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NUTRITION
WORLD

100+ IDEAL PROTEIN RECIPES

Delicious
Recipes for
all Phases of
the Ideal

VERNON DASSER

Vernon Dasser is a Name of Chattanooga, TN based nutritionist who is very passionate about natural health, holistic health, natural healing, and physical fitness. Vernon is a Certified Nutritionist from American Health Science University, and he earned his Associate in Arts Degree in Year. Vernon is also a professional member of the American Botanical Council, a nonprofit organization that helps people live healthier lives through the responsible use of herbs and medicinal plants. Vernon holds a certificate in German New Medicine and has received training as a Biofeedback Practitioner.

He co-authored the book '101 Great Ways to Improve Your Health' with some other of the top leading experts in natural health such as Dr. Joseph Mercola, Dr. Marcus Laux, Dr. Stephen Sinatra, Sr. Julian Whitaker, and Dr. Susan Lark among others. The book addresses simple and workable ways to cure disease and overcome unhealthy habits to live life to its healthiest potential. As an author, he has written two eBooks: "Sick and Tired of Being Sick and Tired" and "100+ Ideal Protein Recipes". Vernon Dasser has also fulfilled all membership requirements at American College of Nutrition.

Vernon believes that our health is up to us, and he seeks to inspire and empower people to take control of their health through the use of holistic approaches to accomplish peak vitality and thorough wellness.



BREAKFAST

BREAKFAST BURRITOS FOR FOUR



1. Cut all veggies into small pieces and cook in a skillet over medium heat with 1 tbsp of olive oil.
2. Add in omelet package and scramble until cooked and mixed well with veggies.
3. Add in the chili mixture and mix well.
4. Set mixture aside.
5. Heat up a flat grill with 1 tbsp of olive oil.
6. Pour $\frac{1}{2}$ of the pancake batter on the grill keeping it thin enough to roll.
7. Once one side is cooked, very gently flip it and cook the other side.
8. Once the pancake batter is cooked, place $\frac{1}{2}$ of the egg and chili mixture in the center.
9. Bring the edges together – creating a roll.
10. Cut in half and serve half to each person. Top with homemade salsa or hot sauce.

This is a 3-step process, but so worth it!

Step 1: Make one package of the Ideal Protein Diet Orange Pancake. Set aside

Step 2: Make one package of the Vegetable Chili using only $\frac{1}{2}$ of the water required. Set aside.

Step 3: Mix one package of the Three Cheese and Fine Herbs Omelet. Add your favorite veggies.

Ingredients:

- 2 mushrooms
- 1 stalk of celery
- $\frac{1}{4}$ of a red or green pepper
- $\frac{1}{4}$ cup of leeks
- 8 spinach leaves
- 2 gloves of garlic
- $\frac{1}{2}$ tsp of sea salt

A GREAT VEGGIE OMELET



First take some celery, scallions, broccoli, and sauté them in a non-stick pan until they are at the desired consistency. When almost done, add some fresh mushrooms. Then add some tomato but don't cook the tomato too long. When this mixture is done, add some garlic powder, onion powder and then put a little Walden Farms balsamic dressing in it (you can leave this out but it gives it a better flavor.) Then add some raw onions and put the combination aside for now.

Next step, add hot water (10 ounces) to a blender and add the 3 Cheese & Fine Herbs Omelet packet. Add garlic powder (1 tablespoon), onion powder (2 tablespoons), minced onions (3 tablespoons), and baking powder (1 big teaspoon), 1 packet of Splenda and blend for a minute. Take some spray olive oil and spray a little on a non stick pan and cook it covered on medium heat on one side and then flip it over and cook it on the other side and wow, you'll have made a huge omelet.

Then take the veggies and put them on top of the omelet. Fold it over and enjoy a huge and delicious tasting veggie omelet.

CHINESE PANCAKES



Chop and combine veggies, ginger and shrimp in a ziploc steamer bag, steam for a minute or two. Prepare Omelet packet and either:

Option 1: add garlic to pan and make very thin, crepe-like omelets, spoon the veggies onto, roll, and drizzle with tamari.

Option 2: put steamed veggies into a bowl, add the Omelet mixture (may need to add a few egg whites), lightly sauté the garlic, and add mixture, (all of it if cooking for 1, or may divide into smaller, pancake-size portions (if you have omelet rings as mentioned)).

Ingredients:

- Ideal Protein Omelet packet
- Favorite veggies (Bok Choy, Broccoli, Cabbage, zucchini, etc)
- 1 clove garlic
- 1 inch piece ginger, grated
- Fennel seed
- Soy bean sprouts
- Pre-cooked salad shrimp
- Tamari sauce

The image is a collage of three food-related photographs. The top photo shows a glass bowl filled with sliced carrots, broccoli florets, and shredded white cabbage. The middle photo shows a white plate with a variety of vegetables including carrots, broccoli, and green beans. The bottom photo shows a white bowl filled with a smooth, orange-colored sauce, likely a dressing or salsa, with a spoon resting inside. The text 'DRESSINGS / SALSA' is overlaid in white, bold, sans-serif font across the center of the collage.

DRESSINGS / SALSA

PEACH-MANGO SALSA



In a bowl, combine onion, celery and ginger. Add Ideal Protein packet, and stir thoroughly. It will become a little pasty in places. Add enough vinegar to remove pastiness, but not overpower the PeachMango. Mix well, cover and refrigerate overnight (or 4 hours or so). Makes a great topping for grilled fish, chicken or on a plain salad.

Ingredients:

- 1 pkg Peach-Mango Packet
 - 1 Vidalia onion, chopped
- 4-5 Celery heart stalks chopped
- 1-2 Piece fresh grated Ginger
 - Apple Cider vinegar

ASPARAGUS-CUCUMBER VINAIGRETTE DRESSING



(Equivalent to 1 Ideal Protein Diet food. Yield: 2-3 cups) Place all ingredients in a blender and process until liquefied. Use as salad dressing or as a dip for raw vegetables.

Ingredients:

- 1 packet of Ideal Protein Diet Asparagus Soup
 - 1 medium-large peeled cucumber (sliced)
 - 3 tablespoons Ideal Protein's Omega 3-6-9 oil
- 1 tablespoon olive oil
- 2 teaspoons minced or chopped garlic (more or less to taste)

TARRAGON DRIZZLE



Put in a glass jar and shake! It lasts for a few days but do not refrigerate. Use on hot veggies or salad. For a sweeter variation add Splenda (make sure to measure everything out accordingly) It's especially good on green beans or broccoli.

Ingredients:

- 2/3 c of olive oil
- 1/3 c of cider vinegar
- 2 tbsp of Dijon mustard
- 2 tbsp fresh tarragon chopped up
- 2 tbsp chopped fresh green onions or shallots
 - Sea salt
 - Fresh pepper

SALAD SAUCE FOR ONE



Shake well and pour over your salad as a dressing just before you eat it. Very tasty In a small sealable container add:

Ingredients:

- About a tablespoon of cider vinegar
 - 2 pkgs Splenda
 - A few grinds of fresh pepper
 - Squeeze of lemon juice
- A little dash of extra virgin olive oil – ½ tsp is plenty

RASPBERRY DASH SALAD DRESSING



Stir together the Raspberry Gelatin and the “Garlic and Herb” Seasoning. Drizzle the olive oil over a salad and toss. Now toss and sprinkle in the combined Raspberry Dash dressing and enjoy! (I keep a premixed dressing shaker with me to take into restaurants.)

Now that you know how crazy good it tastes, try experimenting...

Ingredients:

- ½ teaspoon of Ideal Protein Raspberry Gelatin
- ½ teaspoon of Mrs. Dash “Garlic and Herb” Salt-Free Seasoning Blend
 - 1 tablespoon of your favorite olive oil

PAULA'S CREAMY CAESAR DRESSING



Put all ingredients (except oil) in blender. Begin to pour oil in slowly and turn on blender. Continue pouring oil in slowly while blending until complete. Keep in refrigerator. Use 1 tbsp on salad or as a dip for vegetables.

Ingredients:

- 1 egg
- 2 large cloves garlic (crushed)
 - 2 tbsp lemon juice
 - 1 tbsp Worcestershire sauce
 - 1 cup oil (grape seed oil)
- Pepper to taste (a couple shakes) [/box]

THAI DRESSING



Mix all together and pour over the above Thai style salad.

Ingredients:

- 4 tbsp fresh lime juice
- 3 tbsp olive oil • 1 tbsp sesame seed oil
- 1 tbsp light soy sauce • Good pinch of Splenda
- 1 tbsp fresh ginger, peeled and finely chopped
 - 1/2 clove of garlic, finely chopped
 - 1 fresh red chili, seeded and finely sliced
- 1 large handful of fresh cilantro and basil, chopped

MOM'S SALAD DRESSING



Mix altogether. Can add garlic, oregano, hotsauce, etc. to your taste. Don't know if this is legal or not...but it sure beats WF dressings.

Ingredients:

- 4 1/2 c. olive oil
- 1/2 c. vinegar
- 1/2 c. water
- 1/4 c. Splenda
- 1 t. seasalt

MUSTARD AND VINEGAR SALAD DRESSING



Put all ingredients in a Mason or jam jar. Shake like mad and dress your salad with 1 – 1 1/2 tbsp. Delicious! This will keep in the fridge for about a week or so.

Ingredients:

- 6 tbsp olive oil
- 2 tbsp Ideal Protein Diet approved Dijon mustard
 - 2 tbsp white or cider vinegar
 - 1 level tsp sea salt
- 1 level tsp freshly ground black pepper



SOUP/STEW

CHINESE BROCCOLI SOUP



For All Stages of the Ideal Diet Protocol Boil water in a pot. Add salt. Blanch broccoli, bottoms down, in boiling water for one or two minute(s) only, for maximum taste and color (and greater enzyme goodness). Drain and immerse in ice cold water to preserve the bright green color.

In a blender, pour 2 cups of cold water, the contents of one (1) Ideal Leek Soup packet and the broccoli. Blend for one whole minute till smooth. Dissolve bouillon powder or cube in 2 cups of boiling water and add to broccoli soup. Serve hot or cold or as an aspici. Garnish with fresh ground pepper and chopped chives. Enjoy!

Ingredients:

Equivalent to 1 Ideal Protein food. Yield:4 portions

- 1 Ideal Leek Soup
 - 4 cups of water
- chicken or vegetable broth cube or powder, to taste
 - 1 head of Chinese broccoli
 - Fresh ground pepper
 - Fresh chopped chives

CREAMY & DELICIOUS SPINACH SOUP



Bring 3 cups of sea-salted water to boil then turn off the heat. Immediately immerse the baby spinach in the water till completely wilted. Quickly drain the water from spinach and rinse under cold water to preserve the spinach's bright green color then squeeze all the excess water. Make your Ideal Protein soup as you would usually by adding hot water minus 2 ounces of water.

Pour half or more of the hot soup mixture into a blender and add 1/2 of the cooked spinach. Add the seasonings. Blend well till smooth and creamy. Transfer the remaining spinach to a large soup bowl and cover with the warm spinach cream.

Ingredients:

- 1 bag of baby spinach, cleaned (any size)
 - Sea salt
 - Garlic powder, to taste
 - Onion powder, to taste
- 1 tablespoon of dried dill weed, optional
- ½ to 1 packet of Ideal Protein Diet Leek soup or Ideal Protein Diet Chicken soup

CHINESE BROCCOLI SOUP



Equivalent to 1 Ideal Protein Packet. Yield: 4 portions Boil water in a pot. Add salt. Blanch broccoli, bottoms down, in boiling water for one or two minute(s) only, for maximum taste and color (and greater enzyme goodness). Drain and immerse in ice-cold water to preserve the bright green color.

In a blender, pour 2 cups of cold water, the contents of one (1) Leek Soup packet and the broccoli. Blend for one whole minute till smooth. Dissolve bouillon powder or cube in 2 cups of boiling water and add to broccoli soup. Serve hot or cold. Garnish with fresh ground pepper and chopped chives.

Ingredients:

- 1 Leek Soup Packet
 - 4 cups of water
- Chicken or vegetable broth cube or powder, to taste
- 1 head of Chinese broccoli

CREAM OF MUSHROOM SOUP



Combine soup mix, water and mushrooms, then blend. Let stand a few minutes to allow mushrooms to rehydrate.

Ingredients:

- ½ oz. dried chanterelle mushrooms (Usually easily found at grocery store)
- 1 Leek Soup Packet

CHICKEN SOUP



Heat water until boiling, pour in bowl with one hand, stir water gently while slowly adding egg whites. Add chicken soup packet and stir. Just add as many egg whites as it takes to get it as thick as you want.

Ingredients:

- Water
- Egg whites
- Chicken Soup Packet

HEARTY VEGETABLE STEW



Begin by browning the meat in a skillet with garlic and onions. Start cutting up all of the veggies. Throw all of the veggies and the large can of tomatoes into a pressure cooker. This is the quickest and easiest way to preserve flavor and keep the vegetables freshest during the cooking process.

If you don't know how to use a pressure cooker, you will need to use either a crock pot and slow cook it 6-8 hours on low. Or, you can cook all of the vegetables first, then place in big soup pot and cook for 30 minutes.

If you do have a pressure cooker, once you have the meat finished cooking and the vegetables chopped pour them all into the pressure cooker. Stir them all up and add enough water to cover the top of all the food. This typically will be about 2-3 cups (a

good amount of water so you have some delicious broth to eat). Then let it cook until it steams on the pressure cooker. Once it does let it go for 2 straight minutes steaming. Then once it does that remove the pressure, let it cool and then minutes later you can safely open the lid. Your delicious soup will be complete and from start to finish it probably only took 15 minutes!

Ingredients:

(Makes 2 servings!)

- 1 large cans of diced tomatoes
- 1/2 head of cabbage
- 4 zucchini
- 1 pound of lean ground beef
- Garlic, onion(optional)- just to add to ground beef while cooking to give it more flavor

CHUNKY BROCCOLI SOUP



This is a very easy way to get your complete lunch meal in with Ideal Protein. Cook the soup just like you would for a normal packet. Steam the fresh broccoli and then add it to the soup. Delicious!

Ingredients:

- Ideal Protein packet of Broccoli Cheese Soup
 - 2 cups of fresh steamed broccoli

A photograph of a dining table with several dishes. In the foreground, a white bowl is filled with olives and diced red tomatoes, garnished with lemon slices. Behind it, another white bowl contains a mixture of vegetables and a dark sauce, also garnished with a basil leaf. To the right, a plate holds sliced yellow and red items, possibly pickled vegetables, with fresh basil. A glass of water is visible in the background. The table is set with a patterned tablecloth. The text "LUNCH / DINNER" is overlaid in the center.

LUNCH / DINNER

SMASHED ZUCCHINI PASTE



For All Stages of the Ideal Diet Protocol This is really good stuffed inside an Ideal Protein Plain Crepe! Or you can cook the leek and/or asparagus soup by pan frying it flat in a nonstick pan then baking it in the oven. Delicious! Put 1/2 (1 tbsp) the olive oil in a non stick pan and fry your garlic and chilies for a couple of minutes. Throw in the zucchini and stir them around to coat. Turn the heat down slightly and put a lid on the pan.

Give the pan a shake and stir every 5 minutes for 35 minutes. This will prevent the zucchini from sticking and the lid will ensure that there is moisture in the pan. When the zucchini is really soft with some chunky pieces and the rest almost pulped, remove from the heat and taste. Season accordingly. At this point add the rest of the olive oil to loosen. Add your chopped mint and lemon juice.

Ingredients:

- 2 tbsp olive oil
- 1 clove of garlic, finely chopped
- 1 small dried red chili, crumbled
- 3-4 small zucchini, unevenly sliced
- Sea salt and ground black pepper to taste
- 1/4 cup of fresh mint, chopped
- Juice of 1 lemon

SHRIMP-SALTY & SPICY STYLE



For All Stags of the Ideal Diet Protocol Leave the shells on the shrimp if you wish. Get a nonstick wok or frying pan very hot, and then add the sea salt and spices. Toast and toss around for about 30 seconds before adding the shrimp. Add shrimp and shake vigorously and toss.

The salt and spices will stick and encrust themselves to the shrimp. After a minute or two the shrimp will have cooked, changed their color and should be very tasty and crunchy. You can eat them with the shells on or off. Fantastic!

Ingredients:

- 2 1/4 lb small shrimp, uncooked and in the shell
 - 4 generous pinches of sea salt
- 6 generous pinches of mixed spices (fennel, coriander, cumin and chili) lightly crushed

SALMON WITH VEGGIES & PEPPERS



Heat the oil in a large non-stick frying pan. Add the yellow peppers, ginger, and fennel bulb and cook, stirring occasionally, for 5-6 minutes, until they are softened, but not browned. Add the fresh green chili and leeks to the pan and cook, stirring occasionally, for about 3 minutes. Stir in half the chopped chives and soy sauce and season to taste with a little salt and freshly ground black pepper.

Set the vegetable mixture aside to cool slightly. Meanwhile, preheat the oven to 375 degree F. Cut six 14in rounds of parchment paper or foil and set aside. When the veggie mixture is cooled slightly divide it equally among the sheets of paper and top with a portion of salmon. Drizzle each portion of fish with a sesame oil and sprinkle with the remaining chives and chopped fennel fronds. Season with a little more salt and pepper. Fold the backing paper or foil to enclose the fish, rolling the edges together to seal the parcels.

Place the parcels on a backing sheet and bake for 15-20 minutes, or until the parcels are puffed up and, if made with parchment paper, lightly browned. Move to a warm serving plate and serve while still in paper.

Ingredients:

- 1 ½ tbsp olive or grape seed oil
- 2 yellow (bell) peppers, seeded and thinly sliced
- 1 ½ in fresh root ginger peeled and finely shredded
- 2 large leeks, cut into 4in lengths and shredded lengthways. Substitute with broccoli if prefer
- 2 tbsp chopped fresh chives
- 2 tsp light soy sauce
- 6 portions salmon fillet, each weighing about 5-6oz, skinned
- 2 tsp toasted sesame oil salt and ground black pepper

PIG CANDY TENDERLOIN



Place all of the spice ingredients into the zipper seal disposable bag and mix with your hands by massaging the outside of the zipper seal bag. Add your pork and massage the spice mix into and all over the slices and let sit in the bag. Fire up the BBQ and get it good and hot so that the pork will be seared when it is placed on the grill.

Sear the first side and when you turn it to sear the second side cut your heat down and cook slow until just done (no pink). You will see why we call it "Pig Candy."

Ingredients:

- 3 pork tenderloins cut into $\frac{3}{4}$ " slices
 - 2 tbsp Apple Cider Vinegar
- 2 tsp of Sucralose, Stevia or Xylitol
 - $\frac{1}{4}$ tsp poultry seasoning
 - $\frac{1}{4}$ tsp nutmeg
- 1 tsp olive or grape seed oil
 - $\frac{1}{4}$ tsp natural sea salt
- $\frac{1}{2}$ tsp Louisiana Brand hot sauce
 - Zipper seal large 1 gal. bag

OVEN ROASTED CAULIFLOWER



Preheat the oven to 375 degrees f. In a large bowl, combine all the ingredients except the garlic. Toss to mix well and place in a large baking dish or shallow roasting pan. Place the pan in the oven and roast the cauliflower, turning once or twice, until tender and caramelized around the edges, 30-35 minutes. During the last 5 minutes of cooking, stir the garlic into the pan. Remove the pan from the oven and serve immediately.

Ingredients:

- 1 large cauliflower, about 2 pounds, cut 1 ½ -inch florets
- 1/3 cup extra-virgin olive oil
- 2 ½ tbsp finely chopped fresh rosemary leaves
- 1 ¼ tsp sea salt
- 2-3 tablespoons of low sodium soy sauce
- ½ tsp fresh cracked white pepper
- 1 ½ tsp minced garlic

KITCHEN ASIAN SLAW



Put olive oil and chopped garlic in pan (sauté pan) medium heat, throw the entire bag of cabbage in pan use tongs or spatula to coat it with oil in pan. Throw in onions celery and peppers...drizzle soy sauce and Tabasco sauce over cabbage.(sprinkle salt and pepper on).

Let it sauté for 10-12 minutes while turning and moving pretty consistently. And that's pretty much it... yummy! You can eat it cold or hot and I am assuming the same recipe could be done without cooking at all and be more crunchy.

Ingredients:

- 10 oz bag of cabbage (white cabbage) found in the cooler section of produce isle
 - 4-5 green onions (chives) chopped really small
 - 2 stalks of celery chopped paper thin
- About a quarter to a half a cup of fresh red pepper (or more to taste)
 - 2-3 tablespoons of low sodium soy sauce
 - Tabasco sauce (5-8 drips or more to taste if you like it hotter)
- 2 teaspoons of olive oil • Sea Salt sprinkle over pan / Pepper ½ teaspoon
- Powder garlic ½ teaspoon and fresh or jar chopped garlic also 1/2 teaspoon
- If you really want to kick it up a notch add wasabi!!!!!! (Quarter to ½ teaspoon)

JALAPENO SHRIMP



Add shrimp to a large pot and cover with lightly salted water. Let boil. Place lid on pot and take off of heat. Let rest for 1 minute. Strain shrimp and run under cool water.

Slice the jalapenos in half lengthwise. Combine shrimp and jalapenos in a large bowl. Season with lime juice, cilantro, and salt and toss and coat. Cover with plastic wrap and chill for up to 1 day.

Ingredients:

- 1 ½ lb large raw shrimp, peeled
- 7 oz whole pickled jalapeno peppers, reserve ¼ cup of liquid
 - ¼ cup fresh lime juice
 - ¼ cup fresh cilantro, minced
 - ¼ tsp salt

ITALIAN SHRIMP



In a large heavy skillet, mix the oil, Italian dressing, garlic, hot pepper sauce, soy sauce, bay leaves, paprika, oregano, rosemary, thyme, pepper, and salt. Cook over medium heat until the sauce begins to boil. Add the shrimp, and cook approximately for 10 minutes. Add the wine, and cook another 5-7 minutes, or until the shrimp are done. Serve the shrimp with the sauce.

Ingredients:

- ¼ cup olive oil
 - ½ cup fat free Italian dressing (Walden Farms)
 - 6 medium garlic cloves, minced
 - 1 tsp hot pepper sauce
 - ¼ cup Low sodium Soy sauce
 - 8 bay leaves
 - 2 tsp paprika
 - 1 tsp ground oregano
 - 1 tsp ground rosemary
 - 1 tsp ground thyme
 - 1 tsp black pepper
 - 1 tsp salt (optional)
 - 2lb raw shrimp, unpeeled, headless
- Share !

CHICKEN SHAWARMA



Sprinkle one side of chicken pieces with garam masala and place seasoned side down in hot olive oil. Sprinkle top of chicken with more garam masala and sauté for 5 minutes. Turn chicken pieces, adding more olive oil as needed, and sauté for 5-10 minutes more, or until chicken is cooked through and no longer pink inside.

Ingredients:

- 3tbsp olive oil
- 1lb boneless skinless chicken breasts, cut into ½ inch pieces
- 3 tbsp garam masala

ENDIVE WITH THYME, GARLIC & OLIVE OIL



For All Stages of the Ideal Diet Protocol Preheat oven to 450 degrees F. Remove any discolored outer leaves from the Belgium endive if need be. Cut in half lengthwise, and then quarter each half. In a hot pan fry the endive with the olive oil, garlic, thyme and seasonings for about 4 minutes.

Add the lemon juice and allow it to sizzle. Then pour it all into a dish, cover with aluminum foil and bake for 10 minutes. Then remove the foil and bake for a further 10 minutes. Taste and correct your seasonings and serve.

Ingredients:

- 4 Belgium endives
- 3 Tbs. of your best extra virgin olive oil
- 1 clove of garlic, peeled and finely chopped
- 1/3 cup of fresh thyme
- sea salt and freshly ground pepper
- 1/2 cup lemon juice.

CROCK-POT MEAL



Pour 30 oz of your choice of low fat broth in a blender. Add the contents of all three Ideal Protein soups of your choice. Blend until smooth. Pour into a Crock-pot. Add your choice of meat and vegetables. Spice up as you please. Simmer over low heat for 4-6 hours until the meat is so tender it falls apart at the touch of your fork.

Great for leftovers or to share with your entire family.

Ingredients:

- 3 Ideal Protein soups (Chicken and/or Leek and/or Asparagus)
 - 30 oz of low-fat broth (chicken, beef or vegetable)
- 2-3 cups of your choice of hearty vegetables cut up in 1-inch chunks (zucchini, leeks, garlic, green beans, celery, asparagus tips, mushrooms, turnip)
- 16 oz of lean meats or poultry, cut up in 1-inch chunks
 - Fresh or powdered garlic, to taste
 - Sea salt •Ground pepper
- Your choice of spice(s) and herbs (oregano, thyme, basil, rosemary, sage, hot peppers, etc.)

BAKED MUSHROOMS WITH GARLIC



Preheat the oven to 425 degrees F. Pound your thyme, chili and a little of the garlic in a pestle and mortar or shaker. Squeeze in the lemon juice and add the olive oil. With your hand or a brush, rub the mushrooms all over with this mixture. Make sure all the flavored oil is used up. Tightly pack the mushrooms together, bottom side up, in an ovenproof dish or roasting pan, and with a knife make 2-3 slits randomly over each mushroom.

Insert a slice of the remaining garlic into each slit. Dot some olive oil over the mushrooms, season and bake for around 15-25 minutes – cooking time depends on the size of the mushrooms. Cook until they are soft, slightly colored and juicy. Taste one to see, continue cooking if need be. You can also use these as a topping to your favorite salad.

Ingredients:

- 1/3 cup of fresh thyme, leaves picked from stems
 - a pinch of dried chili
- 2 cloves of garlic, peeled and finely sliced
 - juice of 1 lemon
 - 1 teaspoon oregano
 - 6 Tbs. of extra virgin olive oil
- 4-8 large flat field mushrooms (such as crimini, Portobello and shitake)
 - sea salt and freshly ground black pepper

ANCHOVY AND ROASTED PEPPER SALAD



1. Preheat the oven to 400degree F. Place the peppers in a roasting pan and roast for 30-40 minutes. Transfer to a bowl and cover with film (plastic wrap).
2. When the peppers are cool, peel them and cut into strips. Drain the anchovies, reserving the oil. Halve the fillets lengthwise.
3. Slice the garlic cloves as thinly as possible and place them in a large bowl. Stir in the olive oil, balsamic vinegar and a little ground black pepper. Add the sliced peppers and anchovy fillets and use a spoon or fork to fold the ingredients together. Cover with clear film and chill until ready to serve.

Ingredients:

- 2 red, 2 orange, and 2 yellow (bell) peppers, halved and seeded
 - 2oz can anchovies in olive oil
 - 2 cloves of garlic
 - 3 tbsp balsamic vinegar

CRISPY RICE SQUARES



For Stages 3 & 4 of the Ideal Diet Protocol Pour water into medium saucepan. Sprinkle Gelatin over top. Let stand for 1 minute. Add Splenda and vanilla. Heat and stir on medium heat until gelatin and Splenda are dissolved. Remove from heat. Cool until you can almost hold your hand on the side of the saucepan. Transfer to medium/large mixing bowl. Beat on high for 15-20 minutes until stiff peaks form. Take powder from Crispy Rice Cereal packet and separate it from the Crispy Rice particles.

Sprinkle over small pan or individual silicon muffin cups. The size of the pan, or the number of muffin cups varies on how much Crispy Rice Cereal particles you want per portion. Sprinkle some of the cereal over the bottom of the pan/cup. Turn marshmallow mixture into pan/cup slowly. You can top them with some Cereal too! Chill and cut

into desired squares (in pan). NOTE: You will have a lot of Marshmallow mixture left over from one packet of Crispy Rice Cereal.

The number of packets you wish to use is mainly up to your own individual tastes. If you choose, you can use the remainder of the Marshmallows and pour them into a pan lined with Ideal Protein Vanilla Pudding. Chill and then slice into squares.

Ingredients:

- Marshmallows: (Low Glycemic)
- 1½ cups of water
- 3 envelopes of unflavored gelatin
- 2¼ cups of Sucralose
- 1 tsp. vanilla extract
- 2 packets Ideal Protein Crispy Cereal

CREAMED CABBAGE



Yield 2 generous servings Sauté garlic until lightly golden. Add shredded cabbage, enough for two generous servings. Cover and cook down over medium heat until the cabbage is tender and has deepened in color.

Remove from heat. Mix 1 envelop of Ideal Protein Leek soup with 2/3 cup of water. Dissolve completely until smooth. Warm it up on the stove or in your microwave. Stir into the cabbage and serve at once, warm.

This is a great way to “cream” any of the veggies from the list of recommended vegetables. It would also be great with leeks.

CHILI TOSTADAS



For All Stages of the Ideal Diet Protocol Directions Preheat the oven at 350° F. Blend the contents of the oatmeal and chili together with the baking powder, baking soda, hot water, virgin olive oil and herbs together until all the water is absorbed and the dry ingredients are equally distributed. Rub fresh garlic directly onto a non-stick baking sheet.

Spoon mixture into two (2) tostadas. Bake at 350° F for 15 minutes. Remove from the oven and garnish with shredded lettuce, 1 tablespoon of chopped fresh cilantro, 1 tablespoon of fresh or canned tomatoes, chopped onion or green onions. Sprinkle a splash of fresh lime and serve while still hot! Stage IV variations: Top tostadas with chicken or beef strips, ceviche (a form of Mexican sushi 'cooked' in fresh lime juice), shrimp or lobster and plain low-fat yogurt in lieu of sour cream.

Substitute lettuce for shredded cabbage and fresh shredded radish when making fish tostadas.

Delicious!

Ingredients:

- Yield: 2 medium tostadas, equivalent to 2 Ideal protein food portions
- 1 Ideal Protein Maple Oatmeal
- 1 Ideal Protein Vegetable Chili
- ¼ teaspoon baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- ¼ teaspoon of dried Mexican herbs (coriander, basil, oregano, dried peppers, garlic and crushed cumin which gives it a nice 'smoky' flavor)
- Shredded lettuce
- 1 tablespoon fresh cilantro, shredded
- 1 tablespoon fresh tomatoes or fresh salsa
- Chopped onion (raw) or green onion
- Fresh lime

CHILI PAKORAS



Preheat the oven at 350° F. Blend all ingredients together, even the vegetables, until a sort of dough is formed. Spoon four (4) pakoras onto the non-stick baking sheet. Bake in the oven for 25 minutes.

Test with a toothpick to make sure they are not too moist. Remove from the oven and serve warm.

Ingredients:

- Yield: 4 biscuits, equivalent to 2 Ideal protein food portions.
 - 1 Ideal Protein Maple Oatmeal.
 - 1 Ideal Protein Vegetable Chili.
 - ¼ teaspoon baking powder.
 - 3 small pinches of baking soda.
 - 4 oz of hot water.
 - 8 drops of extra virgin olive oil.
- ¼ teaspoon of dried Indian herbs (chili peppers, cumin, turmeric, fenugreek, ginger, coriander, garam masala, coriander, mint, curries, etc.) Slightly cooked vegetables of your choice from the select list: cauliflower, mushrooms, zucchini, crushed garlic, etc.) Variations: Experiment with other spices for different tastes and aromas.

CHICKEN CHOW MEIN



Steam 2 cups of chicken (leg or breast) and then add sea salt and pepper or any spices you like. Steam 4 cups of vegetables till crunchy then add sea salt and pepper, water chestnuts, broccoli, celery, onion or green onion, cabbage or bok Choi, bean sprouts and zucchini.

Add all of this to the chicken. Mix up a packet of any Ideal Diet soup and add to above mixture. Divide into 2 meals. Now you also have a cooked meal for tomorrow.

Ingredients:

- 2 cups of chicken (leg or breast)
- Vegetables – broccoli, celery, onion or green onion, cabbage or bok choi, bean sprouts and zucchini.
 - Sea salt
 - pepper

BROCCOLI WITH GARLIC



1. Using a sharp knife, trim off and discard the thick stems from the broccoli, and cut the head into large, even-sized florets.
2. Bring a large pan of water to a boil. Add the broccoli florets and cook for about 3 minutes, just until tender but still retaining its bite.
3. Drain the broccoli well and arrange the florets in a warmed serving dish.
4. Heat the sunflower oil in a small pan, add the crushed garlic and cook for about 2 minutes, being careful not to let it burn, then remove the garlic with a slotted spoon
5. Pour the garlic-flavored oil over the broccoli. Sprinkle the fried garlic slices, if using and serve immediately.

Ingredients:

- 1lb broccoli
- 1 tbsp sunflower oil
- 2 garlic cloves, crushed
- fried garlic slices, to garnish (optional)

GINGER-LIME BOK CHOY SALAD



Peel and finely grate ginger, then combine Bok Choy and Romaine in bowl. Squeeze lime over salad, followed by 2-3 dashes of Red wine vinegar. Mix well, add a couple shakes of fennel seeds (slight licorice taste). The fennel blends with the ginger creating an oriental flavor.

Ingredients:

- 3-4 Bok Choy leaves, washed and cut into thin strips horizontally
- 1 small head Romaine lettuce, washed and cut into thin strips horizontally
 - 2 piece of fresh Ginger
 - 1/2 lime • Red wine vinegar
 - fennel seeds

SEARED TUNA SALAD



Make sure you buy sushi-quality tuna for this delicious and refreshing salad 1. Sprinkle tuna steaks with 1 teaspoons black pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.

Add tuna steaks; cook 2 minutes on each side or until they reach desired degree of doneness 2. Combine 1/2 teaspoon black pepper, 1 tablespoon oil, and juice in a large bowl; whisk. Add arugula and fennel; toss well. Place about 2 cups salad on each of 4 plates; top each serving with 1 tuna steak.

Ingredients:

- 4 (6 ounces) yellow fin tuna steaks (about 3/4 inch thick)
 - 1 1/2 teaspoons freshly ground black pepper, divided
 - 2 tablespoons olive oil, divided in half
 - 2 tablespoons fresh lemon juice
- 8 cups arugula leaves • 2 cups thinly sliced fennel bulb (about 1 small bulb)

TACO SALAD



Drizzle a little olive oil in a pan. Add chunks of celery, green pepper and mushrooms and stir fry till 'al dente' Season with sea salt and your favorite seasonings. I recommend the organic Mexican Fiesta seasonings, a blend made of dehydrated chili peppers, dehydrated onion, tomato powder, paprika, cumin, dehydrated garlic, cilantro, oregano, red pepper and lemon peel. Meanwhile, cook the vegetable chili as directed on packet.

When both are cooked to perfection, mix them together and place over a bed of your favorite greens. Top with fresh tomato salsa, more chopped raw red onion, a splash of lemon or lime and hot sauce, if you like. Delicious!

Ingredients:

- 2 cups of celery, green peppers and mushrooms chopped coarsely or finely, as you wish
- 1 Ideal Protein Diet protein Vegetable Chili
- Sea salt
- Seasonings of your choice
- One portion of your favorite greens
 - Fresh tomato salsa
 - Fresh raw red onion, chopped
 - Fresh lemon and lime, optional

CRUNCHY THAI STYLE SALAD



Any combination of these ingredients are great, or anything else you fancy that goes in a nice crunchy salad. Toss together with the Thai dressing (see below).

Ingredients:

- Bean, Alfalfa or Brussels sprouts
- Finely sliced green and red peppers
 - Baby spinach
- Finely sliced and seeded red or green chilies
 - Arugula • Sliced scallions
- Peeled, seeded and sliced cucumbers
- Finely sliced Napa or Red and Savoy cabbage
 - Snow peas
- Mint, basil and coriander (cilantro)

Share !

VEGETARIAN FLORETS



Sauté the leeks 2 to 3 minutes in a drizzle of olive oil over medium heat in a non-stick pan. Add the broccoli and cauliflower florets and continue to sauté 3 to 5 minutes. Mix the leek soup into a 1/2 cup of water, room temperature. Dissolve any lumps before adding to the vegetables. Simmer for 2 minutes and serve.

Ingredients:

- ½ cup of leeks sliced in thin circles
- 1/2 cup (125 ml) broccoli florets
- 1/2 cup (125 ml) cauliflower florets
 - 1 small onion, chopped
 - 1 Ideal Protein Leek Soup

Share !

RUTABAGA FRIES



Preheat oven to 400° F Placed peeled and sliced rutabaga in a large bowl and add the remaining ingredients toss together until the fries are thoroughly coated with seasoning. Spread fries on a non stick baking sheet Place in oven for approx 25 minutes, turn fries on baking sheet after about 12 minutes continue to cook until golden brown. Remove from the oven and serve immediately.

Ingredients:

- 1 large Rutabaga, peeled and cut into wedges.
 - 1-2 tbsp olive oil
 - 2 tsp dried onion flakes
 - 1 tsp dried garlic flakes
- Sea salt and cracked pepper to taste,

MEDITERRANEAN ROASTED BROCCOLI & TOMATOES



1. Preheat oven to 450 degrees F. 2. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes. 3. Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

Ingredients:

- 12 ounces broccoli crowns, trimmed and cut into bite-size florets (about 4 cups)
 - 1 cup grape tomatoes
 - 1 tablespoon extra-virgin olive oil
 - 2 cloves garlic, minced
 - 1/4 teaspoon salt
- 1/2 teaspoon freshly grated lemon zest
 - 1 tablespoon lemon juice
 - 1 tsp of oregano

* the picture shows black olives, however those ARE NOT suitable until phase 4

* So just do not add if you are on phase 1.

KALE CHIPS



1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

GARLIC RUBBED CABBAGE STEAKS



1. Preheat oven to 400F and spray a baking sheet with non-stick cooking spray. Pull outer leaf off cabbage (it's usually dirty and nasty looking), cut cabbage from top to bottom (bottom being root) into 1" thick slices.
2. Rub both sides of cabbage with smashed garlic.
3. Use a pastry brush to evenly spread the olive oil over both sides of the cabbage slices.
4. Finally, sprinkle each side with a bit of kosher salt and freshly cracked black pepper.
5. Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot and Enjoy!

Ingredients:

- 1 (approx 2lb) head of organic purple cabbage, cut into 1" thick slices
 - 1.5 teaspoons olive oil
- 2 to 3 large garlic cloves, smashed
 - kosher salt
- freshly ground black pepper
- non-stick cooking spray

ALFREDO PASTA



1. Shred zucchini (I use a large cheese grater)

2. Smaller zucchinis are best, as they do not have much water in them and will make a firmer pasta. Large garden zucchinis are VERY watery and should be patted with a paper towel to remove excess water.

3. Microwave for 3 minutes.

4. If you want a thicker pasta sauce, drain any water from the bowl. Otherwise, add your IP Soup packet and stir.

5. Microwave for additional 1minute.

6. Stir. Add any additional water if needed to bring sauce to consistency you want.

7. Add spices as desired.

a) Tomato Soup (I add tabasco, cut celery pieces, basil and garlic. Sometimes also a squeeze of lime + sea salt)

b) Chicken Soup (I add rosemary or thyme & oregano or turmeric (kurkuma in finnish. Its amazing) or saffron

c) Leek Soup (I add basil, garlic, cut peppers, and mixed pepper (black, white, pink, chili))

d) Broccoli & Cheese (I add real broccoli)

e) Mushroom (I add different kinds of mushrooms and citrus pepper with a squeeze of lemon. Often also add thyme)

This would be a perfect way to get your lunch meal in for Ideal Protein Phase 1.

Ingredients:

- 1/2 zucchini (shredded)
- 1 package IP Soup (Any flavor)
- Spices to taste

Share !

SUSHI!!



Believe it or not, I had a dieter bring me in a recipe that she made that is ALL Ideal Protein Phase 1 suitable for Sushi!! Who says a diet means you have to stop eating all of your favorite foods!!

Not only does it look pretty, but it taste delicious!!

She purchased a sushi mat to roll the sushi up in for 3 dollars at World Market. Roll out the seaweed onto the mat. Get cauliflower and chop it in the food procesor to make it small tiny rice like granules. Then put enough Walden Farms mayo into the chopped cauliflower just to make it a "sticky" texture.

Start with just 1/2 tablespoon of WF mayo, then work up depending on the amount of cauliflower you are using. Chop up your favorite vegetables. This where you can make some changes. She used asparagus, red and yellow peppers, and zucchini.

But hey, have fun, play with it and see what you think taste the best! Lay all of the vegetables out (just as pictured on the right) and then begin to roll up the entire ingredients using the mat. Soy sauce is allowed on the diet. So maybe try a bit for flavor!

Another option would be to even add meat. Popular sushi recipes include crab meat, tuna and shrimp.

If you are a seafood person, maybe try this for your dinner meal instead of just for you lunch meal by adding that bit of protein to make your meal complete!

Ingredients:

- Seaweed
- cauliflower
- Walden Farms Mayo
- Zucchini
- Red and yellow peppers
- Asparagus

CAULIFLOWER MASHED POTATOES



This delicious recipe has been raved about by many dieters over the past years. Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and 1/2 of any of the soup mixes/walden farms dressing, or more, to taste. Mash well and serve steaming hot.

Ingredients:

- 1 head of fresh cauliflower.
 - Onion powder, to taste.
 - Garlic powder, to taste.
 - Sea salt, to taste.
- 1/2 to 1 packet of Ideal Protein Leek Soup or Ideal Protein Chicken Soup OR add 1/4 cup of your favorite walden farms dressing(bacon ranch, ranch, creamy bacon..)

SHEPHARD'S PIE



1. Cook one whole cauliflower until soft enough to mash.
2. Make 1 package of your favorite Ideal Protein soup with only 100 ml of water.
3. Pour soup over cauliflower and blend or mash really well. Set aside.
4. In a skillet, brown 1 lb. of lean ground Turkey or beef. Add the following:
5. Cook turkey or beef mixture until brown.
6. Place turkey or beef mixture in the bottom of a baking pan or a casserole dish and press down firmly.
7. Place cauliflower mixture on top of the turkey or beef mixture and press down firmly.
8. Bake in the oven for 20 minutes.

Ingredients:

- 3 garlic cloves
 - 1/2 cup of leeks
 - 1/2 tsp sea salt
 - 1 tsp rosemary
 - 1 small, fresh tomato – diced
- One whole cauliflower
 - one package of favorite Ideal protein soup
 - 100 ml of water
 - 1 pound of lean turkey meat or beef
 - 3 garlic cloves
 - 1/2 cup of leeks
 - 1/2 tsp of sea salt
 - 1 tsp of rosemary
 - 1 small fresh tomato

CHIPOTLE CHICKEN LETTUCE CUPS



Heat the remaining olive oil in a large sauté pan over medium-high. Season the chicken with salt and pepper and sear for 6 minutes on each side until cooked through and browned all over. Move to a cutting board and let sit for 5 minutes. Then dice the chicken. In a food processor, combine the cilantro, lime juice, chipotle peppers and the adobo sauce.

Process until smooth. Add the chicken back to the pan, along with the chipotle sauce, freshly diced red bell pepper and roasted corn. Toss until combined. Serve a couple of Tbs. (or more if you're a freak like me) of the chicken mixture in each lettuce cup and garnish with scallions!

Ingredients:

- 1 Tbs. extra-virgin olive oil,
 - 1 pound chicken breast
- 2 – 3 chipotle peppers (depending on your love of heat)
 - 3 Tbs. adobo sauce (that comes from the jar)
 - 1/2 cup freshly chopped cilantro
 - 1 lime
 - 1/2 red bell pepper, diced
 - 3 scallions, thinly sliced
- 1 head butter lettuce, rinsed and leaves separated coarse salt and freshly ground pepper.

BIG MAC SALAD



If you can't eat at McDonald's, why don't we just recreate it McDonald's at home! Cook up extra lean ground beef, drain fat and return to pan and add seasonings of choice (I used garlic powder, onion powder, Mrs. Dash, salt & pepper).

Remove beef from heat & mix in WF Thousand Island Dressing, pickles & onion. Spread lettuce on plate, add beef mixture on top.

Ingredients:

- 8 oz Extra Lean Ground Beef
 - 1/4 c finely chopped onion
 - 1/4 c finely chopped dill pickles
 - 3/4 c finely shredded iceberg lettuce
 - 1 – 2 tbsp WF Thousand Island Dressing
- Share !

VEGETABLE WRAP



Mix water with potato puree, and spread in a preheated pan on medium heat. Flip once the bottom has set.

Fill with your favorite vegetables(zucchini, broccoli, cauliflower, peppers, cucumber, onions, tomato..)

*this is the simplest recipe ever! I added some spices in with the potato but that was personal preference. I filled it with cucumber, peppers, onions and tomato and tossed the veggies in a bit of olive oil, lemon juice & mrs. dash. The bread is mild in taste but thick enough to hold a lot of veggies. It literally took me about 5 minutes from start to finish. *

Ingredients:

- Ideal Protein Potato Puree Package
- 75 mls water

SPINACH PASTA SALAD



1 packet of Ideal Protein Pasta cooked normally, 2 cups fresh spinach and 1 tbs fresh salsa sautéed until spinach is fully wilted, toss with pasta, add sea salt, basil, oregano to taste, drizzle 1 tsp of olive oil, enjoy :)

STUFFED CHILI PEPPERS



Yield: 1 Ideal Protein portion Drizzle a little olive oil in a stir fry pan. Add chunks of celery, green pepper and mushrooms and stir fry till 'al dente' Season with sea salt and your favorite seasonings. I recommend an organic Mexican Fiesta blend made with dehydrated chili peppers, dehydrated onion, tomato powder, paprika, cumin, dehydrated garlic, cilantro, oregano, red pepper and lemon peel. Meanwhile, cook the vegetable chili as directed on packet. When both are cooked to perfection, mix them together. Cut the top off of a green pepper that you've cleaned out and stuff it with the mixture. Put the bell pepper in a 350 °F oven and bake for about 25 minutes.

Ingredients:

- 2 cups of celery, green peppers and mushrooms chopped coarsely or finely, as you prefer
 - 1 Ideal Protein Diet protein Vegetable Chili
 - Sea salt
 - Seasonings of your choice
 - 1 large fresh green pepper

Phase 4 Option: Add cooked lentils or red kidney beans and/or cooked ground white poultry meat.

CHILI PIZZA



Yield: 2 medium pizzas, equivalent to 2 Ideal Protein Diet protein food portions Preheat the oven at 350° F Blend the contents of the oatmeal and the chili together with the baking powder, baking soda, hot water, virgin olive oil and dried herbs until the water is absorbed and all the dry ingredients are equally distributed. Rub fresh garlic directly onto a non-stick baking sheet. Spoon mixture into two pizza rounds and flatten out.

Bake at 350° F for 15 minutes. Remove from the oven. Garnish with thinly sliced mushrooms, eggplant, green peppers or any other vegetables of your choice from the select vegetable list. Return to the oven or broiler, just long enough to roast the vegetables to taste. Remove from the oven and enjoy!

Ingredients:

- 1 Ideal Protein Maple Oatmeal (preferably sweetened)
 - 1 Ideal Protein Vegetable Chili
 - ¼ teaspoon baking powder
 - 3 small pinches of baking soda
 - 4 oz of hot water
 - 8 drops of extra virgin olive oil
- ¼ teaspoon of dried Italian herbs (basil, oregano, marjoram, hot peppers, garlic)
Fresh garlic
- Select vegetables, sliced thin

BAKED MUSHROOMS



(Phase 1 Compatible) – Studded with garlic, rubbed with olive oil and pounded thyme. Preheat the oven to 425 degrees F. Pound your thyme, chili and a little of the garlic in a pestle and mortar or shaker. Squeeze in the lemon juice and add the olive oil. With your hand or a brush, rub the mushrooms all over with this mixture. Make sure all the flavored oil is used up.

Tightly pack the mushrooms together, bottom side up, in an ovenproof dish or roasting pan, and with a knife make 2-3 slits randomly over each mushroom. Insert a slice of the remaining garlic into each slit. Dot some olive oil over the mushrooms, season and bake for around 15-25 minutes – cooking time depends on the size of the mushrooms.

Cook until they are soft, slightly colored and juicy. Taste one to see, continue cooking if need be. You can also use these as a topping to your favorite salad.

Ingredients:

Makes 4 servings

- 1/3 cup of fresh thyme, leaves picked from stems
 - Pinch of dried chili
- 2 cloves of garlic, peeled and finely sliced
 - Juice of 1 lemon
- 6 good glugs of extra virgin olive oil
- 4-8 large flat field mushrooms (such as crimini, portobello and shitake)
 - Sea salt and freshly ground black pepper

PORTOBELLO BURGERS



Take the stems off your mushrooms and clean them. Brush with olive oil and fresh garlic. Grill mushrooms. Take lean ground beef and add spices that are low sodium and low carb. I use a lot of pepper but use whatever you prefer. Mix your spices and hamburger together. Make patties 5 ounces each and grill either on the barbecue or in the oven. I use an indoor grill so the fat drains off. Take your mushrooms and pat them with paper towel so they aren't so moist.

Put one slice of cheese on patties and put the burger in between two mushrooms and voila you have a burger and no bread.. You can dress the burger with PC brand ketchup that is sweetened with Splenda and has one carb per tablespoon. You can also use mustard which is low in sodium, carbs and fat. The superstore also carries veggie cheese which has one carb per slice and you would swear it was real cheese. I recommend having asparagus with this meal. It feels like fries and burgers but so very healthy for you! This is a really good and satisfying meal.

Ingredients:

- 2 Portobello mushrooms around the same size
 - Lean ground hamburger
 - Your favorite spice
 - Walden Farms ketchup
 - Mustard
 - Lettuce
 - Veggie cheese

MANDARIN CHICKEN BALLS



Top with Sweet-n-Sour Catechin sauce and serve with your favorite veggies (or brown rice if you are on Phase 4).

Ingredients:

- Prepare 1 package of Ideal Protein Diet Orange Pancake according to the instructions.
 - Cut up 1 chicken breast into medium sized cubes.
 - Cook chicken in olive oil until cooked thoroughly.
- Roll each chicken piece in the pancake batter until completely covered.
 - Return chicken to the skillet to cook batter around the chicken.

ZUCCHINI PANCAKES



Combine and cook like pancakes. Pretty tasty!

Ingredients:

- 1 oatmeal packet
- 2-3 egg whites
- 2 small to medium zucchinis – shredded
- salt and pepper to taste
- onion/garlic (optional)

Share !

VEGETABLE SOUFFLÉ



Preheat oven to 350. Place oatmeal in blender or Magic Bullet and process until finely ground. Place shredded veggies in medium to large bowl. Prepare soufflé dish by lightly spraying with olive oil, then dust with ground oatmeal, shaking excess oatmeal into veggies.

Combine oatmeal, seasonings, and veggies, stirring until completely coated. (This is especially important if working with high-moisture veggies such as zucchini) Beat egg whites until stiff. Fold 1/2 of beaten egg whites into veggies, mix thoroughly to get eggs to blend with mixture, then gently fold in the remaining whites. Pour into prepared dish and bake for 20 minutes or until firm.

Ingredients:

- Baking dish
- 4 egg whites
- 2 cups favorite vegetable(s) shredded
- 1 Ideal Protein Oatmeal (unsweetened)
 - Spray olive oil
 - Seasoning to taste

GRILLED HADDOCK AND VEGGIES



Rinse and pat dry with paper towel the filet. Lightly spray broiler pan with olive oil and place filet skin-side down on the pan. Sprinkle dill and old bay seasoning over fish. Prepare veggies by coring, seeding, whatever, and cut into large pieces, arrange on broiler pan. Lightly spray veggies with olive oil. Place broiler pan in oven on medium rack and broil on low 20-30 minutes, taking out 1/2 way through to turn veggies.

While cooking, slice napa cabbage into fine strips and place in bowl. Add a couple pinches of sea salt, and mix. Add vinegar to taste, then squeeze 1/2 – 1 lime over all. Mix. Pile cabbage on plate, top with grilled veggies and haddock on the top.

Ingredients:

- Haddock filet
- Fresh veggies (Suggestions: green pepper, celery, broccoli)
 - Spray olive oil
 - Dried dill weed
- Old Bay seasoning
 - Napa cabbage
- Apple cider vinegar
 - Sea salt
 - 1 Lime

GOURMET SANDWICH POCKETS



(Equivalent to 1 Ideal Protein Diet food. Yield: 1 serving) Preheat oven to 350 degrees. Mix all together to a semi-thick batter. Pour onto a non-stick pie plate or spray a regular pan with "Pam". Cook for 20-22 minutes. Remove from oven and let completely cool (approx. 15 minutes). Slice down the middle, make into halves. Open pockets the same as a pita bread. Suggested filling: Shredded lettuce, diced tomatoes, cucumber, slivered green peppers, etc.

Toss filling with delicious dressing:

- 1 tbsp olive oil
- 1 tbsp vinegar
- 1/2 tsp dried basil
- 1 clove of garlic

You can drizzle a little olive oil over the garnish and spices of your choice, if you prefer.

Ingredients:

- 1 Ideal Protein Diet Orange Pancake
 - 2 pinches salt
 - 1/8 tsp dried basil
 - 75 – 100 ml water

MASHED 'POTATOES'



Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and of any of the soup mixes, or more, to taste. Mash well and serve steaming hot.

Ingredients:

- 1 head of fresh cauliflower
 - Onion powder
 - Garlic powder
 - Sea salt, to taste
- 75 to 1 packet of Ideal Protein Diet Leek soup or Ideal Protein Diet Chicken soup.

CHILI TOSTADAS



Yields 2 medium tostadas, equivalent to 2 Ideal Protein food portions Preheat the oven at 350° F. Blend the contents of the oatmeal and chili together with the baking powder, baking soda, hot water, virgin olive oil and herbs together until all the water is absorbed and the dry ingredients are equally distributed. Rub fresh garlic directly onto a non-stick baking sheet. Spoon mixture into two (2) tostadas.

Bake at 350° F for 15 minutes. Remove from the oven and garnish with shredded lettuce, 1 tablespoon of chopped fresh cilantro, 1 tablespoon of fresh or canned tomatoes, chopped onion or green onions. Sprinkle a splash of fresh lime and serve while still hot!

Phase 4 Options: Top tostadas with chicken or beef strips, ceviche (a form of Mexican sushi 'cooked' in fresh lime juice), shrimp or lobster and plain low-fat yogurt in lieu of sour cream.

Substitute lettuce for shredded cabbage and fresh shredded radish when making fish tostadas. Delicious!

Ingredients:

- Ideal Protein Maple Oatmeal (preferably sweetened)
- Ideal Protein Vegetable Chili
- ¼ teaspoon baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- 1¼ teaspoon of dried Mexican herbs (coriander, basil, oregano, dried peppers, garlic and crushed cumin which gives it a nice 'smoky' flavor)
- Shredded lettuce
- 1 tablespoon fresh cilantro, shredded
- 1 tablespoon fresh tomatoes or fresh salsa
- Chopped onion (raw) or green onion
- Fresh lime

A glass of smoothie with two red and white striped straws, sitting on a wooden cutting board. In the background, there is a bowl of nuts and a date.

DRINKS

MOCHA FRAPPUCCINO



Sweeten if you need to with Stevia. Mix well and refrigerate.

Ingredients:

- 1 – Vanilla Pudding
- 4 to 4.5 oz Fresh brewed coffee or espresso
- 1 oz – Skim Milk (if the phase you're on allows)

DREAMSICLES

Put 16 to 20 oz of cold water in a blender, pour in each packet-put in ice and blend into a “frothy” slushy (great for hot days). Makes two servings.

Variation: Instead of adding ice, just blend both packets together and pour into popsicle holders, freeze and enjoy.

Ingredients:

- 1 – Vanilla pudding
- 1 – Peach Mango



CINNAMON MOCHA CHINO



- 1- Cappuccino packet
- 1/2 tsp instant coffee
- 1/8 tsp cocoa powder
- Dash of cinnamon
- 6 oz water (more if you want it less creamy)

CHOCOLATY SHAKE

Shake in shaker and you've got a bit more chocolate taste.

- 1-Packet Chocolate Pudding
- 1-Tspn Walden Farms Chocolate Syrup
- 10 oz COLD water

Share !



CHOCOLATE RASPBERRY OR MINT OR ORANGE SHAKE



- 1-Packet Chocolate Pudding
- 10 oz Cold Water
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp of one of the following:
Raspberry, Mint, or Orange Flavored Extract

CINNAMON ROLL SHAKE

Shake in shaker and tada you have a YUMMO cinnamon roll

Ingredients:

- 1-Packet Vanilla Pudding
- 10 oz Cold Water
- $\frac{1}{2}$ tsp Cinnamon
- $\frac{1}{2}$ tsp Butter Buds or Butter Extract



COCOA LATTE



Blend together to make a wonderful morning “Java” breakfast or an afternoon “pick-me-up” meal! You can also mix things up and do the same with the Vanilla pudding packet and have a “Vanilla Latte” instead.

Ingredients:

- 1 Packet of Cappuccino, mixed and heated
- 8 -10 oz. Favorite brewed coffee or espresso

ITALIAN CREAM SODA

Luxuriously Vanilla Italian Cream Soda recipe. Mix the first three ingredients in a tall glass. Add enough ice to fill the glass.

Ingredients:

- 1 tsp pure vanilla
 - 1 Ideal Protein pre-made vanilla drink
 - 1 cup club soda
- Ice



RASPBERRY JAM



1. Make one package of Ideal Protein Diet Raspberry Gelatin as shown on instructions and let it set.
2. Once set, remove from container and place in a medium sized mixing bowl.
3. Add the following ingredients to the prepared Raspberry Gelatin:
½ tsp – cinnamon
3 tbsp – Peach Mango Drink (that's already been prepared)

1. Cut up the gelatin and add the cinnamon.
2. Add the prepared Peach Mango Drink.
3. Sprinkle in the cinnamon.
4. Blend well and serve over a muffin (or toast in Stage 4).

MOCHA FRAPPUCCINO

Blend in your mixer the chocolate drink mix, espresso, and water on low speed. Add spinach, salt, cinnamon and optional walden farms chocolate syrup and blend until completely smooth. Add ice, blend, and pour into your favorite cup. Enjoy!

Ingredients:

- 1 Ideal Protein Chocolate Drink Mix Package
- 2 shots of Espresso
- 4 oz of water
- 2 cups of raw spinach
- pinch of salt
- dash of cinnamon
- Optional Walden Farms Chocolate Syrup
- Ice



MOCHA FRAPPUCCINO



Sweeten if you need to with Stevia. Mix well and refrigerate.

Ingredients:

- 1 – Vanilla Pudding
- 4 to 4.5 oz Fresh brewed coffee or espresso
- 1 oz – Skim Milk (if the phase you're on allows)

DREAMSICLES

Put 16 to 20 oz of cold water in a blender, pour in each packet - put in ice and blend to a "frothy" slushy (great for hot days). Makes two servings.

Variation: Instead of adding ice, just blend both packets together and pour into popsicle molds, freeze and enjoy.

Ingredients:

- 1 – Vanilla pudding
- 1 – Peach Mango



DESSERTS



SMORES BY IDEAL



For All Stages of the Ideal Diet Protocol (Limited amounts)

1. Pour water into medium saucepan. Sprinkle Gelatin over top. Let stand for 1 minute.
2. Add Sucralose and vanilla. Heat and stir on medium heat until gelatin and Sucralose are dissolved. Remove from heat.
3. Cool until you can almost hold your hand on the side of the saucepan.
4. Transfer to med-lg. mixing bowl.
5. Beat on high for 15-20 minutes until stiff peaks form.
6. Sift Ideal Protein Vanilla pudding into 9×13" pan until bottom is coated.
7. Turn marshmallow mixture into pan.
8. Chill. Cut into desired squares.

Ingredients:

- 1 ½ cups water
- 3 envelopes of unflavored gelatin
 - 2 ¼ cups Sucralose
 - 1 tsp. vanilla extract
- 1-2 Tbsp. Ideal Protein Vanilla pudding

RICE PUDDING



Cook the cauliflower and mash it up but leave some small chunks and make sure you get all the water out of it. Mix the French vanilla, pancake syrup, and cinnamon into the mashed cauliflower. Pour in 4 ounces of hot water in your blender on low speed (be careful not to let the water jump up and burn you) and add 2 packets of Knox Gelatin so it will dissolve.

Blend it on low speed until everything is dissolved. Add the Splenda into the blender until dissolved. Then add this liquid mixture to the cauliflower mixture and fold it together. Put it in a bowl and put it in your refrigerator to get cold so it will get hard. A little hint... after you add everything together, taste it with a spoon and see if you need to add anything.

If you want it sweeter, add more Splenda. If you

want more of a vanilla flavor, add some more French vanilla or pancake syrup. Remember, when it gets cold the flavors also become more pronounced.

Ingredients:

- 1 packet Ideal Protein Vanilla Pudding
- 1/2 head large cauliflower
- 3 tablespoons Da Vinci's French Vanilla Syrup
- Cinnamon – a little sprinkle
- 1 1/2 cup Splenda (or sweetener of your choice)
- 2 tbsp Walden Farms Pancake Syrup
- 2 packets Knox Gelatin
- 4 ounces hot water

RASPBERRY SHORTCAKE



For All Stages of the Ideal Diet Protocol Mix 1 pack of Ideal Protein Oatmeal with water, 1 egg and 1 tsp of baking powder. Separate into 6 muffin cups (a silicone pan works best) and bake for 10 minutes. Break apart into bite size pieces and place in 2 bowls (makes 2 treats).

Top with topping. Topping: Mix 1 package of Ideal Protein Vanilla Pudding with water and 1/2 packet of Ideal Protein Raspberry Gelatin. Mix until smooth. Tastes best if pudding with Jell-O sits in the fridge overnight.

RASPBERRY CREAM



For All Stages of the Ideal Diet Protocol In a shaker cup or tightly closed bottle add 10 oz of warm water. Then add one Raspberry Gelatin packet and Wild Berry Yogurt Drink packet.

Shake very well and divide into two snacks or meals. Refrigerate for 30 to 45 minutes.

Ingredients:

- 1 Ideal Protein Raspberry Gelatin packet
- 1 Ideal Protein Wild Berry Yogurt Drink packet
 - 10 oz warm water

CHOCOLATE MUFFINS



Stir together well with a wire whisk. Pour liquid over dry ingredients and beat well with mixer. Pour into 8 large muffin tins. Bake at 350°F (175°C) for about 15 – 20 minutes.

Ingredients:

(Makes 4 Ideal Diet Meals)

- 2 packets of Ideal Protein Chocolate Cake
- 1 packet of Ideal Protein Orange Crepe
 - 3/4 teaspoon baking powder
 - 1/4 teaspoon sea salt
 - 1/2 cup oat bran
 - 1 cup water
- 2 egg whites (add to cup of water)

CHILI BISCUITS



Preheat the oven at 350 F. Blend all ingredients together until the water is absorbed and all the dry ingredients are equally distributed. Spoon mixture onto a non-stick baking sheet into four (4) mounds, at least two inches apart. Bake at 350 F for 22 minutes. Test the biscuits with a toothpick to make sure they are not too moist. Remove from the oven and cool. These biscuits are very chewy, moist not dry, surprisingly filling and oh, so delicious!

Ingredients:

- Yield: 4 biscuits, equivalent to 2 Ideal protein food portions For All Stages of the Ideal Diet Protocol (2 Biscuits only)
 - 1 Ideal Protein Maple Oatmeal (preferably sweetened)
 - 1 Ideal Protein Vegetable Chili • 1/2 teaspoon baking powder
 - 3 small pinches of baking soda
 - 4 oz of hot water
 - 8 drops of extra virgin olive oil % teaspoon of dried Italian herbs (basil, oregano, marjoram, garlic, etc.) Variations: Experiment with other spices for different tastes and aromas.

BUTTER/CHOC BEAUTIES



Line muffin tin with wax paper. Mix dry ingredients, add water, egg white and vanilla. Bake at 350°F (175°C) for 20 minutes.

Ingredients:

- 2 packets of Ideal Chocolate Cake
- 1 packet Ideal Butterscotch Pudding
 - 1/4 cup (60 ml) rolled oats
 - 1/2 tsp. (2.5 ml) baking powder
 - 2 tsp. Splenda, Stevia or Xylitol
 - Pinch of sea salt
 - Sprinkle of cinnamon
 - 4 oz (125 ml) cold water
 - 1 egg white
 - 1/4 tsp (60 ml) vanilla
- Optional – Add a few pieces of almonds or cranberries.

MANGO SUNRISE



Mix the Raspberry Gelatin and the Peach Mango Drink in a bowl. Refrigerate until solid. It will separate into 3 'Sunrise' colors. It's delicious enough to serve to guests!

DECADENT PUDDING



Stir two or three teaspoons of Ideal Protein Diet Cappuccino Drink into the normal Ideal Protein Diet Chocolate Pudding to get a wonderfully rich mocha flavor found in finer chocolates. It tastes as close to a candy bar as Ideal Protein dieters can get without cheating.

You can also stir two or three teaspoons of the Ideal Protein Diet Cappuccino Drink into the Ideal Protein Diet Vanilla Pudding recipe to add a rich mocha "twist".

CHOCOLATE LIFE



Prepare a Chocolate Pancake packet, cut into pieces and put in a bowl or dish. Make an a Chocolate Pudding and spread on top of the pancakes. Make the Vanilla Pudding and spread on top of the chocolate pudding.

Cut up a half of a Caramel Peanut Delight Bar into small pieces and sprinkle on top. Divide into 4. It makes 4 Ideal Protein meals or snacks.

On stage 3 or 4, you can replace the Vanilla Pudding with some low fat Cool whip. Real tasty dessert!

CHOCOLATE MOCHA PUDDING



Blend normally. You can make a little extra coffee every morning to refrigerate for this snack at night.

- 1 – Chocolate Pudding
- 5 oz. of chilled coffee

BUTTERCHOC BEAUTIES



Line muffin tin with wax paper. Mix dry ingredients, add water, egg white and vanilla. Bake at 350°F (175°C) for 20 minutes.

Ingredients:

- 2 packets Chocolate Cake.
- 1 packet Butterscotch Pudding.
 - 1/4 cup (60 ml) rolled oats.
 - 1/2 tsp. (2.5 ml) baking powder.
- 2 packets Splenda • Pinch of sea salt.
- Sprinkle of cinnamon • 4 oz (125 ml) cold water.
 - 1 egg white • 1/4 tsp (60 ml) vanilla.
- Optional – Add a few pieces of almonds or cranberries.

YUMMY CUPCAKES



Equivalent to 3 Ideal Protein Diet packets. Yields 6 cupcakes. Mix the ingredients into a bowl with 1 cup of water. Bake for 20 minutes at 325oF (165oC).

Ingredients:

- 2 packets Ideal Protein's Chocolate Cake
 - 2 Ideal Protein Diet Chocolate cake
- 1 Ideal Protein Diet Butterscotch Pudding
 - 1 egg white
- 1/2 cup (125 ml) rolled oats (Stage IV variation only)

KEY LIME TARTS



Yields approx. 6 tarts or 2 Ideal Protein food portions.

For the filling: Dissolve one teaspoon of True Lime flavoring in approx. 3 oz. of water. Add a little Stevia or Splenda to taste. The taste should be sweet but tart. Add the contents of one Ideal Protein Vanilla pudding and mix well until smooth. No lumps. The consistency will be thicker than your normal pudding. Cover and refrigerate.

For the crust: Pre-heat the oven at 350o F. Mix 1 packet of Ideal Protein Maple Oatmeal with the egg white and 1-1 ½ oz (30-45 ml) of water, just enough for a stiff but manageable dough to form. Lightly coat your muffin tins with non-stick spray. Moisten your hands (if you don't, the 'dough' will stick to your fingers) and form little balls using approx. 2-3 teaspoons of dough. Place one dough ball in each baking cup. Press dough down as thinly as possible across the bottom and the sides forming a little 'cup' (the dough will "poof" a little during baking).

Bake for approximately 5-mins or longer, if necessary. For crispy tart shells, remove them from the muffin tin and place them upside down on top of the tin and bake for a few more minutes until golden brown. If the cup cake shells are too thick, don't bother as they will be too hard. Cool on

a wire rack. Take key lime filling out of the refrigerator and stir in the last packet of True Lime flavoring to give you're filling an extra tangy Florida key lime bite.

For the meringue: Beat two egg whites until stiff peaks form. Fill 'pastry' shells till not quite full. Garnish with a small dollop of meringue and a tiny slice of paper-thin slice of fresh lime.

Ingredients:

- 4 + 1 packets of True Lime flavoring (approx. 1 level teaspoon)
- A little Splenda or Stevia to taste
- 1 packet of Vanilla Pudding
- 1 packet of Maple Oatmeal
- 1 egg white
- Mini-muffin baking cups
- Non-stick spray
- 2 egg whites for meringue

MALTED ICE CREAM



You can make this Ice cream Malted in many different flavors and varieties depending on which Ideal Protein products are your favorite or you feel like having that day. You can use any of the following Ideal Protein products: Cocoa Drink, Cappuccino, Yogurt and Field Berry Drink, Peach Mango Drink, Vanilla Pudding, Butterscotch Pudding, or Raspberry Gelatin.

First add 1 ounce of skim milk into the blender then pour in the 2 tablespoons of Walden Farms Chocolate Syrup. Start blending this on low speed and then add 1 packet of Ideal Protein Cocoa Drink. Put the blender on high speed and start gradually adding the ice cubes until your malted gets really, really thick.

Ingredients:

- 1 – Cocoa Drink
 - 1 oz – Skim Milk (if your phase allows)
 - 1 cup – Splendid (or your choice of sweetener)
- 2 tablespoons – Walden Farms Chocolate Syrup (or any sugar-free/carb-free brand)
 - 3 cups – Ice Cubes

CHOCOLATE RASPBERRY DESSERT



Prepare one Ideal Protein Chocolate Cake in the oven as directed. Remove from oven and let cool. Poke holes in cake with a fork. Mix up an Ideal Protein Raspberry Gelatin as directed and pour it into the holes. Place in the refrigerator until set.

EXOTIC TEAHOUSE CHAI PUDDING



(Equivalent to 1 Ideal Protein Diet food. Yield: 1 serving) Spice up your vanilla pudding by brewing a strong cup (5 oz) of Chai tea, preferably decaffeinated. Then, let it chill. Mix the content of 1 Ideal Protein Diet Vanilla pudding with the chilled Chai tea, instead of water.

Shake vigorously in a sealed jar till bubbly. Enjoy! Explore the endless possibilities of aromas: green tea, jasmine, rose tea, lemon, hibiscus flower, Earl Grey, orange flower, lemon grass, rosemary, etc.

CRISPY CRUMBLE DELIGHT



1. Prepare 1 package of Ideal Protein Diet Vanilla Pudding. Set aside.
2. Crumble 1 Yogurt Peanut Crunch Bar and mix into the pudding.
3. Stir in $\frac{1}{2}$ package of unprepared Ideal Protein Cappuccino Drink powder.
4. Place in 2 dessert bowls and sprinkle with cinnamon and 2 tsp of Ideal Protein Cocoa Drink.

CRISPY CRUMBLE DELIGHT



This is a great tasting treat!

1. Prepare 1 package of Chocolate Pudding. Set aside.
2. Prepare 1 package of Butterscotch Pudding. Set aside.
3. Cut up 1 Chocolate & Raspberry Crunch Bar and crumble well.
4. Cut up 1 Caramel Peanut Bar and crumble well.
5. Mix the 2 bars together. Next step, take 4 dessert dishes and layer each one as follows: 1. 2 tbsp – Chocolate Pudding 2. Sprinkle 1 tbsp of the bar mixture over it 3. 1 tbsp of Butterscotch Pudding 4. Sprinkle 1 tbsp of the bar mixture over it 5. 2 tbsp of Chocolate Pudding
6. Sprinkle 1 tbsp of bar mixture over it
7. 2 tbsp of Butterscotch Pudding
8. Sprinkle 1 tbsp of the bar mixture over it Sprinkle a little bit of cinnamon over the top of each one and refrigerate until ready to eat.

BAKED ZUCCHINI CHIPS



Preheat oven to 225 degrees Fahrenheit. Line a baking sheet with parchment paper or nonstick foil, and spray with Olive oil lightly. Set aside. Slice zucchini into thin medallions, about the thickness of a quarter. (You can either use a knife & a very steady hand, or a mandoline slicer.)

Lay out slices on prepared baking sheet, and spray tops lightly with additional cooking spray. Sprinkle with sea salt or herb of your choice. (A note on seasoning, however – use LESS than what seems appropriate. These shrink considerably in the oven, and if you use too much it gets very concentrated. It's better to end up underseasoning and add more later.) Place in preheated oven and bake 45 minutes.

Rotate baking sheet, and bake an additional 30-50 minutes, until chips are browned and crisped to your liking. These are best eaten within a couple hours of removing from the oven, as they start to get chewy if left out. One zucchini makes one serving (1/4 C. – 1/3 C. of chips depending on the size of your squash).

Ingredients:

- 2 large Zucchini
- 1 spray of Olive Oil
- 1 tsp Sea Salt

BAKED APPLES (WITH ZUCCHINI)



Delicious, scrumptious vegetable dish that will make your brain think you are eating apples.

Preheat oven to 375. Slice apples very, very thin(almost like potato chips). Pour Walden Farms vanilla syrup all over the apples, enough to coat them thoroughly. Sprinkle apple pie spice all over the apples. Then sprinkle stevia powder all syrup all over it.

Do all of this just to your own taste. For sweeter and more flavorful taste add more of the stevia, apple pie spice or the walden farms.

Ingredients:

- Stevia Syrup or powder
- Walden Farms Vanilla Syrup
 - Apple Pie Spice
- 2 zucchinis cut VERY thin, almost similar to potato chips.

CHOCOLATE MUG CAKE



For a snack at night, this would be perfect.

Pour the drink mix into the mug. Add enough water to bring to a slightly watery pudding consistency, just add enough to be able to mix easily. Add other ingredients while mixing like crazy until silky smooth. Put it in the microwave for three minutes on top of another plate. Watch it expand like crazy- then enjoy!

Ingredients:

- 1 package of chocolate drink mix
 - 1 egg white
- 1 tsp baking powder
 - 1 tsp olive oil
 - 1/2 stevia

MORNING GLORY SPICY OATMEAL MUFFIN



Mix one package of Ideal Protein Diet Maple Oatmeal and the following ingredients together:

1. Mix all ingredients above with the oatmeal mixture.
2. Using Pam, spray one small (personal sized) round casserole bowl.
3. Pour mixture into it and place in microwave for 3 minutes.
4. Remove from microwave and let set for 2 minutes.
5. Cut in half and enjoy with Ideal Protein Raspberry Jam.

Ingredients:

- 3 tbsp – mulled flax seed
- 1 tbsp – hemp seeds (optional)
 - 2 tbsp – cinnamon
 - 1 tsp – cayenne pepper
- 1 tsp – garlic powder or Mrs. Dash Garlic & Herb Spice

OATMEAL FIELD BERRY MUFFINS



Grease a mini muffin pan with oil and mix 1 pack Ideal Protein Maple Oatmeal with 1/4 teaspoon of baking powder. Add 1 pack of Ideal Protein Field berry Yogurt, add 1 beaten egg, and add 1/4 cup of water or until muffin consistency mix carefully.

Spoon into pan until 3/4 full then bake at 350F until golden brown for about 10 minutes.

CHOCOLATE PUDDING ROLLS



Add enough water to the Ideal Protein Diet Chocolate Cake/Pancake for pancake consistency. You will want it to be a bit runny to create a thin pancake (crepe). Cook on both sides. Let cool. Meanwhile, mix pudding flavor of your choice. Once pancake is cool, spread a layer of pudding over top. Take short end of pancake and roll it up, like a "jelly roll." You can enjoy it right away or, wrap with saran wrap. This will hold the shape until you are ready to eat it.

For entertaining, once the roll has taken shape, you can cut it into small pieces (finger food) and place on a lovely platter. Your guests will love them and you can tell them they won't gain an ounce! Special Topping: Add just enough water to the Ideal Protein Diet Cocoa Drink to make a thick "sauce." Drizzle over Ideal Protein Chocolate Pudding Rolls!

OATMEAL ZUCCHINI MUFFINS



Beat the egg in a bowl. Add Maple Oatmeal, baking powder, salt, Sucralose, cinnamon, and zucchini. Mix and gradually add water until you have a good batter. Bake at 385°F (200°C) for 20 minutes. Makes 3 regular muffins or 12-bite size.

Ingredients:

- 1 package of Ideal Protein Maple Oatmeal
 - 1 egg – beaten
 - 1/2 tsp baking powder
 - Pinch of salt
 - 1 tsp of Sucralose, Stevia or Xylitol
 - 1-1/2 tsp cinnamon
- 1/2-3/4 of small zucchini finely grated (squeeze out excess juice)
 - 2-3 oz water

OATMEAL BISCUITS



Equivalent to 2 Ideal Protein foods. Yield: approx. 12 biscuits.

Beat egg then stir into oatmeal until mixed thoroughly. Add water to thin batter until spoonable – but not runny. Spoon onto non-stick baking sheet and bake about 10 minutes at 400°F (205°C) or until golden.

Ingredients:

- 2 packets of Ideal Protein Maple Oatmeal
 - 1 large egg white
 - 1 1-2 ounces of water

CINNAMON MAPLE OATMEAL MUFFINS



Preheat oven to 350°F (175°C). Mix dry ingredients together. Combine wet ingredients and add to dry ingredients. Mix until batter is smooth. Fill 4 non-stick muffin tins approximately 2/3 full. There should be enough batter for 4 muffins (2 Ideal Protein meals). Bake for 15-20 minutes. These are delicious served warm from the oven with a little bit of Ideal Protein Maple Syrup or Walden Farms syrup for dipping!

Ingredients:

(Makes 4 muffins – 2 Ideal Protein Diet meals)

- 1 package Ideal Protein Plain Pancake
- 1 package Ideal Protein Maple Oatmeal
 - 1/4 tsp baking soda
 - 1/4 tsp baking powder
 - 1/4 tsp cinnamon
 - Pinch salt
- 1 tsp. Splenda, Stevia or Xylitol
 - 1 egg white
 - 3-4 oz water

CINNAMON CLOVE PANCAKES



Stir dry ingredients together and add enough water to make a pancake batter consistency – not too runny. Add a dash of vanilla. Heat a non stick pan, add a bit of oil and cook on medium heat until golden on both sides. Serve hot with a tbsp of Ideal Maple Syrup.

Using 1 packet of Ideal Protein Plain Crepe add:

- 1/4 tsp baking powder
- 1-2 tbsp Splenda depending on your taste
- 1/2 tsp cinnamon or 2 shakes
- 1/4 tsp of crushed cloves (crush with back of spoon) for more bite, don't crush as much)

CINNAMON BUN PANCAKE



Make up a package of the Crepe, using enough water to make it slightly runny. Spoon into a nonstick skillet. Sprinkle the top with a mixture of cinnamon and Splenda (amount depends on how much you like cinnamon!) Make up the vanilla pudding with extra water so it's runny enough to pour, but not too thin. Pour over the Crepe.

Ingredients:

- 1 Packet Ideal Protein Plain Crepe
- Cinnamon and Splenda to taste
- 1 Packet Ideal Protein Vanilla Pudding