



VOL. 27, NO. 1
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JANUARY

Healthy Resolutions



Time to Work Out!

Ready to get stronger for your favorite winter sport? Protein will play a big part in your success.

If you don't eat enough protein, you will be deficient in the amino acids needed to build and repair muscles. With exercise intensity, your protein requirements go up.

How much protein do you need? About .6 to .8 grams of protein per pound of body weight, per day, is adequate but you will need more as your activity level increases.

Why protein is digested quickly, about 90 percent is used by your body, and it's high in amino acids and leucine. That's why Pro-to-Go, with 14 grams of protein per 8 oz., makes a great pre-workout drink. Visit www.longmontdairy.com/proteindrink/ for details.

Dear Friends,

Happy New Year! We hope you had a nice holiday season and are ready to get moving and back into healthier habits. We've included some ideas to add to our Pro-to-Go Protein Milk to make a healthy and hearty breakfast! This is an easy way to pack in a lot of nutrients on the go.

Don't forget, Pro-to-Go is on sale for the entire month of January. We'd love to hear how you drink our Protein Milk. Do you drink it as a meal replacement, before a workout, or as a snack? Do you add to your coffee to get additional flavor and protein? E-mail us at customerservice@longmontdairy.com. We'd love to hear from you!

Have a great start to your year!

Katie

www.LongmontDairy.com

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Longmont Dairy Farm, Inc.

Save 50¢ on Pro-to-Go in January

Boost Your Protein for Workouts.

Pro-to-Go provides 14 grams of protein per 8 oz. serving. It's delicious, creamy, and not chalky. Makes a great meal replacement or snack.

Save 50¢ per bottle for January deliveries.

Visit Products at LongmontDairy.com for nutritional details.



MOOO RECIPES

Protein Plus!

Add more nutrition or variations to the already delicious tastes of Longmont Dairy Pro-to-Go. Be creative. Sneak in a handful of spinach and a teaspoon of ground flax seeds.

The following suggestions can be used as a fast meal replacement or healthy snack. Adjust them to things you already have on hand. Share your own favorite Pro-to-Go recipe on our Facebook page.

Pro-to-Go Peppermint Breakfast

Best if made the night before.

- 1½ cup chocolate flavored Longmont Dairy Pro-to-Go
- 1 teaspoon peppermint extract
- 1 cup raw, quick-cook oats
- 1 tablespoon chopped nuts

Blend all ingredients together and refrigerate overnight.

Berry Delicious Shake!

Berries add fiber and slow down digestion. Fresh or frozen berries can be used.

- 1 cup strawberries
- 1 cup raspberries
- 1 cup blueberries
- 3 cups Longmont Dairy vanilla Pro-to-Go

Add ice to your liking, blend and pour.

Peanut Butter Cup

- 1¼ cups Longmont Dairy chocolate Pro-to-Go
- 1 tablespoon peanut butter, or substitute PBFit Peanut Butter Powder for ⅓ the calories.
- ¼ cup Longmont Dairy Hazelnut creamer
- Optional: 4" of a banana

Sneak in a handful of fresh spinach. Add ice, blend and pour.



See you at the Oatmeal Festival

Saturday, January 12, 2019 7:30 am - 12:00 pm

We're excited to again be a sponsor at the Lafayette Oatmeal Festival and to provide delicious Longmont Dairy products to the event. There will be a 5K walk/run and other heart-healthy family activities. Visit Events at LongmontDairy.com for more information.

