

Ideal Protein Recipe Ideas

Entrée Ideas

Chili Tostadas *(Phase 1 Compatible)*

Yields 2 medium tostadas, equivalent to 2 Ideal Protein food portions

- 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 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

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!

Mashed 'Potatoes' *(Phase 1 Compatible)*

- 1 head of fresh cauliflower
- Onion powder
- Garlic powder
- Sea salt, to taste
- ½ to 1 packet of Ideal Protein Diet Leek soup or Ideal Protein Diet Chicken soup

Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and ½ of any of the soup mixes, or more, to taste. Mash well and serve steaming hot.

Chili Pizza (Phase 1 Compatible)

Yield: 2 medium pizzas, equivalent to 2 Ideal Protein Diet protein food portions

- 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

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!

Stuffed Chili Peppers (Phase 1 Compatible)

Yield: 1 Ideal Protein portion

- 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

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.

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

Gourmet Sandwich Pockets (Phase 1 Compatible)

(Equivalent to 1 Ideal Protein Diet food. Yield: 1 serving)

Ingredients:

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

Directions:

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.

Chinese Pancakes *(Phase 1 Compatible)*

- 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

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). Drizzle with Tamari.

Vegetarian Florets *(Phase 1 Compatible)*

(Equivalent to 1 Ideal Protein Diet food. Yield: 1 serving)

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 Diet Leek Soup

Directions:

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.

Grilled Haddock and Veggies *(Phase 1 Compatible)*

- 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

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.

Vegetable Soufflé *(NOT Phase 1 Compatible)*

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

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.

Zucchini Pancakes *(Phase 1 Compatible)*

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

Combine and cook like pancakes. Pretty tasty!

Mandarin Chicken Balls *(Phase 1 Compatible)*

- 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.

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

Portobello Burgers *(Phase 1 Compatible)*

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

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.

Baked Mushrooms (Phase 1 Compatible - **Studded with garlic, rubbed with olive oil and pounded thyme** (Phase 1 Compatible

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

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.

Salads

Crunchy Thai Style Salad (Phase 1 Compatible)

- 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)

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).

Taco Salad (Phase 1 Compatible)

Yield: 1 Ideal Protein portion

- 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

- Hot sauce, optional

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!

Seared Tuna Salad *(Phase 1 Compatible)*

Make sure you buy sushi-quality tuna for this delicious and refreshing salad

- 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)

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.

Ginger-Lime Bok Choy Salad *(Phase 1 Compatible)*

- 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

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.

Salad Dressing Ideas

Mom's Salad Dressing *(Phase 1 Compatible)*

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

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.

Note: I usually had used canola oil. I find with the olive oil, I have to remember to take it out earlier to liquify - or zap it in the microwave for 30 seconds.

Thai Dressing *(Phase 1 Compatible)*

- 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

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

Paula's Creamy Caesar Dressing *(NOT Phase 1 Compatible)*

- 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)

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.

Mustard and Vinegar Salad Dressing *(Phase 1 Compatible)*

- 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

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.

Raspberry Dash Salad Dressing *(Phase 1 Compatible)*

- 1/2 teaspoon of Ideal Protein Raspberry Gelatin
- 1/2 teaspoon of Mrs. Dash "Garlic and Herb" Salt-Free Seasoning Blend
- 1 tablespoon of your favorite olive oil

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...

I've added in other flavors of Mrs. Dash (Chipotle really adds zest!). Create a dipping sauce by mixing in (small amounts of) lemon juice and the olive oil ahead of time. After a while, the gelatin sets up and settles to the bottom, so stir the mixture up as you dip. It makes little globs, bursting with flavor which sticks loosely to what you are dipping. (Celery never tasted so good!)

Olive Oil and Lemon Juice Dressing *(Phase 1 Compatible)*

- 2 tbsp fresh lemon juice
- 5 tbsp olive oil
- Sea salt and freshly ground black pepper, to taste

Put all ingredients in a Mason or jam jar and shake. Dress your salad with 1 - 1 1/2 tbsp. This will keep its taste in the fridge for a couple of days.

Salad Sauce for One *(Phase 1 Compatible)*

In a small sealable container add:

- 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 - 1/2 tsp is plenty

Shake well and pour over your salad as a dressing just before you eat it. Very tasty

Tarragon Drizzle *(Phase 1 Compatible)*

- 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

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.

Asparagus-Cucumber Vinaigrette Dressing *(Phase 1 Compatible)*

(Equivalent to 1 Ideal Protein Diet food. Yield: 2-3 cups)

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)

- 1 teaspoon oregano
- 1 teaspoon basil
- ¼ teaspoon fresh ground black pepper
- ½ teaspoon onion powder
- 3 large leaves of lettuce
- ¼ cup white vinegar

Directions:

Place all ingredients in a blender and process until liquefied. Use as salad dressing or as a dip for raw vegetables.

Peach-Mango Salsa *(Phase 1 Compatible)*

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

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 Peach-Mango. Mix well, cover and refrigerate overnight (or 4 hours or so). Makes a great topping for grilled fish, chicken or on a plain salad.

Soups

Chicken Soup *(Phase 1 Compatible)*

- Water
- Egg whites
- Chicken Soup Packet

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.

Cream of Mushroom Soup *(Phase 1 Compatible)*

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

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

Chinese Broccoli Soup *(Phase 1 Compatible)*

Equivalent to 1 Ideal Protein Packet. Yield: 4 portions

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

- Fresh ground pepper
- Fresh chopped chives

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.

Creamy & Delicious Spinach Soup *(Phase 1 Compatible)*

- 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

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.

Breakfast

Chocolate Pudding Rolls *(Phase 1 Compatible)*

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 Field Berry Muffins *(Phase 1 Compatible)*

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.

Eat alone and get bursts of berry in your mouth, or use an Ideal Protein Vanilla Pudding or Ideal Protein jam recipe for a topping. Kids love them especially if they get to help! Cheaper than easy bake oven foods and better for you!

Makes 6 small muffins, the whole tray would be 1 treat (2 protein or 3 if you have icing). So, if you ate 2 at a time it would be 1/3 of a treat.

Morning Glory Spicy Oatmeal Muffin *(Phase 1 Compatible)*

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

- 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

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.

Raspberry Jam *(Phase 1 Compatible)*

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).

Breakfast Burritos for Four *(Phase 1 Compatible)*

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 ½ of the water required. Set aside.

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

- 2 mushrooms
- 1 stalk of celery
- ¼ of a red or green pepper
- ¼ cup of leeks
- 8 spinach leaves
- 2 gloves of garlic
- ½ tsp of sea salt

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 ½ 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 ½ 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.

A Great Veggie Omelet *(Phase 1 Compatible)*

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.

Oatmeal Biscuits *(Phase 1 Compatible)*

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

Ingredients:

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

Directions:

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.

Deserts

Crispy Crumble Delight *(Phase 1 Compatible)*

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.

Vanilla Cappuccino Dessert *(Phase 1 Compatible)*

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 ½ 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.

Exotic Teahouse Chai Pudding *(Phase 1 Compatible)*

(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.

Chocolate Raspberry Dessert *(Phase 1 Compatible)*

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.

Malted Ice Cream (Phase 1 Compatible)

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.

- 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

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.

Key Lime Tarts (Phase 1 Compatible)

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

- 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

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.

Yummy Cupcakes (*NOI Phase 1 Compatible*)

Equivalent to 3 Ideal Protein Diet packets. Yields 6 cupcakes.

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)

Directions:

Mix the ingredients into a bowl with 1 cup of water. Bake for 20 minutes at 325oF (165oC).

ButterChoc Beauties (*Phase 1 Compatible*)

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.

Directions:

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

Puddings & Shakes & Drinks

Cocoa Latte (*Phase 1 Compatible*)

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

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.

Cinnamon Roll Shake (*Phase 1 Compatible – Be careful with the butter!*)

- 1-Packet Vanilla Pudding
- 10 oz Cold Water
- ½ tsp Cinnamon

- ½ tsp Butter Buds or Butter Extract

Shake in shaker and tada you have a YUMMO cinnamon roll

Chocolate Raspberry or Mint or Orange Shake *(Phase 1 Compatible)*

- 1-Packet Chocolate Pudding
- 10 oz Cold Water
- ¼ to ½ tsp of one of the following:
- Raspberry, Mint, or Orange Flavored Extract

Chocolaty Shake *(Phase 1 Compatible)*

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

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

Cinnamon Mocha Chino *(Phase 1 Compatible)*

- 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)

Chocolate Life *(Phase 1 Compatible)*

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 *(Phase 1 Compatible)*

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

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

Decadent Pudding *(Phase 1 Compatible)*

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".

Mango Sunrise *(Phase 1 Compatible)*

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!

Dreamsicles *(Phase 1 Compatible)*

- 1 - Vanilla pudding
- 1 - Peach Mango

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.

Mocha Java Vanilla Pudding *(Phase 1 Compatible)*

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

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