

**SUGGESTED USE** Mix one scoop of **SECURE** in 6 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious “smoothie” by adding non-fat yogurt, juice, ice and fresh or frozen fruit. **SECURE** provides a delicious, low fat source of healthy protein, vitamins and minerals that makes the ideal meal, snack or dessert replacement that fits perfectly into any weight-management plan. **SECURE** is not intended to be a primary source of calories, food or meals, but to serve as an occasional meal replacement to achieve one’s weight management goals. This product is most effective as part of a healthy, nutritious diet and active lifestyle, along with one of **ANDREW LESSMAN’S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

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*Andrew Lessman*  
Andrew Lessman  
Founder of PROCAPS LABS

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— CHOCOLATE —

# SECURE

## COMPLETE MEAL REPLACEMENT

ONLY 67 CALORIES • LOW FAT • LOW SODIUM

22 VITAMINS AND MINERALS • 200 MG CALCIUM • 7 GRAMS SOY PROTEIN



40.2 oz (2.5 lb) (1.14 kg) • 60 Servings

**SECURE** is a great tasting chocolate shake that, at **only 67 calories**, may also be the world’s lowest calorie meal replacement. It is also a healthy source of protein, fiber and 22 essential vitamins and minerals. Each delicious and satisfying serving also delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting “carbs”, **SECURE** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber. Plus, **SECURE** provides between 50% and 200% of the RDI of 11 essential vitamins, plus 10 vital minerals, including 200 milligrams of Calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **SECURE** makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **SECURE** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without the abundant calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich **SECURE** is designed to be more than the most extraordinary meal replacement on paper, but also the most impressive and delicious in your mouth as well. Controlling our intake of food can be difficult, but **SECURE’S** great taste and substantially reduced calorie content makes it easy and enjoyable to embrace a regimen that works.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Maltodextrin (soluble dietary fiber), Cocoa Powder, Calcium Citrate, Natural & Artificial Flavors. **Contains 2 Percent or less of:** Magnesium Oxide, Calcium Ascorbate, Natural Beta-Carotene, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Soy.**

### Nutrition Facts

Serving Size	1 Scoop (19g)					
Servings Per Container	60					
Amount Per Serving						
<b>Calories</b>	<b>67</b>					
Calories from Fat	15					
		%DV*				
<b>Total Fat</b>	1.5g	2%				
Saturated Fat	0g	0%				
Trans Fat	0g					
<b>Cholesterol</b>	0mg	0%				
<b>Sodium</b>	60mg	2%				
<b>Potassium</b>	100mg	3%				
<b>Total Carbohydrate</b>	7g	2%				
Dietary Fiber	2g	8%				
Sugars	5g					
<b>Protein</b>	7g	14%				
Soy Protein	7g					
Vitamin A	10%	Vitamin C	100%			
Calcium	20%	Iron	6%			
Vitamin D3	100%	Vitamin E	50%			
Vitamin B1	50%	Vitamin B2	50%			
Niacin	50%	Vitamin B6	50%			
Folic Acid	25%	Vitamin B12	200%			
Biotin	50%	Pantothenic Acid	50%			
Phosphorus	6%	Magnesium	25%			
Zinc	10%	Selenium	35%			
Copper	4%	Chromium	50%			
* Percent Daily Values (%DV) 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			
Total Carbohydrate		300 g	375 g			
Dietary Fiber		25 g	30 g			
Calories per gram:	Fat	9	Carbohydrate	4	Protein	4

**SUGGESTED USE** Mix one scoop of **SECURE** in 6 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious “smoothie” by adding non-fat yogurt, juice, ice and fresh or frozen fruit. **SECURE** provides a delicious, low fat source of healthy protein, vitamins and minerals that makes the ideal meal, snack or dessert replacement that fits perfectly into any weight-management plan. **SECURE** is not intended to be a primary source of calories, food or meals, but to serve as an occasional meal replacement to achieve one’s weight management goals. This product is most effective as part of a healthy, nutritious diet and active lifestyle, along with one of **ANDREW LESSMAN’S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

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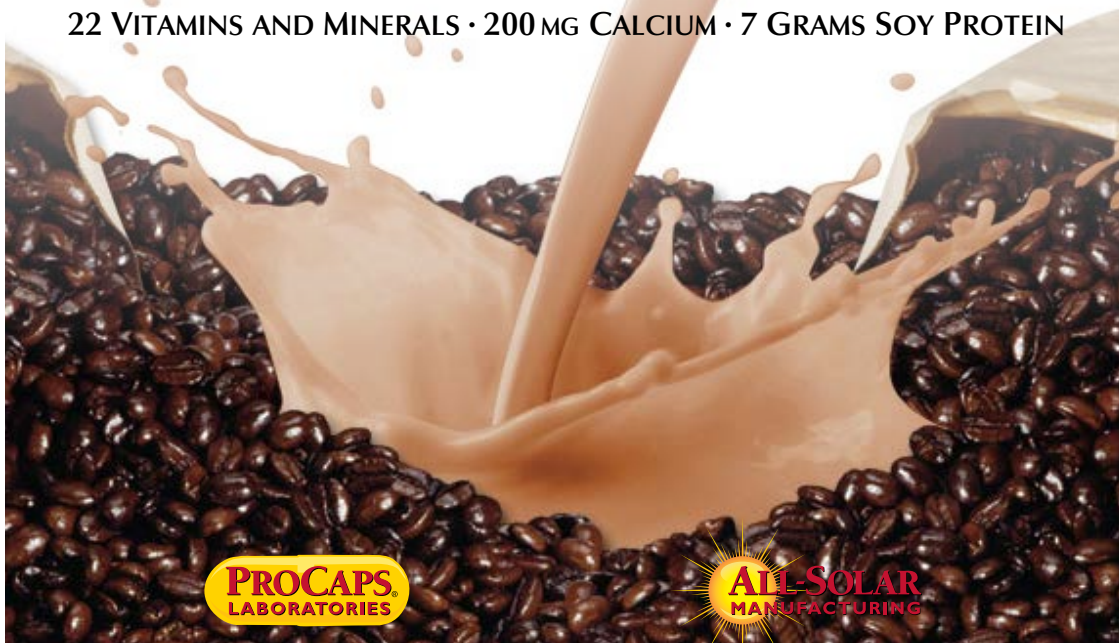
– COFFEE –

# SECURE

## COMPLETE MEAL REPLACEMENT

ONLY 70 CALORIES • LOW FAT • LOW SODIUM

22 VITAMINS AND MINERALS • 200 MG CALCIUM • 7 GRAMS SOY PROTEIN



42.3 oz (2.6 lb) (1.2 kg) • 60 Servings

**SECURE** is a great tasting coffee shake that, at **only 70 calories**, may also be the world’s lowest calorie meal replacement. It is also a healthy source of protein, fiber and 22 essential vitamins and minerals. Each delicious and satisfying serving also delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting “carbs”, **SECURE** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber. Plus, **SECURE** provides between 50% and 200% of the RDI of 11 essential vitamins, plus 10 vital minerals, including 200 milligrams of Calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **SECURE** makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **SECURE** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without the abundant calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich **SECURE** is designed to be more than the most extraordinary meal replacement on paper, but also the most impressive and delicious in your mouth as well. Controlling our intake of food can be difficult, but **SECURE’S** great taste and substantially reduced calorie content makes it easy and enjoyable to embrace a regimen that works.

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**Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Natural & Artificial Flavor, Maltodextrin (soluble dietary fiber), Calcium Citrate, Coffee Powder. **Contains 2 Percent or less of:** Magnesium Oxide, Calcium Ascorbate, Natural Beta-Carotene, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Soy.**

### Nutrition Facts

Serving Size	1 Scoop (20g)		
Servings Per Container	60		
Amount Per Serving			
<b>Calories</b>	<b>70</b>		
Calories from Fat	15	%DV*	
<b>Total Fat</b>	1.5g	<b>2%</b>	
Saturated Fat	0g	<b>0%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	60mg	<b>2%</b>	
<b>Potassium</b>	120mg	<b>4%</b>	
<b>Total Carbohydrate</b>	7g	<b>2%</b>	
Dietary Fiber	2g	<b>8%</b>	
Sugars	5g		
<b>Protein</b>	7g	<b>14%</b>	
Soy Protein	7g		
Vitamin A	10%	Vitamin C	100%
Calcium	20%	Iron	4%
Vitamin D3	100%	Vitamin E	50%
Vitamin B1	50%	Vitamin B2	50%
Niacin	50%	Vitamin B6	50%
Folic Acid	25%	Vitamin B12	200%
Biotin	50%	Pantothenic Acid	50%
Phosphorus	6%	Magnesium	25%
Zinc	10%	Selenium	35%
Copper	4%	Chromium	50%
* Percent Daily Values (%DV) 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
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4



**SUGGESTED USE** Mix one scoop of **SECURE** in 6 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious “smoothie” by adding non-fat yogurt, juice, ice and fresh or frozen fruit. **SECURE** provides a delicious, low fat source of healthy protein, vitamins and minerals that makes the ideal meal, snack or dessert replacement that fits perfectly into any weight-management plan. **SECURE** is not intended to be a primary source of calories, food or meals, but to serve as an occasional meal replacement to achieve one’s weight management goals. This product is most effective as part of a healthy, nutritious diet and active lifestyle, along with one of **ANDREW LESSMAN’S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

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- VANILLA -

# SECURE

## COMPLETE MEAL REPLACEMENT

ONLY 63 CALORIES • LOW FAT • LOW SODIUM

22 VITAMINS AND MINERALS • 200 MG CALCIUM • 7 GRAMS SOY PROTEIN



38.1 oz (2.4 lb) (1.08 kg) • 60 Servings

**SECURE** is a great tasting vanilla shake that, at **only 63 calories**, may also be the world’s lowest calorie meal replacement. It is also a healthy source of protein, fiber and 22 essential vitamins and minerals. Each delicious and satisfying serving also delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting “carbs”, **SECURE** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber. Plus, **SECURE** provides between 50% and 200% of the RDI of 11 essential vitamins, plus 10 vital minerals, including 200 milligrams of Calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **SECURE** makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **SECURE** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without the abundant calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich **SECURE** is designed to be more than the most extraordinary meal replacement on paper, but also the most impressive and delicious in your mouth as well. Controlling our intake of food can be difficult, but **SECURE’S** great taste and substantially reduced calorie content makes it easy and enjoyable to embrace a regimen that works.

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**Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Maltodextrin (soluble dietary fiber), Calcium Citrate. **Contains 2 Percent or less of:** Natural & Artificial Flavors, Magnesium Oxide, Calcium Ascorbate, Natural Beta-Carotene, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Soy.**

### Nutrition Facts

Serving Size **1 Scoop (18g)**  
Servings Per Container **60**

Amount Per Serving  
**Calories 63**  
Calories from Fat **15**

		%DV*
<b>Total Fat</b>	1.5g	<b>2%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	60mg	<b>2%</b>
<b>Potassium</b>	100mg	<b>3%</b>
<b>Total Carbohydrate</b>	7g	<b>2%</b>
Dietary Fiber	2g	<b>8%</b>
Sugars	5g	
<b>Protein</b>	7g	<b>14%</b>
Soy Protein	7g	

Vitamin A	10%	Vitamin C	100%
Calcium	20%	Iron	4%
Vitamin D3	100%	Vitamin E	50%
Vitamin B1	50%	Vitamin B2	50%
Niacin	50%	Vitamin B6	50%
Folic Acid	25%	Vitamin B12	200%
Biotin	50%	Pantothenic Acid	50%
Phosphorus	6%	Magnesium	25%
Zinc	10%	Selenium	35%
Copper	4%	Chromium	50%

\* Percent Daily Values (%DV) 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
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4



### Cooking Instructions.

Cook as you would normally cook your favorite oatmeal. We suggest a serving size of ¼ to ½ cup per person. Bring the desired amount of water to a boil – generally double the quantity of oats. In other words, ½ cup of oats requires 1 cup boiling water. Add our **Ultimate Oatmeal** to the boiling water and immediately reduce heat. Cook on low heat for 5 to 10 minutes or until desired texture is reached. Use more or less water to change consistency. You can also prepare with nonfat milk or other liquids and sweeten with a small amount of honey or maple syrup. Of course, adding fruits or nuts makes for an even healthier meal. You can also create “quick” oats by briefly placing **Ultimate Oatmeal** in a food processor or blender. **For answers to questions about the use of this product call 800.808.7311.**

**Ingredients.** Organic Gluten-Free Rolled Oats enhanced with Natural Plant Sterols.

Nutrition Facts	Amount per Serving		%DV*		Amount per Serving		%DV*		Amount per Serving		%DV*	
	Total Fat	1.5g	2%	Total Carbohydrate	15g	5%	Natural Plant Sterols	800 mg †	Total Fat	Less than 65 g	80 g	%DV*
Serving Size ¼ Cup dry (24g) Servings Per Container 60	Saturated Fat	0g	0%	Dietary Fiber	2g	8%	*Percent Daily Values (PDV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:					
	Trans Fat	0g		Soluble Fiber	1g		Calories: 2,000 2,500					
Calories 80 Calories from Fat 15	Cholesterol	0mg	0%	Insoluble Fiber	1g		Total Fat	Less than 65 g	80 g			
	Sodium	0mg	0%	Sugars	0g		Sat Fat	Less than 20 g	25 g			
	Potassium	90mg	3%	Protein	3g	6%	Cholesterol	Less than 300 mg	300 mg			
	Vitamin A	0%		Iron	6%		Sodium	Less than 2,400 mg	2,400 mg			
	Vitamin C	0%					Total Carbohydrate	300 g	375 g			
							Dietary Fiber	25 g	30 g			
							Calories/gram: Fat 9 • Carbohydrate 4 • Protein 4					

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## NATURAL CHOLESTEROL MANAGEMENT

PROCAPS LABORATORIES

# ULTIMATE OATMEAL™

ALL-SOLAR MANUFACTURING

INGREDIENTS  
**ORGANIC GLUTEN-FREE ROLLED OATS ENHANCED WITH NATURAL PLANT STEROLS**



50.8 oz (3.17 lb) (1.44 kg) • 60 Servings

### All Natural Cholesterol Reduction.

**Ultimate Oatmeal** is the first cholesterol-reducing cereal of its kind. It combines Mother Nature’s #1 cholesterol-lowering food (**Oats**) with her most powerful cholesterol-reducing ingredient (**Plant Sterols**). **Oats** have long been respected for their ability to lower cholesterol and **Plant Sterols** have been clinically proven to reduce total and LDL cholesterol levels. The US Government has approved health claims for both **Oats** and **Plant Sterols** to naturally lower cholesterol and help reduce the risk of heart disease. **Ultimate Oatmeal** is a delicious, heart-healthy cereal that delivers far greater cholesterol-reducing power than ordinary oatmeal.

### No Ordinary Oats: Organic and Gluten-Free.

**Ultimate Oatmeal** is both **Organic and Gluten-Free**. This might seem like an ordinary statement, since all oats are “naturally” Gluten-Free, but surprisingly, almost NO American oats are Gluten-Free. Because our agricultural system is so overrun by wheat, ordinary oats are contaminated by Gluten and are therefore not Gluten-Free. Even if you find Organic oats, they will rarely be Gluten-Free. Similarly, if you can find Gluten-Free oats, in most cases, they will not be Organic. Only a tiny percentage of oats in America are both Organic and Gluten-Free (less than 0.01 percent!). Of course, since all of our products are Gluten-Free, we only use those rare **Organic and Gluten-Free** Oats in our **Ultimate Oatmeal**.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Healthy Oats for Lower Cholesterol.

Oats have been consumed for centuries and their popularity has grown in recent years due to their heart-healthy, cholesterol-lowering benefits. Oats are filling and nutrient-rich, yet low in calories, so they are ideal for weight-loss. Plus, because oats are both sodium-free and sugar-free, they also support healthy blood pressure and blood sugar levels. Oats also possess uniquely high concentrations of a water-soluble fiber called beta-glucan, which is the secret behind their cholesterol-lowering power.

### A Natural Solution to an Unhealthy Problem.

The typical “American” diet increases cholesterol levels, and with it, the risk of heart disease. As a result, millions of Americans must take cholesterol-lowering drugs with their long list of harmful side effects. If you and your physician are seeking a natural tool to lower cholesterol, **Ultimate Oatmeal** is the perfect solution. We combine heart-healthy **Oats** with cholesterol-lowering **Plant Sterols**. In fact, the 800 mg of **Plant Sterols** in just ¼ cup of **Ultimate Oatmeal** is all you need to transform your cholesterol levels.

According to the US Food and Drug Administration, consuming at least 400 mg of **Plant Sterols** twice daily with meals for a daily total intake of at least 800 mg, as part of a healthy diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each ¼ cup of **Ultimate Oatmeal** supplies **800 milligrams** of **Plant Sterols**. Plus, our **Ultimate Oatmeal** is also a natural source of soluble fiber, including beta-glucan (at least 1 gram per ¼ cup) that may also reduce the risk of heart disease as part of that healthy diet.



## Cooking Instructions.


Cook as you would normally cook your favorite oat bran. We suggest a serving size of ¼ to ½ cup per person. Bring the desired amount of water to a boil – generally double the quantity of oat bran. In other words, ½ cup of oat bran requires 1 cup boiling water. Add our **Ultimate Oat Bran** to the boiling water and immediately reduce heat. Cook on low heat for 2 to 5 minutes or until desired texture is reached. Use more or less water to change consistency. You can also prepare with nonfat milk or other liquids and sweeten with a small amount of honey or maple syrup. Of course, adding fruits or nuts makes for an even healthier meal. **For answers to questions about the use of this product call 800.808.7311.**

**Ingredients.** Organic Gluten-Free Oat Bran enhanced with Natural Plant Sterols.

Nutrition Facts	Amount per Serving	%DV*	Amount per Serving	%DV*	Amount per Serving	%DV*
	<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carbohydrate</b> 18g	<b>6%</b>	<b>Natural Plant Sterols</b> 800 mg †	
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 5g	<b>20%</b>	<small>*Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Trans Fat 0g		Soluble Fiber 2g		<small>Calories: 2,000 2,500</small>	
Serving Size ¼ Cup dry (30g)	<b>Cholesterol</b> 0mg	<b>0%</b>	Insoluble Fiber 3g		Total Fat	Less than 65g 80g
Servings Per Container 60	<b>Sodium</b> 0mg	<b>0%</b>	Sugars 0g		Sat Fat	Less than 20g 25g
Calories 100	<b>Potassium</b> 135mg	<b>4%</b>	<b>Protein</b> 4g	<b>8%</b>	Cholesterol	Less than 300mg 300mg
Calories from Fat 20	Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 8%		Sodium	Less than 2,400mg 2,400mg
					Total Carbohydrate	300g 375g
					Dietary Fiber	25g 30g
					Calories/gram: Fat 9 • Carbohydrate 4 • Protein 4	


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## NATURAL CHOLESTEROL MANAGEMENT

**PROCAPS**  
LABORATORIES

# ULTIMATE OAT BRAN™

**ALL-SOLAR**  
MANUFACTURING

## ORGANIC GLUTEN-FREE OAT BRAN ENHANCED WITH NATURAL PLANT STEROLS



63.5 oz (3.96 lb) (1.8 kg) • 60 Servings

## All Natural Cholesterol Reduction.

**Ultimate Oat Bran** is the first cholesterol-reducing cereal of its kind. It combines Mother Nature's #1 cholesterol-lowering food (**Oats**) with her most powerful cholesterol-reducing ingredient (**Plant Sterols**). **Oats** have long been respected for their ability to lower cholesterol and **Plant Sterols** have been clinically proven to reduce total and LDL cholesterol levels. The US Government has approved health claims for both **Oats** and **Plant Sterols** to naturally lower cholesterol and help reduce the risk of heart disease. **Ultimate Oat Bran** is a delicious, heart-healthy cereal that delivers far greater cholesterol-reducing power than ordinary oat bran.

## No Ordinary Oats: Organic and Gluten-Free.

**Ultimate Oat Bran** is both **Organic and Gluten-Free**. This might seem like an ordinary statement, since all oats are “naturally” Gluten-Free, but surprisingly, almost NO American oats are Gluten-Free. Because our agricultural system is so overrun by wheat, ordinary oats are contaminated by Gluten and are therefore not Gluten-Free. Even if you find Organic oats, they will rarely be Gluten-Free. Similarly, if you can find Gluten-Free oats, in most cases, they will not be Organic. Only a tiny percentage of oats in America are both Organic and Gluten-Free (less than 0.01 percent!). Of course, since all of our products are Gluten-Free, we only use those rare **Organic and Gluten-Free** Oats in our **Ultimate Oat Bran**.

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## Healthy Oats for Lower Cholesterol.

Oats have been consumed for centuries and their popularity has grown in recent years due to their heart-healthy, cholesterol-lowering benefits. Oats are filling and nutrient-rich, yet low in calories, so they are ideal for weight-loss. Plus, because oats are both sodium-free and sugar-free, they also support healthy blood pressure and blood sugar levels. Oat bran, more than any other form of oats, is particularly high in a unique, water-soluble fiber called beta-glucan, which is the secret behind its cholesterol-lowering power.

## A Natural Solution to an Unhealthy Problem.

The typical “American” diet increases cholesterol levels, and with it, the risk of heart disease. As a result, millions of Americans must take cholesterol-lowering drugs with their long list of harmful side effects. If you and your physician are seeking a natural tool to lower cholesterol, **Ultimate Oat Bran** is the perfect solution. We combine heart-healthy **Oats** with cholesterol-lowering **Plant Sterols**. In fact, the 800 mg of **Plant Sterols** in just ¼ cup of **Ultimate Oat Bran** is all you need to transform your cholesterol levels.

According to the US Food and Drug Administration, consuming at least 400 mg of **Plant Sterols** twice daily with meals for a daily total intake of at least 800 mg, as part of a healthy diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each ¼ cup of our **Ultimate Oat Bran** supplies **800 milligrams** of **Plant Sterols**. Plus, our **Ultimate Oat Bran** is also a natural source of soluble fiber, including beta-glucan (at least 2 grams per ¼ cup) that may also reduce the risk of heart disease as part of that healthy diet.

**Suggested Use** Consume one or two delicious **CHOCONUVO** squares with each meal. For optimum cholesterol reduction, consume at least two squares daily. There is no need to consume more than five squares daily. Best results are achieved by consuming **CHOCONUVO** shortly before, during or just after eating. **CHOCONUVO** works best when combined with a healthy, low cholesterol, high fiber diet. Like any rich, creamy chocolate, **CHOCONUVO** melts when exposed to heat. Should this occur, simply place it in the refrigerator and it will solidify back to its normal state. **CHOCONUVO** is perfect for cooking and baking, since its flavor and health benefits are not affected by exposure to heat. **For answers to questions about the use of this product, call 800.808.7311.**

**SUPPLEMENT FACTS** Serving Size 1 Piece (6 g), Servings: 100, Amount Per Serving: **Calories** 26, Fat calories 19, **Total Fat** 2 g (3%DV), Saturated Fat 1g (8%DV), Trans Fat 0g, **Cholesterol** 0 mg (0%DV), **Total Carb.** 3g (1%DV), Dietary Fiber 500 mg (2%DV), **Sugars** 1.8 g, **Plant Sterol Esters** 650 mg (†), **Cocoa Flavanols** (approx.) 40 mg (†)

\* Percent Daily Value (%DV) are based on a 2,000 calorie diet. † DV not established.

**Ingredients** Organic 66% Cacao Dark Chocolate (Organic Fair Trade Cacao Beans, Organic Evaporated Cane Syrup, Organic Fair Trade Cocoa Butter, Organic Sunflower Lecithin) and Natural Plant Sterol Esters.

Made with machinery that may also process foods containing peanuts, tree nuts and milk.

**UNSURPASSED.**

*Purity.  
Quality.  
Integrity.  
Effectiveness.*

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## “Uniquely Heart-Healthy Chocolate”™



**ORGANIC FAIR TRADE  
66% CACAO MILD DARK CHOCOLATE**

**I N G R E D I E N T S**

**ORGANIC FAIR TRADE DARK CHOCOLATE**  
(ORGANIC FAIR TRADE CACAO BEANS, ORGANIC EVAPORATED CANE SYRUP,  
ORGANIC FAIR TRADE COCOA BUTTER, ORGANIC SUNFLOWER LECITHIN)  
**CHOLESTACARE NATURAL PLANT STEROL ESTERS.**



100 SIX-GRAM SQUARES  
NET WT 21.2 OZ (1.32 LB) (600 G)



### Mother Nature’s Dynamic Duo of Heart Health.

**CHOCONUVO** combines the heart-healthy benefits of **Dark Chocolate** with Mother Nature’s most powerful and clinically proven cholesterol-reducing ingredient (**Plant Sterols**). Naturally occurring compounds in Dark Chocolate called **Flavanols** have long been known to promote heart and circulatory health. The unique combination of our natural Plant Sterols with our Flavanol-rich Organic Mild Dark Chocolate creates the creamiest and most luxurious “*Milk Chocolate-like*” Dark Chocolate you will ever taste. It is also the first chocolate experience that can naturally lower cholesterol.

### Chocolate – Respected for Thousands of Years.

Cocoa was revered by ancient South and Central American cultures. In fact, Aztec emperor Montezuma proclaimed cocoa a divine beverage that fights fatigue while Spanish explorer Hernando Cortes praised its benefits for physical endurance. For centuries, cocoa was not merely a source of nourishment, but of resilience, stamina and well-being. The scientific name for the cacao tree translates as God’s Drink. As admired as cocoa was by Native Americans, it is not surprising that it soon became equally prized in the 16th century New World.

### A Unique Dark Chocolate Experience.

In recent years, interest in Dark Chocolate has exceeded that of milk chocolate. Dark Chocolate provides higher levels of healthy Flavanols than milk chocolate and also contains less sugar, fat and calories, along with no added milk. It is this uniquely high level of Flavanols that imparts Dark Chocolate’s rich flavor and health benefits, but also causes its drier texture. **CHOCONUVO**’s unique marriage of Dark Chocolate with cholesterol-lowering Plant Sterols creates an exceptionally healthy Dark Chocolate that melts in your mouth like milk chocolate. In fact, our Mild **CHOCONUVO** 66 was specifically created for those who enjoy the health benefits of Mild Dark Chocolate, but prefer the mild taste and creamy texture of milk chocolate.

### Dark Chocolate and Plant Sterols: A Natural Solution to an Unhealthy Problem.\*

The *normal* American diet increases cholesterol levels and the risk of heart disease. As a result, millions of Americans take cholesterol-lowering drugs with their long list of harmful side effects. If you and your physician seek a natural tool to lower cholesterol, then **CHOCONUVO** is an ideal solution. We add the clinically proven cholesterol-lowering benefits of Plant Sterols to our heart-healthy Organic 66% Mild Dark Chocolate. In fact, the 1,300 mg of Plant Sterols in just two **CHOCONUVO** squares is all you need to powerfully impact your cholesterol levels.\*

*\*According to the US Food and Drug Administration, consuming at least 650 mg of Plant Sterol Esters twice daily with meals for a daily total intake of at least 1,300 mg as part of a healthy diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each **CHOCONUVO** square supplies 650 mg of Plant Sterol Esters.*

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.





# Certified Organic Jasmine Infused Green Tea

## Instructions

For a refreshing tea, place one sachet of our **Organic Jasmine Infused Green Tea** in a cup or teapot of pure water at approximately 185° F (85° C). This is best achieved by allowing boiling water a moment to cool before introducing the tea sachet. Steep for approximately 3 to 5 minutes and then allow to cool and enjoy. Of course, feel free to vary the amount of water used or modify the brewing time to adjust the strength of the tea. Unlike typical green tea, prolonged brewing will not cause bitterness due to the unique quality of our tea. You can also add ice or refrigerate to make a healthy, delicious and refreshing tea.



Back in 1979, I began making vitamins for my own use when I could find no products that met my high standards for quality, purity and efficacy. These vitamins were never intended to be sold; however, some 30 years later, the same exceptional vitamins I make for my own personal use are the exact same vitamins I share with you through ProCaps Laboratories.

Today, I have created a very small family of products called "**Andrew's Own**" for when, just as with vitamins 30-plus years ago, I make a product for my own use that is worthy of sharing with you. I am excited to introduce another unique member to the **Andrew's Own** family.

Enjoy!

*Andrew's Own*

602694 - 02P



## *EGCG. Polyphenols. Green Tea's Science.*

There is no beverage with a longer history of traditional use than Green Tea. There is also no beverage with more science to support its healthy use than Green Tea. Tradition and science partner perfectly in our **Organic Jasmine Infused Green Tea** to provide a delicious new opportunity to embrace the health benefits of Green Tea. Research has shown that special compounds in Green Tea called Polyphenols deliver its benefits. EGCG (Epigallocatechin Gallate) is the most important of those Polyphenols and is the ongoing focus of extensive anti-aging research. Of course, our **Organic Jasmine Infused Green Tea** delivers high levels of Polyphenols and EGCG, while also being perfectly balanced, providing mild levels of caffeine – less than those found in a weak cup of coffee or cup of black tea.



## *Exclusively From Fujian, China*

We use only Single Region Premium Sencha Green Tea from Organic-Certified gardens in the Fujian Province of China. Fujian Green Tea is the finest Green Tea in China and it is known for its rich, yet mild flavor, which makes it a perfect choice for Americans. Sencha Green Tea is traditionally produced in Japan and is well known for its mild flavor. "Sencha" refers to the absence of grinding the tea leaves, which retains its magnificent flavor and aroma. The capital of Fujian is Fuzhou – a city renowned for its Jasmine, making it the home to China's and our highest quality **Jasmine Green Tea**.



**ANDREW'S OWN**®



# Certified Organic Jasmine Infused Green Tea



Premium Single Region Full-Leaf Green Tea  
Traditional Jasmine Infusion • No Blossoms



30 INDIVIDUALLY SEALED TEA SACHETS • NET WT. 2.1 OZ. (60g)



## *Ancient Tranquility in a Cup*

My **Organic Jasmine Infused Green Tea** is made in the traditional way of a bygone era. It is mild and delicious – without a hint of bitterness. Each cup reminds us of a simpler time when tea was brewed with great devotion and enjoyed in complete tranquility.



## *Traditional Jasmine Green Tea*

My **Jasmine Green Tea** is made the old-fashioned way and contains no Jasmine blossoms. Instead, when our Green Tea is ready for drying, we introduce freshly-picked autumn Jasmine flowers to the drying room. As the Jasmine blossoms open, warm air is circulated throughout the room causing the natural Jasmine fragrance to infuse our Green Tea. This process is repeated seven times over several days to achieve the perfect balance and flavor. This is the same centuries-old, traditional method by which the world's finest **Jasmine Green Tea** has been made.



## *Ingredients*

Pure Premium Organic Green Tea from the Fujian province dried traditionally in the presence of the rich fragrance of autumn-harvested Guangxi Jasmine Blossoms.



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Certified Organic by PCO





# Organic Earl Grey Green Tea

## Instructions

Brew in pure water at approximately 185° F (85° C) for 3 to 5 minutes. This is best achieved by allowing boiling water a moment to cool before introducing the tea sachet. You can vary the amount of water used or extend the brewing time to adjust the flavor. **For answers to questions about the use of this product call 800.808.7311.**

## Ingredients

Our highest quality Premium Organic Green Sencha Tea from Fujian, China infused with bergamot oil to create a uniquely healthy spin on classic Earl Grey tea.



Back in 1979, I began making vitamins for my own use when I could find no products that met my high standards for quality, purity and efficacy. My vitamins were never intended to be sold; however, some 30 years later, the same exceptional vitamins I make for my own personal use are the exact same vitamins I share with you.

Today, I have created a very small family of products called “**Andrew’s Own**” for when, just as with vitamins 30-plus years ago, I make a product for my own use that is worthy of sharing with you. I am excited to introduce another unique member to the **Andrew’s Own** family.

Enjoy!

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## Ages Old Healthy Wisdom.

Originating almost 5,000 years ago in China, Green Tea is second only to water as the world’s most popular beverage. Green Tea’s health benefits are well-established, but since most Americans don’t enjoy Green Tea’s flavor, we miss out on its wonderful benefits. On the other hand, Americans love Earl Grey tea – the world’s most popular flavored tea, but since it is made with Black Tea, it lacks the health benefits of Green Tea. That is the unique opportunity our Earl Grey Green Tea presents, since it offers the traditional flavor of Earl Grey with all the benefits of the finest Green Tea.



## Green Tea meets Earl Grey.

Earl Grey has always been Muriel’s favorite tea, but she was very disappointed to learn it lacked Green Tea’s health benefits. She then asked me if I could create a “healthy” Earl Grey tea with all the benefits of Green Tea. The tea you hold in your hand is the result. Traditional Earl Grey is a blend of Black Tea with a small amount of bergamot oil derived from the rind of the bergamot orange, a fragrant citrus fruit from Italy. Our exciting new Organic Earl Grey Green Tea uses our Premium Green Tea to create a rich, flavorful Earl Grey tea, but with the added peace of mind that comes with the health benefits of the finest Green Tea.



## Ancient Tranquility in a Cup.

Our Organic Earl Grey Green Tea is a unique way to bring you the classic flavor of time-honored Earl Grey in the form of one of the healthiest and most celebrated beverages – Green Tea. It is mild and delicious – without a hint of bitterness. Each cup reminds us of a simpler time when tea was brewed with great devotion and enjoyed in complete tranquility.



# Organic Earl Grey Green Tea

The Natural Flavor of Earl Grey  
All the Benefits of Green Tea



## EGCG. Polyphenols. Green Tea’s Science.

There is no beverage with a longer history of traditional use than Green Tea. There is also no beverage with more science to support its healthy use than Green Tea. Tradition and science partner perfectly in our Organic Earl Grey Green Tea to provide a delicious new opportunity to embrace the health benefits of Green Tea. Research has shown that special compounds in Green Tea called Polyphenols deliver its benefits. EGCG (Epigallocatechin Gallate) is the most important of those Polyphenols and is the ongoing focus of extensive anti-aging research. Of course, our Organic Earl Grey Green Tea delivers high levels of Polyphenols and EGCG, while also being perfectly balanced, providing mild levels of caffeine – less than those found in a weak cup of coffee or cup of black tea.



## Exclusively From Fujian, China.

We use only Single Region Premium Green Sencha Tea from Organic-Certified gardens in the Fujian Province of China. Fujian Green Tea is the finest Green Tea in China and it is known for its rich, yet mild flavor, which makes it a perfect choice for Americans. Sencha Green Tea is traditionally produced in Japan and is well known for its mild flavor. “Sencha” refers to the absence of grinding the tea leaves, which retains its magnificent flavor and aroma.



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30 INDIVIDUALLY SEALED TEA SACHETS • NET WT. 2.1 OZ. (60g)

Certified Organic by NDOA





# Certified Organic Peppermint Sencha Green Tea

## Instructions

For a refreshing herbal tea, place one sachet of our **Organic Peppermint Sencha Green Tea** in a cup or teapot of pure water at approximately 185° F (85° C). This is best achieved by allowing boiling water a moment to cool before introducing the tea sachet. Steep for approximately 3 to 5 minutes and then allow to cool and enjoy. Of course, feel free to vary the amount of water used or modify the brewing time to adjust the strength of the tea. Unlike typical green tea, prolonged brewing will not cause bitterness due to the unique quality of our tea. You can also add ice or refrigerate to make a healthy, delicious and refreshing iced mint green tea.



Back in 1979, I began making vitamins for my own use when I could find no products that met my high standards for quality, purity and efficacy. These vitamins were never intended to be sold; however, some 30 years later, the same exceptional vitamins I make for my own personal use are the exact same vitamins I share with you through ProCaps Laboratories.

Today, I have created a very small family of products called "**Andrew's Own**" for when, just as with vitamins 30-plus years ago, I make a product for my own use that is worthy of sharing with you. I am excited to introduce another unique member to the **Andrew's Own** family.

Enjoy!

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## The World's Mildest Green Tea

We use only the finest **Premium Sencha Green Tea** from Organic-Certified gardens in both Japan and China. We select only Sencha Green Tea because it is respected as the world's finest and mildest Green Tea, making it a perfect choice for our finicky American taste buds. Sencha Green Tea is distinguished from other teas by its absence of grinding and other harsh chemical or physical processing. This "normal" tea processing results in the chemical "damage" (oxidation) that causes the unpleasant bitterness of typical green or black teas. Our minimally processed **Sencha Green Tea** preserves all the elegant flavor and subtle aroma of its pristine Green tea leaves.



## Peppermint: Nature's Freshest Flavor

Peppermint (*Mentha piperita*) is the most popular member of mint family of plants. For thousands of years, Peppermint has been used traditionally, not just for its uniquely fresh flavor, but also for its calming and soothing properties, particularly for the digestive system. Our **Premium Full-Leaf Peppermint** is cultivated in America's Pacific Northwest – home to the world's finest Organic Peppermint and it is certified free of all pesticides and herbicides. It is unprocessed, so you can enjoy all the pure, natural freshness of our exceptional **Organic Peppermint** without a hint of bitterness or any unwanted contaminants.



# Certified Organic Peppermint Sencha Green Tea

Premium American Full-Leaf Peppermint  
with Premium Mild Sencha Green Tea Blend



30 INDIVIDUALLY SEALED TEA SACHETS • NET WT. 2.1 OZ. (60g)



## Ages Old Healthy Wisdom

Originating almost 5,000 years ago in China, Green Tea is second only to water as the world's most popular beverage. Green Tea's health benefits are well-established, but since many Americans don't enjoy its flavor, we miss out on its wonderful benefits. Our **Peppermint Sencha Green Tea** presents a unique opportunity, since it offers the refreshing flavor of our **Premium Full-Leaf Peppermint** with all the benefits of the finest Green Tea.



## Green Tea for Modern American Tastes

Muriel and I sought to create a Green Tea for those who don't like ordinary Green Tea, so we started with the finest Sencha Green Tea and took a lesson from Muriel's childhood in France where they only served Green Tea with fresh mint. The result is a Green Tea for those of you who, like us, prefer the refreshing flavor of mint over the sometimes bitter taste of typical Green Tea. Of course, our tea also delivers high levels of protective Polyphenols and EGCG with only mild levels of caffeine – less than those found in a very weak cup of coffee or a cup of black tea.



## Ingredients

Premium Organic Peppermint from America's Pacific Northwest, Premium Organic Chinese and Premium Organic Japanese Sencha Green Teas.



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Certified Organic by NDA

# MURIEL AND ANDREW'S "OAT"STANDING RECIPES

DELICIOUS, HEALTHY AND CREATIVE WAYS TO ENJOY OUR CLASSIC ROLLED OATS



BY MURIEL ANGOT WITH ANDREW LESSMAN





# MURIEL AND ANDREW'S “OAT”STANDING RECIPES

*Delicious, Healthy and Creative Ways to Enjoy Our Classic Rolled Oats*

Muriel Angot  
with Andrew Lessman

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## ABOUT THE AUTHOR

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**Muriel Angot** was born and raised in the world's center of fine cuisine – Paris, France; however, it would take Muriel a couple of decades to rediscover her Parisian culinary roots, since she initially followed in her parents' footsteps studying Fine Art at the Sorbonne University in Paris. After college, Muriel's innate curiosity and desire to explore the world saw her leave France, spending time in Australia, Fiji, New Zealand and South America, until she fell in love with the United States where she established a beauty and wellness business in Aspen, Colorado. It wasn't until Muriel chose to attend cooking school that her true passion captured her and since that time, has never let go.

Like many French families, all the members of Muriel's family take pride in their abilities in the kitchen. But it was Muriel's paternal grandmother, Simone, who was to have the greatest influence, since she was the chef and owner of a restaurant in Picardie, France – a small city in the countryside just outside Paris. Some of Muriel's fondest childhood memories are of helping her grandmother create all the classic French dishes that were served at her restaurant. The special moments she shared with her grandmother in the culturally rich environment of an authentic

French kitchen were to shape the rest of Muriel's life.

When Muriel moved from Colorado to California, the move presented an opportunity for a career change and with great trepidation she decided to take the plunge. Despite hearing how challenging and difficult it would be, Muriel followed her dream and attended Le Cordon Bleu cooking school in Paris – the same school attended by Julia Child. Ultimately, she graduated #1 in her class and now considers herself blessed to combine her two greatest passions – cooking and wellness.

## INTRODUCTION

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Muriel and I have never been ones to skip breakfast (nor any meal for that matter). Of course, there is an abundance of science that tells us breakfast may well be the most important meal of the day – setting the pattern for our day. In other words, whether we seek wellness or weight-loss, breakfast is important. In fact, just from a common sense standpoint, when we sit down for breakfast, we have been asleep and effectively “fasting” for at least 10 to 12 hours. How could we possibly expect to start the day effectively, if we continue to “starve” ourselves?

Whether at home or on-the-go, there are a multitude of breakfast options; however, those that seem healthy are not always as they appear. Many commercially-prepared breakfast foods can be high in calories, sugars and contain all sorts of hidden ingredients and additives. Many of these foods leave us feeling worse than if we ate nothing, which is why so many of us just skip breakfast entirely. For Muriel and I, we keep it simple and easy to prepare with breakfasts that are generally a fruit smoothie with our whey protein powder or our new **CholestaCare® Classic Rolled Oats**.

Muriel and I have always enjoyed oatmeal and oat bran in the morning, but it was not until Muriel’s usually great cholesterol numbers were a bit higher than in past years that we discovered how perfectly **CholestaCare** works with oats. Oats have been long established as Mother Nature’s #1 cholesterol-lowering food while also being an exceptionally versatile, satisfying, nutrient-rich ingredient. With that in mind, Muriel and I began combining oats with **CholestaCare** every morning for breakfast. We also started using our oats with **CholestaCare** to make granola, food bars and many recipes from turkey loaf to turkey meatballs. A few months later when Muriel had her levels retested, they were the best in her life and among the best numbers our doctor had ever seen. In fact, her HDL (good cholesterol) was now even higher than her LDL (her bad cholesterol) and her ratio of Total to HDL cholesterol was less than 2 to 1. Truly amazing numbers! What I realized is that as good as oats and **CholestaCare** are individually, the combination of these two natural ingredients created a cholesterol-lowering powerhouse. Since the cholesterol-lowering power of plant sterols (**CholestaCare**) was discovered, food manufacturers have been adding them to foods, but unfortunately, they generally add them to less than healthy, high calorie foods that we try to eat less of



*(continued next page)*



like margarine and mayonnaise. I never understood that. Why not combine the natural cholesterol-lowering benefits of plant sterols with other healthy foods to create even greater benefits or far lower cholesterol levels?

Muriel's first impression of oatmeal was not good. She grew up in France and her grandma, Simone, was not a big fan of oatmeal, since, as a teenager, Simone went to England for a few months to learn English and live with an English family. She liked many things about England, but she always disliked their breakfast, especially their porridge! In France, their typical breakfast was a baguette, croissant or other bread or pastry with butter and jam along with cafe au lait or hot chocolate. Simone could not understand why people would eat this colorless, slimy, hot cereal every day. Muriel heard this story so often that she never ate oatmeal until she moved to Australia in her 20s. Her first bowl was with brown sugar and berries. It was love at first taste! It was so delicious and comforting that she had it every morning for months and even sometimes for lunch – given her tight budget. It is ironic that the porridge her grandma disliked is the oatmeal that Muriel came to love. For a few weeks now, Muriel and I have been eating a variety of oatmeal recipes several times per day and because it is so versatile, we still love it. We know you will too.

Muriel and I experimented with different recipes and found that oats are so adaptable that they can be combined with a variety of ingredients, flavors and textures. This cookbook shares many of Muriel and my favorite oatmeal recipes, which will make it easier to eat healthy, not just for breakfast, but throughout the day. You will, of course, find a variety of delicious breakfasts, but also recipes that allow you to enjoy our healthy oats for snacks, lunch and dinner. Although we make the world's finest vitamin supplements, I have always said that our best health starts with the quality of what we put in our body. I developed **CholestaCare® Classic Rolled Oats** to share with you the very best of what Mother Nature offers for cholesterol reduction. Best of all, our oats are uniquely organic and gluten-free!

If your goal is lower cholesterol, then simply starting each day with a delicious cup of our **CholestaCare® Classic Rolled Oats** will deliver better numbers and with those numbers, better heart health. It does so with complete peace of mind, since you achieve these healthier numbers without risk or side effect...just great benefits to enjoy.

Bon Appétit!

Andrew and Muriel

Handwritten signatures of Andrew and Muriel in black ink. Andrew's signature is on the left and Muriel's is on the right.

## TABLE OF CONTENTS

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Andrew's Ground Oatmeal . . . . .	9	Bacon and Egg Oatmeal . . . . .	23
Delicious Oat Smoothie . . . . .	10	Chocolate Chip Oatmeal Pancakes . . . . .	24
Strawberry, Kiwi and Almond Oatmeal . . . . .	11	Banana Orange Oatmeal Pudding . . . . .	25
Pear and Pecan Oatmeal . . . . .	12	Elaine's Nutty Granola . . . . .	26
Cherry, Saffron and Yogurt Oatmeal . . . . .	13	Oatmeal Muffins . . . . .	27
Zesty Blueberry Pomegranate Oatmeal . . . . .	14	Date and Oatmeal Bars . . . . .	28
Fig and Pistachio Oatmeal . . . . .	15	Turkey Oatmeal Meatballs . . . . .	29
Banana and Cocoa Nibs Oatmeal . . . . .	16	Turkey Oatmeal Loaf . . . . .	30
Apple, Passion Fruit and Coconut Oatmeal . . . . .	17	Faux Fried Chicken . . . . .	31
Pumpkin and Cranberry Oatmeal . . . . .	18	Brussels Sprouts Caesar Salad . . . . .	32
Overnight Chocolate and Raspberry Oatmeal . . . . .	19	Oatmeal Berry Crumble . . . . .	33
Citrus Coconut Oatmeal . . . . .	20	Oatmeal Chocolate Chip Cookies . . . . .	34
Savory Oatmeal with Mushrooms . . . . .	21	Cashew "Mylk" . . . . .	35
Miso, Green Peas and Radish Oatmeal . . . . .	22	Lincoln's Corner . . . . .	36



# ANDREW'S GROUND OATMEAL

Serves: 4 • Preparation time: 5 minutes • Cooking time: 3 minutes

Andrew has this every morning for breakfast. I sometimes mix it with cooked quinoa for extra diversity and crunchiness.



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2 cups water  
1 cup CholestaCare  
Classic Rolled Oats

Pinch of salt (optional)  
1 tbsp. maple syrup

---

## Nutrition Information

Serving Size  $\frac{1}{2}$  Cup

Servings 4

Calories . . . . .	<b>91</b>	Potassium . . . . .	<b>84 mg</b>
Calories from fat . . .	<b>12</b>	Total Carbohydrates .	<b>17 g</b>
Total Fat . . . . .	<b>1 g</b>	Dietary Fiber . . . . .	<b>2 g</b>
Cholesterol . . . . .	<b>0 mg</b>	Sugars . . . . .	<b>4 g</b>
Sodium . . . . .	<b>2 mg</b>	Protein . . . . .	<b>3 g</b>
Calcium . . . . .	<b>2 %</b>	Phosphorus . . . . .	<b>8 %</b>
Iron . . . . .	<b>5 %</b>	Magnesium . . . . .	<b>7 %</b>
Vitamin E . . . . .	<b>1 %</b>	Zinc . . . . .	<b>5 %</b>
Vitamin K . . . . .	<b>1 %</b>	Selenium . . . . .	<b>8 %</b>
Vitamin B1 . . . . .	<b>6 %</b>	Copper . . . . .	<b>4 %</b>
Vitamin B2 . . . . .	<b>6 %</b>	Manganese . . . . .	<b>44 %</b>
Niacin . . . . .	<b>1 %</b>		
Vitamin B6 . . . . .	<b>1 %</b>		
Folic Acid . . . . .	<b>2 %</b>		
Pantothenic Acid . . .	<b>2 %</b>		

### OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline . . . . .	<b>8 mg</b>
Lutein & Zeaxanthin . . . . .	<b>36 mcg</b>
Phytosterols . . . . .	<b>800 mg</b>

- 1 Grind the oatmeal in a mini Cuisinart or blender. A few pulses are enough.
- 2 Bring the water to a boil in a small saucepan. Reduce heat to medium low and add the ground oats and optional salt. Whisk well and gently simmer approximately three minutes until the oats absorb the liquid.
- 3 Serve immediately with maple syrup on the side.

# DELICIOUS OAT SMOOTHIE

Serves: 2 • Preparation time: 5 minutes

A smoothie is a fast, healthy, easy way to start your day! Here is how to make one while adding your favorite oats in the morning. You can use Secure or any other protein powder you wish. You may add more oats but also add more milk so it does not become too thick.



## Nutrition Information

Serving Size **1 Cup**

Servings **2**

Calories . . . . .	<b>307</b>	Potassium . . . . .	<b>695 mg</b>
Calories from fat . . .	<b>23</b>	Total Carbohydrates .	<b>48 g</b>
Total Fat . . . . .	<b>3 g</b>	Dietary Fiber . . . . .	<b>7 g</b>
Cholesterol . . . . .	<b>4 mg</b>	Sugars . . . . .	<b>23 g</b>
Sodium . . . . .	<b>150 mg</b>	Protein . . . . .	<b>23 g</b>
<hr/>			
Vitamin A . . . . .	<b>14 %</b>	Folic Acid . . . . .	<b>43 %</b>
Vitamin C . . . . .	<b>60 %</b>	Vitamin B12 . . . . .	<b>115 %</b>
Calcium . . . . .	<b>44 %</b>	Biotin . . . . .	<b>25 %</b>
Iron . . . . .	<b>10 %</b>	Pantothenic Acid . .	<b>36 %</b>
Vitamin D . . . . .	<b>32 %</b>	Phosphorus . . . . .	<b>35 %</b>
Vitamin E . . . . .	<b>79 %</b>	Magnesium . . . . .	<b>32 %</b>
Vitamin B1 . . . . .	<b>72 %</b>	Zinc . . . . .	<b>16 %</b>
Vitamin B2 . . . . .	<b>62 %</b>	Selenium . . . . .	<b>35 %</b>
Niacin . . . . .	<b>55 %</b>	Copper . . . . .	<b>11 %</b>
Vitamin B6 . . . . .	<b>63 %</b>	Manganese . . . . .	<b>80 %</b>

### OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline . . . . .	<b>44 mg</b>
Beta-Carotene . . . . .	<b>22 mcg</b>
Alpha-Carotene . . . . .	<b>17 mcg</b>
Lutein & Zeaxanthin . . . . .	<b>62 mcg</b>
Lycopene . . . . .	<b>1 mcg</b>
Phytosterols . . . . .	<b>800 mg</b>

½ cup CholestaCare  
Classic Rolled Oats  
  
1½ cups milk  
(almond, soy or skim)  
  
1 frozen banana

1 date  
  
½ tsp. cinnamon  
  
1 tsp. vanilla  
  
2 scoops protein powder

1 scoop Secure® Vanilla  
(optional)  
  
2 cups ice  
  
¼ tsp. cinnamon  
+ 2 cinnamon sticks

- 1 Mix all the ingredients together in a blender.
- 2 Sprinkle with cinnamon and add a cinnamon stick.





# STRAWBERRY, KIWI AND ALMOND OATMEAL

Serves: 4 • Preparation time: 5 minutes • Cooking time: 5 minutes

Strawberries are everyone's favorite and the brightness of the kiwi goes well with the crunchiness of the sliced almonds. Dragon fruit is a tasty alternative, but not always easy to find.

2 cups water or  
milk of your choice  
1 cup CholestaCare  
Classic Rolled Oats

Pinch of salt (optional)  
1 cup strawberries, sliced  
1 cup kiwi or  
dragon fruit, sliced

¼ cup almonds, sliced  
1 tsp. brown sugar  
or maple syrup

## Nutrition Information

Serving Size ½ Cup

Servings 4

Calories . . . . .	<b>203</b>	Potassium . . . . .	<b>509 mg</b>
Calories from fat . . .	<b>42</b>	Total Carbohydrates .	<b>32 g</b>
Total Fat . . . . .	<b>5 g</b>	Dietary Fiber . . . . .	<b>5 g</b>
Cholesterol . . . . .	<b>2 mg</b>	Sugars . . . . .	<b>14 g</b>
Sodium . . . . .	<b>55 mg</b>	Protein . . . . .	<b>8 g</b>
Vitamin A . . . . .	<b>6 %</b>	Vitamin B6 . . . . .	<b>6 %</b>
Vitamin C . . . . .	<b>111 %</b>	Folic Acid . . . . .	<b>9 %</b>
Calcium . . . . .	<b>20 %</b>	Vitamin B12 . . . . .	<b>10 %</b>
Iron . . . . .	<b>8 %</b>	Pantothenic Acid . . .	<b>8 %</b>
Vitamin D . . . . .	<b>5 %</b>	Phosphorus . . . . .	<b>26 %</b>
Vitamin E . . . . .	<b>12 %</b>	Magnesium . . . . .	<b>27 %</b>
Vitamin K . . . . .	<b>25 %</b>	Zinc . . . . .	<b>10 %</b>
Vitamin B1 . . . . .	<b>12 %</b>	Selenium . . . . .	<b>14 %</b>
Vitamin B2 . . . . .	<b>20 %</b>	Copper . . . . .	<b>12 %</b>
Niacin . . . . .	<b>4 %</b>	Manganese . . . . .	<b>54 %</b>

### OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline . . . . .	<b>33 mg</b>
Beta-Carotene . . . . .	<b>28 mcg</b>
Lutein & Zeaxanthin . . . . .	<b>102 mcg</b>
Phytosterols . . . . .	<b>800 mg</b>

- 1 Bring the water to a boil in a saucepan. (If using milk, do NOT boil.) Reduce heat to medium and add the oats and optional salt. Bring to a rapid simmer, then immediately reduce the heat to medium low. Gently simmer approximately 5 minutes until the oats absorb the liquid, stirring occasionally with a whisk.
- 2 Divide the oatmeal evenly and top with the fruits and almonds. Andrew likes to add brown sugar or maple syrup. Serve immediately.



# PEAR AND PECAN OATMEAL

Serves: 4 • Preparation time: 10 minutes • Cooking time: 5 minutes

You can replace the pears with apples in this recipe. You can also use applesauce/pearsauce if you don't have the time to sauté the fruit.

2 cups water or  
milk of your choice  
1 cup CholestaCare  
Classic Rolled Oats  
1 cinnamon stick

Pinch of salt (optional)  
1 tbsp. flax seeds  
Coconut cooking spray  
1 pear, sliced  
1 tsp. honey

½ tsp. cardamom  
1 tsp. cinnamon  
¼ cup toasted pecans  
(or pecan butter)

## Nutrition Information

Serving Size ¼ Cup

Servings 4

Calories . . . . .	<b>279</b>	Potassium . . . . .	<b>395 mg</b>
Calories from fat . . . . .	<b>119</b>	Total Carbohydrates . . . . .	<b>32 g</b>
Total Fat . . . . .	<b>13 g</b>	Dietary Fiber . . . . .	<b>6 g</b>
Cholesterol . . . . .	<b>2 mg</b>	Sugars . . . . .	<b>13 g</b>
Sodium . . . . .	<b>54 mg</b>	Protein . . . . .	<b>9 g</b>
Vitamin A . . . . .	<b>5 %</b>	Vitamin B6 . . . . .	<b>6 %</b>
Vitamin C . . . . .	<b>4 %</b>	Folic Acid . . . . .	<b>4 %</b>
Calcium . . . . .	<b>19 %</b>	Vitamin B12 . . . . .	<b>10 %</b>
Iron . . . . .	<b>9 %</b>	Pantothenic Acid . . . . .	<b>9 %</b>
Vitamin D . . . . .	<b>5 %</b>	Phosphorus . . . . .	<b>26 %</b>
Vitamin E . . . . .	<b>2 %</b>	Magnesium . . . . .	<b>27 %</b>
Vitamin K . . . . .	<b>4 %</b>	Zinc . . . . .	<b>14 %</b>
Vitamin B1 . . . . .	<b>18 %</b>	Selenium . . . . .	<b>15 %</b>
Vitamin B2 . . . . .	<b>17 %</b>	Copper . . . . .	<b>16 %</b>
Niacin . . . . .	<b>3 %</b>	Manganese . . . . .	<b>86 %</b>

### OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline . . . . .	<b>37 mg</b>
Beta-Carotene . . . . .	<b>12 mcg</b>
Lutein & Zeaxanthin . . . . .	<b>73 mcg</b>
Phytosterols . . . . .	<b>800 mg</b>

**1** Bring the water to a boil in a saucepan. (If using milk, do NOT boil.) Reduce the heat to medium, and add the oats, cinnamon stick and optional salt. Bring to a rapid simmer, then immediately reduce the heat to medium low. Gently simmer approximately 5 minutes until the oats absorb the liquid, stirring occasionally with a whisk. Add the flax seeds.

**2** Heat another pan over medium heat, coat with cooking spray, and place the pear slices in the pan with the honey, cardamom and cinnamon. Sauté for 3 to 5 minutes.

**3** Divide the oatmeal evenly and top with the pears and a sprinkling of cinnamon. Garnish with toasted pecans and cinnamon sticks. Serve immediately.





**Muriel Angot** was born and raised in the world's center of fine cuisine - Paris, France, but it would be years before she rediscovered her Parisian culinary roots. Muriel's grandmother, Simone, had an enormous impact, since she was the chef and owner of a small restaurant in Picardie, France, in the countryside outside Paris. Some of her fondest childhood memories are of helping her grandmother create classic French dishes. These special moments in the culturally rich environment of an authentic French kitchen were to shape the rest of Muriel's life. Decades later, Muriel followed her dreams and attended Le Cordon Bleu cooking school in Paris, made famous by Julia Child. She considers herself blessed to combine her two greatest passions - cooking and wellness and she is thrilled to bring you more of Andrew's favorite healthy and delicious recipes.

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