SNACKS:

CHOCOLATE FUDGSICLES
1 Readymade or Packet - Chocolate Drink

If using the packet, follow directions to make the chocolate drink

Place drink in ice cube trays or popsicle makers. Freeze. Once chocolate is frozen, pop out and enjoy.

MINT CHOCOLATE PUDDING
5 oz cold water
1 drop mint extract
1 pkt Ideal Protein Chocolate pudding mix

Shake all three ingredients together and put into refrigerator to cool and allow pudding to set up.

VANILLA PUDDING with a hint of Almond by Tammy
5 oz water
1 pkt Ideal Protein Vanilla pudding mix
1 tsp Almond Extract

Mix all three ingredients together. Put into refrigerator to chill. Serve once pudding is set up.