

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION  
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*Ideal protein weight loss*

*DRX Spinal Decompression*

*Chiropractic*

*Acupuncture*

*Soleve*

## Ideal protein recipe of the week:

### Dreamsicle (Phase 1-4)

Equivalent to 2 Ideal Protein foods

#### **Ingredients:**

- 1 Ideal Protein Peach Mango Drink
- 1 Ideal Protein Vanilla Pudding
- Water and ice

#### **Directions:**

Pour 16-20 oz (480 – 600 ml) of cold water in a blender. Add the contents of the two Ideal Protein packets, ice and blend until frothy and thick. Pour into popsicle molds and freeze. Makes a delicious summer treat!

