**Homemade Facial Cleansing Pads**

* ½ -3/4 cup of water
* 1 Tb. coconut oil
* A small squirt of body wash (you don’t want very much because you’ll have too many suds)
* Makeup pads (pick the shape that matches best the container you intend to use)

Heat these in the pad container you are going to use, in your microwave, until the oil is melted. Stir it up if you need to.

Put your pads in and squeeze downward until the liquid comes up and covers all of the pads. Add pads as you squeeze to fill the container. You may not have enough liquid to cover the new pads, so add more water. Throw out any extra liquid. You may also want to close your container and set it upside down so the liquid can soak through all of the pads.

That’s it! There are other versions of this recipe on-line and after trying them I came up with what worked for me. You may want to do your own adapting as well.

**Ranch Dressing**

* 1 cup mayonnaise
* 1 cup sour cream
* 2 Tbs. dried onions
* 2 tsp. dill weed
* 2 tsp. sugar
* 1 tsp. garlic powder
* 1 tsp. parsley
* Salt and pepper
* 2 Tbs. water (optional, depending on how loose you want the dressing to be)

I also have been known to take Hidden Valley Ranch dressing and doctor it up with additional mayonnaise and a couple of teaspoons of sugar (substitute).

**Protein Drinks**

I buy my protein powder at Costco. You can find it in many places now. It is expensive to buy all the ingredients at first, but the ingredients will probably last you an entire year of daily shakes. So you can decide if it’s worth it, or not.

* 2-3 Tbs. Heavy Whipping Cream (I guess you can go with non-fat milk powder, but this makes it pretty darn good)
* 2 Tbs. “Just Whites” or Egg Whites Food Storage
* 2 Tbs. Sugar-Free flavored syrup (Torani, DaVinci, etc.)
* 2 tsp. Vanilla Extract or powder
* 1-2 pkts. Splenda
* 1 scoop Whey Protein Powder (unflavored or vanilla will mix with any flavor syrup)
* 1 ½ cups crushed ice

I throw everything in a shaker bottle or tall glass. I personally don’t like to add ice to my drinks. I will shake the shaker bottle up or use a stick blender in the tall glass. Add 2 spoonfuls of cocoa powder if you want a chocolate shake.