

GREEK GOD WHEY CRISP WRAP
5 pieces grilled chicken
1/2 cup Whey Crisps
1/4 cup red onion
1/4 cup green pepper
handful of chopped black olives
2 pieces turkey bacon, cooked
2-3 tablespoons reduced
fat feta cheese

Place chicken on baking sheet, layer crisps on top of chicken, then vegetables, bacon, top with feta. Bake at 350 until cheese is bubbly, about 15 minutes. Let cool. Slice up, and serve in fiber low calorie wrap! makes 2-3 wraps

Each Whey Crisp Wrap
contains approximately
40g protein
24g carbs
8g fat



WHEY CRISP PROTEIN POWER BURGERS:
1 16 oz. ground chicken breast
1 cup Whey Crisps
2 egg whites
1 teaspoon steak sauce
3 tablespoons worcestershire sauce
1 tablespoon grill seasoning

Mix egg whites, steak sauce, worcestershire sauce and seasoning in a bowl, add chicken and Whey Crisps into mixture, make 4 small patties. Grill burgers on inside grill or frying pan until cooked through, add fat free or reduced fat cheese, tomato, red onion, and lettuce. serve on whole wheat roll.
(makes 8 mini sliders or 4 burgers)

Each Whey Crisp Power Burger
(without bun) provides approximately:
40g protein
3.5g fat
1g carb



POWER PROTEIN PARFAITS:
1. Make pudding any flavor you choose) according to directions on box using skim milk.
2. Using an 8oz glass, layer 4-6Tbsp pudding, 1Tbsp fat free cool whip(optional), 3-4Tbsp of Whey Crisps, slice up a banana, add 4-5 banana slices, repeat above steps one more time. Top with Cool whip, more banana and a few crisps!

Breakfast option:
Replace pudding, cool whip and banana with yogurt and fresh berries (blueberry, raspberry or strawberries).

Each Power Protein Parfait
contains approximately:
40 g protein,
75g carbs,
1g fat



WHEY CRISP SUPER PROTEIN TREATS
1 1/4 oz bag of jetni marshmallows
3 tablespoons low fat marg / butter
2 tablespoons natural or reduced fat
peanut butter
5 cups Whey Crisps
1/3 cup craisins or almonds (optional)
1. Melt margarine and peanut butter in a microwave safe bowl for 30 sec.
2. In another microwave safe bowl heat 10 oz of marshmallows on high for 1min 30sec. Or until marshmallows are soft and can be stirred with a spoon.
3. Take marshmallows out of the microwave and immediately dump in margarine and peanut butter mixture, stirring until totally combined.
4. Slowly add Whey Crisps, continue stirring until crisps are completely covered with mixture.
5. Pour mixture into a 9x11 greased pan, press into pan. Leave on counter until cool. Slice and eat!!
Cut into 10 squares
Each square contains approximately:
70grams (3g protein, 10g carbs, 1g fat)

Patent Pending

PROTEINIFICATION

WHEY PROTEIN CRISPS

- 28 grams of protein per scoop!
- 34 servings per container!
- Natural
- Contains Beta-lactoglobulin and Alpha-lactalbumin

- No Liquid Needed!
- Eat right out of container!
- Make your own high protein bars, cereal, cookies, pudding & more!
- Outperforms whey protein powder!

Proteinification: Pro-tein (proh-teen, if fi-key-shuh n) verb the act of strengthening with Whey Crisps any nourishing substance that is eaten, drunk, or otherwise taken into the body to increase anabolism, positive nitrogen retention, promote muscle growth, and increase metabolism.

Supplement Facts

Serving Size: 1 scoop (40 g)
Servings per container: 34

Amount per Serving	
Calories 150	Calories from Fat 15
Total Fat 1.5 g	2%
Saturated fat 1 g	5%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 60 mg	3%
Total Carbohydrate 7 g	2%
Dietary Fiber 0 g	0%
Sugars 3 g	
Protein 28 g	

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

Nothing but the best whey protein in our Whey Crisps
Our Whey Crisps are made from using microfiltration/ultrafiltraion whey protein isolate. Whey protein isolate is the best form of whey protein because it contains the highest amount of protein per gram. Because we use whey isolate, our Whey Crisps have a very high amount of BCAAs and glutamine. Next, we chose a whey protein isolate that was cold-filtered to preserve the delicate protein subfractions and peptides, like lactoferrin and insulin-like growth factors. A combination of high BCAAs and protein subfractions make our Whey Crisps your #1 choice for a muscle-building food source.

A New Technology for Whey Protein
Whey Protein Crisps are our most recent discovery of muscle growing food technology. It provides you with a high quality source of whey protein that is ready to eat. Whey Crisps are the same exact product as a whey protein powder but in solid crisp form, so it's easier and more convenient to consume than powder and it is perfect when you want to make high protein foods such as bars, cereal, cookies, pudding and anything else you can think of.

Ingredients:
Natural, microfiltration/ultrafiltration whey protein (beta-lactoglobulin and alpha-lactalbumin,) isolate and concentrate (protein subfractions and peptides, glycomacropeptides, lactoferrin, and insulin-like growth factors), corn starch.

For more recipes go to www.wheycrisps.com

Outperforms Whey Protein Powder
Whey Crisps have been proven to outperform and work better than whey powder when making foods such as protein bars, brownies, and cookies. Whey Crisps give your food product more protein, more crunch, and better taste. Functionality wise Whey Crisps are easier to handle, less sticky, less messy, and easier to clean up than whey protein powder.

Allergen information: Contains dairy

0 84127 69521 7

Made in the USA
BPT Inc.
Ocean City, NJ
08226
732.920.4637

28 grams of protein per scoop! • Net Weight: 3 lbs (1362 grams) Dietary Supplement