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1. Asparagus-Cucumber Vinaigrette Dressing

(Equivalent to 1 Ideal Diet food. Yield: 2-3 cups) **For All Stages Of Ideal Diet**

Ingredients:

- 1 packet of Ideal Asparagus Soup

- 1 medium-large peeled cucumber (sliced)
- 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.

2. Baked Mushrooms with garlic, rubbed with Olive Oil and Thyme For All Stages of the Ideal Diet

4 servings

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

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

Directions:

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.

3. Breaded Zucchini For All Stages Of Ideal Diet Protocol

Directions:

Using 1/4 pack of the Ideal Plain Crepe, dry mix (for one serving or a whole package for 4 servings).

Add sea salt and garlic powder (hot spice optional). Wash and cube zucchini and add to dry mix and

shake, meanwhile heat nonstick pan with a bit of garlic flavored olive oil, add zucchini and cook until

golden careful not to burn. You'll feel like you are eating pub food, delicious!

Dip in Ideal asparagus dip or leek dip! Can be made ahead and then reheated in hot pan or broiler,

also good for eggplant, fish or chicken you can vary your spices. Enjoy!

4. Butter/Choc Beauties

For Stage 3 or 4 of Ideal Diet Protocol only

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.

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.

5. Chicken Chow Mein

For All Stages of the Ideal Diet Protocol

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 choy, 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.

Since this has only half a packet of soup mixture per serving you can also have a half packet of pudding or a couple of muffins with your dinner

6. Chili Biscuits

**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 ½ teaspoon of dried Italian herbs (basil, oregano, marjoram, garlic, etc.)

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!

Variations: Experiment with other spices for different tastes and aromas.

7. Chili Pakoras

- **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.)**

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.

8. Chili Pizza

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

For 1-3 Stages of the Ideal Diet Protocol

1 Ideal Protein Maple Oatmeal
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
1/2 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!

Stage IV variations: Top with shredded low fat cheese and/or chicken.

9. Chili Tostadas

For All Stages of the Ideal Diet Protocol

Yield: 2 medium tostadas, equivalent to 2 Ideal protein food portions

Ingredients:

- 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

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!

10. Chili

For All Stages of the Ideal Diet Protocol

Empty the contents of your Ideal Protein Vegetable Chili into 1 cup of water and stir until well mixed. Cook in the microwave for three whole minutes. You can vary this recipe by adding 2 cups of your favorite raw, steamed or slightly sautéed vegetables from the select list (chunks of celery, mushrooms, green peppers, spinach leaves, etc.) to your cooked chili. Enjoy!

Stage 4 Variations: Add legumes, any variety, although red kidney beans are a natural for chili, and/or chunks of white poultry, to taste.

11. Chinese Broccoli Soup

For All Stages of the Ideal Diet Protocol

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

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 aspic. Garnish with fresh ground pepper and chopped chives. Enjoy!

12. Chinese Pancakes

For All Stages on the Ideal Diet Protocol

- 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 Ideal Fine Herb & Cheese Omelet packet and either:

Add garlic to pan and make very thin, crepe-like omelets, spoon the veggies onto, roll, and drizzle with tamari

Or (best if you have omelet rings) 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.

13. Chocolate Mocha Pudding **For All Stages of the Ideal Diet Protocol**

- 1 packet of Ideal Protein 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.

Be sure to drink 2 additional 8 ounce glasses of water above & beyond half your body weight for every cup of Tea or Coffee.

14. Chocolate Muffins

Stage 1 or 2 Dieters are only allowed 2 Muffins Daily

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)

Directions:

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.

15. Chocolate Pudding Rolls **For all Stages on the Ideal Diet Protocol**

Add enough water to the Ideal Protein 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 Cocoa Drink to make a thick "sauce." Drizzle over Chocolate Pudding Rolls!

16. Chocolate Raspberry Dessert **For All Stages on the Ideal Diet Protocol**

Prepare one Ideal Protein Chocolate Cake in the oven or Microwave as directed. Remove and let cool. Poke holes in cake with a fork.

Mix up a Ideal Protein Raspberry Gelatin as directed and pour it into the holes.

Place in the refrigerator until set. Hmmm good!

17. Cinnamon Bun Pancake
For All Stages of the Ideal Diet Protocol

Ingredients:

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

Directions:

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. If you miss cinnamon buns like me, this really is yummy!

18. Creamed Cabbage
For All Stages on the Ideal Diet Protocol

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.

19. Creamy Caesar Dressing
For All Stages of the Ideal Diet Protocol

1 egg
2 large cloves garlic (crushed)
2 tbsp lemon juice
1 tbsp Worchester 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.

20. Creamy & Delicious Spinach Soup
For All Stages on the Ideal Diet Protocol

- 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 Leek soup or Ideal Protein 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. Enjoy!

21. Crispy Crumble Delight
For all Stages of the Ideal Diet Protocol (Limited Portions Though)

This is a great tasting treat!

1. Prepare 1 package of Ideal Protein Chocolate Pudding. Set aside.
2. Prepare 1 package of Ideal Protein 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.

Take 4 dessert dishes and layer each one as follows:

1. 2 tbsp of 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.

22. Crock-pot Meal
For all Stages of the Ideal Diet Protocol

Equivalent to 3 Ideal Protein foods

- 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.)

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.

23. Crunchy Salad-Thai Style For Stages 3 & 4 Only

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)

Directions:

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

24. Thai Dressing For All Stages of the Ideal Diet Protocol

This will dress many a salad.

Ingredients:

4 tbsp fresh lime juice
3 tbsp olive oil

1 tbsp sesame seed oil
1 tbsp light soy sauce
a 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

Directions:

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

25. Decadent Pudding **For All Stages of the Ideal Diet Protocol**

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

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

26. Dreamsicle **For All Stages of the Ideal Diet Protocol**

(Equivalent to 2 Ideal Protein foods)

- 1 Ideal Protein Peach Mango Drink
- 1 Ideal Protein Vanilla Pudding
- Water and ice

Pour 16-20 oz (480 - 600 ml) of cold water in a blender. Add the contents of the two Ideal Protein packets, ice and blend until frothy and thick. Pour into popsicle molds and freeze. Makes a delicious summer treat!

27. Endive with Thyme, Garlic & Olive Oil **For All Stages of the Ideal Diet Protocol**

4 servings

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

Directions:

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.

28. Exotic Teahouse Chai Pudding **For All Stages of the Ideal Diet Protocol**

(Equivalent to 1 Ideal Protein 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 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.

Note: Be sure to drink 2 additional 8 oz glasses of water above & beyond half your body weight for every cup of Tea or coffee.

29. Oatmeal Biscuits **For All Stages of the Ideal Diet Protocol (Only 6 biscuits per day for Stages 1 & 2)**

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

Ingredients:

- 2 packets of Ideal Protein 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.

30. Oatmeal Zucchini Muffins **For All Stages of the Ideal Diet Protocol**

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

Directions: 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

31. Olive Oil & Lemon Juice Dressing
For All Stages of the Ideal Diet Protocol

Ingredients:

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

Directions:

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. This one is my favorite

32. Pigs in a Blanket
For All Stages of the Ideal Diet Protocol

Directions:

Slice 1 piece of pork or steak into 1" strips and fry with mushrooms and peppers (strips). Mix one packet of Ideal Protein Plain Crepe in a blender with garlic, sea salt, pepper and fresh dill. Pour in ice cream scoop size on a pan (makes 5-6) and bake at 350°F for 10 minutes and remove from oven.

Using a spatula flip each piece, place strip of meat, mushrooms, and peppers in the middle and fold in sides. Hold with a toothpick and place back in oven for 5 minutes. Add other veggies if you wish. Enjoy!

33. Portobello Burgers
For All Stages of the Ideal Diet Protocol

- 2 Portobello mushrooms around the same size
- Lean ground Turkey
- Your favorite spice
- Low carb 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 turkey 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.

34. Raspberry Cream
For All Stages of the Ideal Diet Protocol

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

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.

35. Raspberry Dash Salad Dressing
For All Stages of the Ideal Diet Protocol

- 1 packet of Ideal Protein Raspberry Gelatin
- ½ Bottle of Mrs. Dash "Garlic and Herb" Salt-Free Seasoning Blend
- ½ tsp Sea Salt
- 1 tablespoon of your favorite olive oil

Mix the Packet of Ideal Protein Raspberry gelatin into half of a bottle of Mrs. Dash and add in the Sea Salt and shake it all up.

Note: Put the other half bottle of Mrs. Dash in a small zip lock bag to use later.

Now toss and sprinkle in the combined Raspberry Dash dressing and enjoy! (I keep a premixed dressing shaker with me to take into restaurants.)

Drizzle or spray the olive oil over a salad and toss.

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!)

36. Raspberry Shortcake
For All Stages of the Ideal Diet Protocol

Directions:

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.

37. Rice Pudding **Stage 4 only**

- 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

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.

38. Salad Sauce for 1 **For All Stages of the Ideal Diet Protocol**

In a small sealable container (Lock and Lock works great) add:

About a tablespoon of white vinegar

2 tsp Sucralose, Stevia or Xylitol

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

39. Sheppard's Pie **For All Stages of the Ideal Diet Protocol**

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. Add the following:
3 garlic cloves
1/2 cup of leeks
1/2 tsp sea salt
1 tsp rosemary
1 small, fresh tomato - diced
5. Cook turkey mixture until brown.
6. Place turkey 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 mixture and press down firmly.
8. Bake in the oven for 20 minutes.

40. Shrimp-Salty & Spicy Style
For All Stages of the Ideal Diet Protocol

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

Directions:

Leave the shells on the shrimp if you wish. Remove the shrimp heads. 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!

41. Smashed Zucchini Paste
For All Stages of the Ideal Diet Protocol

2 - 4 servings

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!

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

Directions:

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.

Cinnamon baked apples (zuchinni)

All phases

Cut a zucchini lengthwise. Peel if you prefer, if not call it 'Granny Smith cinnamon baked apples. Cut it crosswise into 'apple slices'. Seed if needed on larger zucchinis. Put in a bowl and drizzle with a little lemon juice, stir in several spoonfuls of Walden Farms Apple Butter, and allspice. Mix and spread out in dish, sprinkle with cinnamon and drizzle with Walden caramel syrup if you like, we even put a little into the mix. You will bake in oven at 350* for up to 30 minutes or until 'apples' are at desired tenderness. Sprinkle with cinnamon when done baking if desired. Enjoy!! You might want to let it sit a bit to let the juices thicken. It's an experiment; make it to suit your taste!!

If you want to change it up a bit you can add some Walden caramel syrup into the mixture.

I had it re-heated the morning after so it had time to marinate a bit and was less juicy, it was amazing!!

Baked Pudding

All Phases

1 low carb IP serving

1 packet pudding of your choice
2 egg whites
1 oz water
Add Walden caramel syrup if desired
Add Cinnamon if desired

1 small soufflé dish/stoneware

Mix all above ingredients, pour into small baking dish. Bake at *350 for up to 30 mins, depends on your oven. You can pour some Walden syrup of your choice over the top or enjoy plain.

Additional recipes

All Phases

Apple Cider Vinegar Salad Dressing

2/3 parts Apple Cider Vinegar

1/3 part Olive Oil

Add following to taste:

- Garlic

- Ginger
- Lemon juice and/or zest
- Salt
- Pepper
- Dijon mustard (optional)

Some people add filtered water to lighten up the texture.

Place in a glass container and refrigerate between uses.

Kicken Asian Slaw

All phases

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)

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.

Baked Pudding Soufflé

All Phases

1 low carb IP serving

1 packet pudding of your choice

2 egg whites

1 oz water

Add Walden caramel syrup if desired

Add Cinnamon if desired

1 small soufflé dish/stoneware

Mix all above ingredients, pour into small baking dish. Bake at *350 for up to 30 mins, depends on your oven. You can pour some Walden syrup of your choice over the top or enjoy plain.

