



Ideal Protein

19

BBQ

Superb IP recipes
for BBQ and get
togethers

Cookbook



RECIPE OF THE WEEK

Smoky Meatballs

Ingredients

- 1 lb. of lean ground beef
- 1 egg – slightly beaten
- 1 tsp. oregano
- 1 tbsp. onion powder
- 1 tsp. rosemary
- 1 tsp. garlic
- 1 cups zucchini - shredded
- Salt and pepper to taste



Preparation

1. Preheat oven to 350°F.
2. Place zucchini in a microwave-safe dish and cook for 1 minute on high.
3. Transfer to a cheesecloth and squeeze out excess moisture.
4. Combine all ingredients well and make them into meatballs.
5. Place meatballs on a baking sheet and bake for 30-40 minutes until medium-well to well done.
6. Drain on paper towels.
7. Serve with [Ideal Protein BBQ Sauce](#).
8. Serve hot and enjoy.



TARRAGON MUSTARD CHICKEN SKEWERS

INGREDIENTS

- ¼ cup fresh tarragon leaves - finely chopped
- ¼ cup dijon mustard
- ¼ cup fresh lemon juice and lemon halves - for grilling and serving
- 2 tbsp. Ideal Protein Maple syrup
- 1 tbsp. extra-virgin olive oil
- 2 medium cloves garlic - minced
- Salt and freshly ground black pepper
- 2 lbs boneless, skinless chicken breasts/thighs - cut into 1½-inch chunks



PREPARATION

1. In a large bowl, whisk together tarragon, mustard, lemon juice, Maple Syrup, olive oil, and garlic. Season with salt and pepper.
2. Toss the chicken in the marinade and coat fully. Cover and refrigerate for at least 1 and up to 4 hours.
3. Setup grill and while it is heating up, remove chicken from marinade and thread onto skewers. Discard the marinade.
4. Grill skewers over high heat until chicken has cooked through, for about 3 minutes on each side (about 12 minutes total).
5. Meanwhile, grill the lemon halves, cut side down - until lightly charred.
6. Transfer chicken skewers to a platter and serve warm with the grilled lemons. Enjoy!



SALMON BURGERS

INGREDIENTS

- 1/4 cup red bell pepper
- 1/4 cup yellow bell pepper
- 1/2 packet IP garlic croutons (mashed)
- 1 garlic clove (minced)
- pam cooking spray
- 8 ounces salmon fillet, skinned and chopped
- 1 medium egg - lightly beaten
- 1 tsp. soy sauce
- 1/4 tsp. fresh lemon juice
- 1/8 tsp. sea salt or Ideal salt

PREPARATION

1. In a medium bowl, combine peppers, IP garlic croutons, garlic, and salmon.
2. In a small bowl, combine egg, soy sauce, lemon juice and salt and add the salmon mixture. Toss well to combine.
3. Form 2- 3 patties.
4. Coat a grill pan or skillet with pam spray and heat over medium-high until hot.
5. Grill/cook patties for 5 mins per side or to get the desired doneness.
6. Serve and enjoy!



RECIPE OF THE WEEK

Steak Fajita Roll-Ups

Ingredients

1 lb flank steak/skirt steak (¼ inch thick)
Kosher salt and black pepper to season
6 garlic cloves, crushed
1 tsp. dried oregano
1 tsp. ground cumin
1 tsp. chili powder

1 tsp. cayenne pepper
½ tsp. garlic powder
¼ cup extra virgin olive oil
1 large green bell pepper – sliced
1 large red bell pepper – sliced
1 medium onion – sliced



Preparation

1. Take a small bowl and mix salt, pepper, garlic, oregano, cumin, chili powder, cayenne pepper, garlic powder, and olive oil.
2. Put the steak in a dish and pour marinade over the steak. Cover with foil and let marinate for a minimum of 6 hours. Overnight is best.
3. Remove steak from marinade. On a cutting board, cut the steak into 6-7 pieces.
4. Heat olive oil in a grill pan or heavy skillet over medium to high heat and add steak pieces. Add pepper strips and sliced onions to the grill pan – season with salt and pepper.
5. Cook for about 4 to 5 minutes or until tender.
6. Remove from heat and let cool off for a minute.
7. Top each steak slice with the vegetables, roll up and secure with a toothpick.
8. Add remaining olive oil to the grill pan or skillet. Heat it up and add the roll-ups to the pan.
9. Cook until browned, for about 2 to 3 minutes per side.
10. Remove from heat, and take out the toothpicks. Transfer to a serving plate and let rest for 5 minutes before serving.
11. Serve with guacamole, salsa, or sour cream. Enjoy!



RECIPE OF THE WEEK

Grilled Turkey Burger

Ingredients

For Turkey Burger

3 Ounces ground turkey
¼ Teaspoon dry basil
¼ Teaspoon dry oregano
¼ Teaspoon Lawry's season salt
¼ Teaspoon cumin
¼ Teaspoon chili powder
¼ Teaspoon granulated onion
¼ Teaspoon granulated garlic
Black pepper to tast

Mushrooms

1 Tablespoon olive oil
4 Button mushrooms (sliced)
Salt and pepper to taste

For Burger Additions

1 Slice of red onion
1 Slice of tomato
3 Iceberg lettuce leaves
1 Ounce mustard
1 Ounce mayonnaise
1 Slice provolone cheese (For Maintenance)



Preparation

1. For turkey burger, combine all ingredients and form into a hamburger patty.
2. Grill until cooked through and set aside.
3. For mushrooms, heat oil in a pan.
4. Add mushrooms and season with salt and pepper.
5. Sauté until tender.
6. Use the lettuce leaves to replace buns and assemble all ingredients.



EASY BBQ MEATBALL KABOBS

INGREDIENTS

- 14-oz frozen meatballs - thawed
- 1/2 red bell pepper - chopped into 1-inch pieces
- 1/2 yellow bell pepper - chopped into 1-inch pieces
- 1/2 zucchini - sliced into discs
- 1/2 pint cherry tomatoes
- 3/4 cup approved barbecue sauce or IP BBQ Sauce
- 5-7 skewers



PREPARATION

1. Place meatballs and vegetables on skewers. Alternate meatballs with vegetable pieces.
2. Grill over high heat for 2-4 minutes per side or until meatballs are heated through and vegetables are tender.
3. During last few minutes of grilling, brush with barbecue sauce.
4. Remove skewers from grill and place on a clean platter.
5. Brush with remaining barbecue sauce.
6. Serve immediately and enjoy!



RECIPE OF THE WEEK

Grilled Salmon Kabobs

Ingredients

- 2 lbs fresh salmon fillet, skin removed
- 2 tablespoons fresh chopped dill
- 1 large zucchini, sliced into 1/8-inch pieces
- Metal or wood skewers
- Salt and pepper to taste
- ½ cup white wine vinegar
- 2 teaspoons fresh lemon juice
- ½ teaspoon fresh grated lemon zest
- 1 tablespoon cooking oil



Preparation

1. Cut salmon fillets crossway into ½ inch wide strips
2. Place them in a large Ziplock bag
3. Add vinegar, lemon juice, zest, and fresh dill to the bag
4. Seal the bag tightly and shake to mix
5. Place in fridge for 20-30 minutes
6. Preheat your grill to medium heat
7. Thread the salmon pieces onto skewers in accordion-style, alternate with zucchini slices
8. Sprinkle salt and pepper
9. Add light olive oil to the grill or use cooking spray to prevent sticking
10. Immediately place salmon kabobs on the grill
11. Cook it uncovered for 5 to 7 minutes, keep rotating midway
12. Take out when the grill marks appear and the fish is flaky
13. Finish off with some additional squeeze of lemon juice and enjoy!



RECIPE OF THE WEEK

Grilled Tofu Kebabs

Ingredients

- Walden Farms All Zero BBQ sauce
- Extra or super firm tofu (super firm is the best)
- Chicken Tikka Masala/Tandoori Masala
- Lemon juice – 1tsp + 1 tsp
- Lite soy sauce – 1tsp
- Zucchini (green/yellow)

- Bell pepper (green/yellow)
- Radish
- Mushroom
- Ideal salt
- Black pepper
- Parsley flakes
- Oregano
- Garlic powder
- Olive oil – 1 tsp



Preparation

1. Open Tofu package and drain it well (you will need 220g of super firm tofu for 2 servings)
2. Take a mixing bowl and add 1 tsp. tikka/tandoori masala, 1 tbsp. Walden Farms BBQ Sauce, 1 tsp. lemon juice, 1 tsp. soy sauce and mix them together
3. Cut Tofu in 1.5 inches square pieces
4. Add Tofu to the spices mix and stir until the spices coat all Tofu pieces well
5. Seal the marinade in a large ziplock bag and refrigerate for at least 1 hour or more
6. Cut zucchini, bell peppers, radishes, and mushroom into about 1.5-inch pieces
7. Season vegetables with salt, black pepper, parsley flakes, oregano, garlic powder, 1 tsp of lemon juice and 1 tsp of olive oil
8. Take out marinated Tofu and thread the Tofu & vegetables onto skewers by leaving small spaces between each item. Discard excess marinade.
9. Pre-heat oven to 400°F
10. Place skewers on a baking sheet and bake in the center rack for 12 min. Flip once after 8 min.
11. After 12 minutes, you can optionally spray very little oil on top and then turn the oven to Broil Mode at 500°F for 3min in the top rack
12. Serve Grilled Tofu Kebabs on the plate and divide portions based on protein. Enjoy!



CHICKEN FINGERS

INGREDIENTS

- 8 oz chicken tenderloins
- Egg whites
- 1 Ideal Protein packet of crushed BBQ or Garlic chips
- Salt & Pepper to taste

PREPARATION

1. Preheat oven to 375.
2. Line cookie sheet with foil or parchment paper.
3. Coat chicken in egg whites.
4. Roll chicken in crushed chips & place on cookie sheet.
5. Cook for 15-18 minutes. Last minute set to broil, helps to seal the chips to be extra crispy.
6. Remove from oven and enjoy.
7. Use Walden Farms Ranch Dressing for dipping.
8. Phase Approved: Phases 1-3



RECIPE OF THE WEEK

Mushroom Bun Sliders

Ingredients

- 1 lb lean ground beef
- 1/4 cup Scallions - finely diced
- 1 tbsp. reduced-sodium soy sauce
- 1/2 tsp. garlic powder
- 1/2 tsp. salt (optional)

- 12 medium Portobello mushroom caps
- 6 small reduced-fat swiss cheese sliced (for maintenance only)
- 3 small Roma tomatoes - sliced
- 2 cup Romaine Lettuce



Preparation

1. Add the beef, scallions, soy sauce, garlic powder, and salt (optional) in a medium-sized bowl, and mix well.
2. Create 12 small, flat beef patties from the mixture using your thumb to make an indentation on one side of the patties.
3. Coat grill racks lightly with cooking spray.
4. Add beef patties and grill them covered, on medium heat until the desired doneness.
5. Add sliced mushroom caps to grill rack and cook for 1 to 2 minutes per side (mushroom should still remain somewhat firm).
6. Cut cheese slices into four pieces each (if in maintenance).
7. Assemble sliders using sliced mushroom caps as buns, and add two pieces of cheese per slider.
8. Serve with tomato slices and lettuce.
9. Enjoy!



GRILLED FLANK STEAK SALAD

INGREDIENTS

- 1 serving Cilantro Dressing
- 8 ounces beef flank steak
- 2 small yellow and/or red sweet peppers, seeded and halved
- 2 green onions, trimmed
- Vegetable oil
- 2 cups arugula or mixed greens
- 4 cherry tomatoes, halved
- 3 tbsp. lime juice
- 2 tbsp. chopped shallot
- 2 tbsp. snipped fresh cilantro
- 1 tbsp. olive oil
- 1 tbsp. water
- 1 large clove garlic, peeled and quartered
- ½ tsp. chili powder
- ¼ tsp. salt
- ¼ tsp. ground cumin



PREPARATION

1. To prepare Cilantro Dressing, add lime juice, shallot, cilantro, olive oil, water, garlic, chili powder, salt, and cumin to a blender or small food processor. Blend or process until combined well.
2. Once the Cilantro Dressing is ready, cover and leave half of it to chill.
3. Trim fat from steak and score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals.
4. Place steak in a re-sealable plastic bag and set in a shallow dish. Pour the half of Cilantro Dressing over steak, seal the bag and turn to coat steak well. Marinate in the refrigerator for 30 minutes.
5. Remove meat from marinade and discard marinade.
6. Lightly brush sweet peppers and green onions with oil.
7. Grill steak on the rack of a covered grill directly over medium heat for 17 to 21 minutes or until steak is medium (160°F) tender. Turn steak once.
8. Add sweet peppers to the grill for the last 8 minutes of grilling and green onions for the last 4 minutes, turning frequently. Let steak stand 5 minutes.
9. Thinly slice steak. Coarsely chop sweet peppers and green onions.
10. Divide arugula between two salad bowls. Place sliced steak, grilled vegetables, and tomatoes on arugula. Drizzle salads with the reserved half of the Cilantro Dressing.
11. Serve and enjoy!



BEEF ZUCCHINI BURGER

INGREDIENTS

- 1 lb lean ground beef
- 2 medium zucchini - coarsely grated
- 2 tsp. dill weed
- 2 tsp. dry mustard
- 1-2 jalapeno - minced
- Salt & pepper
- Cheese slices (for Maintenance only)
- Large Lettuce leaves - for Wraps

PREPARATION

1. Mix beef, zucchini, dill weed, dry mustard, jalapeno, salt & pepper together and form four patties.
2. Grill until desired doneness is reached.
3. Wrap patty with lettuce leaves and top with desired garnishes (mustard, approved mayonnaise, tomatoes, bell pepper).
4. Serve and enjoy!



ROTINI PASTA SALAD

INGREDIENTS

- 1 Ideal Protein Rotini Packet
- 2 Cups of Tomatoes
- 1 Minced Garlic Clove
- 1 to 2 tsp. of Fresh Basil
- 1 to 2 tsp. of Olive Oil
- 1/4 tsp of Sea Salt



PREPARATION

1. Cook the Ideal Protein Rotini for about 8 minutes.
2. Meanwhile, in a saute pan over medium heat, add olive oil and lightly saute your minced garlic.
3. Stir in tomatoes and cook.
4. Add fresh basil and sea salt.
5. Drain Rotini and put in a serving dish.
6. Toss in tomatoes. Add more fresh basil to taste. Enjoy!
7. Phase Approved: Phases 1-3



JICAMA SUMMER SALAD

INGREDIENTS

- 1 1/2 cups of Jicama
- 1/4 cup Cucumber
- 1/4 cup Red Onion
- 1 Scallion (chopped)
- Salt to Taste
- 1 Tbsp. Rice Vinegar
- 1/4 tsp. Red Chili Paste
- 2 tsp. Olive Oil
- 1 Splenda Packet
- Pepper to Taste

PREPARATION

1. For the dressing, whisk the rice vinegar with the olive oil, splenda, red chili paste and a pinch of salt & pepper.
2. Cut all vegetables into thin strips.
3. In a bowl, mix vegetables and pour dressing.
4. Toss and mix well.
5. Serve and top with scallion.
6. Enjoy! Phase Approved: Phases 1-3



CAULIFLOWER POTATO SALAD

INGREDIENTS

- 3 cups of Cauliflower florets
- 1 hard-boiled egg
- 1/2 cup celery stalk
- 1/4 cup of chopped green pepper
- 1/4 cup of chopped green onions
- Black pepper and herbs to taste
- 1 tsp. dill relish
- 1/4 cup Walden Farms mayo
- 1 tsp yellow mustard
- 1 tsp lemon juice
- 1 pinch of onion powder
- 1 pinch of garlic powder
- 1/2 Splenda packet
- 1 pinch of sea salt

PREPARATION

1. Steam the florets without over-cooking. Drain and set aside
2. Chop the egg and mix with the cauliflower
3. Toss eggs and cauliflower with the sea salt and pepper to taste
4. Mix the lemon juice, WF mayo, spices, yellow mustard and dill relish for the dressing
5. Mix the chopped vegetables and dressing into the cauliflower and egg mixture. Add fresh herbs of your choice
6. Serve & enjoy! Phases 1-3 approved



HEARTS OF PALM SALAD

INGREDIENTS

- 3 tbsp. extra virgin olive oil
- 2 tbsp. approved mayonnaise
- 2 tbsp. lemon juice
- 1 tbsp. Dijon mustard
- Kosher salt and freshly ground pepper to taste
- 2 14oz hearts of palm - drained and sliced ½-inch thick
- 1-pint cherry or grape tomatoes - halved
- 1 cup celery - thinly sliced
- 1 cup radishes - thinly sliced
- 1 red onion - quartered and thinly sliced
- ¼ cup roughly chopped parsley plus additional for garnishing



PREPARATION

1. In a small bowl or container, combine the olive oil, mayonnaise, lemon juice, mustard, and salt and pepper.
2. In a large bowl, combine the hearts of palm, tomatoes, celery, radishes, onions and parsley.
3. Pour over the dressing and toss to coat.
4. Sprinkle with additional parsley and serve. Bon Appétit.



CAULIFLOWER HUMMUS

INGREDIENTS

- 2 cups of Cauliflower
- 1 cup of Fat Free Chicken Stock
- Half a Lemon's Juice
- 1 tsp. Za'atar spice blend
- 1 Tbsp. Roasted Garlic (or raw)
- Salt and Pepper to taste
- 1 pinch of Rosemary
- 2 tsp. Olive Oil

PREPARATION

1. In a pan, boil 1/2 cup of the chicken stock with the cauliflower. Bring to a boil.
2. Once boiling, reduce to a simmer, cover until cauliflower is tender.
3. Drain the chicken stock and let it cool.
4. In a blender or food processor, add the cauliflower, lemon juice, olive oil, garlic, spices, salt and pepper to taste.
5. Slowly, add in just enough of the remaining chicken stock to allow the food processor or blender to move freely.
6. Blend or process until it's a very smooth puree. Taste and adjust spices if needed.
7. Serve with some Ideal Protein Garlic & Fine Herb Crisps and Enjoy!
8. Phase Approved: Phases 1-3, Servings: 1



RECIPE OF THE WEEK

Garlic Roasted Cabbage Steaks

Ingredients

1 (apx. 2 lb) head of green
cabbage – 1 inch thick slices
1 ½ tsp. olive oil

2-3 large garlic cloves – smashed
Salt
Freshly ground black pepper
Non-stick cooking spray



Preparation

1. Preheat the oven to 400°F and spray a baking sheet with non-stick cooking spray.
2. Pull outer leaves of cabbage off if ragged and dirty.
3. Cut cabbage into 1 inch thick slices.
4. Rub both sides of cabbage with smashed garlic.
5. Use a pastry brush to spread the olive oil on both sides evenly.
6. Roast on the middle rack for 30 minutes.
7. Carefully flip the cabbage steaks and roast for another 30 minutes until the edges are brown and crispy.
8. Serve hot and enjoy!



RECIPE OF THE WEEK

Fried Pickles

Ingredients

- 1 Ideal Protein Ranch Dorados
- 1 egg
- Dash of Garlic salt
- Dash of Cajun seasoning
- 2 cups dill pickles, sliced



Preparation

1. Preheat oven to 400°F and line a cookie sheet with parchment paper and spray with cooking spray.
2. In a food processor, blend Ideal Protein Ranch Dorados to a fine powder.
3. In a small bowl, beat the egg with Cajun seasoning, Garlic salt.
4. Dip the pickle slices in egg, and then press them into crushed Ranch Dorados crumb mixture, coating completely.
5. Place slices on the cookie sheet.
6. Bake for 12-15 minutes.
7. Serve with Walden Farms Ranch and Enjoy!

