)	Calories	Protein	Soy Protein	Total CHO	Fiber	Sugar	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Aspartame
Hot Beverage													
Hot Cocoa	200	27g	0g	10g	2g	2g	6g	1g	0g	<5mg	540mg	660mg	0mg
Whey Protein Isolate (From Milk), Cocoa (Processed With Alkali), Milk Protein Isolate, Corn Syrup Solids, Sunflower Oil, Natural and Artificial Flavors (Includes Milk, Soy and Tree Nuts), Corn Oil, Nonfat Milk, Soy Lecithin, Salt, Sugar, Tricalcium Phosphate, Dipotassium Phosphate, Sodium Citrate, Choline Bitartrate, Sodium Hexametaphosphate, Sodium Caseinate, Magnesium Oxide, Xanthan Gum, Sucralose, Tocopherols (To Preserve Freshness), Ferric Orthophosphate, Vitamin C, Acesulfame-K, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Manganese Sulfate, Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin).													
Puddings													
Chocolate Puddings	200	27g	3g	10g	2g	1g	6g	2g	0g	15mg	460mg	550mg	<275mg
Calcium Caseinate (From Milk), Cocoa (Processed With Alkali), Whey Protein Concentrate, Soy Protein Isolate, Corn Syrup Solids, Sunflower Oil, Natural and Artificial Flavors (Includes Milk, Soy and Tree Nuts), Butter Powder, Salt, Modified Food Starch, Soy Lecithin, Nonfat Milk, Dipotassium Phosphate, Tricalcium Phosphate, Choline Bitartrate, Aspartame*, Magnesium Oxide, Sodium Caseinate, Carrageenan, Tocopherols and Ascorbyl Palmitate (To Preserve Freshness), Vitamin C, Ferrous Sulfate, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Manganese Sulfate, Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D_3, Vitamin B_{12} (Cyanocobalamin). **Phenylketonurics: Contains Phenylalanine**													
Vanilla Puddings	200	27g	3g	10g	0g	5g	6g	1g	0g	10mg	460mg	460mg	<400mg
Calcium Caseinate (From Milk), Corn Oil, Natural and Artificial Flavors (Includes Milk, Soy and Tree Nuts), Soy Protein Isolate, Fructose, Nonfat Milk, Corn Syrup Solids, Whey Protein Concentrate, Dipotassium Phosphate, Salt, Aspartame*, Choline Bitartrate, Magnesium Oxide, Disodium Phosphate, Guar Gum, Soy Lecithin, Vitamin C, Ferrous Sulfate, Carrageenan, Zinc Sulfate, Vitamin E (Alpha Tocopherol Acetate), Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Yellow #5, Selenium Amino Acid Chelate, Manganese Sulfate, Tocopherols (To Preserve Freshness), Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Yellow #6, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D3, Vitamin B12 (Cyanocobalamin). **Phenylketonurics: Contains Phenylalanine**													
Soups													
Cream of Chicken Soup	200	27g	0g	10g	0g	4g	6g	1g	0g	<5mg	900mg	660mg	0mg
Calcium Caseinate (From Milk), Whey Protein Isolate, Milk Protein Isolate, Corn Syrup Solids, Nonfat Milk, Sunflower Oil, Autolyzed Yeast Extract, Hydrolyzed Corn Gluten, Corn Oil, Maltodextrin, Salt, Dehydrated Carrots, Natural and Artificial Flavors (Includes Chicken), Dipotassium Phosphate, Dehydrated Onions, Dextrose, Sodium Hexametaphosphate, Choline Bitartrate, Sugar, Soy Lecithin, Ground Garlic, Magnesium Oxide, Calcium Carbonate, Sodium Caseinate, Onion Powder, Disodium Inosinate and Disodium Guanylate, Potassium Chloride, Spices, Tocopherols (To Preserve Freshness), Whey, Yeast Powder, Soy Sauce (Soybeans, Wheat, Salt), Sodium Ascorbate, Ferrous Sulfate, Partially Hydrogenated Cottonseed and Soybean Oils (Contributes a Negligible Amount of Trans Fat), Spice Extractives, Tapioca Maltodextrin, Zinc Sulfate, Ethoxylated Mono and Diglycerides, Vitamin E (Alpha Tocopherol Acetate), Propylene Glycol, Cornstarch, Yellow #5, Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Manganese Sulfate, Extract of Turmeric, Garlic Powder, Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Gum Arabic, Riboflavin, Thiamin Mononitrate, Yellow #6, Folic Acid, Extract of Red Pepper, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D3, Vitamin B12 (Cyanocobalamin).													
Creamy Tomato Soup	200	27g	8g	10g	<1g	4g	6g	0.5g	0g	0mg	750mg	850mg	0mg
Milk Protein Isolate, Soy Protein Isolate, Whey Protein Isolate, Tomato Powder, Corn Syrup Solids, Sunflower Oil, Natural and Artificial Flavors, Corn Oil, Sodium Citrate, Calcium Carbonate, Salt, Dextrose, Dipotassium Phosphate, Potassium Citrate, Fructose, Autolyzed Yeast Extract, Soy Lecithin, Ground Garlic, Choline Bitartrate, Potassium Chloride, Magnesium Oxide, Disodium Inosinate and Disodium Guanylate, Sodium Hexametaphosphate, Guar Gum, Sodium Caseinate, Tocopherols (To Preserve Freshness), Yellow #5, Spices, Modified Cornstarch, Sodium Ascorbate, Red #40, Ferrous Sulfate, Carrageenan, Zinc Sulfate, Ethoxylated Mono and Diglycerides, Vitamin E (Alpha Tocopherol Acetate), Propylene Glycol, Niacinamide, Extract of Celery, Copper Gluconate, D-Calcium Pantothenate, Chromium Amino Acid Chelate, Extract of Onion, Gum Arabic, Selenium Amino Acid Chelate, Manganese Sulfate, Vitamin A Palmitate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Blue #1, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin K (Phytonadione), Magnesium Carbonate, Vitamin D3, Vitamin B12 (Cyanocobalamin).													

Each New Direction VLCD Nutritional Supplement also provides 35% of the Daily Value for 24 essential vitamins and minerals.

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VLCD Product Nutritionals and Ingredients

ROBARD CORPORATION

Products (Per Serving)	Calories	Protein	Soy Protein	Total CHO	Fiber	Avail. CHO	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Aspartame
Crisp 'n Crunch™ Bars (15 grams protein) ***(7 svg/bx; 18 bx/cs, 126 svg/cs)***													
Crisp 'n Crunch™ Cinnamon Bar	160	15g	13g	18g	5g	12g	5g	3g	0g	0mg	270mg	130mg	0mg
Soy Protein Isolate, Roasted Soybeans, Polydextrose, Sugar, Fractionated Palm Kernel Oil, Maltitol Syrup, Invert Sugar, Water, High Maltose Corn Syrup, Nonfat Milk, Milk Protein Isolate, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Soy Fiber, Natural and Artificial Flavors, Tapioca Starch, Spice, Maltodextrin, Nonfat Yogurt Powder (Cultured Whey, Nonfat Milk), Salt, Calcium Carbonate, Glycerine, Dextrose, Soy Lecithin, Caramel Color, Sucralose, Ascorbic Acid, Pyridoxine Hydrochloride, Ferric Orthophosphate, Alpha Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin B_{12} (Cyanocobalamin). MAY CONTAIN TRACES OF PEANUTS AND OTHER NUTS.												
Crisp 'n Crunch™ Cocoa Café Bar	160	15g	13g	18g	5g	12g	5g	3g	0g	0mg	260mg	190mg	0mg
Soy Protein Isolate, Polydextrose, Roasted Soybeans, High Maltose Corn Syrup, Sugar, Maltitol Syrup, Fractionated Palm Kernel Oil, Water, Milk Protein Concentrate, Cocoa (Processed With Alkali), Tapioca Starch, Natural Flavor (Includes Hazelnut), Nonfat Milk, High Oleic Sunflower Oil, Lactose, Cocoa, Instant Coffee, Calcium Carbonate, Unsweetened Chocolate, Salt, Soy Lecithin, Dextrose, Sucralose, Ascorbic Acid, Ferric Orthophosphate, Maltodextrin, Alpha Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin B_{12} (Cyanocobalamin)). MAY CONTAIN TRACES OF PEANUTS AND OTHER NUTS.												
Crisp 'n Crunch™ Double Berry Bar	160	15g	12g	18g	5g	12g	5g	2.5g	0g	0mg	260mg	95mg	0mg
Soy Protein Isolate, Polydextrose, High Maltose Corn Syrup, Roasted Soybeans, Sugar, Fractionated Palm Kernel Oil, Maltitol Syrup, Water, Milk Protein Concentrate, Natural Flavor, High Oleic Sunflower Oil, Tapioca Starch, Calcium Caseinate, Maltitol, Nonfat Milk, Blueberry Puree (From Concentrate), Raspberry Puree (From Concentrate), Dextrose, Corn Syrup, Calcium Carbonate, Nonfat Yogurt Powder (Cultured Nonfat Milk), Salt, Citric Acid, Caramel Color, Pectin, Soy Lecithin, Blueberry Juice, Sodium Citrate, Sucralose, Ascorbic Acid, Ferric Orthophosphate, Maltodextrin, Alpha Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin B_{12} (Cyanocobalamin).). MAY CONTAIN TRACES OF PEANUTS AND OTHER NUTS.												
Crisp 'n Crunch™ Fudge Graham Bar	160	15g	13g	18g	5g	12g	5g	3g	0g	0mg	280mg	115mg	0mg
Soy Protein Isolate, Roasted Soybeans, Polydextrose, High Maltose Corn Syrup, Sugar, Fractionated Palm Kernel Oil, Maltitol Syrup, Water, Milk Protein Isolate, Natural and Artificial Flavor (Includes Wheat), Nonfat Milk, Lactose, Cocoa (Processed With Alkali), Soy Fiber, Butter (Cream, Salt), Tapioca Starch, Salt, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Dextrose, Calcium Carbonate, Soy Lecithin, Caramel Color, Sucralose, Ascorbic Acid, Ferric Orthophosphate, Maltodextrin, Alpha Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin B_{12} (Cyanocobalamin). MAY CONTAIN TRACES OF PEANUTS AND OTHER NUTS.												
Crisp 'n Crunch™ Peanut Bar	160	15g	12g	18g	5g	12g	5g	2g	0g	0mg	270mg	105mg	0mg
Soy Protein Isolate, Peanut Butter Peanuts), Polydextrose, High Maltose Corn Syrup, Maltitol Syrup, Invert Sugar, Water, Roasted Soybeans, Sugar, Fractionated Palm Kernel Oil, Milk Protein Isolate, Soy Fiber, Natural Flavors, Nonfat Milk, Glycerine, Lactose, Cocoa (Processed with Alkali), Tapioca Starch, Salt, Calcium Carbonate, Dextrose, Soy Lecithin, High Oleic Sunflower Oil, Sucralose, Ascorbic Acid, Pyridoxine Hydrochloride, Ferric Orthophosphate, Maltodextrin, Alpha Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin B_{12} (Cyanocobalamin). CONTAINS PEANUTS. MAY CONTAIN TRACES OF OTHER NUTS.												
Fulfill Fiber Supplements ***(10 svg/bx; 24 bx/cs; 240 svg/cs)***													
Cherry Gelatin	35	3g	0g	5g	5g	0g	0g	0g	0g	0mg	15mg	200mg	<200mg
Dietary Fiber Blend (Maltodextrin, Inulin and Partially Hydrolyzed Guar Gum), Gelatin, Citric Acid, Guar Gum, Potassium Citrate, Magnesium Amino Acid Chelate, Aspartame*, Artificial Flavor, Ascorbic Acid, FD&C Red #40, D-Calcium Pantothenate, Manganese Sulfate, Thiamin Mononitrate, Folic Acid, Biotin. *PHENYLKETONURICS: CONTAINS PHENYLALANINE													
Iced Tea with Lemon Drink	20	0g	0g	6g	5g	1g	0g	0g	0g	0mg	5mg	200mg	<150mg
Contains Zero (0)% Juice, Dietary Fiber Blend (Maltodextrin, Inulin and Partially Hydrolyzed Guar Gum), Natural Flavor, Potassium Citrate, Citric Acid, Magnesium Amino Acid Chelate, Decaffeinated Tea, Caramel Color, Aspartame*, Ascorbic Acid, D-Calcium Pantothenate, Manganese Sulfate, Thiamin Mononitrate, Folic Acid, Biotin. *PHENYLKETONURICS: CONTAINS PHENYLALANINE													
Mixed Fruit Drink	20	0g	0g	5g	5g	0g	0g	0g	0g	0mg	5mg	200mg	<200mg
Dietary Fiber Blend (Maltodextrin, Inulin and Partially Hydrolyzed Guar Gum), Citric Acid, Potassium Citrate, Magnesium Amino Acid Chelate, Aspartame*, Natural and Artificial Flavors, Malic Acid, Ascorbic Acid, FD&C Red #40, D-Calcium Pantothenate, Manganese Sulfate, Thiamin Mononitrate, Folic Acid, Biotin. *PHENYLKETONURICS: CONTAINS PHENYLALANINE													
Orange Gelatin	35	3g	0g	6g	5g	1g	0g	0g	0g	0mg	15mg	200mg	<200mg
Dietary Fiber Blend (Maltodextrin, Inulin and Partially Hydrolyzed Guar Gum), Gelatin, Citric Acid, Natural and Artificial Flavors, Potassium Citrate, Magnesium Amino Acid Chelate, Aspartame*, Ascorbic Acid, FD&C Yellow #5, D-Calcium Pantothenate, Manganese Sulfate, FD&C Red #40, Thiamin Mononitrate, Folic Acid, Biotin. *PHENYLKETONURICS: CONTAINS PHENYLALANINE													

Crisp 'n Crunch™ 15g Bars: Each Serving also provides 10-15% of the Daily Value for 17 essential vitamins and minerals.

This literature is for informational purposes only, please refer to actual legends on displays or foils for confirmation. All ingredient/nutritional labels are produced in accordance with FDA Food Labeling Regulations.

New Direction Recipe Book -- Additional Ingredient Nutritional Information

February 2010

These values are based on a nutritional database; Please defer to actual packaging for most current nutritional information.

AMOUNT	units	Ingredient Name	Weight (g)	Calories	Carbs (g)	Fiber (g)	Sugar (g)	Fat (g)	Potassium (mg)	Sodium (mg)
Flavoring Extracts - 1/4 teaspoon is approximately 2 calories and 0.1 g Carbohydrate.										
Extracts may include: Orange, Lemon, Coconut, Rum, Butter, Pineapple, Pecan, Maple, Peppermint, Chocolate, Root Beer, Walnut, Banana, Cherry, Pecan										
0.25	tsp	PureVanillaExtract Flavor(Single Fold)VD	1.2	2.3	0.1	0.0	0.0	0.0	0.0	0.0
0.25	tsp	Vanilla extract	1.1	3.1	0.1	0.0	0.0	0.0	1.6	0.1
0.25	tsp	Vanilla Extract-Imitation- No alcohol	1.1	0.6	0.2	0.0	0.0	0.0	0.0	0.0
0.25	tsp	Vanilla Extract-Imitation-w/Alcohol	1.1	2.6	0.0	0.0	0.0	0.0	1.1	0.0
Other Flavorings - Note added sodium when over 25mg										
1	tsp	Cocoa Powder Unsweetened-Dry	1.8	4.1	1.0	0.6	0.0	0.2	27.3	0.4
1	tsp	Dijon Mustard	5.0	5.0	0.1	0.0	0.0	0.0	10.0	120.0
1	tsp	Lemon Juice-Bottled/Canned-Cup	5.1	1.1	0.3	0.0	0.1	0.0	5.2	1.1
1	tsp	Lemon Peel - fresh	2.0	0.9	0.3	0.2	0.0	0.0	3.2	0.1
1	tsp	Lime Juice-Bottled/Cnd-Unsweetd-Cup	5.1	1.1	0.3	0.0	0.1	0.0	3.8	0.8
1	tsp	Molly McButter® (Reg or Cheese)	2.0	5.0	1.0	0.0	0.0	0.0	0.0	180.0
0.125	cup	Pumpkin-Canned-without Salt-Cup	30.6	10.4	2.5	0.9	1.0	0.1	63.1	1.5
Levening - Note added sodium when over 25mg, consider low sodium option if restricting sodium intake										
1	tsp	Baking Powder-DoubleActing	4.6	2.4	1.3	0.0	0.0	0.0	0.9	487.6
0.5	tsp	Baking Powder-DoubleActing	2.3	1.2	0.6	0.0	0.0	0.0	0.5	243.8
0.25	tsp	Baking Powder-DoubleActing	1.2	0.6	0.3	0.0	0.0	0.0	0.2	121.9
0.125	tsp	Baking Powder-DoubleActing	0.6	0.3	0.2	0.0	0.0	0.0	0.1	61.0
1	tsp	Baking Powder-Low Sodium	5.0	4.9	2.3	0.1	0.0	0.0	505.0	4.5
0.5	tsp	Baking Powder-Low Sodium	2.5	2.4	1.2	0.1	0.0	0.0	252.5	2.3
0.125	tsp	Baking Powder-Low Sodium	0.6	0.6	0.3	0.0	0.0	0.0	63.1	0.6
0.25	tsp	Baking Powder-Low Sodium	1.3	1.2	0.6	0.0	0.0	0.0	126.3	1.1
1	tsp	Baking Soda	4.6	0.0	0.0	0.0	0.0	0.0	0.0	1258.6
0.5	tsp	Baking Soda	2.3	0.0	0.0	0.0	0.0	0.0	0.0	629.3
0.25	tsp	Baking Soda	1.2	0.0	0.0	0.0	0.0	0.0	0.0	314.6
0.125	tsp	Baking Soda	0.6	0.0	0.0	0.0	0.0	0.0	0.0	157.3
Non-Caloric Sweeteners - may be used interchangeably on recipes										
1	each	Equal® - Sweetener Packet	1.0	3.5	0.9	0.0	0.0	0.0	0.0	0.0
1	each	Splenda® - Sweetener Packet	1.0	4.0	1.0	0.0	0.0	0.0	0.0	0.0
1	each	Sweet'N Low® - Sweetener Packet	1.0	4.0	1.0	0.0	1.0	0.0	0.0	0.0
1	each	Stevia® - Sweetener Packet	1.0	4.0	1.0	0.0	0.0	0.0	0.0	0.0

AMOUNT	units	Ingredient Name	Weight (g)	Calories	Carbs (g)	Fiber (g)	Sugar (g)	Fat (g)	Potassium (mg)	Sodium (mg)
Ground Spices										
0.25	tsp	Apple Pie Spice (3/4 cinnamon & 1/4 nutmeg)	0.6	7.4	1.6	0.2	0.0	0.1	2.5	0.1
0.25	tsp	Black Pepper - Ground	0.5	1.8	0.3	0.1	0.0	0.0	0.0	0.1
0.25	tsp	Chili Powder	0.7	2.0	0.4	0.2	0.0	0.1	12.5	6.6
0.25	tsp	Chinese Five-Spice Powder	0.7	2.1	0.5	0.0	0.0	0.1	0.0	0.0
0.25	tsp	Cinnamon - ground	0.6	1.5	0.5	0.3	0.0	0.0	2.9	0.1
0.25	tsp	Cloves - Ground	0.5	1.5	0.3	0.2	0.0	0.0	0.0	1.3
0.25	tsp	Coriander - Ground	0.5	2.2	0.3	0.3	0.0	0.1	0.0	0.1
0.25	tsp	Cumin - Ground	0.5	2.2	0.2	0.2	0.0	0.1	0.0	1.0
0.25	tsp	Curry Powder	0.5	1.6	0.3	0.2	0.0	0.1	7.7	0.3
0.25	tsp	Garlic Powder	0.8	2.6	0.6	0.2	0.0	0.0	0.0	0.5
0.25	tsp	Nutmeg - Ground	0.6	2.9	0.3	0.1	0.0	0.2	1.9	0.1
0.25	tsp	Parsley Flakes	0.1	0.2	0.0	0.0	0.0	0.0	3.3	0.2
0.25	tsp	Poultry Seasoning	0.4	1.2	0.2	0.0	0.0	0.0	2.6	0.1
0.25	tsp	Pumpkin Pie Spice	0.4	1.5	0.3	0.1	0.0	0.1	2.8	0.2
0.25	tsp	Tarragon - Ground	0.5	1.8	0.3	0.2	0.0	0.0	0.0	0.1
0.25	tsp	Thyme - Ground	0.4	1.0	0.2	0.1	0.0	0.0	2.8	0.2
0.25	tsp	Oregano - Dried	0.2	1.0	0.2	0.1	0.0	0.0	3.0	0.0
0.25	tsp	Basil - Ground	0.4	0.9	0.2	0.1	0.0	0.0	12.0	0.1
0.25	tsp	Chervil - Dried	0.4	1.0	0.2	0.1	0.0	0.0	23.0	0.0
0.25	tsp	Chives - Freeze dried	<0.1	0.3	0.0	0.0	0.0	0.0	0.5	0.0
0.25	tsp	Cilantro Leaf - Dried	0.2	0.5	0.1	0.0	0.0	0.0	7.0	0.0
0.25	tsp	Cayenne Pepper - Ground	0.5	1.4	0.3	0.1	0.0	0.0	9.0	0.1
0.25	tsp	Dill - Ground	0.2	0.9	0.1	0.0	0.0	0.0	0.0	3.0
Salt Alternatives - may be used in recipes with no impact on calories, carbohydrate or sodium intake										
0.25	tsp	Morton® Salt Substitute	1.2	0.1	0.0	0.0	0.0	0.0	603.6	0.1
0.25	tsp	Morton® Seasoned Salt Substitute	1.1	0.6	0.1	0.0	0.0	0.0	476.3	0.2
0.25	tsp	Mrs. Dash® - Extra Spicy	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
0.25	tsp	Mrs. Dash® -Original/Table Blend	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
0.25	tsp	Mrs.Dash® - Garlic & Herb	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
0.25	tsp	Nu-Salt®	1.2	0.0	0.0	0.0	0.0	0.0	636.0	0.0
Diet Soda - non-caloric, no caffeine, artificially sweetened										
8	fl oz	Cherry Soda -Diet 7UP®	240.0	0.0	0.0	0.0	0.0	0.0	0.0	35.0
8	fl oz	Cream Soda Diet	240.0	0.0	0.0	0.0	0.0	0.0	0.0	36.7
8	fl oz	Diet Coke® Soda - Caffeine Free	240.0	0.0	0.0	0.0	0.1	0.0	12.0	4.0
8	fl oz	Diet Pepsi® Soda - Caffeine Free	240.0	0.0	0.0	0.0	0.0	0.0	0.0	23.3

AMOUNT	units	Ingredient Name	Weight (g)	Calories	Carbs (g)	Fiber (g)	Sugar (g)	Fat (g)	Potassium (mg)	Sodium (mg)
8	fl oz	Dr. Pepper® Soda -Diet Caffeine Free	240.0	0.0	0.0	0.0	0.0	0.0	0.0	35.0
8	fl oz	Ginger Ale Soda -Diet	240.0	0.0	0.0	0.0	0.0	0.0	0.0	36.7
8	fl oz	Grape Soda - Diet	240.0	0.0	0.0	0.0	0.0	0.0	0.0	36.7
8	fl oz	Grapefruit Soda -Diet	240.0	0.0	0.0	0.0	0.0	0.0	0.0	36.7
8	fl oz	Lemon Lime Soda - Diet	240.0	0.0	0.0	0.0	0.0	0.0	0.0	36.7
8	fl oz	Orange Soda -Diet	240.0	0.0	0.0	0.0	0.0	0.0	0.0	36.7
8	fl oz	Root Beer Soda -Diet	240.0	0.0	0.0	0.0	0.0	0.0	0.0	36.7
Other Low Calorie Beverages and Mixes										
8	fl oz	Coffee-Brewed Decaffeinated	240	4.8	1.0	0	1.0	0.01	129.1	4.8
1	tsp	Coffee-Decaffeinated -Instant-Powder	1.8	4.0	0.8	0.0	0.5	0.0	63.0	0.4
8	fl oz	Crystal Light® RaspberryTea-RTD	240.0	5.0	0.0	0.0	0.0	0.0	35.0	40.0
8	fl oz	Crystal Light® Lemonade-LowCal-RTD	240.0	5.0	0.0	0.0	0.0	0.0	160.0	20.0
8	fl oz	Kool Aid®Strawberry Lemonade-Prepared	240.0	5.0	0.0	0.0	0.0	0.0	0.0	0.0
1	tsp	Fruit Drink Mix (Crystal Light®) -Dry	4.2	9.0	3.5	0.0	3.3	0.0	155.1	0.5
0.5	tsp	Kool Aid® Drink Mix Sugar Free-Dry	2.4	9.2	0.0	0.0	0.0	0.0	18.5	18.5
8	fl oz	Tea-Brewed Decaffeinated	240	2.37	0.7	0.0	0.0	0.01	87.6	7.1
1	tsp	Tea-Instant Decaffeinated	0.7	1.79	0.4	0.0	0.0	0.0	46.2	0.9
Gelatin / Desert Mixes										
1	pkt	KNOX Gelatine® Original Unflavored	7.0	25.0	0.0	0.0	0.0	0.0	1.1	15.0
0.5	cup	Sugar Free Gelatin Dessert - Prepared	117.0	8.2	0.8	0.0	0.0	0.0	0.0	56.2
1	tsp	Sugar Free Gelatin Dessert Mix-Dry	3.0	10.4	1.0	0.0	0.0	0.0	0.4	65.0
1	tbs	Unsweetened Gelatin-Dry-Tbs	7.0	23.5	0.0	0.0	0.0	0.0	1.1	13.7
1	tsp	Unsweetened Gelatin-Dry-Tbs	2.3	7.8	0.0	0.0	0.0	0.0	0.4	4.6

Standard Abbreviations and Equivalents	**Approximate Units of Measure** - terms in recipes that allow for adjustment to personal taste	
1 Tbls (tablespoon) = 3 tsp (teaspoons)	**Dash**	Less than 1/4 teaspoon
2 Tbls (tablespoon) = 1/8 c (cup) = 1 oz (ounce)	**Pinch**	Approximately 1/16 teaspoon, an amount that can be picked up between forefinger and thumb (common for dried spices or salt)
1/4 c (cup) = 4 Tbls (tablespoons) = 2 oz (ounces)	**Drop**	15 drops is approximately 1/4 teaspoon, as used for liquid flavor extracts - best to put a small amount on a spoon first
1/3 c (cup) = 5 Tbls (tablespoons) PLUS 1 tsp (teaspoon)	**Rounded**	for dry ingredients, mound slightly above the top of the measuring spoon or measuring cup
1 c (cup) liquid = 8 oz (ounces) fluid	**Scant**	for dry or liquid ingredients, fill slightly less than full in a measuring spoon or measuring cup