

## Lap Band Recipe Ideas

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Your Lap Band experience will serve up some new experiences in the kitchen. Among the foods that you can enjoy will be things like seafood, turkey, chicken, eggs, and more.

If you're on the go and looking for some protein, try a caramel crunch protein shake. The drink is easy to throw together and will include the following:

8 ounces skim, 1% or soymilk

1 scoop vanilla protein powder

1 Tablespoon toasted wheat germ

1 Tablespoon sugar-free instant pudding mix, butterscotch flavor

1 teaspoons sugar free caramel syrup

handful of ice

### Directions to the Caramel Crunch Protein Shake

In a blender, mix all ingredients, blending until smooth. Add additional ice if desired.