

## Recipes

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### Artisan Flatbread

#### **Ingredients:**

- 1 package IP Potato Puree
- 1 Whole Egg
- Approx. 2 ounces of water
- ¼ Tsp of baking soda
- 1 Tsp Olive Oil
- ¼ Tsp of sea salt
- ¼ Tsp of Basil
- ½ Tsp of Oregano
- ½ Tsp of Garlic Powder
- 1 Pinch of Cilantro
- ½ Tsp Thyme
- Pam Olive Oil Spray

#### **Directions:**

1. Pre-heat Oven 350 degrees.
2. Mix all ingredients in a bowl.
3. Spray a cookie sheet or Pyrex with Pam
4. Pour Mixture
5. Bake in the oven for 20 minutes or until desired texture
6. Pat dry the oil when it comes out and ENJOY!!

**Serving Size: 1 IP Packet - 2 Protein OZ - 0 Veggies – 1 TSP Olive Oil**

### FLUFFY POTATO ROLLS (IP Potatoes)

#### **INGREDIENTS:**

- 1 package IP Potatoes
- 2 egg whites
- 1/2 tsp baking powder
- 1/8 tsp baking soda
- Olive Oil (spray)

#### **DIRECTIONS:**

1. Preheat oven to 400 degrees
2. Beat egg whites til foamy, but not stiff
3. Add in IP Potato mix, baking powder & baking soda. Mix well. Batter should be medium thick
4. Spray cupcake pan with olive oil
5. Spoon batter into cupcake pan the batter made 3 good size rolls, filling up each hole about 1/2 to 3/4 full.
6. Spray top of each roll with Olive Oil Spray
7. Bake 12 min. Rolls should rise and brown a bit. Don't overcook or they may become too "papery".
8. Enjoy hot out of the oven!

**Serving Size: 1 IP Packet - 0 Protein OZ - 0 Veggies**

### Pudding Waffle

#### **Ingredients:**

- 1 package IP Pudding (any flavor)
- 2 beaten egg whites
- Approximately 2 ounces of water
- Pinch of baking powder
- Pinch of nutmeg/cinnamon
- Pinch of sea salt

#### **Directions:**

1. Pre-heat waffle iron.
2. Beat egg whites until fluffy 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 instead 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, and

then you can add a little 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 don't 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 2 normal size waffles, depending on how much water you added.

**Serving Size: 1 IP Packet - 0 Protein OZ - 0 Veggies**

### pudding Cupcake

**Ingredients:**

2 egg whites

2 oz water

1 package IP Pudding (any flavor)

**Directions:**

Preheat oven to 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, and 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 those into (3) equal muffins. (But water in empty muffin slots to help the cupcakes bake evenly)

-I use cupcake cups so they won't stick and won't 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.

**Serving Size: 1 IP Packet - 0 Protein OZ - 0 Veggies**

### Scones

**Ingredients:**

2 packages IP Oatmeal

1 Eggs White

1/2 tsp ground cinnamon

Water to batter consistency

**Directions:**

-Preheat oven at 400 F. Spray pan with olive oil spray.

-Spoon batter onto pan.

-Bake for 10-12 minutes or until toothpick inserted comes out clean.

**Serving Size: 2 IP Packets - 0 Protein OZ - 0 Veggies**

### Wildberry Muffins

**Ingredients:**

1 package IP Crispy Cereal

1 Package IP Wildberry Yogurt Drink

2 Eggs Whites, beaten slightly

1/2 tsp ground cinnamon

1 Tbsp. Stevia/Splenda

4 tsp Olive Oil

1tsp Baking Powder

3 Tbsp. Water

**Directions:**

-Preheat oven at 350 F. Spray the standard sized muffin tin with olive oil spray.

-Before opening packet, crush IP crispy cereal until fine (powder consistency).

In a medium bowl, mix beaten eggs, ground cinnamon, stevia/Splenda, olive oil, and baking powder. Once mixed, add in Wildberry yogurt drink and crispy cereal. Slowly mix in water.

-Spoon mixed-up batter into muffin tins. (Makes 5 muffins). If there are empty muffin cups in your tin, fill 1/4 of the way with water to allow the other muffins to bake evenly.

-Bake muffins for 10-12 minutes or until toothpick inserted comes out clean.

**Serving Size: 2 IP Packets - 0 Protein OZ - 0 Veggies**

## Brownie

### **Ingredients:**

1 IP Chocolate Drink Mix  
1 IP Dark Chocolate Pudding  
2 egg whites  
1 oz water  
2 tsp. Olive Oil  
¼ tsp Sea Salt  
½ tsp Vanilla Extract

### **Directions:**

1. Preheat oven at 350 F
2. Mix all the ingredients with a fork using a large bowl so that you don't spill
3. Spray a desired container with Pam Olive Oil. Pour the mix and cook for 15 minutes.

**Serving Size: 2 IP Packet - 0 Protein OZ - 0 Veggies**

## Pudding Bread/Muffins

### **Ingredients:**

2 beaten egg whites  
1 Package IP Pudding (any flavor)  
1 cup or 2 cup shredded zucchini  
1 tsp baking powder  
1 small package Stevia/Splenda (about 1 tsp)  
¾ tsp cinnamon  
¼ tsp nutmeg  
Optional: 1 tsp vanilla/flavored extract

### **Directions:**

1. Preheat oven to 180 C (about 350 F)
2. Grate zucchini. Then place in a dish towel and squeeze excess water out as hard as you can.
3. Dust the shredded zucchini with the various spices (cinnamon, nutmeg) and let sit for about 2 minutes.
4. While waiting, beat egg whites with a pinch of salt until they hold a shape.
5. Add in IP pudding, baking powder, and sweetener. Blend.
6. Add in zucchini and rum/vanilla extract if using and blend.
7. Spray a muffin tin with Pam or other non-stick spray.
8. 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.
9. Cook for about 10-15 minutes until top turns dark, but not burned. (Watch carefully).

**Serving Size: 1 IP Packet - 0 Protein OZ - 1 or 2 cup Veggies**

## Chocolate Mug Cake

### **Ingredients:**

1 pkg Chocolate Drink (or any IP drink)  
1 egg white  
1 teaspoon baking powder  
1 tablespoon olive oil  
1 teaspoon Splenda  
Splash of vanilla

### **Directions:**

Put the drink mix in a big mug  
Add enough water to bring it to a slightly watery pudding consistency, just enough to be able to mix easily  
Add the other ingredients (egg white, baking powder, olive oil, Splenda, vanilla)  
Mix it like crazy with a big fork till it's silky smooth  
Put it in the microwave for 3 minutes ON TOP OF A BIG PLATE  
Watch as it expands like crazy  
Let cool

**Serving Size: 1 IP Packet - 0 Protein OZ - 0 cup Veggies**

## GREEN POWER (IP Vanilla)

### **Ingredients:**

1 package IP Vanilla Pudding + 2 cups water  
(OR 1 Ready to Drink IP Vanilla Shake (Add extra water as desired))

Handful or more of fresh spinach leaves (Wash first!)  
Optional: 1 package sweetener (Stevia/ Splenda)  
Optional: Extract (Peppermint for Vanilla Mint. Vanilla for stronger vanilla flavor.)  
Ice

**Directions:**

1. Pour 2 cups water into blender.
2. Add 1 package IP Vanilla Pudding
3. Blend.
4. Add 1 or more handfuls of fresh spinach leaves. If adding, drop in the sweetener and flavoring. Blend until smooth.
5. Add Ice (about 4-6 large cubes). Blend until smoothie consistency.
6. Enjoy! And if you don't 100% love the taste (I do), just know that this is a great energy bomb of goodness that your body will thank you for!

**Serving Size: 1 IP Packet - 0 Protein OZ – 0 Veggies**

**MOCK BAKED "APPLES" / "APPLE" TART:**

**Ingredients:**

- 1 large zucchini (Cut into circles, then cut in half to make thin apple slices)
- 1/4 cup lemon juice
- 1 pinch salt
- 2 packets sweetener (Stevia/Splenda)
- 1 tsp or more Apple Pie Spice (You can also make your own with recipe below)
- 1 tsp vanilla

**For Tart:**

**Make IP Oatmeal according to directions (Can use a bit less water)**

**Directions:**

1. Cut zucchini into circular disks, then cut in half to make apple slices
2. Toss together zucchini, lemon juice and salt. Place mixture into frying pan and cook until tender-crisp.  
\*\*\*\*Note: If you are concerned about using so much lemon juice, you can cut it to 2TB. It will still taste great, but won't have a "syrupy" texture. Just make sure not to dry out when baking.\*\*\*\*
3. Midway through cooking the zucchini, add in the spices, sweetener, and vanilla. I use more than 1 tsp of the spice because I like it strong.
4. If making just the apples, lightly spray a glass pie pan with cooking spray. Lay down the zucchini pies like a pie. Drizzle over the top any extra lemon juice.
5. Bake in oven at 400 degrees F (205 degrees C) for 15-30 minutes until done. (taste at 15 min. Less time is crisp apple. More time is soft apple)

Note that the lemon juice can be quite strong. You can add a bit more sweetener to cut the sour.

If you are making the tart, make the IP Oatmeal according to directions (maybe use a bit less water) and spoon into the glass pie pan with non-stick spray. Layer "apples" on top. Bake according to directions.

**Apple Pie Spice:**

**Ingredients:**

- 1/2 teaspoon ground cinnamon
- 1/4 teaspoons ground nutmeg
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground cardamom (optional, but I use this all the time. Make sure the cardamom is ground finely)

**Directions:**

Combine all ingredients. If you make extra, store in an airtight container.

**RASPBERRY MERINGUE COOKIES (IP Raspberry Jelly)**

**Ingredients:**

- 1 package IP Raspberry Jelly
- 4 egg whites
- Pinch of salt
- 1/2 tsp Cream of Tartar

**Directions:**

1. Preheat 250 F

2. Add salt and cream of tartar to the egg whites and beat until holds a shape.
3. Slowly add IP Raspberry Jelly while you continue to beat until stiff.
4. I then spoon the mixture into a baking bag to make little star buttons or hearts. If you don't have one, then take a large Ziploc bag and spoon the mixture into that. then cut a smallish hole in one of the corners.
5. Place a piece of baking paper on a cooking sheet and squeeze out your cookies.
6. Bake for about 15 minutes and check. Cookies should not be wet at all. Cook an additional 10-30 minutes depending on your oven and how you like the cookies.
7. Let cool and enjoy!

**Serving Size: 1 IP Packet - 2 Protein OZ – 0 cup Veggies**

### **GREEN BEAN CASSEROLE VEGGIE PATTIES (IP Soup):**

If you have boxes of soup, but want something different or easier to transport and microwave to eat later, try making veggie patties. This recipe turns the traditional green bean casserole on its head for a tasty filling meal.

#### **Ingredients:**

- 1 package IP Soup (Mushroom, Leek, or Chicken work best for taste)
- 1 can Green Beans rinsed (Canned actually work better than fresh, but both are ok)
- 2 egg whites, beaten
- Sea salt and Pepper (I use a Pepper Mix with black, white, rose, and chili)
- A bit of extra water (up to 50 ml) if needed.
- Optional: chopped raw onions or 1 tsp dried onion flakes
- Optional: chopped mushrooms
- 2 tsp olive oil for cooking

#### **Directions:**

1. Beat egg whites with a pinch of salt.
2. Mix in IP soup
3. Add salt, pepper.
4. If using, add onions.
5. Drizzle in just a bit of extra water if desired.
6. Drain can of green beans. Add in. (I use about 3/4 of the can. You can use more or less as desired)
7. Mix.
8. Scoop out a patty size amount of batter and drop carefully onto a pan with a little olive oil in it. I usually fry 2-3 patties at a time.
9. Cook and flip.

**Serving Size: 1 IP Packet - 0 Protein OZ – 1 cup Veggies**

### **BREAD/ SANDWICHES/ TOSTADA (IP Soup):**

#### **Ingredients:**

- Egg whites (beaten) from 2 large or 3 small eggs
- 1 package IP Soup (I have used Chicken, Leek, and Tomato. All were great)
- 1 tsp baking powder
- Spices to taste (For example, thyme, pepper, garlic powder)
- OPTIONAL: 1 tsp olive oil (I use this, but its not mandatory)
- OPTIONAL: I use 1/4 to 1/2 packet of sweetener (Stevia/Splenda) if I am using a large amount of dried herbs to cut the bitter aftertaste. However, I recommend NOT adding it the first time you make this.

#### **Directions:**

1. Preheat oven to 200 C.
2. Beat egg whites (doesn't have to be stiff...just well mixed)
3. Add in IP Soup package and baking powder. Mix until blended.
4. Add in spices to taste.
5. Line a baking sheet with baking paper.
6. Using a spatula, scoop out the dough and spread onto the paper in a rectangle shape. Should not be too thin. I let this rise for about 5 minutes, but it's not mandatory.
7. Bake for about 10-15 minutes until desired doneness.

#### **Spice Suggestions:**

- Thyme Chicken: IP Chicken Soup, 1/2 tsp thyme, dash of herbal salt, garlic salt.
- Rosemary Chicken: IP Chicken Soup, 1 tsp rosemary, 1/4 package sweetener (Splenda/ Stevia), 1/2 tsp dried onion flakes
- Sundried Tomato & Basil: IP Tomato & Basil soup, 1/2 tsp basil, 1/2 tsp horseradish paste, 1 chopped sun dried tomato, 1/2 tsp dried onion flakes

Pizza Bread: IP Tomato & Basil Soup, 1 tsp Pizza herbs (oregano, basil , thyme, marjorum, etc), mixed pepper (white, black, green pink)

Lemon Ginger with Leeks: IP leek Soup, generous sprinkle of Lemon Pepper, 1/4 tsp ginger (or chopped ginger), 1 tsp lemon juice, 1/2 packet sweetener

Mexican Tostada: IP Leek soup, taco seasoning (sugarless)

### **IP ICE CREAM**

#### **Ingredients:**

1 IP drink packet (for example, chocolate drink packet for chocolate ice cream)

½ TSP of vanilla extract

1 packet of sweetener (Stevia/Splenda)

1 cup of water

½ cup of course salt

Ice

A gallon and sandwich sealable Ziploc bag

#### **Directions:**

1. Put 1 cup of water into IP shaker – add in vanilla and sweetener – then the IP drink packet and shake until well blended. Pour mixture into small sandwich plastic bag. SEAL TIGHT.

2. Take a gallon sized plastic bag and fill up half way with ice cubes. Pour ½ cup of salt into the bag. Place the sealed sandwich bag with the drink mixture inside the ice cube bag. MAKE SURE BOTH BAGS ARE SEALED TIGHT.

3. Now here come the little arm workout! Shake, shake, shake for 8 minutes. I usually stop at around 5 minutes and check to see the progress. At about 5 minutes the mixture should be partially frozen – kind of looking like a slushy. (Try pot holders while shaking the bag because it's cold to hold onto!)

4. At 8 minutes you are going to have a hard bag of 'ice cream'! Take out of the salty ice bag and very quickly rinse the bag off under cold water.

### **SANDWICH (IP Soup):**

#### **Ingredients:**

1 IP Soup Packet (I used chicken and really liked it. You can also use IP Pudding. Lemon is my favorite 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.

5. Spoon about 1/4 cup batter to each side of the waffle iron. This will puff up a lot, so be sure you don't 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.

### **BURRITO (IP Omelet)**

#### **Ingredients:**

1 packet IP Omelet

Approx. 10 oz. Water

1-2 tsp olive oil

1 tsp or more herbs (basil, oregano, thyme, cumin)

Approved Salsa

Chopped/Shredded Lettuce

Optional: Sprouts

#### **Directions:**

1. Add IP Omelet packet to 300 ml (10oz) cold water and mix well
2. Add 1 tsp or more herbs.
3. Add oil to pan on med-heat heat. Let heat fully.
4. Pour 1/2 of omelet mix to pan and swirl until it fills the full pan it should be thin.
5. Let cook well, lifting the sides as it cooks to make it easier to flip when done cooking. Should be crepe consistency.
6. Flip and finish cooking. Take from pan and make the second "tortilla".
7. To one side of the tortilla, add lettuce, salsa, and any other filling as desired (I often use sprouts)
8. Roll up and make the second one. You can top with salsa and a sprig of parsley if the spirit of Martha Stewart possesses you.

### **TEENY TINY ITTY BITTY CROUTONS (IP Crunchy Cereal)**

#### **Ingredients**

- 1 packet of Ideal Protein Plain Cereal
- 2 tsp olive 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, marjorum, 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 flavorful. (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.

### **Mockamole Dip**

#### **Ingredients:**

- 1 c asparagus
- 1 tomato
- 1/4 c onion
- 1/2 tbsp. olive oil
- Squeeze of lime juice
- Garlic powder, onion powder, cayenne pepper, sea salt & pepper (to taste)

#### **Directions:**

1. Cut up asparagus & steam it (overcooking slightly) then let cool
2. Add all ingredients in to Nutribullet or blender and blend

### **Baked Rhubarb Dessert**

#### **Ingredients**

- 1 pound rhubarb, leaves discarded and stalks cut diagonally into 1-inch pieces
- 1/4 cup Splenda sugar
- 1/2 vanilla bean, halved lengthwise
- IP Vanilla Pudding

#### **Directions**

1. Place rhubarb and 1/4 cup Splenda sugar in a large bowl. Scrape vanilla seeds into bowl and add pod. Toss to combine; let stand 20 minutes.
2. Preheat oven to 375 degrees. Butter an 8-inch square baking dish. Transfer rhubarb mixture to baking dish and bake, gently stirring halfway through, until tender, about 30 minutes. Discard vanilla pod. Let cool slightly in dish on a wire rack. Serve warm next to the Vanilla Pudding.

### **Mexican Meatza**

#### **Ingredients:**

##### **Base:**

- 1 lb. ground beef, turkey, venison, or pork
- 2 diced green onion
- 1 tsp chili powder
- 3 tsp paprika

½ tsp salt

**Toppings (in order):**

¾ Cup Salsa

1 Cup diced mushrooms

1 diced tomato

½ cup diced bell peppers

1 tsp chopped coriander

2 tsp chopped jalapeno (optional)

Juice of a lime (to finish)

**Directions:**

1. Pre heat your oven to 350 F.
2. Spray square dish with Olive oil or baking paper.
3. Brown the mix of meat, onion, spices and salt in skillet. Press evenly into the prepared dish.
4. Bake the base for ten minutes. Layer the topping ingredients in the order listed above. Bake for a further ten minutes.

**Chili Recipe (Phase 1)**

**Ingredients:**

(Optional) 10 ounces lean ground turkey/venison/lean beef

(Top it Off) 1 medium onions, diced

2 -3+ garlic cloves, minced

2+ zucchini, diced

2 @ 28 ounce cans diced tomatoes no salt added (check ingredient list)

2+ yellow zucchini, diced

1 @ 32 ounce cans reduced-sodium fat free beef broth

4+ stalks celery, diced

1 green bell peppers, diced

1 yellow bell peppers, diced

1 red bell peppers, diced

1 orange bell peppers, diced

1 container mushrooms, diced

2-4 tablespoons dry chili seasoning mix

**Directions:**

1. Brown the turkey, and garlic in a large soup pot.
2. Add the remaining ingredients (leave onions to top the chili – remember they have to be raw!)
3. Bring to a simmer.
4. Continue simmering until vegetables are tender (about 30 minutes).

**Greek Stuffed Chicken**

**Marinade:**

2 tablespoons garlic powder

2 tablespoons parsley

1 1/2 tablespoons oil

1 tablespoon white vinegar

1 teaspoon sea salt

1 teaspoon black pepper

Lemon juice of one lemon

**Ingredients:**

3 cups spinach

2 chicken breasts

½ cup green onion, minced

2 cloves garlic, minced

1 teaspoon parsley

1/2 medium tomato

1/4 cup diced mushrooms

Butterfly slice the chicken breasts (aka slice them almost all the way down the middle so they open like a book). Combine the marinade ingredients and the butterflied chicken breasts in a Ziploc bag and shake it up. Refrigerate the bag for at **least** an hour

Preheat the oven to 425 degrees. Combine the green onion and garlic in a small frying pan and sauté for about 5 minutes. Add in the spinach for another minute or two- until the spinach is wilted.

Dump the contents of the Ziploc bag into an oven-safe non-stick baking dish with the chicken breasts opened up (like an open book). Layer the spinach, green onion, garlic, tomatoes, parsley and mushrooms over one half of each chicken breast. If there is extra marinade in the bag, dump that over the chicken breasts too. Fold the uncovered halves of the chicken breasts over the “stuffing”. Heat in the oven for 25 minutes.

### **Ginger, Beef, Mushroom, Kale Stir Fry**

#### **Marinade Ingredients:**

1/3 cup low sodium soy sauce  
1/2 cup vegetable broth (or chicken/beef broth, or water)  
3 Tbsp. white vinegar  
2 tsp. ground ginger  
1/4 tsp. freshly-ground black pepper

#### **Stir-Fry Ingredients:**

1 lb. thinly sliced flank steak or sirloin, cut diagonally across the grain into thin strips  
2 garlic cloves, minced  
1 1/2 Tbsp. olive oil  
8 ounces baby Portobello or button mushrooms, halved  
4 ounces shiitake mushrooms, halved  
3 cups chopped kale  
2 green onions, thinly sliced

#### **To Make The Marinade:**

Add all marinade ingredients to a bowl and whisk to combine. Pour marinade into a large bowl or Ziploc bag, then add in the steak and gently toss to combine. Cover/seal and refrigerate for at least 15 minutes.

#### **To Make The Stir-Fry:**

Once steak has marinated, heat 3/4 Tbsp. olive oil in a large sauté pan over medium-high heat. Remove steak from marinade with a slotted spoon, reserving the marinade, and add to sauté pan with garlic. Sauté for about 2-3 minutes until browned, stirring occasionally. Remove steak with a slotted spoon and set aside. Add mushrooms, kale, and reserved marinade to sauté pan, and stir to combine. Cook for 3-4 minutes, until the kale is wilted, the sauce has thickened, and the mushrooms have cooked, stirring regularly so that sauce does not burn. Add in the steak, and toss to combine. Serve immediately over riced cauliflower garnished with chopped green onions.

### **Mock Fried “Rice”**

1 head cauliflower  
Garlic  
Diced onion  
Bean sprouts, mushrooms, bok choy, or other veggies of choice  
1-2 tablespoons olive oil  
1-2 tablespoons soy sauce  
1 large egg  
Meat or tofu if desired (cooked and chopped fine)

Grate the cauliflower in a food processor to create the “rice” In a large pan or wok work the olive oil, onions, and garlic. Add cauliflower and other veggies and cook on medium heat until the cauliflower has softened, stir frequently and cover to speed up cooking time. Add soy sauce to mixture and move to side of pan. Scramble the egg and then add to the cauliflower mixture. You can also add meat or tofu if desired.

### **Mock Mashed “Potatoes”**

1 head of cauliflower  
5+ Cloves Diced Garlic  
¼ cup Low Sodium Broth

1 ½ Tsp Olive Oil

Cut cauliflower into small pieces and steam until tender, pat dry. Heat the Olive Oil and Garlic on Stove until brown. Using a food processing blend the cauliflower, garlic, olive oil, broth and desired spices until smooth. You can use the IP chicken soup as “gravy” for your “potatoes”

### **Cauliflower Tortillas**

#### **Ingredients**

- ¾ a head of cauliflower riced or 2 cups riced and packed
- 2 eggs
- salt and pepper to taste

#### **Instructions**

1. Preheat oven to 375 degrees and line a baking tray with parchment paper.
2. For these I actually rice my cauliflower slightly more fine than cauliflower rice. Toss ¾ a head of cauliflower cut up and most of the stem removed and pulse until you get a texture slightly finer than rice. (Once it's riced measure it to make sure you have 2 cups packed.)
3. Place riced cauliflower in bowl and microwave for 2 minutes and stir, then another two minutes and stir again then place in a dish towel and squeeze excess water out as hard as you can. (You're going to want to get out as much water as you can and be careful not to burn yourself because it's going to be very hot.)
4. Place drained cauliflower back in bowl and add two eggs, salt and pepper and mix until well combined.
5. As a note it will be a little bit runny but shouldn't be pure liquid either. Spread mixture onto a baking sheet into 6 small fairly flat circles.
6. Place in the oven for 10 minutes then pull out of the oven and carefully peel them off the parchment and flip them and place back in the oven for 5-7 more minutes.
7. Once they're done place them on a wire rack to cool slightly.
8. Heat a medium sized pan over medium heat and place the tortillas into the pan pressing down slightly and brown them to your liking. (Don't skip this step because it gives them slightly crispy on the edges and gives them a wonderfully nutty taste)

**Serving Size: 0 IP Packet - 2 Protein OZ – 2 cup Veggies**

### **Broccoli/Cauliflower crust pizza**

1 cup finely chopped cooked broccoli or Cauliflower (as dry as you can get it)  
1 large egg  
Italian spices

Heat oven to 425°F. Press onto parchment covered pizza pan or cookie sheet. Bake until browned on top (about 7-10 minutes) then flip for another 7-10 minutes. Flip last time and thinly cover with tomato paste (no salt added), add desired vegetables and meat and bake to your liking.

**Serving Size: 0 IP Packet - 2 Protein OZ – 1 cup Veggies (add toppings to this total)**

### **BIG MAC IN A BOWL**

#### **Ingredients:**

5 oz Extra Lean Ground Beef  
1/4 c finely chopped red onion  
3/4 c finely shredded iceberg lettuce  
1-2 tbsp. Walden Farms Thousand Island Dressing or Yellow Mustard

#### **Directions:**

1. Add spices to lean ground beef. (For example, garlic powder, onion powder, Mrs. Dash, salt & pepper).
2. Cook the amount of patties you want. (I made extras to refrigerate for the next day).
3. When almost cooked to desired doneness, if you are using the cheese, melt cheese on top of patties and take off heat.
4. Chop up a head of lettuce. Spread lettuce on plate.
5. Sprinkle in chopped onions (and chopped dill pickles if using)
6. 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.)
7. Cut hamburger patties into bit sized pieces and drop onto plate.
8. If you cannot find low carb Thousand Island dressing, you can use plain American Mustard instead.
9. Mix all ingredients in a bowl & refrigerate for an hour or eat warm.

### **Stuffed Cabbage Rolls**

1 lb Ground Turkey (or ground meat of your choice)  
3/4 cup White Onion, chopped  
1/4 c Mushrooms, chopped  
3/4 cup Bell Peppers  
2 TBSP Minced Garlic  
1 Egg  
1 handful Spinach, chopped  
3-4 TBSP Parsley (dried or fresh)  
1 head Green Cabbage  
1 jar Diced Tomatoes (No Salt Added)  
Salt and Pepper to taste

Start by submerging the Cabbage in a huge pot, and place on the stove to boil. Once the cabbage is boiling, let it remain on the stove for 10 minutes. While that is boiling, mix all the ingredients except for the tomato sauce in a bowl by hand. Once the cabbage is done, peel the leaves from the head carefully as to not rip the leaves, and lay them out on some paper towels to dry and cool. Once cooled, spoon about 1/2 c of the meat mixture into each leaf, roll it up like a mini burrito, and place in a 13x9 pan. I layered the bottom of the pan with leftover leaves, which helped the rolls from sticking. Pour tomato sauce over the tops of the rolls, cover the pan with foil, and bake at 350 for 1 hour. Makes about 6 rolls = 3 rolls per serving size  
**Serving Size: 0 IP Packet - 8 Protein OZ – 2 cup Veggies**

### Veggie Stew

2-3 cups low sodium chicken broth  
Onions, garlic, and any spices you may desire (Italian spices are really good)  
Variety of vegetables  
1 tablespoon tomato paste  
1 tablespoon olive oil

Add diced onion and garlic to olive oil and soften. Add broth, tomato paste, and spices. Add veggies and simmer 15-20 min. Add any soft vegetables such as celery in the last 5 minutes of cooking to avoid “mushy” vegetables. You can add baked tofu, shredded chicken, or ground beef. Also adding IP soup to each serving when re-heating is a great way to get veggies and IP food in.

### Ratatouille

2 tablespoons broth  
1 tablespoon tomato paste  
Garlic and dried minced onion  
2 cups eggplant (diced, salt in colander for 1 hour to remove bitter taste and rise well)  
1-2 medium zucchini peeled and sliced lengthwise  
Additional veggies such as mushrooms or spinach can be used as well  
Spices of choice

Cook garlic and onion in olive oil until soft. Add veggies, broth, tomato paste, spices, and simmer covered for 20 min. Uncover for last 5 minutes of cooking to allow broth to thicken. You can add meat if desired or serve as is.

### Baked Tofu

Drain and press block of extra firm tofu. Cut in cubes. Add 1 tablespoon olive oil and 1 tablespoon soy sauce to ziplock baggie. Add desired spices (red pepper, turmeric, Italian, black pepper) Add tofu to baggie and allow to marinate in fridge 4 hours or overnight. Heat oven to 400°F, place tofu on parchment paper and cook 15-20 minutes flipping tofu blocks half-way through cooking time. Set oven to broil and broil each side of tofu for 1 minute.

### Zucchini “Noodles”

Slice zucchini on a mandolin; add spritz of olive oil, garlic, and spices to pan. Sauté until semi-soft. These can be added to any dish to give the feel to noodles.

### Zucchini and Tofu Lasagna

2 large zucchini  
2 packages frozen spinach, thawed and pressed dry  
1 block soft tofu (drained)  
1 block firm tofu (drained)  
1 large egg  
1 can tomato sauce  
Vegetables of choice: peppers, mushrooms, onion

Cooked and drained meat (if desired)  
Garlic and spices as desired

Slice zucchini lengthwise into very thin slices, sprinkle lightly with salt and allow to drain in colander (about 15-30 minutes) Place drained tofu, egg, and spices into a blender and blend until desired consistency. Cover bottom of 9x13 baking pan with layer of zucchini and begin layering tofu mixture, vegetables, meat (if desired), and zucchini. Cover with remaining tomato sauce and cover. Bake for 45 minutes in a 325°F oven, raise oven to 350°F and remove cover and bake for an additional 15 minutes.

### **MOCK BREAD STICKS:**

#### **Ingredients:**

1/2 head of cauliflower grated  
1 egg and 1 egg white beaten  
1/2 teaspoon to 1 teaspoon Italian spices (Note that some Pizza Herbs can taste a little "sharp" so you may add 1/4 packet of sweetener like Stevia/Splenda to balance or consider using fresh herbs)  
OPTIONAL: 1/2 TB olive oil  
OPTIONAL: 1/4 cup grated onion  
OPTIONAL: 3 teaspoons chopped fresh cilantro

#### **Directions:**

Option 1 (easiest)

1. Preheat oven to 350 F (180 C)
2. Mix together, pour onto a baking sheet that was covered with parchment paper and sprayed with olive oil.
3. Bake for 45 minutes. Check doneness.  
(You can then take out and flip it carefully over with a spatula, put back in oven for 10 minutes if you want)
4. Cut into slices.

#### **Option 2**

1. Preheat oven to 350 F (180 C)
2. Mix together. Smash down, then scoop out some with a spoon and form into sticks. Continue until the batter is all used.
3. Spray top with Olive Oil Spray, or brush with olive oil.
4. Bake for 30- 40 minutes. Taste for doneness.

### **Huevos Rancheros**

#### **Ingredients:**

1 (14.5-ounce) can no-salt-added tomatoes, undrained and chopped  
1 (4.5-ounce) can chopped green chiles, undrained  
2 tablespoons chopped fresh cilantro (plus some for garnish)  
2 teaspoons chili powder  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
1/8 teaspoon pepper  
4 eggs  
2 tablespoons chopped green onions  
Sliced limes for garnish

#### **Directions:**

- 1) Combine the first 7 ingredients in a large nonstick skillet; stir well, and Bring to a boil. Cover, reduce the heat, and simmer the tomato mixture for 10 minutes.
  - 2) Break each egg into a custard cup, and slip eggs from cups into tomato mixture. Cover and simmer for 6 minutes or until the eggs are done. Remove eggs with a slotted spoon.
  - 3) Spoon the tomato mixture onto each of 4 plates, and top with eggs. Sprinkle green onions & cilantro over each serving. Serve as is or over chopped lettuce with lime slices.
- Options: depending on your phase you can add heated low carb tortillas, beans and avocado slices.

**Serving Size: 0 IP Packet - 0 Protein OZ – 3 1/3 cup Veggies**

### **Egg Salad**

#### **Ingredients:**

6 hard-boiled eggs  
3-4 Kohlrabi Peeled/Boiled until soft  
2-4 Tablespoons yellow mustard  
1-2 teaspoons Dill Pickle juice  
Salt and Pepper to taste

2-3 Tbsp. of Walden Farms mayo (optional)

**Directions:**

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

**POPCORN CAULIFLOWER (Salty &/or Sweet Versions):**

This tasty treat is perfect for snacking. Just like Popcorn, you can experiment with different spices and flavors to find the taste that's right for you. This is amazing fresh out of the oven, but doesn't really microwave well for eating later. (Leftovers from the savory version can be blended into soups or veggie patties, but Caramel Kettle Korn versions should be eaten immediately.)

**Ingredients:**

SAVORY "POPCORN" (Basic)  
1/2 -1 head fresh cauliflower (about 1 lb)  
2 tsp to up to 2 tablespoons olive oil  
Salt, to taste  
Optional: Seasonings  
Optional: Pinch of sweetener (Stevia/ Splenda)

**Twists:**

b) Salt & Vinegar Popcorn

Add 1 TB vinegar and a couple of pinches of sea salt when coating the cauliflower. However, if you really want the "popcorn" crisp, then add the vinegar to a sprayer and wait until its cooked to spray and then sprinkle with sea salt.

c) Spicy Curry Popcorn

Add 1-2 tsp curry and/or chili powder when adding spices

d) Cajun Popcorn

Add 1-2 tsp "Slap Ya Momma" seasoning

e) Thyme & Garlic Delight

Add Thyme, black pepper, fresh garlic, and lemon juice

**Directions:**

1. Cut the cauliflower into small bite-size pieces. (Larger chunks don't cook/ brown as evenly, so you get much less cauliflower taste with smaller pieces)

2. Put pieces in a large plastic storage bag or a large mixing bowl.

3. Drizzle the oil over the cauliflower then sprinkle with seasonings and a little salt. Close bag and shake until florets are coated as evenly as possible or toss well in bowl. I usually put in 2 tsp of olive oil, shake, then SPRAY with olive oil in a spray bottle to use much less oil than called for.

4. Spread in a single layer on a baking sheet.

5. Bake at 400 F (200 C) for about 50-60 minutes, turning them over every 15 minutes.

You do want them to get very dark brown for the best flavor and turning them is important because the bottoms will get too browned otherwise. This makes a very ugly-looking snack, but you'll find that they're kind of addictive

**Serving Size: 0 IP Packet - 0 Protein OZ – 2 cup Veggies**

**Sheppard's Pie**

**Ingredients:**

1 head of Cauliflower  
2 tsp Olive Oil  
1 clove Garlic crushed  
2 cups diced green beans  
¼ cup low sodium fat free broth  
¼ tsp. Salt and pepper to taste  
1 lbs. ground meat  
½ cup leeks

**Directions:**

1. Cook one whole cauliflower until soft enough to mash. Add extra broth, olive oil and garlic to desired texture.
2. In a skillet, brown 1 lb. of lean ground Turkey or beef. Adding 1/2 cup of leeks, 1/4 tsp sea salt and pepper

3. Cook turkey or beef mixture until brown.
4. Layer in greased casserole dish with green beans on the bottom add in ¼ cup broth. Next press in the ground meat mixture pressing down firmly. Finish with cauliflower mixture on top of the turkey or beef mixture and press down firmly.
5. Bake in the oven at 350 F for 20 minutes.

**SAVORY CHICKEN/ HAM PUFFS (All Phases. Serves 2) :**

**Ingredients:**

1- 2 boneless skinless chicken breasts cooked and diced (using less chicken allows you to eat all of the portions (12) in one day. Using two breasts means you eat half the batch...about 6 portions in one day) Also see notes for other meat suggestions:

- 5 egg whites
- 1 cup celery, minced
- 2 tbsp red or green bell pepper
- ¼ tsp black pepper
- 1 tsp baking powder
- ¼ tsp sea salt

Olive oil cooking spray

OPTIONAL: Additional veggies...add 1 or all. I used all.

- 1/4 cup frozen or fresh chopped raw onion
- 1/4 - 1/2 cup minced mushrooms (canned or fresh)
- 1/4 - 1/2 cup fresh alfalfa sprouts and/or mung bean sprouts

**Directions:**

1. Beat egg whites
2. Mix all ingredients well in a medium bowl.
3. Spoon into 6 well-sprayed muffin cups.
4. Bake at 350 F (about 180 C) 30-35 minutes, until set and lightly browned.

**Thai-Style Spicy Cabbage Slaw with Mint and Cilantro**

**Dressing Ingredients:**

- 1 1/2 T lime juice
- 1 T fish sauce (I like [Three Crabs Fish Sauce](#))
- 2 tsp. Splenda, granulated Stevia, or sugar (use Splenda or Stevia for South Beach Diet)
- 1/4 - 1/2 tsp. dried red chili flakes

**Ingredients:**

- 3-4 cups thinly sliced and chopped red and/or green cabbage (we used more red than green, which made a pretty salad)
- 1/4 cup thinly sliced green onions
- 1/2 cup chopped mint leaves
- 1/2 cup chopped cilantro

**Instructions:**

1. Stir together the lime juice, fish sauce, sweetener of your choice, and red chili flakes to make the dressing. (You might start with the smaller amount of chili flakes and taste on your finger to see if you want more heat.)
2. Thinly slice and chop enough red and green cabbage to make 3-4 cups of sliced cabbage. Put the cabbage in medium-sized bowl and toss with the dressing. Let the cabbage marinate while you prepare the other ingredients.
3. Slice the green onions. Wash and spin dry the mint leaves and cilantro, using a salad spinner or drying with paper towels, then chop enough to make 1/2 cup each chopped mint and cilantro.
4. Add the green onion, chopped mint, chopped cilantro, and most of the peanuts to the cabbage and toss to combine.

**CRISPY KALE CHIPS:**

**Ingredients**

- 1 bunch kale
- Olive Oil Spray
- Parchment/Wax Paper

**Directions**

1. Preheat an oven to 350 degrees F & Line a non-insulated cookie sheet with parchment paper.
2. If washing, you MUST dry them before cooking.
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 Ziploc 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 don't 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 and bitter)
7. Sprinkle with sea salt AFTER cooking. You can add it before, but I find its better after roasting.

**Variations:**

**Salt & Vinegar Kale Chips:**

Add 1 tsp to up to 1 TB vinegar when adding the oil. (You can also add both oil and vinegar to the sprayer at the same time for an evenly coated taste. I used about 2 tsp. Just make sure no liquid pools under the kale when cooking, though, or it will get soggy.)

**Spicy Kale Chips:**

Add about 1 tablespoon of chili flakes (or to taste) & sprinkling of paprika

**Cajun Kale Chips:**

Add Cajun or Creole seasoning.

**SPROUT HASH BROWNS:**

**Ingredients:**

Sprouts (I use two different kinds. About 1 cup)  
 2 beaten egg whites  
 Spices (I use either Asian Spices or Italian Spices)  
 Sea Salt & Ground Black Pepper  
 Optional: Tabasco to taste.

**Directions:**

1. Beat 2 egg whites until they hold a firm shape.
2. Add in herbs, sprouts & spices
3. Mix.
4. Scoop onto a med-hot pan sprayed with non-stick spray or a little olive oil. Spread the batter out to make a patty in the shape you want.
5. When fully cooked on one side, flip. (If not cooked through, it may fall apart. Still tasty, but not so visually pleasing)

**Zucchini Chips (phase 1-4)**

**Ingredients:**

1 Zucchini, sliced into 1/4" disks  
 1 IP Broccoli Cheese Soup packet  
 2 Egg Whites  
 1/4 tsp Sea Salt  
 1/4 tsp Garlic Powder  
 1/8 Tsp Freshly Ground Black Pepper

**Directions:**

Preheat oven to 450 degrees. Line a baking sheet with parchment paper and spray with olive oil spray. Wash zucchini and slice into 1/4 inch slices. Mix the IP Broccoli Cheese Soup packet and seasoning in one bowl. Place the egg whites in another bowl. Dip zucchini slices in the egg whites, then dip into the soup mixture, coating evenly.

Spread zucchini in a single layer on the baking sheet. Roast 7 minutes, then turn zucchini over. Roast another 7-8 minutes, or until coating is crispy and golden brown. Serve immediately.

**Chicken & Cabbage**

**Ingredients:**

1 head cabbage, finely chopped  
 1 pound ground chicken or turkey  
 1 tablespoon coconut oil  
 1 clove garlic, crushed and minced  
 1 medium onion, diced  
 Add Bragg's liquid amino acid and chili sauce to taste  
 Salt and pepper to taste

**Instructions:**

In a large frying pan or wok sauté minced garlic and onion until slightly brown. Add in ground chicken or turkey and cook until no longer pink. Add cabbage, liquid spices, salt and pepper and cook until cabbage is tender

**Chicken and Spinach Ravioli****Ingredients:**

4-5 medium to large yellow squash  
1 Tbsp. olive oil  
1.5 lbs. ground chicken  
1 8 oz. bag frozen spinach, thawed  
2 Egg White  
1/2 yellow onion, diced  
1 clove garlic, minced  
Small handful fresh basil leaves  
Salt and pepper to taste

**Directions:**

1. Cut ends of squash off and slice down the middle so you have two halves. Using the narrowest setting on your mandolin, slice the squash into long, flat strips.
2. In a large pan, heat oil over medium heat. Add onion and a pinch of salt and sauté for about 5 minutes, until nearly translucent. Add garlic and sauté until fragrant.
3. Add ground chicken to onion and garlic and sauté until chicken is cooked all the way through.
4. Squeeze all the excess water out of the spinach, then add chicken, spinach, salt, pepper, and egg whites to a food processor or blender and puree until mixture reaches desired.
5. Assemble the ravioli by just barely overlapping two strips of squash. Do the same over the middle of the first two strips, but perpendicular, creating a cross or "+" shape.
6. Spoon filling in the center of the cross, then bring the ends of the strips together, overlapping each other. Secure with a toothpick.
7. Before serving, steam raviolis for about 4 minutes, or until squash is tender and inside is warm.
8. Top with diced tomatoes or spaghetti sauce.

**Coconut Chicken and Veggies****Ingredients:**

2 Chicken Breasts cubed  
2 cups Broccoli florets  
2 cups mushrooms diced  
1 handful spinach  
4 tsp. Coconut Oil  
2 tbsp. minced garlic  
Salt and Pepper to taste

**Directions:**

1. Heat 2 tsp coconut oil and minced garlic in a nonstick skillet. Add mushrooms until tender.
2. Once the mushrooms are tender add in the chicken breasts until brown. Then add the broccoli and another 2 tsp coconut oil and cook until rich green color or desired texture.
3. Finally add the spinach leaves until they wilt. Finishing with salt and pepper to taste.

**Quick Lime Cilantro Chicken Recipe****Ingredients:**

3 Boneless Chicken Breasts  
3 or 4 Limes  
4-6 Garlic Cloves  
Olive Oil  
Cumin, Cayenne or Chili Powder  
¼ Cup Cilantro

**Directions:**

1. Mince the garlic, snip the cilantro and zest a lime. Juice the lime carcass along with two more limes. Cut a lime into wedges.
2. Cut the chicken into chunks. You can skip this and cook them whole but chunks cook faster.

3. Pour a little olive oil into a large skillet or sauté pan, just enough to not quite cover the bottom. Heat it over medium high heat until it's very hot, almost smoking. Add the chicken and let it cook undisturbed.
4. Once the chicken is browned nicely on the bottom and will easily let go of the pan, sprinkle it generously with cumin and chili powder or pepper. Let it cook another minute or two, until the white line has moved about halfway through the pieces.
5. Turn the chicken and let it cook another couple of minutes, long enough to brown. Reduce the heat to medium low and sprinkle in the garlic and lime zest. Stir it little and let it cook another couple of minutes but be careful not to let the garlic burn.
6. Once the chicken is cooked through add the lime juice and stir up all the browned goodness from the pan. Remove the chicken to a bowl or platter and sprinkle it with cilantro. Serve it up with a lime wedge.

### Meatloaf with Mushrooms

#### **Ingredients:**

2 lb. ground beef, turkey, venison, pork  
 1 ½ tsp sea salt;  
 1 tsp ground black pepper;  
 1 egg;  
 1 medium onion, finely chopped;  
 2 cups white button mushrooms, finely chopped;  
 1 tsp chili pepper flakes;  
 3 tsp fresh thyme, minced;  
 1 tsp fresh oregano, minced;  
 3 cloves garlic, minced  
 1 tbsp. olive oil

#### **Directions:**

1. Preheat your oven to 350 F.
2. In a medium sized skillet placed over a medium heat, melt the cooking fat, add the mushrooms and sauté for 2 to 3 minutes, or until soft.
3. In a large bowl, combine the meat, salt, pepper, egg, onion, mushrooms, chili pepper, thyme, oregano and garlic. Mix well, making sure to break-up the meat. Add the cooked mushrooms as well. It's very important that the mushrooms are evenly distributed to ensure the loaf bonds well.
4. Lightly grease loaf pan with olive oil and fill it with the meat mixture. Place in the oven and cook for approximately 60 minutes.

### Basil Lime Chicken

#### **Ingredients:**

3 Limes (juice and zest) Divided  
 3 T Olive Oil  
 1/4 Cup Extra Virgin Olive Oil  
 3 T Dijon Mustard  
 3 T Worcestershire Sauce  
 3 T Soy Sauce  
 6 Green Onions Chopped Divided  
 4 Cloves Garlic Minced Divided  
 2 T Chopped Basil  
 Salt and Pepper to taste  
 3 lbs Chicken Breasts

#### **Directions:**

1. Combine the zest and juice of 2 limes, Olive Oil, Mustard, Worcestershire, Soy, 3 onions, 2 garlic cloves salt and pepper and mix well.
2. Cut chicken into even cutlets and place in a gallon sized baggie. Pour marinade over the chicken and marinate for 1 hour.
3. Preheat grill. Place chicken on grill and grill for 7 minutes. Then flip and cook until internal temp reaches 170. Remove from grill and let meat rest.
4. Meanwhile combine juice and zest of one lime with extra virgin olive oil, 3 chopped onions, 2 minced garlic cloves, & basil. Slice chicken into bite-sized pieces and pour sauce over top.

### Chicken Marsala

**Ingredients:**

6 thinly sliced chicken breasts  
 1 pkg. 8 oz. sliced mushrooms  
 1/2 cup Lemon Juice  
 1 tsp. minced garlic  
 1 tsp. marjoram leaves  
 1 tsp. minced onions  
 1/2 tsp. coarse ground black pepper  
 1 tsp. basic leaves  
 1 tsp. parsley  
 2 tbs Olive Oil

**Directions:**

1. In a large skillet, heat oil on medium-high heat. Cook the chicken breasts 4 minutes on each side or until golden brown.
2. Remove from skillet and keep warm in a glass baking dish. Sauté mushrooms in the skillet and cook until tender.
3. Add mushrooms and add spices, except for parsley. Bring to a boil, then reduce heat to a simmer. Pour mushroom mixture over chicken. Bake in the glass baking dish for 15-20

**Spaghetti Sauce****Ingredients:**

1 pound lean ground turkey or 90%> lean ground beef  
 8 large tomatoes  
 1 medium onion, chopped  
 1 small green pepper, chopped  
 Fresh button mushrooms (if you like)  
 2 Tablespoons minced garlic or 2 cloves, crushed and chopped Or Garlic Powder(start with 1 tablespoon and add what you like for taste)  
 2 Tablespoons Italian seasoning  
 1/4 tsp Red pepper flakes  
 1/2 cup water

**Directions:**

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

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

**MEASURE SALAD DRESSINGS PER DAY 2 TBSP MAX AND IS FULFILLS DAILY OLIVE OIL ALLOWANCE**

<b>Mock Cesar Salad Dressing</b> 1 clove minced garlic 1/2 tsp salt 1/2 tsp pepper 1 TBL lemon juice/vinegar 1/4 cup Olive Oil Dash Dry Mustard	<b>Honey Salad Dressing</b> 1/4 cup Olive Oil 1/4 cup water 1/4 cup Dijon Mustard 1/4 cup White Vinegar Salt & Pepper 1-2 packets Splenda
<b>Tomato Dressing</b> 1/2 cup tomatoes, chopped 2 Tablespoons white vinegar 1/2 teaspoon dried basil 1/2 teaspoon dried thyme 1/2 teaspoon Dijon mustard  Blend tomatoes, vinegar, basil, thyme, and mustard until well combined. Shake well before serving tomato vinaigrette.  <b>Guilt Free Italian Dressing/Marinade</b> 2 Tablespoons Italian Seasoning 1/4 cup Olive Oil 1/2 cup White or Apple Cider Vinegar 1/4 cup Water	<b>Roasted Garlic Dressing</b> 2 Tablespoons French shallots, chopped 1/3 cup apple cider vinegar 1 teaspoon Dijon mustard 1/2 teaspoon salt pinch white pepper 1 egg white 6 cloves garlic, roasted in a 360 degree oven until softened and lightly browned (about 20 minutes) 1 cup olive oil  Blend all ingredients except oil. While blender is running, add oil in a thin stream until emulsified. Serve roasted garlic vinaigrette immediately.

<p><b>Apple Cider Dressing</b>  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 olive oil</p> <p>Whisk mustard, Splenda, salt, pepper, vinegar, and chopped parsley together in a bowl. Slowly drizzle in the oil, whisking constantly, until thickened.</p>	<p><b>Cilantro, Capers and Lime Dressing</b>  1 clove garlic, finely chopped  1 1/2 teaspoon whole grain mustard  2 limes, finely grated rind and juice  1 Tablespoon white vinegar  1/4 cup olive oil  1 teaspoon capers  3 Tablespoons fresh cilantro, chopped  Freshly ground black pepper, to taste</p> <p>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.</p>
<p><b>Light Dressing</b>  2 Tablespoons water  1 Tablespoon apple cider vinegar  1 clove garlic, minced  2 teaspoons Dijon mustard  pinch each salt and pepper  2 Tablespoons olive oil</p> <p>Whisk together water, vinegar, garlic, mustard, salt and pepper; gradually whisk in olive oil.</p>	<p><b>Thai Dressing</b>  1 clove garlic, finely chopped  1/2 teaspoon fresh ginger, finely sliced  3 Tablespoons white 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</p>
<p><b>Raspberry Dash Salad Dressing</b>  1/2 teaspoon Ideal Protein Raspberry Jelly (Jello)  1/2 teaspoon of Mrs. Dash "Garlic and Herb"  1 Tablespoon of your favorite olive oil</p> <p>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!</p>	<p><b>French Dressing</b>  14 oz Walden Farms Ketchup  3/4 cup White Vinegar  3/4 cup Olive Oil  3/4 cup Splenda/stevia  1/2 tsp soy sauce  1 tsp pepper  1 tsp sea salt  1 1/2 Garlic Powder  1 tsp Mustard Powder  1-2 oz Dried Onion Flakes (hydrate first in water)  1/2 green pepper finely chopped  1-2 clove garlic crushed</p>
<p><b>Lemon-chive Dressing</b>  1/4 cup 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</p> <p><b>Asian Salad Dressing</b>  1/4 cup Olive Oil  1/4 cup White Vinegar  1/4 cup water  2 TBL light soy sauce (no msg)  1-2 cloves garlic-pressed</p>	<p><b>Coriander Dressing</b>  1/4 cup olive oil  3 Tablespoons lime juice  2 Tablespoons chopped fresh coriander  1/2 teaspoon each ground cumin and salt  1/4 teaspoon pepper</p>

**Taco Seasoning Recipe 1:**

- 1/4 cup Chili Powder
- 1/4 cup Cumin Powder
- 1 tablespoon Garlic powder
- 1 tablespoon Onion powder
- 1 teaspoon Oregano leaf (or oregano leaf powder)
- 1 teaspoon Paprika

- 1/4 cup Himalayan salt or Sea salt (optional)
- 1 teaspoon ground pepper

To make: Put all in jar and shake well or mix in a food processor until mixed. Store in an airtight jar for up to six months. Makes approx. 1 cup. To use: sprinkle on ground beef or chicken as you would any store bought taco seasoning. 3 tablespoons is the same as 1 packet of store bought taco seasoning.

**Taco Seasoning Recipe 2:**

- 1/2 cup chili powder
- 1/4 cup onion powder
- 1/8 cup ground cumin
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon sea salt

To make: Put all in jar and shake well or mix in a food processor until mixed. Store in an airtight jar for up to six months.

**Homemade Curry Powder Recipe:**

- 1/2 cup Paprika
- 1/4 cup Cumin
- 1 tablespoon Fennel Powder
- 2 tablespoons ground Mustard Powder
- 1 tablespoon ground Red Pepper Flakes (optional)- adds spiciness
- 3 tablespoons ground Coriander (optional)
- 1/4 cup ground Turmeric root
- 1 tablespoon ground Cardamon (optional)
- 1 teaspoon Cinnamon Powder
- 1/2 teaspoon Cloves Powder (optional) – Adds complex flavor

To make: Mix all ingredients in a bowl, jar or food processor and store in an air-tight container until ready to use.

**Homemade Italian Seasoning:**

- 1/2 cup Basil leaf
- 1/2 cup Marjoram Leaf
- 1/2 cup Oregano leaf
- 1/4 cup cut and sifted Rosemary Leaf
- 1/4 cup Thyme Leaf
- 2 tablespoons Garlic Powder (optional, especially if you cook with fresh garlic)

To make: Place all herbs in a jar and shake well.

**Homemade Rajin' Cajun Seasoning:**

- 1/2 cup Paprika
- 1/3 cup Himalayan Salt or sea salt
- 1/4 cup Garlic Powder
- 2 Tablespoons Black Pepper
- 2 Tablespoons Onion Powder
- 1 Tablespoon Cayenne Pepper (optional- won't be spicy without this)
- 2 Tablespoons Oregano Leaf
- 1 Tablespoon Thyme Leaf

To Make: Mix all ingredients in jar or food processor and store in an airtight container. Good on stir fries, eggs, casseroles, and poultry. Can add more or less Cayenne to get to your taste.

**Ranch Dressing Mix Recipe 1:**

- 1/4 cup dried Parsley leaf
- 1 Tablespoon Dill leaf
- 1 tablespoon Garlic Powder
- 1 tablespoon Onion Powder
- 1/2 teaspoon Basil leaf (optional)
- 1/2 teaspoon ground black pepper

To Make: Mix all ingredients together in jar or food processor. To make into Ranch Dressing, mix 1 Tablespoon of this mix with 1/4 cup Coconut Milk (for Maintenance 1/3 cup Homemade Mayonnaise or Greek Yogurt).

**Ranch Dressing Dry Mix Recipe 2:**

- 5 tablespoons dried minced onions
- 7 teaspoons parsley flakes
- 4 teaspoons sea salt
- 1 teaspoon garlic powder

To make: Mix well by shaking in a jar or in a food processor. Store in airtight container.

**Homemade Lemon Pepper Seasoning:**

- The zest from 4-6 organic lemons (or 1/2 cup pre-dried lemon zest)
- 6 Tablespoons ground black pepper (or whole peppercorns if you are using fresh lemon)
- 5 Tablespoons Himalayan Salt or Sea Salt

To Make: If using fresh lemon Zest, thoroughly zest the lemons and spread the fresh lemon out on a baking sheet. Put into the oven on the lowest setting and leave until completely dried. Mine took about 70 minutes, but yours make take more or less time. When completely dried, mix with the peppercorns and salt in a food processor until well mixed. If making with pre-dried lemon peel, just mix all ingredients in a food processor until blended.

**Seasoned Salt Recipe:**

- 1/4 cup Onion Powder
- 1/4 cup Garlic Powder
- 1/4 cup Black Pepper (ground)
- 2 tablespoons Chili Powder
- 3 tablespoons Paprika
- 2 tablespoons dried Parsley Leaf (optional)
- 1 tablespoon ground Red Pepper Flakes (optional)

To make: Mix well by shaking in a jar or in a food processor. Store in airtight container.

**Fajita Seasoning Recipe:**

- 1/4 cup Chili Powder
- 2 tablespoons Sea Salt
- 2 tablespoons Paprika
- 1 tablespoon Onion Powder
- 1 tablespoon Garlic Powder
- 1 teaspoon Cayenne Powder (optional)
- 1 tablespoon Cumin Powder

To Make: Mix well in bowl or jar and store in airtight container until use. Use about 1 teaspoon per chicken breast or steak when making fajitas. I use for making Fajitas and Fajita Salads.

**French Onion Soup Mix:**

- 1/2 cup Onion Flakes or dehydrated onion slices
- 2 tablespoons Onion Powder
- 1 tablespoon Garlic Powder
- 1 teaspoon Celery Salt
- 1/2 teaspoon Ground Pepper
- 1 tablespoon Himalayan or sea salt (optional but helps absorption of soup)

To Make: Use approximately 1/4 cup per 2 cups of beef stock to make French onion soup (add 3-4 onions that have been very thinly sliced and slowly caramelized. To use as a mix, you can add 1/2 cup low sodium fat free beef broth.

**Dry Onion Soup Mix Recipe:**

- 2/3 cup dried, minced onion
- 3 teaspoons parsley flakes
- 2 teaspoons onion powder
- 2 teaspoons turmeric
- 1 teaspoon celery salt
- 1 teaspoon sea salt
- 1/2 teaspoon ground pepper

To Make: Mix well in bowl or jar and store in airtight container until use.

**Chili Seasoning Mix 1:**

- 1/2 cup Chili Powder

- 1/4 cup Garlic Powder
- 3 tablespoons Onion Powder
- 1/4 cup Oregano
- 2 tablespoons Paprika
- 1/4 cup Cumin
- 1 tablespoon Thyme

**Chili Seasoning Mix 2:**

- 2 tsp Paprika
- 1 1/2 tsp Ground Cumin
- 1 tsp Black Pepper
- 1 tsp oregano
- 1/2 tsp Cayenne or Ground Chipotle
- 1/2 tsp Ground Allspice
- 1/2 tsp Dried Thyme
- 1/2 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder

**Herbs de Provence:**

- 1/2 cup Thyme Leaf
- 1/4 cup Marjoram Leaf
- 2 tablespoons of cut and sifted Rosemary Leaf
- 2 tablespoons Savory
- 1 teaspoon of Lavender Flowers (lightly ground-optional)
- 2 teaspoons dried orange zest (optional)
- 1 teaspoon ground Fennel

To Make: If you are zesting the orange yourself, remove the zest of one organic orange and dry in an oven on lowest setting or a dehydrator until completely dry. Place in a food processor with the lavender flowers and lightly pulse. Remove and mix all ingredients in a jar or bowl until mixed.

**Caribbean Jerk Seasoning:**

- 1/4 cup Onion Powder
- 2 tablespoons Sea Salt
- 2 tablespoons Thyme
- 2 teaspoons ground Allspice
- 1 tablespoon Cinnamon
- 1 teaspoon Cayenne Powder (optional)

To Make: Mix all ingredients together and store in airtight container.

**Asian 5-Spice Seasoning:**

- 2 tablespoons Anise Powder
- 1 tablespoon Ground Pepper
- 1 tablespoon ground Fennel
- 1 tablespoon Cinnamon
- 1 tablespoon ground Cloves
- 1 tablespoon Himalayan or sea salt

To Make: Mix all ingredients and store in airtight container.

**Pumpkin Pie Spice:**

- 1/4 cup Cinnamon
- 1 teaspoon ground Ginger
- 2 teaspoons Nutmeg
- 2 teaspoons Allspice powder
- 1/2 teaspoon Cloves powder (optional)

**Blackened Recipe:**

- 1 ½ TBSP paprika
- ½ TBSP onion powder
- ½ TBSP salt
- ½ tsp. ground white pepper
- ½ tsp. ground black pepper
- ½ tsp. dried oregano
- ½ tsp. dried thyme
- ¼ tsp. garlic powder
- ¼ tsp. celery seed
- Dash cayenne pepper, or to taste

To Make: In a small bowl mix together spices. Coat all sides of the fish/poultry with the spice mixture and if time allows place back in the fridge for 30 minutes. Heat a medium skillet to medium high heat. Add olive oil to hot pan and allow the oil heat for 30-60 seconds. Place the fish in the pan and cook for about 3-4 minutes per side or until fish is opaque and can be flaked with a fork. Remove from the pan and serve with rice and vegetables.