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Get More & Shake it Up

Ideal Protein Shakes & Drinks



Bigger portions. More filling. Wider taste variety. Get a blender. Now.

The Ideal Protein shakes are not only an easy kick-start to your morning, but also a great way to feel satisfied at night as a snack. Try these hints to supersize and powerup your shakes.

1. Add up to 2 cups (16 oz / 450 milligrams) of water. It adds no extra calories and the taste doesn't suffer. (Although for Cappuccino I use 1 3/4 cup for a stronger flavor) You will get about 3 big glasses vs. 1 and be very filling.
2. Make the shakes in a blender, not a shaker. The pulse creates much more volume and often creates a delicious froth of foam like an old tyme soda shop.
3. Add 3-5 large ice cubes to the blender to make a thicker, colder drink.
4. Pour yourself 1 glass and enjoy. Before pouring your next glass, pulse the remainder in the blender again to refresh for the perfect shake without separation of foam/drink.

5. Experiment with different flavors. I liked the chocolate so much I was hesitant to try anything else. But the fruit flavors blend up with much more volume and zing and taste like Orange Julius or Smoothies. I usually have a chocolate shake in the morning and a fruit flavored shake for night snack. Even the Pink Lemonade and Blueberry/Cranberry/Pomegranate drinks frothed up amazingly in the blender, so they felt like smoothies rather than a plain drink.

6) Blend flavors.

Orange Chocolate: Mix 1 package Orange Drink with 1 Package Chocolate. My favourite blend!!!

Chocolate Cappuccino: In a container with a sealable lid, pour in 1 packet of chocolate shake and 1 packet of cappuccino. Pour half in the blender with 2 cups of cold water. Seal the unused portion for another day.

Chocolate Coconut (Bounty/ Mounds): Mix 1 package of Chocolate with 1 package of Pina Colada (Note that the pineapple in the pina colada changes the flavor from a pure choco-coconut, but its still really good.

7. Try add ins. Some examples:

a) Chocolate: Add a pinch of cinnamon, a pinch of cardamom and a pinch of good Indian chili powder to make a spicy "Mexican Frozen Hot Chocolate"

Gingerbread Chocolate: Add a pinch or two of gingerbread spice (cinnamon, cloves, ginger, allspice) (Pipparkakku mauste)

Chocolate Pumpkin Pie: Add a pinch or two of pumpkin pie spice (cinnamon, nutmeg, cloves, allspice)

b) Flavoring/ Extracts: Try a drop or two of flavored Stevia or other extracts to really change the tastes. Try the baking aisle of your grocery store, health stores, ebay or <http://www.stevia.com/>

Choco-Mint (add Peppermint Stevia/ Peppermint extract)

Rum Chocolate (add Rum extract)

Mint Julep: (Add Spearmint (or Peppermint) to Pink Lemonade)

Chocolate Orange (add Valencia Orange Stevia)

Raspberry Chocolate (add Chocolate Raspberry Stevia)

"Nutella" / "Geisha" Chocolate Hazelnut (add Hazelnut Stevia)

Chocolate Caramel (add English Toffee Stevia)

Chocolate Covered Apricot (add Apricot Nectar Stevia)

Chocolate Arrack (add Arraksarom - Arrack Extract)

c) Herbs. No seriously.

Southern Basil Lemonade: (Add a handful of fresh basil to the blender with pink lemonade shake)

Mild Mint Julep (Add a handful of fresh spearmint to blender with Pink Lemonade)

Iced Herbal Tea



"You Aren't Hungry, You're Thirsty"

Believe it or not, what most dieters think of as hunger is actually thirst. Drinking water before meals as well as drinking water when you want to snack will often kill the cravings.

However, sometimes your taste buds want more than water. That's where herbal teas come in handy. Hot teas help you feel satisfied. But have you considered unsweetened iced tea?

I discovered this treat out of necessity. I just wasn't drinking enough water. So I boiled some water, added it to a pitcher and threw in 2 peppermint herbal tea bags to steep for 7-10 minutes. I then poured it into an empty 1.5 liter bottle and let cool before putting it in the refrigerator.

The next time I was hungry, I drank greedily. The peppermint was a revelation. Sweet (but not sweetened!) and refreshing. So I then went to the store to find other teas but was disappointed in the selection.

the health store I got the cool flavours of herbal tea from is RUOHOJUURI in Kamppi by the movie theatre.

Salsa



Ingredients:

- 1 or more firm, large cucumbers, sliced.
- 4 tsp to 1 TB olive oil. (I use a little over 3... just to coat the pan.)
- 1 - 2 bell peppers any color (I use a small orange and a small yellow pepper for color)
- 1 can (about 400g) chopped tomatoes (sugar-free!). (I use S&W Premium Petite Cut Tomatoes)
- 1/2 tsp cumin (crushed/ cumin powder)
- 2 tsp coriander (fresh or dry)
- 1/2 to 1 tsp garlic powder or fresh chopped garlic
- sea salt & black pepper to taste
- 1 to 2 packets of Splenda, Truvia, or other approved sweetener
- Raw onion (optional. About ¼ cup)
- Optional: 1-2 tsp Italian Herbs (basil, oregano, thyme, marjoram)
- Optional: about 6-8 chopped Jalapeno slices (I use from a jar and also add in up to 1 TB of the jalapeno juice. Makes it devilishly spicy.)
- Optional: Additional chopped fresh tomatoes
- Optional: 2-6 dashes of Tabasco
- Optional: Squeeze of lemon or lime juice

Directions

1. Chop and dice peppers onions and jalapenos (if using). Slice cucumbers into "chips". Should be thick enough to hold a dollop of salsa, but not so thick you choke on it. I slice pretty thin.
 2. Pour oil in pan and start to heat.
 3. Add spices to oil (garlic, cumin, coriander, salt and pepper, any other herbs)
 4. Add chopped peppers and jalapenos (and juice if using) and stir. Cook until the desired softness. Usually until tender.
 5. Add the can of chopped tomatoes (and additional fresh tomatoes if using).
 6. Sprinkle on sweetener and stir.
 7. About 2 minutes before removing from heat, add in onion.
 8. Stir. Taste. Add Tabasco if using. Add any additional spices, salt, pepper, etc until its the way you like it. Remove from heat.
 9. Squeeze with lemon or lime juice. (I use lime, but be aware that doesnt seem to be in the official IP seasonings.)
 10. I also sprinkle with frozen (or fresh) coriander and basil flakes. I find it gives it a really fresh kick and makes a difference.
- Spoon onto the cucumber slices and enjoy

Tuna Salad



TASTY TUNA: Canned Tuna can be a busy dieter's best friend. Just because you aren't using mayonaise, doesn't mean you can't make a great-tasting tuna salad. The only rule is that you need to use tuna packed in water, not oil. Here are some ideas:

1. Tuna Salad: Use any or all of the following

1 can Tuna (packed in water and drained)
 1-2 TB Mustard (try different sugar-free kinds or combinations such as American Mustard & Dijon) This is what will give your tuna salad body and help pull all the other ingredients together.
 Chopped Dill Pickles
 Chopped raw onions
 A squirt of lemon juice
 Sea salt & crushed black pepper
 Herbs (Fresh or dried basil, oregano, thyme, marjoram. Or try asian herbs like "5 Spice" Asian powder, lemongrass, & ginger for a refreshing change of taste. Also try just lemon pepper (no sugar!) or Garlic/Herb. Delicious.)
 Chopped Green Bell Peppers (Paprika)
 I also use a generous bit of horseradish (from a tube) or wasabi which gives it a fantastic kick.
 A few drops of tabasco.
 Chopped celery
 Chopped tomatoes

If you feel the salad is still too dry, you can add up to 2 tsp olive oil or other approved dressings.

Some ways I eat it are:

- Scoop some onto a lettuce leaf and roll it up.
- Make a salad and then add the tuna with a homemade dressing (I love using the Cilantro Lime Mustard dressing)
- Cut a tomato in half. Scoop out some of the wet insides. Drizzle 1 tsp olive oil on both halves and sprinkle with herbs (basil, thyme, oregano), sea salt, and pepper. Scoop in tuna in both halves. Bake at 200C for 5-15 minutes depending on how baked you want it. (I bake for about 7 minutes).
 Warm...inviting... and can be put together and on the table in less than 15 minutes including baking time... less if its pre-made in the fridge.
- Cut cucumber into slices and scoop a dollup of tuna on each. Reminds you of appetizers on crackers. Nice crunch.

e) Put in a container to take to work (refrigerate!). I will often bring 1 container of the tuna, and another container with either a sliced, salted and peppered (and tabasco-ed) tomato or a bed of lettuce

Tuna Patties



Ingredients:

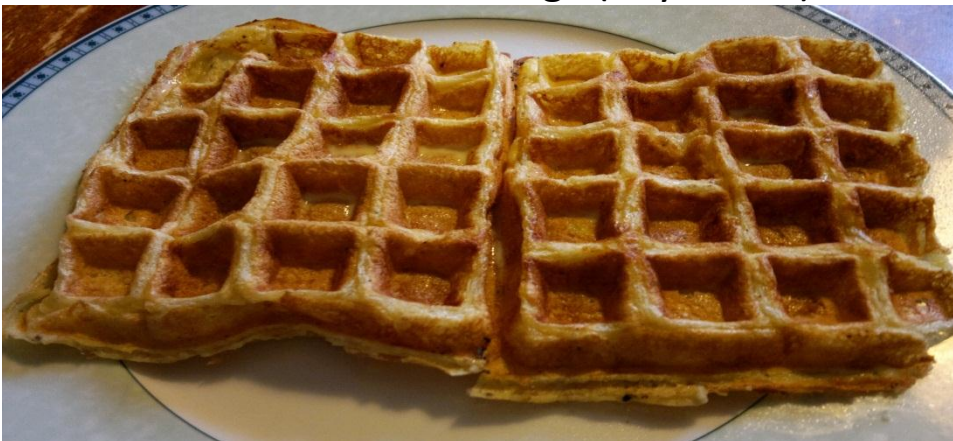
1 can tuna (in water)
 2 beaten egg whites (add 1/2 tsp Cream of Tartar if desired)
 Handful of Red/Yellow/Green Bell Pepper (Paprika) chopped in small pieces (about 1/4 cup or less)
 Handful of chopped leek or red/white onion (about 1/4 cup or less)
 Splash of Lemon Juice
 Herbs (I use about 1 TB of an asian herb mix I make and freeze which includes:
 Parsley, Cilantro, Lemongrass, Ginger (very small pieces), & Red Chili. Don't worry if you dont have them all and you can substitute Basil, Oregano, etc. Though if you can find them, the herbs listed above work best for the right flavor)
 Sea Salt & Crushed Black Pepper & White Pepper
 Salad
 Salad Dressing (your choice. I use Olive Oil, Black Pepper, Sea Salt, Lemon Juice, 1 package of Truvia (or other sweetener), 1 TB Mustard, Pinch of cilantro, & ginger paste)

Directions:

- Drain Tuna and put in bowl.
- Add salt (not too much!), pepper (lots) and herbs (best with parsley, cilantro, ginger...add the lemongrass & red chili if you have them. Substitute with other herbs like dill or thyme to your taste)
- Add chopped bell peppers and leek/onion. You can also add in chopped cucumber, chilis, or zucchini if desired.
- Squirt in lemon juice and stir til blended.
- In another bowl, beat egg whites until stiff (you can add Cream of Tartar if you want it thicker)
- Drop in tuna mix and fold together.
- Add 2 tsp olive oil to pan
- Drop about 1/4 cup batter onto hot pan on stove. (Usually fits 2 patties at a time).
- Cook until you are able to flip over, being careful not to flip too early or it will break apart. (Not a big deal, though... still tastes great)
- Place cooked patties onto lettuce leaves.
- Use your favourite Ideal Protein approved dressing

Waffles

Ideal Protein Puddings (any flavor)



WAFFLES!!! (IP Pudding):

Ingredients:

- 1 IP Pudding Packet (I used lemon and it was perfect.)
- 2 beaten egg whites
- 2 oz (50ml/ ¼ cup) of water
- 1 tsp of vanilla extract
- Pinch of baking powder (1/8 tsp)
- Pinch of nutmeg
- Pinch of sea salt
- 1 Splenda, Truvia or other sweetener packet (optional)

Directions:

1. Pre-heat waffle iron.
2. Beat egg whites with a pinch of salt.
3. Except for the water, mix all other ingredients.
4. Add water a little at a time. The batter should not be runny at all...fairly thick. UPDATE: I have found adding too much water may make the waffles too thin and be "just crust with air in the middle". So use just 2oz the first time you make this, then you can add a little more later if desired.
5. Spoon about 1/4 cup batter to each side of the waffle iron. This will puff up a lot, so be sure you dont have too much on or it will run off the sides. (If it does, just scoop out for another batch)
6. Cook for 3-5 min (depending on your iron.) Should make 3-4 normal size waffles, depending on how much water you added.

Serve either plain with a spray of "I Can't Believe Its Not Butter" or with Walden Farms or other sugar-free/ low-no carb syrup. (I ate mine plain.)

Reminder. If waffle is "just crust and air" its not the way it should be.

- 1) Use the amount of water specified (2 oz... 50ml)
- 2) Make sure waffle iron is not too high
- 3) Use a smaller scoop then you think you need when adding the batter. It WILL puff up and spill over if you put too much on.
- 4) Let the batter set for about 5 min to allow time for the baking powder/soda to react Then you should be successful every time.

Waffle Sandwich

Ideal Protein Soup / IP Pudding (vanilla/ lemon)



WAFFLE SANDWICH (IP Soup or IP Pudding): If you love the waffle recipe previously posted, the creator Kat has another variation. For a savory new take on a sandwich, use the waffle as the bread. You can make with the IP puddings if you like a slightly sweet flavor or with the IP soup for a more traditional taste

.Ingredients:

- 1 IP SoupPacket (I used chicken and really liked it. You can also use IP Pudding. Lemon is my favourite pudding for this, but most likely will continue using soup for the savory and pudding for regular waffles.)
- 2 beaten egg whites
- Approx 2 oz of water
- Pinch of baking powder
- Pinch of nutmeg
- Pinch of sea salt

Optional: Herbs (I add in thyme or rosemary to the chicken soup. I add italian herbs like basil, oregano to the lemon pudding)

Directions:

1. Pre-heat waffle iron.
2. Beat egg whites with a pinch of salt.
3. Except for the water, mix all other ingredients.
4. Add water a little at a time. The batter should not be runny at all...very thick. I have found adding too much water may make the waffles too thin and be "just crust with air in the middle". So use just 2oz the first time you make this, then you can add a little more later if desired.
5. Spoon about 1/4 cup batter to each side of the waffle iron. This will puff up a lot, so be sure you dont have too much on or it will run off the sides. (If it does, just scoop out for another batch)
6. Cook for 3-5 min (depending on your iron.) Should make 3-4 normal size waffles, depending on how much water you added.
7. You can either use two pieces for a sandwich or make open faced sandwiches. I like the open faced because you end up getting a bigger portion of vegetables. I top with shredded iceberg lettuce, sprouts, and homemade salsa. You can add some meat protein to this, but I personally rarely mix my IP packets with the meat just because I dont want to combine two meals into one. However, you can use less meat protein for your dinner and use part of that here if you want a chicken/ ham/ turkey sandwich.

Roasted Rosemary Mashed "Potatoes"



ROASTED ROSEMARY GARLIC MASHED "POTATOES": Cauliflower makes a surprisingly tasty potato substitute. Roasting instead of boiling, and adding the rosemary, garlic, & horseradish brings this to a whole new level.

This is another recipe which looks like it has a lot of steps and is difficult, but is really as simple as popping the cauliflower in the oven to roast, then dropping it in a food processor to blend. So don't be intimidated and dive right in.

This keeps well and I often make a double batch to eat immediately and to put in a sealed container to microwave at work the next day.

Ingredients:

- 1 or 2 bags frozen cauliflower (or 1 large head)
- 1 oz non-fat milk (from your morning coffee allowance)
- 4-6 tsp olive oil
- 1-2 tsp or more dry rosemary
- Garlic (I grind about 1/4 to 1/2 teaspoon dry garlic, but you can use fresh or garlic powder to your taste)
- Sea Salt & Pepper
- 1-3 tsp horseradish (I use paste from a tube)

Directions:

1. On baking paper on an oven tray, lay out cauliflower. (I use 2 bags of frozen and save 1/2 for another meal.)
2. Spray the cauliflower with Olive Oil (recommended) or "I Can't Believe Its Not Butter" or PAM non-stick cooking spray.
3. Sprinkle on rosemary, salt, pepper and garlic.
4. Roast at 200C until golden (about 15-20 min, but can be less or more depending on your oven)
5. In a blender or food processor, add 4-6 tsp olive oil.
6. If desired, add a little more rosemary and spices to the oil.
7. Add in roasted cauliflower.
8. Add in horseradish
9. Pour milk on top and blend until creamy. (You will most likely need to turn off the blender and stir, then start again to ensure a creamy blend. You can add a little more milk if needed, but don't add too much or the potatoes will become runny which you don't want.)
10. Taste and add sea salt/ pepper if needed. (I use herbamare spicy, white pepper, black pepper, and rose pepper)
11. You can put in a bowl and beat with a hand beater if you want it extra fluffy.

ADDITIONAL IDEAS:

1. Add in ½ to 1 cup of roasted sliced bell peppers (paprika) for a sweet potato like taste.
2. Add in about 10 jalapeños and 1 TB jalapeño juice for an extra kick
3. Add in roasted broccoli for a completely different taste.
4. Try other spices such as Indian or asian

Mini Meatloaf



Ingredients

Meatloaf:

400g lean ground beef
2 TB Pizza Herb Mix (Basil, Oregano, Marjorum, Thyme)
1 TB (add more or less to taste) onion flakes (NOT french fried onion)
Sea Salt & Black Pepper
1 Beaten Egg (You can use just an egg white, but I use a whole egg)
1/2 package of Truvia, Splenda or other sweetener
1 cup (1.5 dl) or more shredded zucchini

Sauce:

1/2 cup Sugar-Free Ketchup (or 1/2 cup tomato sauce / or 2 large tomatoes, blended in a food processor)
1 package Truvia, Splenda, or other sweetener
2-4 tsp Pizza Herb mix
2 tsp (or more to taste) horseradish (I use from a tube)
1 tsp chili powder (optional)
2-5 drops tabasco (optional)
Sea Salt + Pepper to taste

Directions:

1. In a bowl, mix meat, herbs, egg and sweetener. (Note that since you are not using bread crumbs, the herb mix replaces the bread. So you can add more if you want.)
2. Dry the shredded zucchini with a paper towel to get out extra moisture
3. Mix with meat until well blended.
4. Scoop into Cupcake pan. (I spray with PAM non-stick spray, but you dont have to)
5. Mix sauce ingredients and spoon onto the meat. (You should have some left over.)
6. Bake at 210 C for 15 - 25 minutes.
7. Remove from oven and lift the meat out (I use two spoons) and put on a plate. There may be some liquid also in the cups from the zucchini moisture or the meat fat (Thats why we use lean meat!), but thats ok.
8. Spoon the leftover sauce on top of the meat and sprinkle with fresh basil, parsley, or cilantro if desired.
9. Serve with a large salad and/or cauliflower mash.

Mexican Meatloaf



Ingredients

Meatloaf:

400g lean ground beef
1 TB Sugar-free Taco/Mexican Seasoning (Recipe below to make your own. Add more or less seasoning to your taste.)
1 TB (add more or less to taste) onion flakes (NOT french fried onion)
Sea Salt & Black Pepper
Optional: 1 Beaten Egg (You can use just an egg white, but I use a whole egg. Others who make this say an egg really isnt needed)
1/2 package of Truvia, Splenda or other sweetener
1 cup (1.5 dl) or more shredded zucchini
Top with Salsa (recipe on another page)

Directions:

1. In a bowl, mix meat, herbs, egg and sweetener.
2. Dry the shredded zucchini with a paper towel to get out extra moisture
3. Mix with meat until well blended.
4. Scoop into Cupcake pan. (I spray with PAM non-stick spray, but you dont have to)
5. Bake at 210 C for 15 - 25 minutes.
6. Remove from oven and lift the meat out (I use two spoons) and put on a plate. There may be some liquid also in the cups from the zucchini moisture or the meat fat (Thats why we use lean meat!), but thats ok.
8. Spoon the salsa on top of the meat and sprinkle with fresh basil, parsley, or cilantro if desired.

I have also cooked this with the salsa added before cooking. Its great, but there is a risk that the tomatoes get a little watery, so I usually add cold salsa on top of the hot meatloaves.

Homemade Taco Seasoning:

Ingredients

1 tablespoon chili powder // 1/4 teaspoon garlic powder // 1/4 teaspoon onion powder
1/4 teaspoon crushed red pepper flakes// 1/4 teaspoon dried oregano // 1/2 teaspoon paprika
1 1/2 teaspoons ground cumin// 1 teaspoon sea salt // 1 teaspoon black pepper
Mix and store in air-tight container.

SuperPower Your Soups

Ideal Protein Soups (All)



HEARTY SPOON-HUGGING SOUP: If you have a hard time eating all your vegetables, or you just want a much bigger portion of your soup without watering it down, try adding roasted vegetables to your Ideal Protein soups and blending it up in a blender for a ridiculously thick and tasty meal.

1. Get a small bag of frozen broccoli and a small bag of frozen cauliflower and microwave until partially thawed. (will speed up cooking time in oven)
2. Place on baking sheet lined with baking paper.
3. Drizzle with Olive Oil and spice to taste.
(I use Mild Jalapeno Tabasco, sea salt, & 5 pepper for the broccoli and use original Tabasco, sea salt, and hot Indian chili powder on the cauliflower)
4. Bake at 225 C (approx 425 F) until cooked. (about 10-15 min. Should be lightly toasted). Take out of oven.
5. Add 10 to 16 oz hot (not boiling) water to a blender.
6. Add in your choice of Ideal Protein soup (Chicken is my favourite)
7. Blend (being careful that the water is not so hot that the steam will build up and burn you!) Turn off blender.
8. Add in your vegetables and smash down so they will blend. Blend until creamy. (If it gets "stuck", turn off and smash down again.)

If too thick, add more hot water until the right consistency.

9. I usually microwave the final soup for about 45 seconds to get it piping hot if needed.

I like my soup very thick like pea soup. This makes at least two big bowlfuls and microwaves beautifully if you want to put in a container to take to work.

Spinach Soup

Ideal Protein Leek Soup



This is an easy way to freshen up an Ideal Protein Leek Soup mix to make some Fall/Winter friendly comfort food.

1. Cook up fresh spinach (2 cups) with 1 tsp olive oil, a pinch of nutmeg, and a squeeze of lemon.
2. Add Ideal Protein Leek Soup to a blender with 8-16oz hot water (1-2 cups depending on taste and if you want thin or thick soup). (Be careful that the water is not boiling, or you may create too much pressure with a closed blender lid which can pop off and burn you)
3. Add the cooked spinach to the soup and blend. You can pour into a bowl and microwave for 1 minute to get piping hot if desired. Spice with sea salt/ pepper.
4. You can add a boiled egg white (take out the yolk) if desired.

I have also added roasted cauliflower to this to thicken the soup quite a bit, but also enjoy it with just the spinach.

Creamy Roast Broccoli

Ideal Protein Soups (All)



If you love creamy sauces on your vegetables, try this rich and tasty combo. You'll swear you are cheating.

1. Thaw a small bag of frozen broccoli in the microwave.
2. Place on baking paper and spice as desired.
(I sprinkle with spicy herbamare, a few drops of Tabasco, white pepper, 5 pepper, and a pinch of sea salt.) Drizzle on 1-2 tsp olive oil. (Optional)
3. Cook at 225 C for about 7 minutes until florets brown a bit.
4. Make Ideal Protein Chicken Soup with just a little less water than called for, then add more water until desired thickness. Should not be runny.)
5. Add broccoli to soup and either stir until covered or dip pieces into the sauce.

Note that you can use fresh broccoli and boil or microwave it, but the taste will be different. Oven cooking the thawed broccoli is the best texture I have found... soft but not mushy with a bit of grilled crisp.

Grilled Mushroom

Ideal Protein Mushroom Soup



If you are having trouble eating enough vegetables and crave creamy sauces with them, this chili-infused grilled mushroom soup should satisfy.

1. Put mushrooms in a container which has a sealable lid.
2. Drizzle with 1-2 teaspoons olive oil
3. OPTIONAL: Sprinkle a pinch of hot Indian chili (not the regular chili powder from the spice section.)
4. OPTIONAL: Add dashes of Tabasco
5. Add sea salt, black pepper or 5 spice pepper to taste. (If not adding chili/Tabasco, try herbs de Provence, rosemary, thyme or others)
6. Grill on outdoor barbeque until cooked (about 5-7 minutes).
7. Take off grill and cut in pieces. Squirt with lemon juice.
8. Make Ideal Protein Mushroom Soup according to directions. It should be thick.
9. Add grilled mushrooms to soup and enjoy

Big Mac in a Bowl



This recipe tastes like its name... its a Big Mac in a Bowl. However, the recipe below takes plays fast and loose with the Ideal Protein guidelines, so I don't recommend it for those just starting the diet. (However, it sure feels like a wicked cheat if you have been on the program for more than a month.)

Ingredients:

5 oz Extra Lean Ground Beef
1/4 c finely chopped red onion
3/4 c finely shredded iceberg lettuce
1 - 2 tbsp low carb/no carb Thousand Island Dressing
(OPTIONAL - 1 oz Low Fat Cheddar. Note, cheese is **not** on approved Ideal protein foods. Also tastes good without it.)

Directions:

Cook up extra lean ground beef and hamburger patties, adding seasonings of choice (Try garlic powder, onion powder, Mrs. Dash, salt & pepper). If using the cheese, melt cheese on top of patties and take off heat.
Spread lettuce on plate.
Sprinkle in chopped onions (and dill pickles if using)
Drizzle on Thousand Island dressing (1-2 Tablespoons max... if you are careful, you can use even less and still get the flavor throughout the whole plate.)
Cut hamburger patties into bit sized pieces and drop onto plate. Sprinkle with sesame seeds (toasted)

If you cannot find low carb Thousand Island dressing, you can use American Mustard instead. It won't taste like a Big Mac, but it's really good. Here is a low carb Thousand Island Recipe that is NOT on-program (mayo), but this is such a treat, I wouldn't mind taking the risk once a month. :-)
2 TB mayonnaise
2 tablespoons sugar-free ketchup
1 tablespoon white vinegar
2 teaspoons Splenda
2 teaspoons sugar-free sweet pickle relish
1/8 teaspoon salt
dash pepper

**mix all ingredients in a bowl & refrigerate for an hour

Green Bean Casserole

Ideal Protein Mushroom Soup



My mom used to make a delicious green bean casserole at the holidays. This is my Ideal Protein version.

1. Empty 1 to 2 cups of canned green beans (with water) into a stovetop pan and heat .

You can also add 1 can of sliced mushrooms to cook along with the beans.

Drain the liquid and set aside. (You can also boil fresh green beans which will be more crunchy. I personally like the beans a little softer as they are from a can)

2. Make the Ideal Protein Mushroom Soup with a little less water than in the instructions to make a very thick sauce.

3. Add green beans to soup/sauce. Add spices to taste (for example, black pepper, sea salt, chili powder, lemon). Add in dried onion flakes if desired and stir.

4. Move to an oven proof pot and bake at 200 C / 400 F. You can add additional onion flakes or sliced mushrooms to top of casserole. Bake for 10-15 minutes



CILANTRO, MUSTARD & LIME with CAPERS

1 clove garlic, finely chopped
1 1/2 teaspoon whole grain mustard
2 limes, finely grated rind and juice
1 Tablespoon rice vinegar (I use strong white vinegar instead)
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.

THAI DRESSING

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

1/4 cup rice vinegar (I use strong white vinegar or apple cider 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 other sweetener
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, 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.

TOMATO DRESSING

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. (Also try adding in Garam Masala or Thai Curry spices for different taste)

LIGHT DRESSING

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.

LEMON CHIVE DRESSING

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

1/3 cup olive oil (Can also use Sesame or Walnut oil, but Ideal Protein Phase 1 prefer use is Olive)
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

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 other sweetener)
Sea 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

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.

ROASTED GARLIC DRESSING

2 Tablespoons French shallots, chopped
1/3 cup apple cider vinegar
1 teaspoon Dijon mustard
1/2 teaspoon salt + pinch white pepper
Optional: 1 egg white
6 cloves garlic, roasted in a 360 degree oven until softened/ lightly browned (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.

APPLE CIDER DRESSING

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

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.

RASPBERRY DASH SALAD DRESSING (IP Raspberry Flavored Gelatin)

1/2 teaspoon Ideal Protein Raspberry Flavored Gelatin
1/2 teaspoon of Mrs. Dash "Garlic and Herb" salt-free seasoning blend (or Herbamare)
1 Tablespoon of your favorite olive oil
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 (Try it with Celery)

GUILT-FREE ITALIAN DRESSING/ MARINADE

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).

HOMEMADE KETCHUP

1 can of Tomato Paste
1-3 tsp Splenda
1/8 c Cider Vinegar (can be up to 1/3 cup to taste)
1 tsp Garlic powder
1 tsp Onion powder
2 tsp Sea Salt

Mini-Croutons

Ideal Protein Crispy Cereal



TEENY TINY ITTY BITTY CROUTONS (IP Crunchy Cereal): I was desperate for some variety in my endless parade of salads and stumbled across this brilliant "mock crouton" recipe. Super easy, excellent crunch, and wonderful flavors... as long as you get past the fact that your croutons look like rice crispies, you'll be a happy camper.

Best of all? This is a non-restricted item, so you can enjoy an IP Bar, Soy Puff, Ridges or other restricted product later in the day too!

Ingredients

- 1 packet of Ideal Protein Plain Cereal
- 2 tsp extra-Virgin oil (original recipe says 1 TB, but I think that's too much)
- 1/2 tsp garlic, minced (I use a grinder with dry garlic. you can also use 1/8-1/4 tsp garlic powder)
- Dried Italian herbs, to taste (basil, oregano, thyme, marjoram, etc) (about 1/2 - 1 tsp)
- I also grind a mix of sea salt and black pepper over the top of this when done baking.

Directions

1. Using a sieve, separate cereals from milk powder.
2. Set milk powder aside.
3. In a medium bowl, mix olive oil, garlic and Italian herbs.
4. Mix well and add cereal. Let stand for 30 min at room temperature.
5. Place cereals in an aluminum plate (or on baking paper on a baking pan) and bake in over at "Broil" for a few minutes until crisp and flavourful. (about 5+ min) (or bake at 200 C) Add a bit of salt and pepper to taste if desired.
6. Sprinkle on your salad and serve with your choice of approved Salad Dressing.

*Note: keep milk powder for a milkshake or to add to a hot drink to make it creamy.

Enjoy the lovely crunch and the taste memory of crispy Italian bread cubes

Chili Pakoras

Ideal Protein Oatmeal + IP Chili



CHILI PAKORAS (IP Oatmeal + IP Chili): Devilishly good...tastes like a deep fried main course at an expensive Indian restaurant. This makes about 9 good sized portions (meaning you can enjoy 4-5 portions in one day.)

Ingredients:

- 1 packet IP Maple Oatmeal
- 1 packet IP Vegetable Chili
- 1/4 tsp baking powder (1ml)
- 1/8 tsp baking soda (about 3 small pinches)
- 4oz hot water (120 ml)
- 1 tsp olive oil
- 1/4 tsp - 1/2 teaspoon Indian Herbs (I use more)
- (example: Garam Masala, Meat Masala, Chhole Masala or a mix of your choice of chili peppers, cumin, turmeric, fenugreek, ginger, coriander, mint, curry, cardamom, cinnamon, etc)
- Cooked vegetables of your choice from the IP select list.
- (I used uncooked zucchini (both chopped and shredded), roasted cauliflower & broccoli, and raw red onion. You can also add in mushrooms, garlic, etc)

Directions:

1. Preheat oven to 175 C (350F).
2. Shred about 1/4 cup zucchini. Cut about 1/8-1/4 cup zucchini into small cubes. Chop up about 1/4 of a raw red onion into small pieces. (about 1/8 cup)
3. Roast or Boil Cauliflower and Broccoli until slightly cooked. (Should still be firm.) I prefer to roast them, sprinkled with Indian Herbs and a little sea salt.
4. Blend the IP Oatmeal, IP Chili, baking powder, baking soda, hot water, olive oil, and Indian herbs until a dough is formed.
5. Chop up the cauliflower and broccoli into small pieces.
6. Add all vegetables to the dough and still until everything is covered
7. Spray a muffin pan with non-stick spray. Spoon the dough into 8-10 muffins. (I spooned in 9 about halfway full.)
8. Bake in oven for about 25 minutes. Test with a toothpick to make sure they are not too moist. The muffins will hold their shape nicely when fully cooked, but should be almost dry to touch. Just be careful not to burn the tops. I took the pan out at 25 min and took out half of the Pakoras, then let the remainder cook for an additional 5 minutes to get crisper.
9. Enjoy 1/2 of the portions immediately out of the oven when cool enough to not burn your mouth off.

Steak & Grilled Eggplant with Cauliflower Mash



The star of this show is what looks like naughty mashed potatoes but is really a gorgeous cauliflower surprise.

1. Boil cauliflower until tender. (I use frozen bags. I can't taste the difference and it's easier and less expensive)
2. Add 1 oz nonfat milk to a blender or food processor (the milk you didn't use from your morning coffee. :-))
3. Add in the cauliflower and smash it down with a fork.
4. Add sea salt/pepper to taste. (I use herbamare spicy, white pepper, black pepper, and rose pepper)
5. Add 1-2 teaspoons Olive Oil
6. Optional, add 1 or more of the below:
For "Garlic Potatoes" add garlic (fresh or ground to taste)
For a hot kick, add 2 teaspoons or more of Horseradish.
For a little different hot kick, add 2 teaspoons Indian Red Chili (not the normal chili spice in stores. Go to an Asian store for the real stuff)
If available, add 1 teaspoon Imitation Butter Flavor
7. Blend until desired consistency. Both creamy and chunky versions are both excellent.
8. Add fresh parsley for garnish

I have also made this using both cauliflower and broccoli which makes a different and unique new taste that you will come to crave.

This is served with a fiery grilled eggplant (eggplant, olive oil, habanero Tabasco and Indian chili with sea salt) covered with sliced paprika (I used from a jar and rose pepper steak (Lehtipihvi))

If making the spicy versions, serve with iced Peppermint Tea to cut the heat with a refreshing mint.

Rosemary Salmon Kebabs w/ Zucchini, Paprika, Eggplant & Tomato



Perfect meal for entertaining friends or just to enjoy the feeling of late summer barbeques any time of the year.

1. Soak bamboo skewers (sticks) in water
2. Cut skin off salmon.
3. Rub with 1-2 teaspoons olive oil. Lightly salt & pepper.
4. Sprinkle generous amount of rosemary to both sides of fish.
5. Squirt with lemon juice and let marinate in refrigerator while cutting vegetables.
6. Cut your choice of vegetables for the skewers.

Suggestions:

- a) Cherry or Plum tomatoes
 - b) Zucchini
 - c) Paprika (Red, Yellow, Orange, Green Peppers)
 - d) Eggplant
7. Take fish out and cut into cubes.
 8. Alternate adding salmon and vegetables to skewers
 9. Grill. Turn 1/4 about every 2-3 minutes until cooked.
serve with salad and an iced herbal tea.

Lime Mustard Cilantro Shrimp

with Jalapeno Parprika Cauliflower Mash



Boil cauliflower in sea salt water until tender.

2. Drain and rinse and add to blender with 1 Tablespoon milk (reserved from morning coffee allowance) and 1 teaspoon olive oil. Mash.

3. Add in a handful of jalapenos (i use canned red) and sweet pepper (I use multicolored peppers from a jar). Mash until the consistency of mashed potatoes. If too thin, add more cauliflower.

4. Boil frozen jumbo shrimp in sea salt water and a pinch of garlic powder or crushed garlic for about 4 minutes.

5. Drain and drizzle with 1 teaspoon olive oil. Squeeze on lemon and/or lime juice. I also sprinkle with hot chili powder. Bake in oven at 200 C for about 5-10 minutes. Should sizzle, but not be dry.

6. In a container, add 2 teaspoons sugar free Dijon or whole grain mustard, 1/8 cup olive oil, 1 teaspoon vinegar, 1 teas sugar substitute such as splenda, 1 teaspoon black pepper, a pinch of sea salt, and a pinch of garlic salt. Blend together.

7. Chop up about 3 Tablespoons fresh cilantro and add to dressing. (I also add in 2 tablespoons chopped basil and 1 tablespoon fresh parsley) Stir.

8. Place a bed of lettuce on your plate and add in chopped cucumbers.

Arrange prawns onto lettuce and drizzle on about 1 tablespoon of the dressing. If the mashed cauliflower has cooled, you can microwave it before adding to plate.

Hot Spinach

with Lemon Pepper & Nutmeg



Forget the nasty grey lump of seaweed that your school cafeteria called spinach. Real cooked spinach will make your taste buds applaud. Jamie Oliver's simple recipe is my favourite... the addition of nutmeg is inspired.

The simplest way to cook spinach is in a pan with a little olive oil, a grating of nutmeg and a tiny squeeze of lemon juice with a lid on to let it steam. (I add a dash of sea salt & black pepper)

This will taste great, and it goes with just about anything – pasta, fish or meat. If there is any excess moisture when the spinach is cooked, just tilt the pan so it runs to the other side and pour it away. Let the spinach sit for a minute and then serve.

Lemon Pepper Tuna

with Paprika, Dill Pickles, & Salad



Fresh tuna steaks can be expensive, but will make your mouth sing. Fire up your barbeque, because the taste is just not the same cooked on the stove or oven.

1. Sprinkle tuna steak with sea salt/herbamare. Drizzle olive oil on both sides. (1/2 Tablespoon)
2. Squeeze a full lemon (or about 2TB lemon juice) onto both sides.
3. Crush freshly ground black pepper on both sides.
4. (Optional: Add a dash of Tabasco)
5. Let marinate for 10 minutes in the refrigerator.
6. Grill on barbeque until desired doneness.

Serve with Red Peppers (Paprika), cucumber slices, and a green salad with radishes and a dollop of hot mustard (sugar free. I use Turun Sinappi "Gourmet Sinappi" or Dijon).

Chanterelle & Turmeric Chicken Lettuce Wraps



This meal works as both a wrap or as a salad. The Turmeric (Kurkuma) powder is a fantastic and unexpected taste which goes perfectly with the mushrooms. You can also make this with regular mushrooms for a different flavor.

1. Cook a big handful of Chanterelle mushrooms (about 1 - 1.5 cups) in 2 teaspoons olive oil. Take from heat and set aside.
2. Cut up 1-2 breasts of chicken into small pieces.
3. Spice with black pepper (or a mix of black, white & rose pepper) and sea salt. Then shake on Turmeric (Kurkuma) powder to cover the chicken. (About 2 teaspoons... more to taste)
4. Spray pan with non-stick cooking spray or 1 tsp. olive oil. Fry chicken until cooked.
5. Add 1 tablespoon non-fat milk (reserved from your morning coffee allowance) and add in cooked mushrooms.
6. Immediately add in about 1/4 cup frozen chopped white onion. Stir and cook until onions are sautéed (unfrozen), but not caramelized. (You can also use fresh white/red onion chopped small).
7. Taste and add spices to taste.
8. Remove from heat and spoon onto lettuce leaves and wrap up. Or spoon on top of a bed of lettuce (optional with chopped cucumber). Eat while the chicken & chanterelles are hot.

New York Deli Mock Reuben

Roast Beef & Sauercraut w/ Mustard Salad

I love the New York Deli Sandwiches and was wondering how I could get those same tastes on the Ideal Protein diet. Enjoy this mouth-watering non-traditional version.

1. Make or buy Roast Beef. (Recipe below)
2. Arrange a bed of lettuce and drizzle with American Mustard (sugar-free)
3. Arrange slices of Roast beef on the lettuce.
4. Heat a generous portion of sauerkraut (sugar-free) in the microwave and spoon over the meat.
5. Serve with dill pickles

I had never made a roast beef before starting this diet and was surprised with how easy it was and how much better it tasted than typical store bought slices.

ROSEPEPPER ROAST BEEF:

1. Buy a cut of beef (in Finland, "Pahtopaisti liha")
2. Marinade in mix of olive oil (approx 4 TSP, sea salt, and "herbs de Provence" of other herbs to your taste. (I buy fresh herbs, chop them up, and put them in the freezer. Makes it easy to pull out any time and sprinkle on dishes and taste much better than the dried versions.)
3. Bring meat to room temperature.
4. Generously sprinkle with crushed Rose Pepper on both sides. (Should almost coat the meat, not just a little flavor)
5. Add black pepper to taste.
6. Sear the meat in a frying pan for about 3 min each side until the meat is browned all over.
7. Transfer meat to a baking sheet lined with baking paper. You can add some additional spices at this point if you like.
8. Cook for approximate 1.5 hours at 125C (approx 255 F).



Rose Pepper Roast Beef



Turkey 3 Ways

with Grilled Mushrooms & Salad



Elegant & filling dinner you wouldn't mind serving to guests. An outdoor gas barbeque is your best friend... its so quick and simple to create full meals in minutes.

Turkey 1 (Rose pepper): 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 (Lemon Pepper): On both sides of the breast, rub with olive oil. Add sea salt/herbamare. Sprinkle with a heavy hand of black pepper. Squirt a generous amount of lemon juice and let marinate for at least 5 min. (I also add a dash of Tabasco to the breast, but its optional)

Turkey 3 (Mustard): Add salt to breast. Cover with a sugarless hot mustard (I used Turun Sinappi "Gourmet Sinappi". I have also used Dijon. Be certain there is no sugar in your mustard!)

BBQ breasts until done.

Serve with Grilled Mushrooms (Mushrooms, olive oil, sea salt, + Thyme), Dill Pickles, & Green Salad with a few cherry tomatoes and sugarless Soy Sauce dressing.

Roasted Vegetables

Turnip, Rutabaga, Radish & Celery



This vegetable meal reminds me of American Thanksgiving or fall harvest feasts. Goes well with both many meat choices or your Ideal Protein soup on the side. So good. Satisfy your hunger with a hearty plate of roasted rutabaga (lanttu), turnip (nauris), radish (retiisi), green onion (purjo) & celery (selleri) with fresh herbs.

1. 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)
2. Boil in water lightly salted with sea-salt for about 10-15 minutes until cooked, but not mushy.
3. Drain and return to empty pot.
4. Chop the celery and radish into bite size pieces. Chop green onion as desired. (I slice into large circles and let it break up while cooking)
5. Add the chopped vegetables back to the pot. Add 2 teaspoons of olive oil.
6. Add spices of your choice. I use:
 - a) Frozen herbs du provance (basil, oregano, etc)
 - b) Pinch of garlic powder
 - c) sea salt
 - d) Spicy Herbamare
 - e) Pinch of Indian chili powder
 - f) Pinch of clove powder (Nelikka)
 - g) Pinch of nutmeg powder
 - h) Generous sprinkling of thyme.
7. Spread out on baking sheet. Bake at 225 C for 10-20 minutes (should be brown, but not burned)
8. Remove from oven and serve.

(I cut up fresh rosemary and parsley. The rosemary made a really nice contrast to the vegetables. In the future, I will add a generous sprinkle of rosemary to the cooking stage.)

Vegetable Tian

with Garam Masala Steamed Flounder

For the fish, dip two pieces of skinless flounder in milk (not used from your morning coffee allowance.) Sprinkle generously with Indian "Garam Masala" powder (found at most Asian stores and often in supermarkets. But the best flavours are the true Indian spices) I fill my rice cooker 1/2 way with water, then add the fish to the steaming bowl and turn it on. Cooks perfectly every time. When done, squirt with lemon and add sea salt/pepper per taste.

Grilled eggplant, zucchini and beefsteak tomatoes with a Herb de Provence rub.

Preparation time: 25 minutes

Cooking time: 80 minutes

Yield: 6

Ingredients

Herb de Provence Grilling Rub

1/4 cup diced onion (I use leek or green onion)

1 tablespoon chopped fresh oregano

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh rosemary

1 teaspoon fresh lavender

2 tablespoons extra virgin olive oil

1 tablespoon lemon juice

salt and pepper

Vegetables

1 medium eggplant, sliced into ½-inch thick circles

3 green zucchini, sliced on the bias in ½-inch pieces

1 yellow or red pepper (paprika) cut in half.

2 large beefsteak tomatoes, sliced

2 cloves garlic, minced

1 tablespoon olive oil

1 cup loosely packed fresh basil leaves

salt & pepper

Directions

Herb de Provence Grilling Rub

Purée onion, herbs, oil, lemon juice and a bit of salt and pepper in a food processor. Chill until ready to use.

Vegetables

Preheat barbeque grill to medium high heat.

Grill paprika (yellow pepper) eggplant and zucchini slices for just 3 minutes on either side, then remove to a large dish.

(Don't add any oil or spices before grilling) Cut the cooked yellow pepper into strips after it is roasted.

Now toss vegetables with Herb de Provence Rub, as well as with minced garlic.

Preheat oven to 190 C / 375 F

Brush an 8 or 9-inch cast iron skillet with olive oil and arrange eggplant, zucchini and tomato slices in a circular fashion, overlapping each other closely, inserting basil leaves and paprika strips occasionally between the slices. Season lightly and place a circle of parchment paper directly over the tian. (This helps seal in the juices)

Bake or grill roast the tian for about 40 minutes, until vegetables are tender, and most of the liquid from the tomatoes has been absorbed. Let tian sit for at least 15 minutes, before serving.

Tian can be served warm, at room temperature or chilled.

Note that you can cut down the olive oil if desired. This makes a big pot... enough for 3-4 meals, so enjoy hot now, then pack for a cold lunch the next day.



Sunday Salmon Bake with Mashed "Potatoes"



SUNDAY SALMON BAKE: Mouth-watering gourmet meal that anyone can make easily. Yet another example of how well you can eat on the Ideal Protein diet. Suffering is optional.

Ingredients:

THE SALMON:

Fresh Salmon filet with skin (you choose the amount. This heats up well in the microwave, so you can make enough for 2 meals if eating alone.)

Sea Salt + Ground Pepper (I use Pepper Mix with Black, White, Rosepepper)

1/2 tsp dried dill (or fresh dill)

Splash of Lemon Juice

Optional: Shrimp

THE "POTATOES"

1 large bag of frozen Cauliflower (or fresh)

1-3 teaspoons horseradish (I use a lot, others like it more subtle)

1-2 tsp olive oil

Seasoning (sea salt, ground pepper, Mrs Dash/Herbamare)

1/4 - 1/2 tsp nutmeg

Optional: Up to 1oz milk (from the morning coffee allowance)

Optional: You can also add broccoli to the cauliflower for a different taste. Both plain and with broccoli are excellent. The cauliflower only version lets the other flavors come out more.

Directions:

THE SALMON

1. Wash fish in cold running water.
2. Place baking paper on a baking sheet.
3. Sprinkle sea salt and pepper on the non-skin side. Sprinkle on dill.
4. Squeeze lemon over the top
5. Place fish with skin UP on the pan and cook at 200 C for 20-30 minutes. But since the thickness and size varies, the ground rule is that it is done when you can peel the skin off without problem. (Use a fork and "roll" it off)
6. Take skin off.
7. Add seasoning to the newly exposed pink fish and splash a bit more lemon juice on. Set aside.

THE "POTATOES"

1. While the fish is cooking, add the cauliflower to boiling, lightly salted water.
2. Boil until tender. Drain.
3. Add 1-2 tsp olive oil, cauliflower and seasonings to a blender or other mixer. Whip until the consistency of mashed potatoes. You may add milk if needed, but be careful not to add too much liquid right away or the result may be too runny.

PUTTING IT TOGETHER

1. Put the "Potatoes" in a pan.
2. Place cooked fish on top.
3. Sprinkle shrimp on top (if frozen, run shrimp under hot water til unfrozen)
I often will sprinkle the shrimp with chili powder
4. Add another splash of lemon (or lime) juice) to the fish.
5. Bake at 200 C for another 5 minutes.

Before baking, PHASE 2 can add the addition of a creamy sauce made of

2-4 TB Greek Yogurt

1 tsp horseradish

1/4 tsp nutmeg

salt + pepper

Mix and pour over fish and "potatoes".

Elegant and beautiful. The fish bakes up so light and flakey that it doesnt taste "fishy". Your body craves the Omega 3, so give it what it wants!

Sweet & Sour Beef

with Cauliflower "Rice"



This dish totally satisfies cravings for Chinese food. I'm still experimenting with the recipe, but think this is really good as it is.

"RICE"

1. The rice is actually cauliflower chopped or shredded into tiny rice size pieces. Heat in microwave until cooked through. Spice to taste (sea salt, pepper, etc)

"SWEET & SOUR BEEF"

1. Cut beef into strips. (This is a good way to use leftover meat from the Roast Beef recipe posted earlier (New York Deli))
 2. Dice red, green and/or yellow peppers (paprika), green onions, celery, radish, broccoli, water chestnuts, or other Ideal Protein vegetables to taste.
 3. Place beef into heated pan and douse with vinegar (approx 2 teaspoons)
Add vegetables when meat is warmed.
 4. Add 1/2 can of chopped Tomatoes & Onions or Tomatoes & Jalapeno (make sure no added sugar). Or puree 2 tomatoes with 1 teaspoon olive oil.
 5. Add in 1 Tablespoon Vinegar, 2 teaspoons Splenda or sugar substitute, sea salt, pepper, or other herbs to taste (I use ginger, lemongrass, basil, and thyme)
 6. Stir and taste, adding spices as desired. If too thick, you can add water to thin, but be careful not to water it down too much. (Add more tomato sauce if you thin it too much.)
- Serve over the "rice"

Shredded Zucchini

Red & Green Curry / Lemon Pepper



Two distinct flavors spice up a hearty plate of vegetables. Easy to make and gives your lunch or dinner an exotic kick.

1. Shred 1/2 Zucchini
2. Heat 1TB Olive Oil in pan
3. Add 1/2 of the shredded Zucchini to pan.
4. Spoon in 1 TB "Spice Up: Punainen (Red) Thai Curry" paste
5. Stir until cooked. Move to bowl.
6. Repeat with other 1/2 of Zucchini using 1 TB "Spice Up: Vihreä (Green) Thai Curry" paste

You can also make a sunny lemon kissed version of this without the curry. Shred the zucchini, add to pan with olive oil, and splash with lemon juice, black pepper, and sea salt. (I use "Herbamere Spicy".)

You can add more or less curry paste to taste, but beware that too much paste will be too salty.

American Cupcakes

Ideal Protein Pudding (All)



If you or a family member is having a birthday and you want to be a part of the celebration without having to sit with an empty plate, try turning your 1 Ideal Protein pudding packet into 3 cupcakes. This works with any flavor, so try Lemon, Butterscotch, Vanilla, Chocolate, or Dark Chocolate (+ a drop of peppermint extract for Mint Chocolate), Banana (with a drop of Almond or Butter, Vanilla Nut extract).

NOTE: These are fine, but not excellent.

Preheat oven to 190 C/ 350 F

Combine (2) egg whites, (1) teaspoon vanilla and 2 oz. of water. (Use beater or Blender)

- After blending well, gently fold in pudding packet. I usually add a little powder, mix it up, add a little more, rather than dumping in the whole thing at once... The final result is a "batter" similar to brownies.

-To bake, I use a muffin tin and divide them into (3) equal muffins. (But water in empty muffin slots to help the cupcakes bake evenly)

I use cupcake cups so they wont stick and wont add calories, but you can also spray with cooking spray ("Pam").

The cakes will get very large while baking, and will deflate when cooling. If you put too much batter into a small baking dish, your cakes will pretty much explode in the oven. It is VERY important to only fill the baking dish or muffin tin 1/2 way.

-Bake at 350 F for 15-16 minutes. Let cool and enjoy a mini cake.

NOTES:

Some coaches count egg whites as "free" items. My coach says they are part of your protein. I personally feel that using them is fine here as long as its not a daily treat.

Its important to note that although these are fun, don't expect Ghirardelli Brownies. They are not as sweet and have a different texture. But they are fun and are especially helpful to help you not cheat on special occasions.

Flat Banana Bread/ Lemon Poppy Seed Muffins IP Pudding



Ingredients:

2 beaten egg whites

1 Package IP Banana Pudding

1 cup or more shredded zucchini

1 tsp baking powder

1 small package Truvia, Splenda or other sweetener (about 1 tsp)

1 tsp or more cinnamon

1/2 tsp or more cardamom

1/4 teaspoon allspice

1/4 - 1 tsp nutmeg

Optional: 1 tsp Rum extract and/or vanilla extract

Directions:

Preheat oven to 180 C (bout 350 F)

1. Grate zucchini (I use 1/2 a large zucchini for about 1-1.5 cups). Use a paper towel to soak up the moisture/water from the zucchini.

2. Dust the shredded zucchini with the various spices (cinnamon, cardamom, allspice, nutmeg) and let sit for about 2 minutes.

3. While waiting, beat egg whites with a pinch of salt until they hold a shape.

4. Add in IP Banana pudding, baking powder, and sweetener. Blend.

5. Add in zucchini and rum/vanilla extract if using and blend.

6. Spray a muffin tin with Pam or other non-stick spray.

7. Pour batter into muffin tins. I made 9 med size filling each 1/2 way up. It will also make 6 large if you want.

8. Cook for about 10-15 minutes until top turns dark, but not burned. (Watch carefully).

NOTE: Delicious, but very weird looking. This "bread" will puff up gorgeously when baking, but will often deflate after taking from the oven.

For Lemon Poppy Seed, use recipe about but with IP Lemon pudding, 2 tsp (or more) poppy seeds, 2 tsp lemon juice (or more) and no cardamom, allspice or nutmeg.

Frozen Banana Foster

Ideal Protein Banana Pudding



Bananas Foster is a dessert made from bananas & vanilla ice cream, with the sauce made from butter, brown sugar, cinnamon, & dark rum. Capture that taste by turning 1 Ideal Protein banana pudding into 4 indulgently creamy ice cream bars to snack on all day without the guilt or cheating. Yes, you can eat all 4 in one day and count as 1 Ideal Protein snack!

1. Make Ideal Protein Banana Pudding using a bit more water than in the instructions. (I use 200g with a measuring cup.)
2. Once mixed, add in a hearty pinch of cinnamon to taste and a pinch of cardamom.
3. Add 1 capful (approx 1 tsp) of Rum flavoring
4. Optional: I also add vanilla beans from a vanilla pod for extra flavor.
5. Pour into popsicle molds and freeze until set.
6. Once set, you may need to hold the popsicle mold under hot running water to loosen up to remove.
7. Indulge!

Raspberry & Lemon Cream with Basil

Ideal Protein Raspberry Jelly + Lemon Pudding



This chic two-toned treat gives you 3 refreshing desserts per day that only count as 1 Ideal Protein snack! Giving you a painless & delicious solution if you battle with "mental hunger" so you can give in to the munchies without breaking your diet. Since this recipe uses two Ideal Protein products (Raspberry Jelly and Lemon Pudding) to make 6 desserts, you can enjoy 3 desserts per day for two days. These are so beautiful and yummy that they are sure to fill you with giddy delight every time you open the 'fridge to take yet another one without guilt.

1. Make Raspberry Jelly with more water than instructed. (I use 200g using measuring cups)
2. Pour evenly into 6 "pots de creme" cups. (You can use any small cup, including Baby Food jars. Glass is best so you can see the beautiful layers.)
3. Put in refrigerator to set.
4. When set (approx 2 hours), make the Lemon Pudding using more water than instructed (I used a little over 200g)
5. Pour evenly over the set raspberry jelly.
6. Garnish with a leaf of Basil.
(You can also chop fresh or frozen (NOT DRY!) basil into small pieces and add to the Lemon Pudding while mixing. I love the fresh, unexpected zing the basil brings, but some might prefer their lemon cream served without frills.)

Zucchini Omlette

Ideal Protein Omlette

Another stealth way to sneak in extra veggies to start your morning (or lunch, or dinner) with a filling and delicious meal.

Ingredients:

1pk of IP omelet mix (plain or herb)
1 1/2 c zucchini, shredded
(Optional - 1/2 c onion (red, white, or green) finely diced)
2 egg whites
sea salt & pepper

Directions:

- 1) Shred up the zucchini onto a paper towel or clean kitchen cloth & drain out some of the moisture of the zucchini.
- 2) Beat egg whites with a pinch of sea salt until fluffy
- 3) Add the Ideal Protein Omelet mix and beat until blended
- 4) Fold in the zucchini (and onions if using)
- 5) Spray cooking pan with PAM or other non-stick spray.
- 6) I use a 1 dl measuring cup to spoon batter into pan on med-hi heat
- 7) Cook until crispy on one side and then flip and crisp up the other side

I serve with Hot Sauce (zero carb/ zero sugar/ zero fat).

Makes 4 or more large cakes and is really filling.

Alternate:

Add in Soy Sauce and sprouts (instead of or addition to zucchini) to make a Chinese Egg pancake (similar to Egg Foo Yong)

NOTE: Most coaches say egg whites (2) are "free" and will not negatively effect weight loss. But be mindful to not use daily if you find you are stuck.



American Pancakes

Ideal Protein Crispy Cereal



NON-RESTRICTED" PANCAKES: Sit down to a hot, sweet, short stack of thick American Pancakes....and still be able to choose a restricted IP food later in the day! Ideal Protein has 2 pancake packages (Choc chip & Orange), but both are considered restricted products. Meaning that if you have it, you cant have one of the bars or chili or oatmeal as well in the same day. One clever way to "have your cake and eat it too" is to make pancakes from another non-restricted IP product... The Crispy Cereal!

IDEAL PROTEIN NON-RESTRICTED PANCAKES:

Ingredients:

1 pkg IP Crispy Cereal, crunched up (I roll with a rolling pin while still in the package)
2 egg whites
1/4 tsp baking powder
1/4 tsp vanilla
Cinnamon & Nutmeg, to taste

Directions:

Beat together in small bowl the following:

2 egg whites
1/4 tsp vanilla
Add in to cereal pkg the following:
1/4 tsp baking powder
Cinnamon
Nutmeg

Pour dry mix in to egg white mixture and combine.

Cook in pan as you would pancakes. (Non-stick pan or spray with PAM or other cooking spray)

I spray the pancakes with a squirt of the zero calorie/ zero carb / zero fat "I Can't Believe It's Not Butter" (Ordered from ebay since they don't have it in my country) for that hot buttered taste of real pancakes.

Makes 3 - 4 small, but thick American-style pancakes. Sweet enough to eat without any other topping, but if you have the Ideal Protein Maple Syrup, use that.

Fluffy Cloud Mousse

Ideal Protein Puddings (All) + Soy Puffs



BASIC MOUSSE

1. Beat 2 egg whites with a pinch of sea salt, two pinches of cream of tartar, and 1-3 teaspoons sugar substitute like Splenda. Beat until peaks form and the whites are solid. Set aside in refrigerator.
2. Make any flavor Ideal Protein pudding according to directions.
3. Because the egg whites are not sweet, for some flavours of puddings, you may want to add additional spice to either the pudding or egg whites. (Stevia flavors to egg whites are excellent (like vanilla crème). Cinnamon goes well with many of the puddings as well)
3. Fold in egg whites (do not beat) until blended.

TOPPERS

When ready to serve your Mousse, try crumbling 3-4 Ideal Protein soy balls on top. (i.e., Chocolate, Peanut, Apple Cinnamon). The crunch and sweetness really makes it special.

Although not on-program, you can also top with a pinch of real dark cocoa (especially good for the banana) without consequence.

VANILLA CHAI MOUSSE

1. Make a strong Chai tea in about 5oz water (I use Celestial Seasonings "Bengal Spice" which is caffeine-free herbal and the best I have found. Yogi Tea "Rooibos African Spice" is also great). Steep for 10 minutes
2. Add 1 teasp. vanilla extract to tea.
3. Add 1-2 large ice cubes to the tea and stir until melted. Put in freezer until water is a little below room temperature
4. Beat 2 egg whites with a pinch of sea salt, two pinches of cream of tartar, and 1-3 teaspoons sugar substitute like Splenda. Beat until peaks form and the whites are solid. Sprinkle in cinnamon and cardamom to taste. Set aside in refrigerator.
5. Substituting your chai tea for the water, make the Ideal Protein Vanilla pudding. (ie., using 5oz tea)
6. Fold in the egg whites (do not beat). Spoon into glasses and chill until ready to serve.
7. Sprinkle with cinnamon & cardamom.

You can also try this with other flavored teas such as Green Tea with Lemon, Peppermint with Lemon (Mint Julep!), Chamomile with Strawberry, Chai with Banana...)

NOTE: Most Ideal Protein coaches now allow egg whites (2) as a "free" addition which if not used every day, should not negatively affect your weight loss.

Hot Vanilla Chai

Ideal Protein Vanilla Pudding

After making the fluffy puddings, a friend mentioned how much she loved her hot herbal chai tea which gave me this idea. It is the ultimate rich indulgence.

1. Add 2 Herbal Chai tea bags to 6oz hot water. (I use Celestial Seasonings "Bengal Spice" or Yogi Teas "Roobios African Spice") Let seep for 10 minutes.
2. Add a dusting of cinnamon, cardamom and nutmeg to the tea to taste.
3. Pour tea into blender and add 1 packet Ideal Protein Vanilla Pudding.
4. Blend (being careful that the cover is not too tight to trap the steam and blow up on you!)
5. If you really want to splurge... in a separate bowl with a hand mixer, beat 1 egg white, a pinch of sea salt, 2-3 teaspoons of Splenda (or 1 drop Stevia vanilla crème) and a pinch of cream of tartar and beat until peaks form and hold a shape. I also add a dash of cinnamon and 1 tsp cardamom to this for a stronger flavor.
6. Pour vanilla tea mixture into two large cups. Heat in microwave if you want piping hot, but be careful that it doesn't bubble over.
7. Spoon on egg white "marshmallow" foam and enjoy.

Too good.



Cole Slaw



COLE SLAW: Cole slaw is both a great between-meal snack food as well as a perfect compliment to your meats. Here is a version that I enjoy often.

Ingredients:

- 1 oz (30 ml) milk (from your morning tea/ coffee allowance)
- 1-2 tsp white vinegar
- 1 tsp lemon juice
- 1 packet Truvia or other sweetener
- 1/2-1 tsp horseradish (I use from a tube, but you can shred your own)
- 1-2 tsp total of various herbs (I use basil, thyme, oregano, marjoram, and mint)
- sea salt & crushed black pepper
- 1/2 head of red cabbage, shredded (I chop into small pieces)
- 2 TB Minced raw onion (to taste. I chop 1/2 a red onion)
- Other vegetables of your choice if desired (I use 1/2 chopped yellow bell pepper, some radishes, and celery.)

Directions:

1. In a cup, add milk, vinegar, lemon juice and sweetener. Let sit for 5 minutes.
2. Add horseradish, herbs, salt & pepper and stir. Taste. Add additional spices, milk or another sweetener packet if needed, but this balance given should be fine.
3. Mix together cabbage and other vegetables you are using.
4. Add liquid and stir.
5. Tastes best if left a few hours or overnight in the fridge. Can be taken with you to work in a container.

Kale Chips



CRISPY KALE CHIPS: This is a bizarre freak of nature recipe where something that looks like a salad magically turns into something like a potato chip.

Its also super easy. De-stem the kale, cut or tear it up, toss it with a bit of oil and bake it until crisp.

Ingredients

- 1 bunch kale (lehtikaali) (if you want to get technical, its about 12 large Tuscan kale leaves)
- 2 tsp up to 1 tablespoon olive oil (I add oil to a spray bottle to completely cover the leaves without making too oily)
- 1 teaspoon sea salt
- Ground black pepper and Herbamare/ Mrs Dash spices to taste

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. If washing, you **MUST** dry them before cooking. Either with a salad spinner or a towel.
3. With a knife or kitchen shears, remove the kale leaves from their tough end and inner stems. Cut longer leaves in half or preferred bite size pieces
4. Spray (recommended) or drizzle kale with olive oil . Some people put the kale in a ziplock bag and add oil there to "massage" the leaves and ensure they are covered. Note that too much oil will make the chips too limp and greasy, so dont overdo it. 1 TB is max.
5. If adding other spices or vinegar, add now. (Do NOT add salt yet.
6. Bake for 10-14 minutes or until crisp. The timing all depends on how much olive oil you use. Just use a spatula or tongs to touch the leaves, if they are paper-thin crackly, the kale is done. If the leaves are still a bit soft, leave them in for another 2 minutes. Do not let the leaves turn brown (they'll be burnt /bitter) **IMPORTANT NOTE!** They will burn easy, be aware of how they are baking.
7. Sprinkle with sea salt **AFTER** cooking. You can add it before, but I find its better after roasting. (The salt won't leech out the moisture from the leaves too quickly...letting it crisp more evenly. Or so I've been told.)