



Dr. Orlando N. Villarreal

Ideal Protein Recipes-Phase 1-4

Walden Farms products can be found at the HEB on North 10th & Trenton.

Aisle 6



Roasted Garlic Dressing-(Phases 1-4)

- 2 Tablespoons French shallots, chopped
- 1/3 cup apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- pinch white pepper
- 1 egg white
- 6 cloves garlic, roasted in a 360 degree oven until softened and lightly browned (about 20 minutes)
- 1 cup olive oil

In a blender, blend all ingredients except oil. While blender is running, add oil in a thin stream until emulsified. Serve roasted garlic vinaigrette immediately.

Cilantro, Capers and Lime Dressing-(Phases 1-4)

- 1 clove garlic, finely chopped
- 1 1/2 teaspoon whole grain mustard
- 2 limes, finely grated rind and juice
- 1 Tablespoon rice vinegar
- 1/4 cup olive oil
- 1 teaspoon capers
- 3 Tablespoons fresh cilantro, chopped
- Freshly ground black pepper, to taste

Place the garlic, mustard, lime, rind, juice, and vinegar in a bowl and mix together. Slowly pour in the oil, whisking constantly, until well emulsified. Stir in the capers and cilantro. Season with black pepper, to taste.

-Makes about 1 cup.

Thai Dressing-(Phases 1-4)

1 clove garlic, finely chopped
1/2 teaspoon fresh ginger, finely sliced
3 Tablespoons rice vinegar
1 teaspoon Splenda or Stevia
1 teaspoon soy sauce
1/4 cup olive oil
1 teaspoon sesame seeds
1/4 teaspoon red pepper, crushed

Combine all ingredients and mix well.

Fresh Herb Dressing-(Phases 1-4)

1/4 cup rice vinegar
2 Tablespoons fresh basil leaves
1 Tablespoon fresh oregano leaves
1/2 teaspoon fresh rosemary leaves
1 small clove garlic
1/2 teaspoon Splenda or Stevia
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
1/2 cup olive oil

In a blender add rice vinegar, fresh basil, oregano and rosemary leaves, garlic, Splenda or Stevia, salt, and pepper. Blend 10 to 15 seconds until all the herbs and garlic are finely minced. Gradually add the olive oil and continue blending for 10 to 15 seconds or until everything is mixed well.

-Makes about 2/3 cup-(Phases 1-4).

Tomato Dressing-(Phases 1-4)

1/2 cup tomatoes, chopped
2 Tablespoons white vinegar
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon Dijon mustard

In a blender, blend tomatoes, vinegar, basil, thyme, and mustard until well combined. To store, transfer to a jar with a tight-fitting lid and refrigerate for up to 2 days. Shake well before serving tomato vinaigrette.

Light Dressing-(Phases 1-4)

2 Tablespoons water
1 Tablespoon apple cider vinegar
1 clove garlic, minced
2 teaspoons Dijon mustard
pinch each salt and pepper
2 Tablespoons extra-virgin olive oil

In a small bowl, whisk together water, vinegar, garlic, mustard, salt and pepper; gradually whisk in olive oil.

-Makes about 1/3 cup.

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 54. Print

Lemon-chive Dressing-(Phases 1-4)

1/4 cup canola or olive oil
2 Tablespoons chopped fresh chives or green onions
1/2 teaspoon grated lemon rind
2 Tablespoons lemon juice
1 Tablespoon Dijon mustard
1 small clove garlic, minced
1/4 teaspoon each salt and pepper

In small bowl, whisk together oil, chives, lemon rind and juice, mustard, garlic, salt and pepper.

-Serve with torn mixed salad greens.

Poppy Seed Dressing-(Phases 1-4)

1/3 cup canola or olive oil
2 Tablespoons apple cider vinegar
1 shallot or small onion, minced
1 Tablespoon poppy seeds
1 teaspoon Splenda or Stevia
1/4 teaspoon each salt and pepper

In bowl or jar, whisk or shake together oil, vinegar, shallot, poppy seeds, Splenda, salt and pepper.

-Makes 1/2 cup.

Ginger Dressing-(Phases 1-4)

2 Tablespoons rice or cider vinegar
1 Tablespoon grated gingerroot
1/3 cup olive oil
1 Tablespoon soy sauce
1/4 teaspoon each Splenda or Stevia, salt and pepper
1/4 teaspoon hot pepper sauce

Mix vinegar with ginger and let stand for 2 minutes. Strain into bowl, press to extract liquid. Whisk in oil, soy sauce, Splenda, salt, pepper, and hot pepper sauce.

Coriander Dressing-(Phases 1-4)

1/4 cup canola or olive oil
3 Tablespoons lime juice
2 Tablespoons chopped fresh coriander
1/2 teaspoon each ground cumin and salt
1/4 teaspoon pepper

In small bowl, whisk together all ingredients.

Apple Cider Dressing-(Phases 1-4)

1 1/2 teaspoon Dijon mustard
1 1/2 teaspoon Splenda or Stevia
1/4 teaspoon salt
1/4 teaspoon fresh ground black pepper
1/3 cup apple cider vinegar
1 Tablespoon chopped parsley
2/3 cup canola or olive oil

Whisk mustard, Splenda, salt, pepper, vinegar, and chopped parsley together in a bowl. Slowly drizzle in the oil, whisking constantly, until thickened. Adjust the seasonings to taste. Store covered in the refrigerator for up to 2 days. Bring apple cider vinaigrette to room temperature before using.

Maple Dressing-(Phases 1-4)

1/2 cup soy sauce
1/2 cup cider vinegar
1/2 cup Ideal Protein maple syrup
2 Tablespoons Splenda or Stevia
2 Tablespoons Dijon mustard
1 small clove garlic
1/2 teaspoon ginger, finely chopped
salt and fresh ground pepper, to taste
1/2 cup canola or olive oil

In a blender, mix all ingredients together. Slowly drizzle in the oil, blending constantly, until thickened. Adjust the seasonings to taste. Serve maple vinaigrette at room temperature.

Source: Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes: Spring/Summer. Vol. 1. Le Groupe Quadriscan, n.d. 81-82

Raspberry Dash Salad Dressing-(Phases 1-4)

(Raspberry Flavored Gelatin)

1/2 teaspoon Ideal Protein Raspberry Flavored Gelatin
1/2 teaspoon of Mrs. Dash "Garlic and Herb" salt-free seasoning blend
1 Tablespoon of your favorite olive oil

Preparation:

Stir together the Ideal Protein Raspberry Flavored 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! Tip: keep a pre-mixed dressing shaker with you to take into restaurants. Variations: 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!))

Source:

Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 74. Print

Guilt Free Italian Dressing/Marinade-(Phases 1-4)

2 Tablespoons Italian Seasoning
1/4 cup Extra Virgin Olive Oil
1/2 cup White or Apple Cider Vinegar
1/4 cup Water

Combine all ingredients in a bottle (something you can shake). This can be used on salads or on your meat before cooking. This will yield 6-8 cups of salad or a whole head of lettuce. I put lettuce in a bowl with fresh veggies, pour dressing on, lid the bowl, and shake it. This will coat the lettuce nicely and the rest will go to the bottom of the bowl so you aren't drowning the salad. Reminds me of Olive Garden salad!

60 calories per tablespoon, 0 carbs, 0 sugar

Breadless French Toast-(Phases 1-4)

3/4 cup egg whites
3 packets Splenda
1 Tablespoon cinnamon
1/4 cup fat free light vanilla soy milk
Walden Farms pancake syrup

Beat all ingredients in a bowl with a fork. Cook mixture on frying pan coated with Pam, in a circular shape (for mini silver dollar like French toast.) Cook evenly on both sides, and then top with Walden Farms Syrup.

Contributed by an Ideal Protein dieter

Oatmeal Cookies-(Phases 1-4)

1 Ideal Protein oatmeal packet
1 Ideal Protein butterscotch or chocolate pudding packet
1/8 cup rolled oats
1/4 teaspoon sea salt
1 teaspoon Splenda or Stevia
a sprinkle of cinnamon, to taste
1 teaspoon baking powder
1 egg white
1 teaspoon vanilla
just enough water to get a cookie dough texture

Combine dry ingredients, then add the last 3 liquid ingredients to reach a cookie dough texture. Spray cookie sheet lightly with Pam olive oil spray and place 10 cookies on sheet. Bake at 325 degrees Fahrenheit for 5-10 minutes or until desired degree of moisture. Test center of cookie with toothpick to see if baked.

Contributed by an Ideal Protein dieter

Barbequed Vegetable Salad-(Phases 1-4)

Preparation: 20 minutes

Cooking: 12 minutes

Servings: 4

Ingredients:

Salad:

3 zucchini

2 sweet red peppers

1 bunch green onions

8 tomatoes

6 asparagus

olive oil, as needed

salt and freshly ground pepper to taste

Dressing:

2 Tablespoons apple cider vinegar

1/2 cup olive oil

1 Tablespoon minced fresh basil

1 Tablespoon minced fresh oregano

Preparation:

Preheat barbecue medium-high. For salad: cut zucchini into strips and peppers into quarters. Cut green onions in 2 lengthwise. Quarter tomatoes. Snap or cut off tough bottom part of asparagus spears. Combine all vegetables in a bowl. Add a thin stream of oil, salt, and pepper. Toss to coat uniformly. Grill vegetables in the basket or specific wok for the barbeque. Cool. Cut vegetables into 1-inch pieces and transfer to serving dish. For dressing: pour vinegar into a small bowl. Stir in oil, basil, and oregano. Drizzle over vegetables.

Serve this salad with chicken brochettes or Ideal Protein chicken soup.

Per serving:

Calories: 75

Fat: 2 grams

Protein: 3 grams

Carbohydrates: 9 grams

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 18. Print

Red and Green Salad-(Phases 1-4)

Preparation: 15 minutes

Cooking: 15 minutes

Servings: 4

Ingredients:

Dressing:

1 teaspoon Dijon mustard

1/2 teaspoon Splenda or Stevia

1 Tablespoon lemon juice

2 Tablespoons rice vinegar

1 teaspoon dried mint

1 teaspoon dried thyme

3 Tablespoons olive oil

salt and white pepper to taste

Salad:

4 cups red leaf lettuce, washed and torn up

1/2 red onion, sliced very thin

10 radishes, sliced very thin

1 cucumber, diced

2 stalks celery, sliced

Preparation:

In a small bowl, mix dressing ingredients together. In a salad bowl, combine lettuce, onion, radishes, cucumber and celery. Add dressing to salad and toss to coat all ingredients. Serve immediately.

If you have fresh herbs handy, replace dried mint and thyme with 1 Tablespoon each fresh mint and thyme. You could also garnish your salad with alfalfa sprouts or other kinds of sprouts or shoots (snow peas, mustard or radish shoots, among others), which you will find in the fresh vegetables section of your grocery store. These sprouts are not only delicious; they are also very healthy! Serve this salad with a barbecued beef flank steak or Ideal Protein leek soup.

Per serving:

Calories: 89

Fat: 3 grams

Protein: 5 gram

Carbohydrates: 6 grams

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 24. Print

Spicy Beef Flank Steak With Fresh Cucumber Salad-(Phases 1-4)

Preparation: 20 minutes

Marinating Time: 2 hours

Cooking: 10 minutes

Servings: 6

Ingredients:

Marinade:

1/2 cup extra virgin olive oil

1/4 cup rice vinegar

4 cloves garlic, crushed with the skin

1 teaspoon cumin

1/2 bunch of thyme

2 teaspoons crushed black pepper

2 peppers, finely chopped

2 bay leaves

2 x 1 pound of beef flank steak

salt and pepper

Cucumber Salad:

2 cucumbers cut in big chunks 1/2 inch x 1/2 inch

10 mint leaves, chopped

1/4 onion, finely cut

1/4 cup olive oil

juice of 1 lemon

salt and pepper

Preparation:

In a large Ziploc bag, mix all marinade ingredients and set aside. Make shallow incisions in the steak so the marinade penetrates more. Let marinate in the refrigerator for at least 2 hours. In a large salad bowl, mix all cucumber salad ingredients, 30 minutes before serving. Preheat barbeque at high temperature. Put steak on hot grill to seer. Season to taste. Grill for about 5 minutes on each side. Serve steak rare or pinkish. Don't overcook flank steak-it would get a bit stiff.

Per serving:

356 calories

14 grams fat

22 grams protein

5 grams carbohydrates

Source:

Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes: Spring/Summer. Vol. 1. Le Groupe Quadriscan, n.d. 24

Rubbed Pork Tenderloin with Roasted Tomato Sauce(BBQ)-(Phases 1-4)

Preparation: 10 minutes

Cooking: 40 minutes

Servings: 4

Ingredients:

Sauce:

8 ripe, plum tomatoes, stems removed
1 jalapeno, stem removed and seeded
1/2 cup tightly packed fresh basil leaves
1/3 cup roughly chopped French shallots
1/4 cup tightly packed fresh cilantro leaves
1 Tablespoon fresh lime juice
2 teaspoons minced garlic
salt
freshly ground black pepper

Rub:

1 teaspoon paprika
1 teaspoon Splenda or Stevia
1 teaspoon salt
1/2 teaspoon chili powder
1/2 teaspoon freshly ground black pepper
1/4 teaspoon ground allspice
1 large or 2 small pork tenderloins, about 1 pound total
extra virgin olive oil

Preparation:

Sauce: grill the tomatoes and jalapeno over direct high heat until black and blistered in spots. The tomatoes will take 4 to 6 minutes and the jalapeno will take 2 to 3 minutes. Put the tomatoes and jalapeno in a food processor along with the other sauce ingredients, including salt and pepper to taste, and process until smooth. Transfer the sauce to a medium saucepan and bring to a boil. Reduce to a simmer and allow to cook until the sauce has thickened slightly, 5 to 10 minutes, stirring occasionally.

Rub: in a small bowl combine the rub ingredients and crush them together with your fingertips. Trim excess fat and silver skin from the tenderloins. Lightly brush or spray the tenderloins with olive oil. Spread the rub all over the tenderloin and press the spices into the surface of the meat. Grill the tenderloins over direct medium heat until the centers are barely pink, 15 to 20 minutes, turning once halfway through grilling time. Remove it from the grill and cover loosely with foil. Allow to rest for about 5 minutes before slicing. Serve warm with the sauce.

The truth is, the rub in this recipe is so good that the meat doesn't even need a sauce, but if tomatoes are in season, whip up this cooked salsa for a colorful flourish. Fire-roast the vegetables over direct high heat, then cook the meat over direct medium heat.

Serving:

Calories: 319
Fat: 14 grams
Protein: 27 grams
Carbohydrates: 13

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 46. Print

Tandoori-Style Chicken (BBQ)-(Phases 1-4)

Preparation: 15 minutes

Marinating Time: 24 hours

Cooking: 45 to 60 minutes

Servings: 6

Ingredients:

Marinade:

16 oz. plain yogurt 0% fat

1 Tablespoon grated ginger root

2 cloves garlic, minced

2 teaspoons paprika

1 1/2 teaspoons ground cinnamon

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon ground cloves

2 1/2 pounds bone-in chicken pieces (breasts, thighs, or drumsticks)

1 medium cucumber, sliced

Preparation:

For the marinade: in a medium bowl, whisk together all marinade ingredients. Rinse chicken and pat dry. Place chicken pieces in a Ziploc bag set into a deep bowl. Pour marinade over chicken and close bag. Marinate in the refrigerator overnight, turning bag occasionally to distribute marinade. Remove chicken from bag, reserving marinade. Set barbeque to medium-low heat. Place chicken pieces, bone side down, in center of cooking grate. Grill 45 to 60 minutes or until chicken is tender and juices run clear, brushing with reserved marinade during the last 15 minutes of grilling time. Serve with sliced cucumber.

Tandoori is a mixture of spices commonly used in Indian cuisine. It is a fine red-brown powder. It has a very rich and subtle taste, which gets enhanced when cooked. It is not very spicy (less than chilli powder or curry for instance) and very aromatic. Ingredients used to make tandoori may vary in number and proportion but it is normally made with the following spices: mild pepper, paprika, garlic, chilli pepper, thyme, cilantro, salt, cumin, black pepper, celery, caraway, rosemary, clove, bay leaves, and cinnamon.

Per Serving:

Calories: 291

Fat: 15 grams

Protein: 24 grams

Carbohydrate: 8 grams

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 43. Print

Mixed Green Salad from the Greek Islands-(Phases 1-4)

Preparation: 10 minutes

Servings: 4

Ingredients:

Dressing:

3 to 4 Tablespoons extra-virgin olive oil

2 to 3 Tablespoons apple cider vinegar

freshly ground black pepper

Salad:

1 small head romaine lettuce, cored and leaves separated

1 bunch arugula, trimmed and finely chopped

3 to 4 sprigs watercress, finely chopped

3 green onions, thinly sliced

4 sprigs fresh dill, finely chopped

3 to 4 sprigs fresh mint, thinly sliced

1/2 cup coarsely grated cucumber

1 small fennel bulb, trimmed and very finely chopped or grated

salt

Preparation:

In a small bowl, whisk together the oil, vinegar, and plenty of pepper. Set aside. Stack half the lettuce leaves, roll them up and cut crosswise into thin slices. Repeat with the remaining lettuce leaves. In a large bowl, combine the lettuce and other greens, green onions, dill, mint, cucumber, and fennel. Whisk the dressing again and pour it over the salad. Add salt to taste, toss, and serve.

It is important to cut the greens at the last moment and to slice them very thin. If they are coarsely cut, the salad will taste different. Serve this salad with pork tenderloin or add Ideal Protein smoked soy nuts.

Per Serving:

Calories: 74

Fat: 2 grams

Protein: 3 grams

Carbohydrate: 8 grams

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 24. Print

Ginger and Coriander Skewered Steaks(BBQ or oven)-(Phases 1-4)

Preparation: 15 minutes

Marinating Time: minimum 1 hour

Cooking: 10 minutes

Servings: 4

Ingredients:

8 x 2 oz tenderloin steaks, 1-inch thick

4 green onions

2 Tablespoons fresh lime juice

1/3 cup olive oil

2 Tablespoons grated onion

2 Tablespoons fresh grated ginger root

1 clove garlic, crushed

1 teaspoon red pepper flakes

1 teaspoon ground coriander

1 teaspoon turmeric

salt, to taste

Preparation:

Place 2 steaks side by side on a tray. Push one skewer diagonally through both steaks. Push a second skewer diagonally, in the opposite direction to the first skewer, to secure the 2 steaks together, forming a cross with the 2 skewers. Thread half of a green onion on to the pointed end of each of the skewers. Repeat with remaining steaks, skewers, and green onions. Combine lime juice, olive oil, onion, ginger, garlic, red pepper flakes, coriander, turmeric and salt in a bowl. Pour mixture over skewered steaks. Cover and refrigerate for at least 1 hour.

Grilling instructions:

On barbecue, grill over medium-high heat for 3 minutes per side for rare, 4 minutes per side for medium rare, 6 minutes per side for well done.

In oven, preheat broiler. Broil for 3 minutes per side for rare, 4 minutes per side for medium rare, 6 minutes per side for well done.

Skewer and marinate steaks up to 8 hours in advance. Cover and refrigerate. For a complete meal, serve these brochettes with a vegetarian chop suey. It is so easy to stir-fry some vegetables! And for the sauce, simply add the reserved marinade of the brochettes that you will have boiled beforehand. And make sure vegetables remain crispy-they are so much tastier and more nutritious that way!

Per Serving:

Calories: 321

Fat: 14 grams

Protein: 22 grams

Carbohydrates: 7 grams

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 28. Print

Gourmet Sandwich Pockets-(Phases 1-4)

(Orange Pancake)

Equivalent to 1 Ideal Protein Serving

Ingredients:

Pocket:

1 packet of Ideal Protein Orange Pancake

2 pinches of sea salt

1/8 teaspoon dried basil

75-100 milliliters water

Filling:

Suggested filling: shredded lettuce, diced tomatoes, cucumber, slivered green peppers, etc.

Dressing:

1 Tablespoon olive oil

1 Tablespoon vinegar

1/2 teaspoon dried basil

1 clove of garlic

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

Preparation:

Preheat oven to 350 degrees Fahrenheit. 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 to 22 minutes. Remove from oven and let completely cool (approximately 15 minutes). Slice down the middle, make into halves. Open pockets the same as pita bread.

Source: Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 64. Print

Mango Sunrise-(Phases 1-4)

(Raspberry Flavored Gelatin)

Ingredients:

1 packet of Ideal Protein Raspberry Gelatin

1 packet of Ideal Protein Peach Mango Drink

Preparation:

Mix the Ideal Protein Raspberry Gelatin and the Ideal Protein Peach Mango Drink in a bowl. Refrigerate until solid. Will separate into 3 'Sunrise' colors. Delicious enough to serve to guests!

Source:Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 73. Print

Mashed "Potatoes"-(Phases 1-4)

(Chicken Soup)

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

Preparation:

Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and 1/2 of any of the soup mixes, or more, to taste. Mash well and serve steaming hot.

Source:

Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 60. Print

Vegetable Souffle-(Phases 1-4)

(Maple Oatmeal)

Ingredients:

4 egg whites
2 cups of your favorite vegetable(s) shredded
1 packet of Ideal Protein Maple Oatmeal
Olive oil
Seasoning, to taste

Preparation:

Preheat oven to 350 degrees Fahrenheit. Place Maple Oatmeal in blender and process until finely ground. Place shredded veggies in medium to large bowl. Prepare souffle 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 half of beaten egg whites into veggies, mix thoroughly to get eggs to blend with mixture, and then gently fold in the remaining whites. Pour into prepared dish and bake for 20 minutes or until firm.

Source: Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 69. Print

Key Lime Tarts-(Phases 1-4)

(Maple Oatmeal)

Equivalent to 2 Ideal Protein servings

Makes approximately 6 tarts

Ingredients:

Filling

4 + 1 packets of True Lime flavoring (approximately 1 level teaspoon)

3 ounces of water

Splenda or Stevia, to taste

1 packet of Ideal Protein Vanilla Pudding

Crust

1 packet of Ideal Protein Maple Oatmeal

1 egg white

1 to 1 1/2 ounces of water

Meringue

2 egg whites for meringue

Mini-muffin baking cups

Non-stick spray

Preparation:

Filling: dissolve True Lime flavoring in 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 350 degrees Fahrenheit. Mix the packet of Ideal Protein Maple Oatmeal with the egg white and 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 approximately 2 to 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 minutes 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 your 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.

Source:

Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 68. Print

Cinnamon Mochaccino-(Phases 1-4)

(Cappuccino Drink)

Ingredients:

1 packet of Ideal Protein Cappuccino Drink
1/2 teaspoon instant coffee
1/8 teaspoon cocoa powder
A dash of cinnamon
6 ounces water (more if you want it less creamy)

Preparation:

Pour cold water into a shaker and add all the other ingredients. Shake well until completely dissolved and enjoy a scrumptious shake.

Source:

Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 76. Print

Seafood Salad-(Phases 1-4)

Preparation Time: 15 minutes

Marinating Time: About 4-6 hours

Servings: 4

Ingredients:

Salad:

1/2 red onion, finely chopped

2 celery stalks, finely chopped

1 sweet green pepper, diced

1 pollock pack, in chunks

2 big handfuls cooked shrimps

Other cooked or smoked fish that you like, in chunks

Sea salt and pepper, to taste

A pinch of garlic powder

1 Tablespoon dried parsley

1 Tablespoon dried dill

Dressing:

1/3 cup olive oil

1 Tablespoon Dijon mustard

2 Tablespoons fresh lemon juice or apple cider vinegar

2 green onions, finely chopped

1/2 celery stalk, finely chopped

salt and pepper, to taste

Preparation:

In a large bowl or a salad bowl, mix salad ingredients. In a small bowl, mix all dressing ingredients. Stir dressing in salad and let marinate in the refrigerator for a few hours so that the aromas mix well. Serve chilled over a bed of leaf lettuce.

(Seafood quantities are not precise but this will allow you to adjust depending on your preferences. So if you are a big fan of pollock, be generous! And don't hesitate to ask your fish vendor for advice-he will surely have lots of interesting ideas to personalize this salad. You can also add your favorite vegetables but make sure to cut them in small chunks and not to add too much-this would alter the taste of the seafood.

Per Serving:

Calories: 289

Fat: 8 grams

Protein: 27 grams

Carbohydrates: 9 grams

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 37. Print

Blade With Herbs -(Phases 1-4)

Preparation Time: 15 minutes

Cooking Time: 2 hours and 30 minutes

Servings: 4

Ingredients:

1 beef blade roast with bone, about 3 1/2 pounds

1 cup fresh parsley, chopped

2 Tablespoons apple cider vinegar

2 Tablespoons olive oil

4 cloves garlic, minced

4 teaspoons Dijon mustard

Light beef broth, in sufficient quantity

1 teaspoon(each)dried rosemary, thyme, and oregano

salt and peper, to taste

Preparation:

Preheat oven at 400 degrees Fahrenheit. In a small bowl, mix parsley, oil, vinegar, herbs, salt and pepper. Set aside. Place roast in an ovenproof dish and coat with mustard. Sear 12 minutes in the oven. Lower oven temperature to 325 degrees Fahrenheit. Add beef broth at the bottom of the dish(about 1/3 inch high)and brush roast with herbs mixture. Resume cooking, covered, for 2 hours to 2 hours and 15 minutes or until meat easily tears out with a fork.

Per Serving:

Calories: 337

Fat: 15 grams

Protein: 23 grams

Carbohydrates: 7 grams

(The blade roast is a cut of meat taken from the shoulder primal cut of beef, pork, lamb, or veal. The beef shoulder primal is often referred to the chuck primal cut. The blade roasts are cut from the upper portion of the shoulder and generally contain a higher amount of fat, which provides tenderness and flavor to the meat. Blade roasts are best cooked using a moist heat method such as braising or stewing, but they can also be oven roasted if they are of the highest quality and they are not overcooked.)

Source: Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 26. Print

Pantry Pork Chops -(Phases 1-4)

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Marinating & Waiting Time: 60 minutes

Servings: 4

Ingredients:

Marinade

1/4 cup plus 1 Tablespoon fresh lemon juice

3 Tablespoons soy sauce

1 Tablespoon extra-virgin olive oil

1/2 teaspoon Splenda or Stevia

1 clove garlic, minced

1 teaspoon fresh ginger, grated

1/2 teaspoon chopped fresh rosemary

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 pork rib chops, about 1 1/4 inch thick each

Preparation:

Marinade: in a medium bowl whisk together the marinade ingredients. Place the chops in a large plastic bag (Ziploc) and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, place in a bowl, and refrigerate for 20 to 30 minutes. Remove the chops from the bag and discard the marinade. Allow to stand at room temperature for 20 to 30 minutes before grilling. Sear the chops over direct high heat for 6 minutes, turning once halfway through searing time. Continue grilling over indirect medium heat until the juices run clear, 6 to 8 minutes. Season with salt and pepper.

(Indirect barbeque cooking: the indirect method is similar to roasting, but with the added benefits of that grilled texture, flavor, and appearance that you can't get from an oven. Heat rises, reflects off the lid and inside surfaces of the grill, and slowly cooks the food evenly on all sides. The circulating heat works much like a convection oven, so there's no need to turn the food. Use the indirect method for foods that require 25 minutes or more of grilling time. Examples include roasts, ribs, whole chickens, turkeys, and other large cuts of meat, as well as delicate fish fillets. To grill by the indirect method on a gas grill, preheat the grill with all burners on high. Then adjust the burners on each side of the food to the temperature noted in the recipe and turn off the burner(s) directly below the food. For best results, place roasts, poultry, or large cuts of meat on a roasting rack set inside a disposable heavy-gauge foil pan. For longer cooking times, add water to the foil pan to keep drippings from burning.)

Per Serving:

Calories: 342

Fat: 16 g

Protein: 25 g

Carbohydrate: 7 g

Source:

Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 46. Print

Crockpot Meal -(Phases 1-4)

Equivalent to 3 Ideal Protein Servings

Ingredients:

3 packets of Ideal Protein soups (Chicken and/or Leek and/or Asparagus)

30 oz. of low-fat broth (chicken, beef, or vegetable)

2 to 3 cups of your choice of hearty vegetables cut up in 1 inch chunks (zucchini, leeks, garlic, green beans, celery, asparagus tips, mushrooms, turnips)

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.)

Preparation:

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 Crockpot (slow cooker). Add your choice of meat and vegetables. Spice up as you please. Simmer over low heat for 4 to 6 hours until the meat is so tender it falls apart at the touch of your fork. This dish is great for leftovers or to share with your entire family.

Source:

Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 60. Print

Halibut With Picante Sauce-(Phases 1-4)

Preparation Time: 15 minutes

Cooking Time: About 10 minutes

Servings: 4

Ingredients:

2 cucumbers, seeded and finely chopped
2 radishes, finely chopped
4 tomatoes, seeded and finely chopped
1 grilled sweet yellow pepper, finely chopped
1/8 red onion finely chopped
1/2 teaspoon Tabasco
1 Tablespoon lemon juice
salt, to taste
4 halibut steaks or fillets

Preparation:

Mix cucumbers, radishes, tomatoes, sweet pepper, onion, Tabasco, salt and lemon juice in a small bowl. Roast fish on oiled baking sheet (about 5 minutes on each side at 375 degrees Fahrenheit/190 degrees Celsius) or on barbeque, over medium heat (about 5 minutes on each side). Serve with picante sauce.

Per Serving:

Calories: 254

Fat: 8

Protein: 34

Carbohydrates: 8

(There is a wide range of firm white fish that are perfect for barbeque cooking [swordfish, tilapia, shark, marlin and mahi mahi, among other delicious choices.] But be careful not to overcook them; lean fish have a tendency to get dry.)

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*: Spring/Summer. Vol. 1. Le Groupe Quadriscan, n.d. 32

Oriental Chicken Brochettes With Sesame Seeds-(Phases 1-4)

Preparation: 10 minutes

Marinating time: 1 hour

Cooking: 8 minutes

Servings: 4

Ingredients:

1 pound (500 g) boneless skinless chicken breasts cut in 3/4 inch wide strips (2 cm)

2 Tablespoons olive oil

2 Tablespoons teriyaki sauce

1 Tablespoon rice vinegar

2 teaspoons fresh ginger, peeled and finely chopped

3 cloves garlic, minced

1 teaspoon Ideal Protein maple syrup

1/2 teaspoon ground cumin

1/4 teaspoon Tabasco sauce

1 Tablespoon sesame seeds

Preparation: Trim any fat from chicken. Thread chicken strips on wooden skewers previously soaked in water. Put brochettes in a shallow glass dish. In a small bowl, using a whisk, whip together olive oil, teriyaki sauce, rice vinegar, ginger, garlic, maple syrup, cumin, and Tabasco sauce. Pour marinade on chicken brochettes and turn to coat uniformly. Cover dish with Saran Wrap and let marinate for 1 hour in refrigerator (turn once). Meanwhile in a small skillet, brown sesame seeds (no oil needed) tossing regularly. Grill for 6 minutes or until they start to smell, and set aside. Set barbeque to high heat, and then place brochettes on greased barbeque grill. Close lid and grill for 3 to 4 minutes on each side, or until lightly marked and juices run clear when chicken is pierced. Sprinkle with reserved sesame seeds.

Per serving:

Calories: 224

Fat: 8 g

Protein: 26 g

Carbohydrates: 3 g

(Can serve these brochettes with Asian vegetables or Napa cabbage salad for a complete meal.)

Source: Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes: Spring/Summer. Vol. 1. Le Groupe Quadriscan, n.d. 55

Oven Roasted Vegetables-(Phases 1-4)

1 medium zucchini, sliced
1 medium green pepper, diced
1 pound fresh asparagus, cut into pieces
1 red onion, sliced
Fresh mushrooms
3 Tablespoons olive oil
Salt and pepper, Mrs. Dash, or other seasonings

Heat oven to 450 degrees. Place all ingredients in a bowl with a lid; toss to coat. Place vegetables in a large roasting pan in a single layer. Bake for 30 minutes, stirring occasionally until veggies are lightly browned and tender.

2 cup servings:

170 calories
5 grams protein
15 grams carbohydrates

Guiltless Coleslaw-(Phases 1-4)

4 cups coleslaw mix, or plain cabbage mix
1 medium green pepper, finely chopped
5 tablespoons Splenda
5 tablespoons cider vinegar
¼ cup water
¼ teaspoon sea salt
1/8 teaspoon pepper

In a large bowl, combine the coleslaw mix and pepper. In a smaller bowl, combine the rest of the ingredients. Pour over the cabbage mixture. Toss to coat. Cover and refrigerate for at least 4 hours or overnight. Yield: 6 servings

Egg Salad-(Phases 1-4)

6 hard boiled eggs

2 Tablespoons mustard
1-2 teaspoons Dill Pickle juice

Dice eggs in bowl; add mustard and dill pickle juice. Stir and enjoy.

Lunchtime Leek Soup-(Phases 1-4)

1 package of Ideal Protein Leek Soup
1 cup cooked broccoli
¾ cup cauliflower
¼ cup chopped fresh onion
Salt and pepper

Mix Ideal Protein Leek Soup with 6 ounces of water; add cooked veggies and onion. Heat up in microwave or on stovetop. Add salt and pepper to taste.

Spaghetti Sauce-(Phases 1-4)

1 pound lean ground turkey or 90%> lean ground beef
8 large tomatoes
1 medium onion, chopped
1 small green pepper, chopped
Fresh button mushrooms (if you like)
2 Tablespoons minced garlic or 2 cloves, crushed and chopped Or Garlic Powder(start with 1 tablespoon and add what you like for taste)
2 Tablespoons Italian seasoning
¼ tsp Red pepper flakes
½ cup water

Brown turkey or ground beef, add garlic powder while cooking meat for more flavorful sauce, drain off any fat, add all vegetables and water, except tomatoes. Cook on low with lid until vegetables are cooked through.

In a blender or food processor, puree 6 of the tomatoes, add the Italian seasoning, garlic, red pepper flakes, and give it another little whirl. You need to boil this for about 20 minutes and skim off the water and froth. Pour into cooked ground turkey or ground beef mixture, turn on low heat. Chop remaining 2 tomatoes however small or large you like your chunks in sauce, add to mixture and simmer on low for 20-30 minutes. This makes 4-6 cups of sauce. Can freeze for use later.

One cup:

151 calories
21 grams protein
10 grams carbohydrates
4 grams fiber
75 grams sodium

Taco Seasoning-(Phases 1-4)

1 1/2 tablespoons chili powder
2 tablespoons cumin
1 1/2 tablespoons paprika
1 1/2 tablespoons onion powder
1 tablespoon garlic powder
1/8- 1/2 teaspoon cayenne- depends on how spicy you like it

How To Prepare:

Mix all ingredients well and store in an airtight jar. Use 2 tablespoons of seasonings per pound of meat, which is about right. Recipe makes about 8 tablespoons, or 4 batches worth.

Used with lean ground beef or turkey, this would be great for a taco salad with fresh salsa.

Almost Deep Fat Fried Cauliflower-(Phases 1-4)

1 head of fresh cauliflower
1-2 teaspoons extra virgin olive oil
1-2 teaspoons garlic powder
1-2 teaspoons chili powder
sea salt
fresh black pepper to taste

Wash and break apart cauliflower. In a container you can put a lid on, put cauliflower in drizzle with olive oil, sprinkle with garlic powder, chili powder, salt, pepper.

Add lid and shake it until cauliflower is coated. Put in metal 9x13 pan, cover with aluminum foil, bake at 350 for 20 minutes, take out remove foil, put back in oven for another 10-15 minutes.

When it comes out, it is almost crunchy like deep fat fried cauliflower. If you dip it in the Walden Farms ranch dip it's even closer.