

# ***ENERGY FIRST™***

## Healthy Lifestyle's State-of the-Art Lactose Free Whey Protein

Formulated to Joe Dillon's exact specification  
-it is the only protein powder Joe uses.

### Benefits of ***ENERGY FIRST*** Protein

Energy - Stable blood sugar is THE key to sustained energy

Leaner - Protects your lean muscle mass as you lose body fat

Aging - Protein becomes even more important as you age

Memory - Protein is essential for optimum brain function

Immune System - Critical to a strong, healthy defense system

Hunger - Control your hunger by giving your body what it needs

### Features of ***ENERGY FIRST*** Protein

Protein Score - Highest amount of the 8 essential amino acids  
- Most easily assimilated of all protein sources

User Friendly - Has a wonderful aroma and taste  
- Mixes easily with water or non-fat milk

Efficient - Get the finest protein into your body time effectively

Effective - Triggers glucagon and suppresses insulin

Special Member Price - Only \$103.95 for a case of 4-two pound canisters.

# "Recipe of the Month"

## November

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### Holiday Apple/Cinnamon

Set up your blender

**Step#1 Liquid:**

Pour in 16 ounces of cold liquid: water, non-fat milk or 1% milk

**Step#2 Lean, Complete Protein:**

Add 2 to 3 scoops of *Energy First* whey protein powder

**Step#3 Good Fat:**

Add 1 tablespoon of our omega 3/6 seed blend  
(grind raw seeds in your coffee grinder before adding to blender)

- 4) Core and add 1-2 small apples
- 5) Add 2-3 teaspoons of ground Cinnamon  
(Best with Veree Vanilla)

Put the lid on tight and blend for 30 to 45 seconds

Enjoy a truly healthy, perfectly balanced, effective and efficient meal

Enjoy this holiday classic! You will be surprised how much it tastes like a familiar Holiday drink.