

* False

4. After reaching your goal, the maintenance phase should last:

- * One month per lb lost
- * One year per pound lost
- * *For life*
- * Dependant of the individual

Enjoy this recipe of the week!



Chocolate Raspberry Dessert

2 IP servings

- 1 Ideal Protein Chocolate Pancake
- 1 Ideal Protein Raspberry Jello

Pour 1-2 ounces of cold water into shaker. Add pancake mix and shake vigorously until smooth. Bake in a muffin pan for 10 minutes or microwave in a microwave- safe cup for 30 seconds. Remove and let cool. Poke holes in cake with a fork. Next pour the jello into the holes. Place in the refrigerator until set. Note that this makes 2 servings (each one including half of a restricted food). Save the other serving for another day.

gram of protein.

3. It is more difficult to lose weight than to gain weight because:

- * *Losing weight is an unnatural process*
- * Gaining weight is an unnatural process

Enjoy this recipe of the week!



Kicken Asian Slaw

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 pepper, 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. Hot or cold.



Questions of the Week: Week 12

First and foremost, "how does this week look for you?"

1. In the maintenance phase, it is important to try to consume some protein with each major meal of the day.

- * True
- * False

(Its your choice, what is important is that they ensure they are getting at least the minimal amount of protein every day, lean weight divided by 2.)

2. In our maintenance phase, complex carbohydrates are:

- * Optional
- * Avoided
- * Not consumed
- * *Essential*

3. In maintenance phase, 1 oz. of hard cheese is preferable to 1 oz. of a soft cheese:

- * True

- * "IP" has a much better exercise program for the stabilization phase
- * *The dieter maintains their muscle mass and the problem of the "dysfunctional" or "insulin-overproducing pancreas" has been addressed.*

3. After weight loss is achieved, the maintenance phase should include:

- * Between 800 and 1200 Kcal per day
- * Between 1200 and 1800 Kcal per day
- * *1800 Kcal or more, depending on the individual*

Enjoy this recipe of the week!



Almost Deep Fat Fried Cauliflower

All phases, veggie serving

- 1 head of fresh cauliflower
- 1-2 tsp olive oil
- 1-2 tsp garlic powder
- 1-2 tsp chili powder
- Sea salt and pepper to taste



Wash and break apart cauliflower. In a ziploc bag or container you can put a lid on, put cauliflower in, drizzle with olive oil, sprinkle with garlic powder, chili powder, salt and pepper. Seal and shake until cauliflower is coated. Put in metal 9x13 pan, cover with foil and bake at 350 degrees for 20 minutes. Take out and remove foil. Put back in over for another 10-15 minutes. Should be almost crunchy when done.



Questions of the Week: Week 11

First and foremost, "how does this week look for you?"

1. Weight gain is primarily due to:

- * What one eats, in particular "bad food combinations."
- * Changes in the emotional state of the person
- * Changes in the hormone levels of the person
- * How much alcohol the person consumes
- * *All of the above can contribute to weight gain.*

2. "Ideal Dieters" will normally gain 3 to 4 pounds between Phases 3 & 4, why?

- * They start eating carbs again and carbs make you gain weight
- * They didn't start the exercise program they were supposed to
- * *Glycogen stores have been replenished and 4 grams of water are attached to each*

** Glycogen is depleted during this week and for each gram of glycogen lost, 4 grams of water are also lost. Most dieters will lose 3 to 5 'extra lbs' during the first week.*

2. During the Ideal Protein Weight Loss Method you lose:

** More weight than inches (volume)*

** More inches (volume) than weight*

3. With the Ideal protein Weight Loss Method you lose:

** More muscle than fat*

** As much muscle as fat*

** More fat than muscle*



Enjoy this recipe of the week!

Berry Muffins 1 IP Serving

1 Ideal Protein either Strawberry or Blueberry Pudding

1 oz egg white

1 oz water

1/4 tsp cinnamon • dash vanilla extract

Preheat oven to 350 degrees. Mix pudding packet, water, egg white and vanilla. Mix well to try and get out most of the lumps. Fill 2 non-stick muffin tins approximately 2/3 full (or make mini- muffins). Sprinkle with cinnamon. Bake for 10 -15 minutes. Serve warm.



Questions of the Week: Week 10

First and foremost, "how does this week look for you?"

1. It is easier to achieve weight loss than to maintain weight loss:

** True*

** False*

2. Even if the Ideal Protein Weight Loss Method is not definitive, why does the dieter have a better chance of maintaining their weight in the maintenance phase of the protocol than with other diets?

** The dieter gains a lot more muscle mass with IP and can burn more calories*

2. Which of the following behaviors would most likely lead to weight gain?

* One very large portion of ice cream once a week.

* *A very small bowl of ice cream every night.*

3. During Phases 1 & 2, dairy products with 0% fat:

* Are permitted during these phases

* *Are not permitted*

(They contain lactose, so they still have sugar and calories)

Enjoy this recipe of the week!



Vanilla Cappuccino Dessert 2 servings
(1.5 IP servings per cup (1/2 restricted 1 non-restricted))
1 Ideal Protein Vanilla Pudding
1 of your favorite bars
1/2 Ideal Protein Cappuccino



Prepare 1 package of vanilla pudding and set aside. Crumble the bar into the pudding and mix. Stir in 1/2 package of unprepared Cappuccino drink powder. Place in 2 dessert bowls and sprinkle with cinnamon. Note that this makes 2 servings (each one including half of a restricted food). This is fine to do once a week. Or leave out the bar and blend with ice for a cool non-restricted treat.



Questions of the Week: Week 9

First and foremost, "how does this week look for you?"

1. During the Ideal Protein Weight Loss Method, why do dieters lose more weight during the first week of the program?

* The body is "shocked" by the sudden restriction of calories and hasn't adapted to this new "low calorie diet" yet.

* *They are very, very excited in the beginning and do not cheat at all.*

- * Never go to the store hungry
- * Always have a precise list of what to buy
- * Shop primarily around the perimeter where fresh produce and most protein are found.
- * *All of the above are good rules to follow when shopping.*

2. The “glycemic index” should be a consideration in any weight-loss program:

- * *True*
- * False

3. The Ideal Protein Weight-Loss Method:

- * Is not based on the “glycemic index”
- * *Follows the glycemic index logic completely.*

Enjoy the recipe of the week!

Apple Cider Vinegar Dressing

Use on salads or veggies
 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.



Questions of the Week: Week 8

First and foremost, “how does this week look for you?”

1. Weight Gain results from consistent bad eating habits rather than occasional excesses:

- * *True*
- * False

First and foremost, “how does this week look for you?”

1. If you lose weight quickly, you will risk regaining the weight quickly.

* True

* *False*

2. We often hear: “I know someone who lost weight and they gained it all back.”

* Because of the diet they were on

* *Had nothing to do with the diet they were on*

3. It is sometimes more difficult to lose weight the second time with the same diet because...

* Your body has become accustomed to the method and has adapted.

* *We are not in the same psychological state that we may have been the first time (not as strict, aren't as excited)*

Enjoy the recipes of the day!

Cookies & Cream Delight

2 IP servings (1/2 restricted and 1 non-restricted per serving)

1 Ideal Protein Cookies & Cream Bar

1 Ideal Protein Wildberry Yogurt or Vanilla Pudding

1 Ideal Protein Raspberry Jelly



Prepare yogurt and jelly as directed on package and divided into 2 servings each. Layer yogurt and jelly in alternate layers in a pudding cup. Crumble half the cookies and cream bar on top of each serving. Chill and serve.

Raspberry Cream

2 IP servings

1 Ideal Protein Raspberry Jello

1 Ideal Protein Wildberry Yogurt

10 oz warm water



Add the raspberry jello to 5 oz of warm water (don't shake this in a shaker because it will explode, but mix it in a medium bowl). In a shaker, combine the Wildberry Yogurt with 5 oz of cold water and shake. Then add the Wildberry Yogurt to the jello and mix well. Divide into two snacks and refrigerate for 30 - 45 minutes.



Questions of the Week: Week 7

First and foremost, “how does this week look for you?”

1. When grocery shopping, one should:



Questions of the Week: Week 5

First and foremost, "how does this week look for you?"

1. Protein makes up what in our bodies?

- Only our muscles and skin are made of protein
- *Everything that is vital is made of protein*

2. Essential Amino Acids are amino acids that.....?

- * Our bodies produce naturally
- *Our bodies cannot produce naturally and must be obtained by our food intake*

3. Essential Amino Acids are found in most.....?

- * Fruits
- Legumes
- * *Animal protein*

Enjoy the recipe of the week!

Rutabaga Fries

Skillet rutabaga 'Faux fries'
All phases, veggie serving

Ingredients:

- 2 Rutabagas
- 2 tsp olive oil
- Rosemary & Garlic Seasoning - to taste
- Sea salt and pepper - to taste
- Paprika



Slice the rutabagas in a food processor, toss in olive oil. Bake at 425* for 12-20 minutes. Cook rutabaga until they start to brown, turn once or twice. Sprinkle with seasonings. You will think they are fries!



Questions of the Week: Week 6



Questions of the Week: Week 4

First and foremost, "how does this week look for you?"

1. In order to lose weight you must suppress from your diet:

- Foods that make you gain weight
- **Foods that make you gain weight and prevent you from losing weight**
(Simple sugars can make us gain weight and complex sugars can prevent us from losing, but both are important in maintenance.)

2. Consuming 1/2 gram of protein per pound of lean body mass is:

- * **The minimum required**
- An amount not to be exceeded
- Only a suggested amount

3. The average monthly weight-loss for women on the Ideal Weight Loss Protocol is:

- * 4 to 6 pounds
- 8 to 10 pounds
- * **12 to 14 pounds**

Enjoy this recipe of the week!

'Faux' Cinnamon Baked Apples

Use as part of your 2 cups veggies

Zucchini
Walden apple butter
Allspice
Cinnamon
Lemon juice



Cut several 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 large spoonfuls of Walden Farms Apple Butter, and allspice seasoning. Mix and spread out in a baking dish with some 0 cal Pam, sprinkle with cinnamon and drizzle with Walden caramel syrup if you like, you can even put a little into the mix or not. 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!! I had it re-heated the morning after so it had time to marinate a bit and was less juicy, it was amazing!! It lasted for a couple weeks in Tupperware.



Questions of the Week: Week 3

First and foremost, "how does this week look for you?"

1. In order to lose weight, one must reduce:

- Simple sugars
- Complex sugars
- **Both**

2. We use the term "protein diet" because:

- * We eat only protein
- We are eating a diet high in protein
- *We are eliminating most of the fats and carbohydrates from the diet*

3. The emphasis on protein in the Ideal Weight Loss method is:

- * Dangerous because it may tax our liver
- Dangerous because it may tax our kidney
- * *Not dangerous, because the amount of protein is not in excess*
(Min protein = $\frac{1}{2}$ the dieters goal weight)

Enjoy this recipe of the week!

Pudding Puffs or cookies

1 IP Serving

- 1 pack IP pudding of your choice
- Small capful of vanilla extract (or almond)
- 2 oz water
- 2 egg whites
- 1/2 tsp baking powder
- 1 packet Splenda or stevia if desired



Beat the water, vanilla, splenda and egg whites in a mixer for until fluffy (about 2 min). Gently fold in the baking powder & pudding. (I pour a bit in-fold.....pour more in...fold...about 4 times.) Put in mini cupcake or regular, only fill half way though. Or use a cookie sheet for soufflé type flat spongy cookies.bake on 350 for about 18 min.



Questions of the Week: Week 2

First and foremost, “how does this week look for you?”

1. Wine and Alcohol:

- *Encourage weight gain*
- Have no effect on weight loss
- Are great energy drinks

2. One would follow the Ideal Protein Weight Loss Method because eating protein makes you lose weight:

- True
- *False*

3. During the Ideal Protein Weight Loss Method, consuming carbohydrates above the recommended amount of the protocol will:

- * Hinder your weight loss for 2 to 3 days
- *Compromise your overall success with the program*
- Have little effect on your weight-loss

Enjoy this recipe of the week!

Oatmeal Cookies 2 IP Servings

- 1 packet IP Oatmeal
- 1 packet IP butterscotch or chocolate pudding packet
- 1 tsp Splenda or Stevia
- 1/4 tsp sea salt
- 1 egg white
- 1 tsp vanilla
- A sprinkle of cinnamon to taste • just enough water to get a cookie dough texture



Combine dry ingredients, and then add the last 3 liquid ingredients to reach a cookie dough texture. Spray a cookie sheet with Pam Olive Oil and bake 10 cookies at 325 degrees.



mc

Questions of the Week: Week 1

First and foremost, "how does this week look for you?"

1. In order to lose weight, one should:

- Eat a more balanced diet
- Eat less
- *Reduce the intake of all carbohydrates*
- Exercise

2. Eating fruit:

- Will make you gain weight
- Will help you to lose weight
- Is healthy and has NO effect on weight issues
- *Can inhibit weight loss*

3. Moderate to heavy exercise during the first month of Phase 1:

- * Is encouraged and will accelerate your rate of fat loss
- Can make you feel more energetic and help you increase your muscle mass
- Is necessary for optimal results on the Ideal Protein Weight Loss Method
- *Is discouraged and should be replaced with a light workout (1/3 the intensity of your existing program if you are exercising) and a 4th packet of unrestricted IP food.*

Enjoy this recipe of the week!

Cinnamon Mochachino

1 IP Serving

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



Pour cold water in a shaker and add all the other ingredients. Shake well until completely dissolved and enjoy a scrumptious shake. *If you have a magic bullet or blender, throw it in with a few ice cubes to make it extra cold and creamy. Of course you can always get an iced coffee and mix it with that too!

From: [REDACTED]
Sent: Tuesday, December 27, 2011 2:55 PM
To: [REDACTED]
Subject: recipe

KRAUT SLAW

3/4 cup Splenda
1/4 cup vegetable oil
1/2 cup apple cider vinegar
2 cans Kraut, rinsed & drained
1 T dehydrated onion flakes
1/2 small onion diced
1 tsp. celery seed
1 tsp. mustard seed or dry mustard
2 oz. diced pimento, drained

It also calls for 1/2 c chopped celery & green pepper, which I omitted.

Mix altogether and refrigerate for 24 hrs. before serving. Put it in the frig in a bowl that you can shake every so often. This keeps it all mixed up.

Chicken Fried Rice

1/2 cauliflower washed & grated (food processor)

2 cups cooked chicken cut into bites

1 can mushrooms

1^{tblsp} garlic

2-3 stalks celery

1 egg beaten

soy sauce

sea salt

green onions

1^{tblsp} olive oil

olive oil in skillet, cauliflower, chicken, mushrooms, garlic
& celery. Sprinkle with salt, add egg, onions, & soy
Cook 4-5 mins.

Cauliflower Potato Salad 8 servings

Cauliflower - 1 med head cut & steamed

2 hard boiled eggs

1 med stalk celery including leaves

1/2 cup chopped green pepper

2 green onions chopped

1/3 cup mayo { Smart Balance omega 3 }

1^{tblsp} mustard

1^{tblsp} lemon juice

1/4^{tblsp} garlic & onion powder

1-2^{tblsp} sugar substitute

2^{tblsp} Pickle Relish (mount slices)

mix egg & cooked cauliflower

mix spice ingredients

add veg & mix rest

~~IP Chat tea~~

1 cup hot tea

Prepared pudding

dash of splenda / cinnamon

Chicken breasts } chopped up
Cooled Broccoli }

garlic onion

green peppers

WF mayo

Sea Salt

mix rest part in lettuce leaves

Baked Zucchini chips

3 med zucchini - sliced into 1/4 inch chips

2 Tbsp lemon juice

2 Tbsp olive oil

Sea salt / pepper

Oven 450° Toss with Ingredients. Single layer 7 mins

Turn over Cook another 7-8 mins

Serve immediately

turkey burger 1 lb

Sugar Free Hertz Ketchup 1/4 c

Yellow mustard 1/4 c

1 Pak Frozen thawed Spinich

then cook all add dill Pickles

BFArchives.com Forum/Teachord
-diet/recipes/2.4.1m1

- 4 large green peppers
- 2 Tbsp olive oil
- 1/2 c mushrooms
- 1/2 c celery
- 1 garlic clove chopped
- 1 1/4 lb ground turkey
- 1 egg beaten
- 1/4 tsp garlic powder
- 1 tsp Italian seasoning / salt & pepper
- 1 can diced tomatoes

TP Stuffed Peppers

1 med skillet, mushrooms, onion, celery, garlic & olive oil until veg are soft

mix turkey, egg, garlic powder, seasoning, salt & pepper
add ^{cooked} veg to turkey mixture.

Stuff peppers & place in a casserole dish
undrained tomatoes. cover with aluminum foil Bake 50 mins
twice a week

Katatoulli - 4 servings

1/2 c onion chopped

1 tsp or 1 clove garlic

2 tsp olive oil

2 cups eggplant

1 small zucchini

1 cup tomatoes

1/2 c green bell

2 tbs water

1 tsp basil

add chicken or beef after cooking.

Marinated vegetables

1 c vinegar

1 c olive oil

1 Tbs Splenda

1 Tbs Dill weed

1 tsp salt

1 tsp pepper

1 tsp garlic

add veggies & marinate overnight

lettuce wraps

1 lb ground turkey

1 garlic clove or 1 tsp garlic

2 pinches of sea salt / pepper

romaine lettuce

handful of bean sprouts

fermiki sauce - no carbs, sugar, fat.

Orzo pudding ice cream

water @ room-temp

splash of vanilla extract

dash of sea salt

1 1/2 pils of spirinda

7oz shrimp or tuna or any other.

3/4 c frozen broccoli:

soy sauce

1/4 c red cabbage

1 tsp garlic

add a little olive oil, cook garlic, add cabbage: then

add hot pepper & frozen broccoli, cook for 7 mins

add soy sauce, add shrimp cook until pink

"Potato" Salad

1 med head cauliflower (broken) cooked

1/4 c mayo - Sugar Free

2 Tbs Lemon Juice

2 pkts Sugar Sub

1/2 ^{ts} dry mustard

3 green onions chopped

2 Tbs green pepper

Salt/pepper

mix mayo, lemon juice, sugar sub, mustard

add ingredients stp to taste. chill 30 mins to blend

Cauli Fried Rice

2 lbs cauliflower trimmed

Olive oil

2 garlic cloves or tea

1 tsp salt

2 fresh green onions sliced

Pepper.

COOK all together

Crab-Stuffed Eggplant

Yield: 4 servings

- 2 large eggplants
- 1 tablespoon olive oil
- 4 tablespoons unsalted butter
- 2 shallots, peeled and chopped
- 2 garlic cloves, minced
- 1 pound lump crab meat
- 2 tablespoons fresh chopped parsley
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup dry seasoned breadcrumbs
- 2 tablespoons grated Parmesan cheese

Preheat the oven to 350 degrees. Cut the eggplant in half lengthwise and brush the cut ends with the oil. Place the cut sides down on a jellyroll pan and bake 30 minutes. Cool on a wire rack. When cool enough to handle, scoop out the pulp and set aside. Return the shells to the jellyroll pan with the cut side up.

In a large skillet over medium-high heat, melt the butter. Add the shallots and sauté 4 minutes. Add the garlic and eggplant pulp. Cook 2 minutes longer.

Stir in the crab, parsley, salt and pepper. Stuff into the reserved eggplant shells. Sprinkle the tops evenly with the breadcrumbs and cheese. Bake 25 to 27 minutes. Serve warm.

Ratatouille

Yield: 8 servings

- 4 large tomatoes, peeled and coarsely chopped
- 8 garlic cloves, peeled and thinly sliced
- 1 cup chopped fresh parsley
- 20 fresh basil leaves, torn in half
- 1 cup plus 2 tablespoons extra virgin olive oil, divided
- 1 large eggplant, cut into 1-inch cubes
- 2 1/2 teaspoons salt, divided
- 2 sweet onions, coarsely chopped
- 1 green bell pepper, seeded and cut into 1-inch pieces
- 1 red bell pepper, seeded and cut into 1-inch pieces
- 1 yellow or orange bell pepper, seeded and cut into 1-inch pieces
- 4 medium zucchini, quartered lengthwise and cut into 1/2-inch pieces
- 1/2 teaspoon black pepper

In a Dutch oven, combine the tomatoes, garlic, parsley, basil and 1/2 cup of the oil and place over medium heat. Cover and simmer 30 minutes.

Meanwhile, toss the eggplant with 1/2 teaspoon of the salt in a large colander. Let stand in the sink for 30 minutes.

Heat 3 tablespoons of the oil in a heavy skillet over medium heat. Add the onions and 1/4 teaspoon of the salt. Cook, stirring occasionally, for 10 to 12 minutes or until soft. With a slotted spoon, transfer the onions to a large bowl.

Add 3 more tablespoons of the oil to the skillet and add the bell peppers with 1/4 teaspoon salt. Stir occasionally until softened, about 10 minutes. With a slotted spoon, transfer the peppers to the bowl with the onions.

Add 3 more tablespoons of the oil to the skillet and cook the zucchini with 1/4 teaspoon of salt. Cook 8 to 10 minutes or until soft. With a slotted spoon, transfer the zucchini to the bowl with the other vegetables.

While the zucchini is cooking, pat the eggplant dry with paper towels. Add the remaining oil to the skillet and cook the eggplant 10 to 12 minutes. Add the vegetables, the remaining salt and pepper to the tomato sauce. Simmer, covered, stirring occasionally for one hour. Cool uncovered and serve warm or at room temperature.

Corn Crisp Eggplant

Yield: 8 servings

- 1 cup corn cereal crumbs
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1 egg, beaten
- 2 tablespoons vegetable oil
- 1 tablespoon unsalted butter
- 2 pounds eggplant, peeled and cut into 1/2-inch slices
- Grated Parmesan cheese for garnish

Preheat the oven to the lowest setting or 200 degrees.

In a pie plate or other shallow dish, combine the crumbs, salt and pepper. Place the egg in a separate flat dish. In a large skillet, heat the oil and butter over medium heat. Tilt the skillet to evenly distribute.

Dip the eggplant slices in the egg, covering both sides. Dredge both sides in the crumb mixture. Place a single layer in the skillet and sauté 4 minutes on each side.

When golden brown, arrange the cooked slices in a single layer in a baking dish and place in the oven to keep warm. Repeat with the remaining slices. Serve warm with a sprinkling of Parmesan cheese.

Grilled Eggplant Sandwiches

Yield: 4 sandwiches

- 1 eggplant, cut into 1/4-inch slices
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons mayonnaise — Walden Farm mayo
- 1 garlic clove, minced
- 1 teaspoon fresh lemon juice
- 1/2 cup crumbled feta
- 1/2 cup fresh spinach leaves
- 1 baguette, cut into 4 large pieces

Prepare the grill on medium-high heat. Meanwhile, brush the eggplant with oil and season with the salt and pepper. Lightly grease the grill rack. Grill the eggplant in batches, uncovered, turning once, about 3 minutes per batch. Transfer to a baking sheet to cool.

Whisk together the mayonnaise, garlic and lemon juice in a small bowl. Set aside. Split each bread piece open and spread with the mayonnaise mixture. Top with the feta and spinach leaves. Add the eggplant slices and serve.

Fried Eggplant

Yield: 4 servings

- 1 large eggplant
- 4 cups water
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 2 eggs
- 1/2 cup milk
- 1/4 cup all-purpose flour
- Vegetable oil for frying

Peel and slice the eggplant into thin strips. Soak 30 minutes in the water and 1/2 teaspoon of the salt. Drain and sprinkle with the remaining salt and pepper. Let stand 10 minutes.

Meanwhile, mix together the eggs and milk. Place in a shallow dish. Place the flour in a separate shallow dish.

Pour the oil to a depth of 1 inch in a large skillet and place over medium-high heat. Dip the eggplant strips in the egg mixture and dredge in the flour, shaking off the excess. Fry 3 to 5 minutes or until golden brown. Drain on paper towels and serve warm.

See page 28 for information about Pick Tennessee Products' 25th anniversary.

JR Williams

our blog (Recipes)

IP Diet

Mash Cauliflower: boil and mash add a tsp or 2 of skim milk, I can't believe its not butter and minced garlic.

Rice: Grate Cauliflower in cheese grater add just a tsp H₂O cover with plastic wrap and microwave for 5 mins and you have rice!!!

Okra: take okra brush with olive oil and bake it in the oven and sprinkle with sea salt. About 20 mins

Asparagus: place on baking sheet brush with olive oil and put sea salt and garlic on top. Bake in oven until golden brown approx 20 mins.

2 medium zucchini cut into spears, 1 cup of sliced mushrooms, 1 red bell pepper cored and sliced in rings: Sauté zucchini, mushrooms and peppers in 2 tablespoons of garlic infused with olive oil and ½ teaspoon of Mrs. Dash's Tomato, Basil and Garlic seasoning. Do not over cook, as the zucchini is better when still slightly firm. Sprinkle with sea salt and sever.

Broccoli ? Cauliflower Sprinkle or dip into olive oil ? Sprinkle with sea salt, Broil ~~for~~ until tips are brown.

Cinnamon Baked Apples

All phases

Peel and cut a zucchini lengthwise. Cut it crosswise into 'apple slices'. Seed if needed on larger zucchinis. Spread in a baking dish and drizzle with a little lemon juice, stir in several spoonfuls of Walden Farms Apple Butter, mix and spread out in dish, sprinkle with Allspice. 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. Enjoy!! You might want to let it sit a bit to let the juices thicken.

If you want to change it up a bit you can add some Walden caramel syrup in the mixture. You might also make a paste with less water in the maple oatmeal so that you can pinch drop on the top before you bake to make an 'apple crisp'! You can have it after lunch or dinner as your 1 IP higher carb snack and have less regular veggies with that meal!

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

For gins, try the 'apples' with the next recipe!

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.

Cole Slaw:



bell

In a cup, add milk, vinegar, lemon juice and sweetener. Let sit for 5 minutes.

Add horseradish, herbs & salt & pepper and stir. Taste. Add additional spices to taste.

Mix together cabbage and other vegetables you are using.

Add liquid and stir.

Tastes best if left a few hours or overnight in the fridge.

Pumpkin-Free Pumpkin Pie:

Enjoy the delicious taste of pumpkin pie in either a thick pudding or a creamy iced frappacino.

- 1 Packet IP Butterscotch Pudding
- 16 oz (2 cups) cold water for drink / 8 oz (1 cup) cold water for pudding)
- 1 packet Truvia, Splenda, or other sweetener
- ½ tsp Pumpkin Pie Spice
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 1/8 tsp ground nutmeg
- 1/8 tsp ground all spice
- Ice (if making drink)



In a blender, add water, butterscotch pudding, spices & sweetener.

Blend.

If making a drink, add 3-4 ice cubes

Pour into a cup or glass and sprinkle a little more pumpkin pie spice on top.

Custard:

- 2 Butterscotch IP Puddings
- 2 Vanilla IP Puddings
- 1 Egg White
- Dash of Real Salt
- Pumpkin Pie Spice & Nutmeg (to taste)

Bake 20 minutes at 350°F or chill.

Turkey Steaks 3 Ways:



Turkey 1: On both sides of the breast, rub with a small amount of olive oil. Add sea salt/herbamare. Sprinkle generously with crushed rose pepper. The breast should be almost coated, not just spiced.

Turkey 2: On both sides of the breast, rub with olive oil. Add sea salt/herbamare. Sprinkle with a heavy hand of black pepper. Squeeze a generous amount of lemon juice and let marinate for at least 5 minutes. *optional – add a dash of Tabasco

Turkey 3: Add salt to breast. Cover with sugarless hot mustard.

BBQ breasts until done. Serve with grilled mushrooms, dill pickles, & green salad with a few cherry tomatoes and sugarless Soy Sauce.

Mashed Potatoes:

- 1 head of fresh cauliflower
- Onion powder
- Garlic powder
- Real Salt (Sea Salt)
- 1 packet of IP Leek Soup or IP Chicken Soup
- Optional – Wasabi powder (to taste – gives it a zing!)
- Optional – 1-2 tsp UDO's Oil or Olive Oil



Steam (preferred) or boil the cauliflower until it is very, very soft. Drain the water (if boiled). Add the seasonings (be creative!) & add 1 packet of any of the soup mixes (to taste). Add UDO's or Olive Oil & mash well.

Sauce/Gravy:

Pour 6.5 oz of hot (not boiling) water into a bowl. Add one packet of Ideal Protein Chicken Soup or Leek Soup & mix with a mixer or hand mixer. Serve over vegetables and/or meat.

Add more or less water depending on how thick you prefer the sauce.

Creamy Green Bean Casserole:

- 1-2 cans of canned green beans (can also use fresh, they will be a little more crunchy)
- Mushrooms (optional)
- Ideal Protein Mushroom Soup
- Spices: black pepper, sea salt, chili powder, lemon)



Warm up green beans in a stovetop pan. You can also add 1 can (or fresh) sliced mushrooms. Drain the liquid and set aside.

Make the IP Mushroom Soup with a little less water to make a thick sauce.

Add green beans to soup/sauce. Add spices to taste (option - can add dried onion flakes)

Move to an oven-proof pot/pan and bake at 400°F for 10-15 minutes. You can add additional onion flake or mushrooms to top of casserole.

Stuffing:

- 2 cups of your favorite vegetables chopped up in food processor
- 1 cup of diced mushrooms
- 3 egg whites
- 1 tsp. Poultry Seasoning
- 1 tsp. Redmond's Real Salt & fresh ground black pepper to taste
- 8-16 oz. water
- 1-2 tbsp. Braggs
- IP Packets:
 - 1 chicken soup
 - 1 oatmeal
- Optional Seasoning: Rosemary, basil, thyme, garlic

Beat 1 egg white then stir into oatmeal until mixed thoroughly. Add 1-2 oz water to thin batter until spoonable – but not runny. You may want to add a tsp of poultry seasoning or other seasoning of your choice. Spoon onto non-stick baking sheet & bake at 400°F for about 10 minutes or until golden. Once biscuits are cooled, tear up & let them dry out for 1-2 hours.

In a mixing bowl, put dried oatmeal biscuits, seasonings, chopped veggies, mushrooms & Braggs (if desired, add IP soy nuts). Mix & set aside. In your shaker or other mixer, mix 8 oz or water with IP Chicken Soup mix (more water maybe needed). Add two egg whites to soup mix. Mix well then pour over veggie/biscuit mix. Stir (should be a moist mixture) & then place in an olive oil sprayed casserole dish. Cook for about 20 minutes at 350°F.

Roasted Vegetables:



- Roasted rutabaga (yellow turnip)
- Turnip
- Radish
- Green onion
- Celery
- Fresh Herbs
- Olive Oil
- Optional – Ideal protein soup of choice

Chop the rutabaga and turnip into bite-sized chunks (because of the strong taste of rutabaga, you should have a ration of about 2-3 turnip pieces to 1 rutabaga)

Boil in water lightly salted with sea-salt for about 10-15 minutes until cooked, but not mushy. Drain and return to the empty pot.

Chop the celery and radish into bite size pieces. Chop green onion as desired. Add all of the chopped vegetables into the pot and add 2 teaspoons of olive oil

Add in spices of your choice, examples include: garlic powder, sea salt, spicy herbamare, chili powder, clove powder, nutmeg, thyme. Stir until mixed well.

Spread the vegetables out on a baking pan so they will cook evenly. Bake at 435°F for about 10-20 minutes (should be brown, but not burned).

Optional – cut up fresh rosemary and parsley. Can also serve with an Ideal Protein soup of your choice as a side.

Grilled Vegetable Platter with Turkey:

- 1 ½ pounds turkey breast
- 2 cups zucchini sliced ½" thick
- 4 cups green peppers sliced ½" thick
- 2 cups mushrooms
- 2 tbsp. olive oil
- Sea Salt to taste
- Pepper to taste

In a large resealable bag, combine all ingredients (except turkey & olive oil) & marinate in refrigerator for 30 minutes or overnight.

Either thread vegetables onto skewers or place in grill basket & cook until tender. Season & brush the turkey breast with olive oil & grill.

*This recipe is an excellent way to use turkey leftovers.

Creamy Parsley Dip Protein Platter:

- ½ pound smoked turkey breast
- 1/3 pound beef tenderloin, roasted
- ½ pound shrimp, cooked, peeled, deveined
- ½ pound scallops cooked
- 3 cups broccoli florets (raw)
- 2 cups celery 3" sticks
- 2 cups cucumber
- 1 cup radish
- 6 tbsp. parsley chopped
- 1 clove garlic minced
- ½ cup Walden Farms Mayo
- 1 tbsp. Walden Farms Honey Dijon Dressing
- 1 tbsp. parsley chopped
- ½ tsp. sea salt
- ¼ tsp. pepper

Dip: mix parsley, mayo, and garlic. Add dressing & seasoning. Cover & refrigerate for at least 2 hours

Prepare small florets of broccoli.

Arrange raw vegetables, sliced cooked meat & seafood on a platter with dip.

Crusted Turkey Breast with Asparagus:

- 1 ¾ pounds turkey breast 4 pieces
- 2 egg whites lightly whisked
- 2 packets IP Salt & Vinegar Ridges crushed
- 6 cups asparagus
- 2 cups green onions sliced
- 4 tbsp. lemon juice
- 1 tsp. olive oil
- 4 tbsp. Dijon mustard



Combine Dijon mustard with lemon juice, green onions, ridges & lightly whisked egg whites.

Make a lengthways incision in each turkey breast. Season inside & outside. Fill each with mixture.

Top with any leftover mixture. Bake at 375°F for 30 minutes (or until cooked) & tops are crispy.

Cook asparagus in salted, boiling water. Remove & baste with olive oil.

Serve turkey on a bed of asparagus.

"Be successful through the holidays, and become successful for life."

TIPS & IDEAS

Hosting Tips:

- **Left overs:** during the cleanup process, throw the unwanted food out. This is not to promote wasting food, consider donating it to the local soup kitchen or send them home with others!
- Anything phase 1 or 2 friendly, separate out, portion and place into a baggy. You can put this in the freezer for a future Ideal Protein dinner meal!

Not Hosting Tips:

- Offer to bring an appetizer or side dish. Create something that would be both friendly for your phase and for other individuals to enjoy during the holiday party (see recipes below)
- Do not worry about left overs, just leave the food behind & do not be tempted to bring it home.
- Bring a protein bar to help with the dessert or appetizer cravings/temptations.

Drink Ideas to Help Keep Away from Alcohol:



- ***IP Bloody Mary:***
 - IP Tomato Soup, mix with cold water
 - Spice up the mix with celery stick, cucumber, bell pepper, hot sauce, & black pepper
- ***IP Mimosa:***
 - IP Orange drink, mix with seltzer water
- ***IP Arnold Palmer:***
 - IP Pink Lemonade, mix with cold water & add a little salt. Mix with your favorite tea.

RECIPES

Deviled Eggs:

- Hard boiled eggs – cut in half
- Mix the yolks with Walden Farms – Mayo, Redmond's Onion Salt & Mustard (to taste).
- Mix & spoon back into the egg halves.
- Optional – garnish with a sprinkle of Paprika

Spiced Chai Tea:

- 8-12 oz. water
- 1 Bengal Spice Tea Bag
- 1 cinnamon stick (optional)
- 1-4 oz. IP ready-made vanilla drink
- 1-2 tsp. Walden Farms Marshmallow Dip



Heat water in a teakettle. Pour 8-12 oz. of heated water into cup with 1 Bengal Spice tea bag & cinnamon stick – steep for 2-4 minutes or to desired strength. Remove tea bag. Stir in IP Ready-Made Vanilla – use cinnamon stick as stirring stick.

Optional – add 1-2 teaspoons of Walden Farms Marshmallow Dip

Cinnamon Baked Apples

All phases

Peel and cut a zucchini lengthwise. Cut it crosswise into 'apple slices'. Seed if needed on larger zucchinis. Spread in a baking dish and drizzle with a little lemon juice, stir in several spoonfuls of Walden Farms Apple Butter, mix and spread out in dish, sprinkle with Allspice. 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. Enjoy!! You might want to let it sit a bit to let the juices thicken.

If you want to change it up a bit you can add some Walden caramel syrup in the mixture. You might also make a paste with less water in the maple oatmeal so that you can pinch drop on the top before you bake to make an 'apple crisp'! You can have it after lunch or dinner as your 1 IP higher carb snack and have less regular veggies with that meal!

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

For grins, try the 'apples' with the next recipe!

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.

for a Boston Cream version!

Makes 2 Ideal Protein Portions

Ingredients:

Crepe:

1 packet plain pancake / crepe mix

1 packet sweetener

1/4 tsp vanilla extract

Filling:

1 packet vanilla pudding

1 packet sweetener

1/4 tsp vanilla extract

Instructions:

Add 80 ml (about 2.75 oz) cold water to a small mixing bowl. Add a packet of sweetener (truvia is great) and 1/4 tsp vanilla extract. Add package vanilla pudding. Whisk until consistency of frosting. Refrigerate.

Pour 120 ml (about 4 oz) of lukewarm water into an airtight shaker. Add a packet of sweetener and 1/4 tsp vanilla extract. Add contents of one packet of plain crepe mix. Shake vigorously until completely dissolved. Let the mixture sit for 1 to 3 minutes. Heat a non-stick skillet and spray with pan spray. Pour the mixture and cook on each side at medium heat for 1 to 3 minutes.

Place crepe on plate. Spread vanilla pudding over crepe. Fold crepe over filling. Cut into two equal portions. Top with Walden Farms Strawberry Syrup.

"Faux" Mashed Potatoes

For All Stages of the Ideal Diet Protocol

1 head of fresh cauliflower

Onion powder

Garlic powder

Sea salt, to taste

½ to 1 packet of Ideal Leek soup or Chicken soup

Instructions

Boil or steam 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.

You want gravy... use the **mushroom soup**.. It will make wonderful gravy for your mashed cauliflower and over your turkey.... You won't feel deprived.

Happy Holidays from the Your clinic name here

these days are prepared to be accommodating. Don't be self-conscious about asking. Remember, baked or broiled lean protein (fish, shrimp, scallops, chicken, lean pork or beef), green salad and non-starchy veggies. Avoid cheeses, gravies, sauces, sweets and alcohol.

What about Alcohol?

That is another big **NO..** You might tell yourself just one won't hurt. But it will cause that insulin to spike and you will set yourself back. Here are some suggestions. It will look like you are having a mixed drink so no-one will give you grief about why are you not drinking?

Have some flavored seltzer waters or club soda. Add a lemon or lime- looks like a Vodka and Tonic. Sorry no **Tonic water allowed.** Add a dash of bitters. And stay away from the eggnog!

Office/Work Snacks

This is probably the worst trap around the Holiday Season. There's no real solution for this either. No substitute for Betty's famous "Does this make my butt look big?" Brownies, or Mary Lou's Oatmeal Raisin Caramel Fudge-Dipped "low fat" Cookies. Just say NO! Don't walk by them, walk around. Keep some IP Protein Bars in your desk or lunchbox. Even if you eat an extra IP Protein Bar one day, it isn't the end of the world. I don't recommend it, but I'd rather see you eat an extra protein bar than a 500 calorie cookie that is going to send your pancreas into shock. Better yet, take some celery sticks, or slice some cucumbers in one of those disposable bowls or even a zip-lock bag. It isn't going to be sweet, but it'll be crunchy and sometimes that's all you need. Be sure to keep some Walden Farms dressing at work for times like this.

Is It Easy?

No, it isn't easy; at least, not at first. But you didn't sign up for Easy did you? No, you signed up to lose weight and get healthier. You really need to look at this over the long run, not just for one meal, or one Holiday Season. As you progress, it will become easier and easier. By the time next Holiday Season comes around, more than likely you won't have to face these kinds of dilemmas. You will be able to go to Holiday dinners and eat the right foods in the right combination without even thinking about it.

Oh, did I mention: **THE WORST THING YOU CAN DO IS GO OFF YOUR DIET OVER THE HOLIDAYS!**

What Do I Do If I Slip?

If you slip up during the holidays, **DO NOT** waste time beating yourself up and thinking that you just can't do it. Get back on the IP Diet ASAP! If you've already moved on to Phase 2, or Phase 3, you might need to go back to Phase 1 for a week. Talk to your Coach. Your Coach is not going to belittle you for slipping up. Your coach is going to encourage you, and tell you exactly what you need to do to get back on track.

If you have some recipes to share, please bring them with you on your next visit or email them to: Email:address:here

Featured Recipes

Stuffed Dessert Crepes

For all Stages of the Ideal Diet Protocol

You'll love this delicious dessert crepe as a decadent breakfast or an evening dessert. The delicate crepe is folded around rich, sweet vanilla pudding, and strawberry sauce is drizzled on top. You can also top with Walden Farms Chocolate Syrup instead of Strawberry Syrup

DiETING Around The Holidays- You don't have to feel deprived or blow your diet!

Written by Tom Ferguson, President- Ideal To Go

The Holiday Season is upon us once again. This time of year makes most of us reflect on many things and celebrate many things. Regardless of your religious affiliation, there are many gatherings and events this time of year.

First of all, Thanksgiving gives us pause to reflect on the things we all have to be thankful for in our lives. While everyone has different circumstances in their lives, at Thanksgiving we can all find something to be thankful for. We live in a pretty good country even though sometimes folks disagree and squabble. The Holiday Season is the time to put aside those differences.

Most of us spend Thanksgiving surrounded by family and friends and...

FOOD!!! OMG! Huge Turkeys (Oven Roasted, Fried, Smoked), Hams, Mashed Potatoes, Gravy, Stuffing (with more Gravy), Candied Yams, other Vegetables covered with so much sugar, cream and marshmallows that they can pass for dessert rather than Vegetables. Oh and speaking of dessert... Pumpkin Pie, Cherry Pie, Pecan Pie, Cheesecake, all piled with whipped cream.

Then, after weeks of holiday parties, the same thing happens just one month later... whether you celebrate Christmas, Hanukkah, Kwanza, Festivus, or any other holiday, one of the common themes is usually a celebration feast. Tablefuls of food, glorious food...

And there at the end of the table is you... sitting there with your little silver packet of Ideal Protein, 6 ounces of water in your Ideal Protein shaker, just waiting to dig in.

Is this realistic? Of course not!!

So how do you get through the Holiday Season? The first thing to do is get the proper mindset. You know these stumbling blocks are there, so you must plan for them. If you prepare yourself, then the Holiday Season can be just as enjoyable for you without sabotaging your diet.

THE WORST THING YOU CAN DO IS GO OFF YOUR DIET OVER THE HOLIDAYS!

Here are some examples of what you can do:

Thanksgiving or other large Holiday Meal

Even if you have no input whatsoever into what goes on the Holiday table, if you look around, you're bound to find some things that won't throw you off your diet. Use the main Holiday meal as your "regular" meal for the day. White meat turkey is usually very healthful and certainly falls within the acceptable protein category. You really should skip the stuffing, potatoes, and gravy, but you already knew that. Right? Look around and see what veggies are available. You already know what you can have. Just make the best choices.

Here's a better scenario: let's say you DO get some say-so as to what's on the menu, or better yet, you're hosting the meal. Well, that opens all sorts of possibilities, doesn't it? Salads, allowable veggies, the possibilities are endless. And don't think you can't have good stuff. Grilled Asparagus, Portabella mushrooms sautéed or grilled. Grilled or sautéed sliced zucchini squash. See the recipe section below for a great recipe for "Faux" mashed potatoes.

Don't skip breakfast on the day of your big meal. Eat your normal IP breakfast, whatever it might be. Also, don't skip your evening snack.

Office/Work Parties

If you can't skip these, again all you need to do is plan ahead. If your party is being held at a restaurant, it is certainly acceptable to ask for an alternative selection. Most restaurants

mixer. Serve over vegetables and/or meat.
Add more or less water depending on how thick you prefer the sauce.

CLUSTARD

Ingredients:

2 Butterscotch IP Puddings
2 Vanilla IP Puddings
1 Egg White
Dash of Real Salt
Pumpkin Pie Spice & Nutmeg (To Taste)
Bake 20 minutes 350 Degrees / Chill

PUMPKIN TARTS

(Page 68 – Volume 2 Ideal Protein Healthy Recipes) – Use the Key Lime Tarts
Recipe and substitute with pumpkin

Happy Holiday's!!!!

In 3-quart casserole dish mix the green beans, mushrooms, 1 package of crushed IP Sour Cream & Onion Puffs and soup mix. Then top off with the rings of slightly cooked red onions and 1 package of crushed IP Sour Cream & Onion Puffs

Bake at 350°F for 30 minutes or until the bean mixture is hot and bubbling. Ready to serve. Optional – Mix before serving

IP SPICED CHAI TEA

Ingredients:

8-12 Ounces Water

1 Bengal Spice Tea Bag

1 Cinnamon Stick (Optional)

1-4 Oz. IP Ready-Made Vanilla (To Flavor)

1-2 teaspoons WF Marshmallow Dip

Heat Water in tea kettle. Pour 8-12 ounces of heated water into cup with 1 Bengal Spice tea bag and cinnamon stick – steep for 2-4 minutes or, to desired strength. Remove tea bag. Stir in IP Ready-Made Vanilla – use cinnamon stick as stirring stick. Optional – Add 1-2 teaspoons of WF Marshmallow Dip

MASHED POTATOES

Ingredients:

1 head of fresh cauliflower

Onion powder

Garlic powder

REALSALT (Sea salt), to taste

1 packet of Ideal Protein Leek soup or Ideal Protein Chicken soup

Optional: Wasabi Powder (to taste – gives it a zing!)

Optional: 1-2 tsp. UDO's Oil or Olive Oil

Steam (preferred) or boil the cauliflower until it is very, very soft. Drain the water (if boiled). Add the seasonings (be creative) and add ••• -1 packet of any of the soup mixes (to taste). Add UDO's or Olive Oil and mash well – serve steaming hot

SAUCE / GRAVY

Pour 6.5 oz. (200 ml) of hot (not boiling) water into a bowl. Add one packet of Ideal Protein Chicken Soup or Leek Soup and mix with a mixer or hand

3 egg whites
 1 tsp Poultry Seasoning
 1 tsp Redmond's Real Salt and fresh ground black pepper to taste
 8 – 16 oz water
 1 -2 TBS Braggs
 IP packets:
 1 – Chicken Soup
 1 – Oatmeal
 Optional 1 – Sour Cream and Onion Soy Nuts
 Optional Seasoning:
 Rosemary, Basil, Thyme and/or Garlic
 Prepare Oatmeal Biscuits (Page 69 – Volume 2 Ideal Protein Healthy Recipes):
 Beat 1 egg white then stir the IP Oatmeal packet until mixed thoroughly. Add 2oz. water until batter is thin and spoon able – but not runny. You may want to add a tsp of poultry seasoning or other seasoning of your choice. Spoon batter onto a non-stick baking sheet and bake at 400 for about 10 min. or until golden brown. Once biscuits are cooled tear up and let dry out an hour or two.
 In a mixing bowl put dried oatmeal biscuits, seasonings, chopped veggies, mushrooms and Braggs. (if desired, add your IP soy nuts) Mix and set aside. In your blender bottle or other mixer, mix 8 oz of water with your IP Chicken Soup mix well (more water maybe needed). Add two egg whites to soup mix. Mix well then pour over veggie/biscuit mix stir (should be a moist mixture) and then place in an olive oil sprayed casserole dish. Cook about 20 min at 350.

GREEN BEAN CASSEROLE

Ingredients:

3 Packets IP Mushroom Soup
 12 Oz. Veggie Broth (The water for the soup) 1 *** teaspoon Bragg Liquid Aminos
 2 Containers of sliced mushrooms *** teaspoon ground black pepper
 teaspoon Real Salt (Mix of Onion & Garlic)
 3-5 cloves of garlic (minced)
 1-2 teaspoons Olive Oil 8 cups cooked cut green beans 2 Packets of ground Sour Cream & Onion Soya Puffs
 *** Red Onion
 *** teaspoon Onion Powder
 1 teaspoon Fresh or spice Dill
TIP: 2 bags (16 to 20 ounces) frozen green beans, 4 packages (9 ounces each) frozen green beans or about 3 pounds fresh green beans.
 Slice Onion into rings and spread minced garlic, some salt, and dill with olive oil over onions. Bake in oven for 15 minutes at 300 (just to soften them)
 If using fresh green beans slightly steam for 3-5 minutes to soften.
 Soup Mix - Stir the soup, veggie broth &/or water, Braggs, black pepper, beans, other spices, some mushroom slices – mix in blender.

Holiday Recipes by:
Cindy Bryant, CNHP – Health Perspectives, LLC, Payson, Arizona

DEVILED EGGS

Hard Boiled Eggs – Cut in Half

Mix the yokes with Walden Farms – Mayo, Redmond's Onion Salt and Mustard (To Taste). Mix and spoon back into the egg halves.

Optional – Garnish with a sprinkle of Paprika

CRANBERRY RELISH

FYI - Cranberries are technically not Phase 1 approved but 'tis the season and can be used for that special holiday "Day" (only).

Ingredients:

1 cup water

1 cup fresh whole cranberries

4 celery sticks chopped

1 cup chives chopped

1 cup chopped zucchini

6 mint leaves

1 tsp Orange zest

1 IP Raspberry Jelly packet

3 tsp Walden Farms Raspberry Jelly

1 tsp Xylitol

Boil the cranberries in the 1 cup of water for about 5 min. Pour the water off into a cup should be about 5 oz. of liquid and still warm. Put the IP Raspberry Jelly Packet into it and mix well. Pour into a bowl and put in the icebox to setup.

Chop together cranberries, celery, chives, zucchini, mint leaves and orange zest chop in a food processor or by hand. Mix in with Xylitol and Walden Farms Raspberry Jelly into the Jelly mix cooling in the icebox add the cranberries and the vegetables and mix together.

Let cool in bowl and then serve with celery sticks or flax seed crackers.

STUFFING

Ingredients:

2 cups of your favorite vegetables chopped up in food processor

1 cup of diced mushrooms