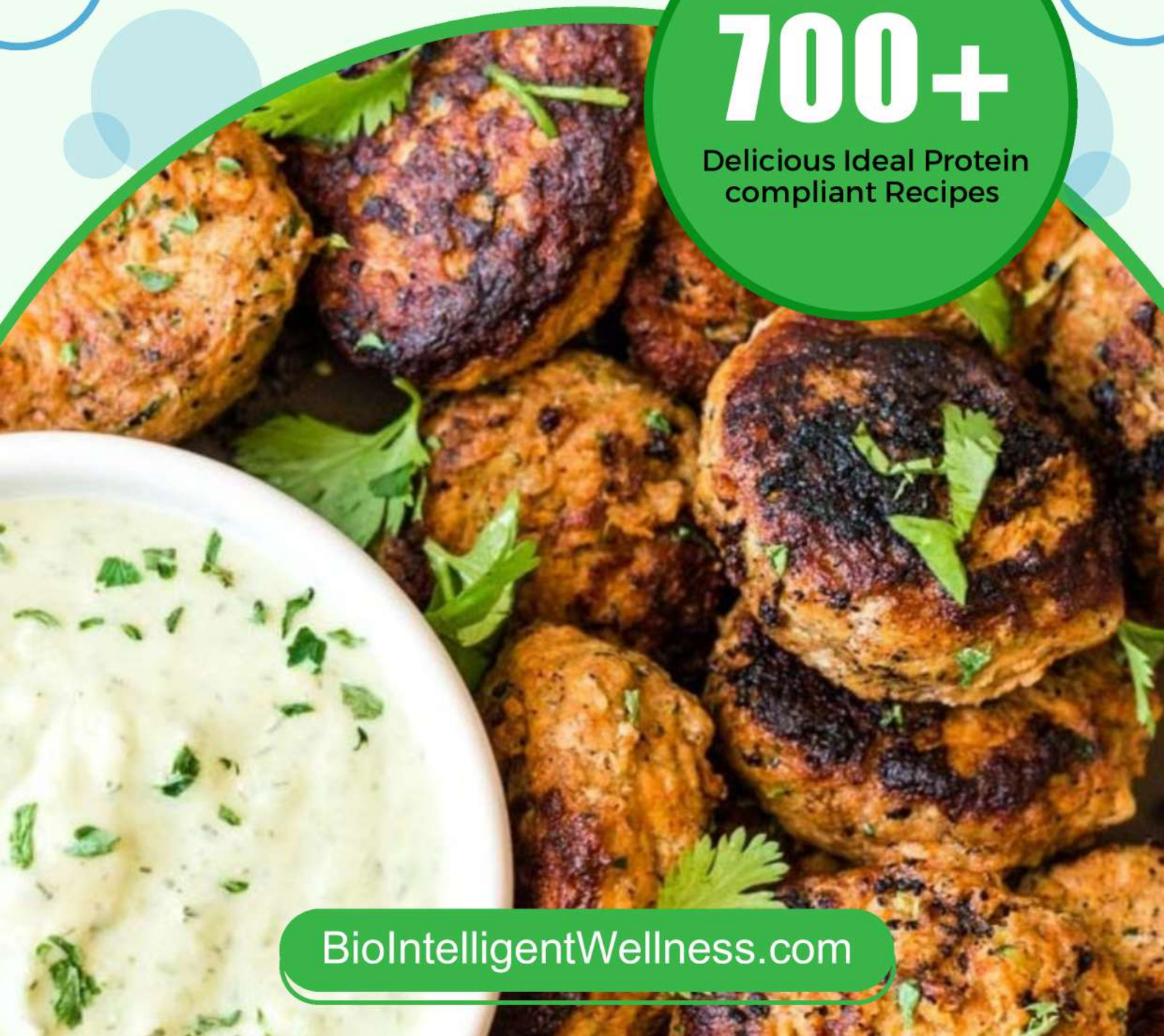
2025 | VER 5.0

IDEAL PROTEIN RECIPES COOKBOOK

700+

Delicious Ideal Protein compliant Recipes



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BREAKFAST

GOLDEN PANCAKE VEGGIE FRITTERS

INGREDIENTS

ITEM	QUANTITY
IP Golden Pancake Mix	1 Packet
Egg	1
Water (As Required For Batter Consistency)	
Grated Zucchini Or Cauliflower	2 Cups
Chopped Parsley And Chives	

PREPARATION

- In a mixing bowl, combine the Ideal Protein Golden Pancake Mix and the egg.
- Add water gradually and stir until you achieve a smooth batter consistency. The amount of water needed may vary, so add it slowly to avoid making the batter too thin.
- Fold in the grated zucchini or cauliflower into the batter depending on your preference.
- Add the chopped parsley and chives to the batter. These fresh herbs will provide a burst of flavor to your fritters.
- Heat a non-stick skillet over medium heat. You may lightly grease it with cooking spray or a small amount of oil if necessary.
- Using a spoon or ladle, scoop portions of the batter onto the heated skillet. Spread them out to form small fritters.
- Allow the fritters to cook on one side until they turn golden brown, which should take a few minutes.
- Carefully flip the fritters with a spatula and cook the other side until it's golden brown and the fritters are cooked through.
- Transfer the golden pancake veggie fritters to a serving plate. They are best enjoyed while hot and crispy.
- Enjoy!

ZUCCHINI EGG CUPS

INGREDIENTS

ITEM	QUANTITY
Large Zucchini	2
Large Eggs	12
Cherry Tomatoes or Large Tomato, Chopped	12 or 1
Chives, Finely Chopped	3 Tbsp.
Salt And Pepper	To Taste

PREPARATION

- Preheat your oven to 180°C (350°F).
- Use a vegetable peeler to carefully peel the zucchini into long strips.
- Prepare a muffin tray by either spraying it with olive oil or brushing it with oil.
- Take 2 zucchini strips and wrap them around each muffin cup cavity. If you're using small zucchinis, you may need 3 strips to cover the cavity completely.
- Once the zucchinis are in the muffin tray, crack an egg into each cup. Then, sprinkle chopped tomatoes, chives, sea salt, and black pepper over each egg.
- Bake the zucchini egg cups for 18-20 minutes, or until the egg whites are fully set and cooked to your preferred level of doneness.
- Once they're done, remove the tray from the oven, serve the delicious egg cups, and enjoy!

POACHED EGGS

INGREDIENTS

ITEM	QUANTITY
Large Egg	1
Vinegar, Optional	1 Tbsp.

PREPARATION

- Fill a large saucepan or deep skillet with water, about 2-3 inches deep. Place it over medium heat and bring the water to a gentle simmer. If desired, you can add a splash of vinegar to the water, which can help the egg whites coagulate faster.
- While the water is heating, crack each egg into a small bowl or ramekin. This will make it easier to slide the egg into the simmering water.
- Once the water is simmering, use a spoon to create a gentle whirlpool in the center of the pan. The swirling motion will help the egg whites wrap around the yolk.
- Carefully slide each egg into the center of the swirling water, one at a time. You can use the back of the spoon to help guide the eggs gently into the water.
- Allow the egg to poach for about 3-4 minutes for the medium-soft egg. The cooking time may vary depending on the size of the egg and your desired level of doneness.
- While the egg is cooking, you can prepare any desired accompaniments, such as toasted bread or a side of greens.
- Once the egg is done, use a slotted spoon to carefully lift them out of the water, allowing any excess water to drain off. Place the poached egg on a plate lined with a paper towel to absorb any additional moisture.

YUMMY VEGETABLE FRITTATA

INGREDIENTS

- 1/2 medium leek, diced
- 1 yellow bell pepper, diced
- 6-8 oz spinach
- 1/2 tsp. salt
- 8 eggs
- 1/4 cup milk
- 1/2 tsp. fresh cracked black pepper
- 1 cup cherry or grape tomatoes, sliced lengthwise
- 1 cup shredded cheddar cheese, divided (For Maintenance Only)

PREPARATION

1. Preheat oven to 400 degrees F° and in a pan add oil and leeks and cook for about 5 minutes.
2. Add bell pepper.
3. Cook until bell pepper is just softened – about another 3 minutes.
4. Add in spinach and cook until just wilted, set aside.
5. In a bowl, add in eggs, milk, 1/2 cup cheese, salt, and pepper.
6. Whisk well until everything is combined well.
7. Now, add in leeks, peppers, spinach, and sliced cherry or grape tomatoes.
8. Fold together until combined.
9. Pour into a greased 9-inch pan or pie plate (or use a cast-iron skillet) and top with remaining cheese and bake in the oven for about 30-40 minutes until center is set. Serve and enjoy.
10. Notes
11. You can use any vegetables that you think go well together
12. Cheese is for the Maintenance phase only
13. Cooking in a cast-iron skillet promotes even cooking

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HEALTHY BREAKFAST SAUSAGE

INGREDIENTS

- 1 lb ground chicken breast
- 1 tsp. kosher salt
- ½ tsp. black pepper
- ½ tsp. ground sage
- ½ tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. ground nutmeg
- ¼ -½ tsp. red pepper flakes
- - 1 tsp. approved granular brown sugar substitute

PREPARATION

1. Preheat the oven to 350 degrees Fahrenheit
2. Beat the egg whites in a bowl
3. Crush the cereal and beat in with the eggs.
4. Add cinnamon, Splenda, and baking powder
5. Wait about 2 minutes allowing the baking powder to work.
6. Then mix well until it forms a batter
7. Spray a pie plate with a non-stick cooking spray and spread batter evenly
8. Baking in the oven for 12-15 minutes or until golden.

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WILD BERRY PANCAKES

INGREDIENTS

ITEM	QUANTITY
IP Wild Berry Smoothie Mix	1 Packet
Egg Whites	2
Baking Powder	½ Tsp.
Ideal Protein Syrup	

PREPARATION

- In a mixing bowl, combine the IP Wild Berry Smoothie Mix packet, egg whites, and baking powder.
- Stir the mixture until well combined. If the batter is too thick, you can add a little Ideal Protein Syrup to achieve the desired consistency.
- Preheat a non-stick skillet or griddle over medium heat.
- Spoon a portion of the batter onto the preheated skillet, using approximately 1/4 cup for each pancake.
- Cook the pancakes for 2-3 minutes on one side, or until bubbles start to form on the surface.
- Flip the pancakes and cook for an additional 1-2 minutes on the other side or until golden brown.
- Repeat the process with the remaining batter until all the pancakes are cooked. Enjoy!

RADISH & TURNIP HASH WITH FRIED EGGS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Small Turnips	3	Kosher Salt	¼ Tsp.
Radishes, Peeled and Grated	4	Black Pepper	To Taste
Small Leek, Washed And Trimmed	1	Eggs	4
Small Scallions, Diced	1	Parsley, Minced	1 Tbsp.
Olive Oil	2 Tbsp.		

PREPARATION

- Heat the olive oil in a large skillet over medium heat. Add the grated turnips, grated radishes, chopped leek, and diced scallions.
- Season with salt and black pepper, and stir to combine. Cook for about 8-10 minutes, stirring occasionally, until the vegetables are softened and lightly browned.
- In a separate skillet, heat the remaining tablespoon of olive oil over medium-high heat.
- Crack the eggs into the skillet and cook until the whites are set and the yolks are cooked to your desired doneness.
- Divide the hash onto two plates and top each with a fried egg.
- Sprinkle with minced parsley and serve hot.
- Enjoy your Radish and Turnip Hash with Fried Eggs!

HAM,EGG,AND SPINACH ROLL-UPS

INGREDIENTS

ITEM	QUANTITY
Olive Oil	3 Tsp.
Spinach, Raw	2
Tomato	2
Salt And Pepper	To Taste
Eggs	3
Sliced nitrate and additive free ham Regular	6

PREPARATION

- Preheat the oven to 375°F.
- Chop the spinach and tomato into cubes.
- In a mixing bowl, whisk together the eggs, chopped spinach, and tomatoes. Season with salt and pepper.
- Heat the olive oil in a skillet over medium heat. Add the egg mixture and stirring occasionally, until the eggs are scrambled and fully cooked. Remove from heat.
- Lay the slices of ham and nitrate out on a flat surface. Spoon the scrambled eggs onto each slice of ham.
- Roll up each slice of ham and place seam side down on a baking sheet.
- Bake for 10-12 minutes, until the ham is slightly crispy.
- Serve hot and enjoy!

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BLUEBERRY MUFFINS

INGREDIENTS

- 1 Ideal Protein Blueberry Pancake Mix
- 1 Olive Oil
- 1 Baking Powder
- A splash of Vanilla Extract
- 1 ounce of Water
- PAM Spray
- 1 pinch Ground

PREPARATION

1. Preheat the oven to 350°F.
2. Mix all the ingredients in a bowl, except the PAM Spray.
3. Spray PAM on a muffin pan or souffle cup.
4. Pour mixture into muffin pan or souffle cup.
5. Bake for 15 minutes.
6. Allow cooling for about 2 minutes.
7. Enjoy!

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BAKED EGGS WITH GARLICKY COLLARD GREENS

INGREDIENTS

- 4 large eggs
- 1 whole bunch of collard greens stemmed and chopped
- 3 cloves of garlic finely chopped
- 1-2 tbsp. olive oil
- 1/4 tsp. black pepper
- 1-2 tbsp. toasted sesame seeds for garnish
- 2 tbsp. liquid aminos (or Gluten Free soy sauce)

PREPARATION

1. Preheat the oven to 350°F and then preheat a large skillet over medium heat. Add the olive oil and then add the chopped garlic after a while.
2. Stir frequently for about 1 minute and watch closely as garlic can burn quickly.
3. Add the chopped collard greens and toss them with the garlic. Sauté for 2-3 minutes or until they have slightly wilted but not completely cooked.
4. Season with pepper and toss again.
5. Use a wooden spoon to move the collards around and make 4 little nests for the eggs. Crack eggs into each nest and season with pepper. Transfer the whole skillet to the oven.
6. Bake for 5-6 minutes to get a slightly runny yolk or 7-8 minutes for a harder yolk.
7. Once the eggs are cooked, remove them from the oven and drizzle the liquid aminos over the top. Sprinkle with sesame seeds.
8. Serve and enjoy!

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CRANBERRY PANCAKES

INGREDIENTS

- 1 IP cranberry oatmeal
- 1 Whole Egg
- 1 pinch of Sea Salt or IP Salt
- 1/2 tsp. Almond Extract (optional)
- 1/4 tsp. Cinnamon
- 2 tbsp. Cold Water
- Walden Farms Apricot Dip (optional)
- 2 tbsp. Walden Farms Pancake Syrup
- Pam Spray for cooking

PREPARATION

1. Heat your skillet on a medium temperature
2. Mix the Cranberry Oatmeal with the eggs and water in a bowl
3. Add other ingredients except the Walden Farms Pancake Syrup
4. Spray the skillet with Pam
5. Pour some of the batter into the skillet (you should be able to make 2 medium size pancakes)
6. Serve with Walden Farms Pancake Syrup on Enjoy!

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CRANBERRY OATMEAL MUFFINS

INGREDIENTS

- 1 package Ideal Protein Golden Pancake
- 1 package Ideal Protein Cranberry Oatmeal
- 1/4 tsp. baking soda
- 1/4 tsp. baking powder
- 1/4 tsp. cinnamon
- Pinch of salt
- 1 tsp. Splenda or Stevia
- 1 egg white
- 3-4 oz. water

PREPARATION

1. Preheat oven to 350°F.
2. Mix dry ingredients together.
3. Combine the wet ingredients and add to dry ingredients.
4. Mix until batter is smooth.
5. Fill 4 non-stick muffin tins approximately 2/3 full.
6. There should be enough batter for 4 muffins (2 Ideal Protein meals).
7. Bake for 15-20 minutes.
8. Serve with Walden Farms syrup!

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SALMON AND EGGS SCRAMBLE

INGREDIENTS

- 2 large eggs
- Splash of milk any kind
- 1 tbsp. fresh dill minced
- 1 tsp. minced garlic
- 2 tsp. olive oil
- ~4 oz. shredded salmon
- 1/8 tsp. sea salt
- Pepper to taste

PREPARATION

1. Prepare eggs in a bowl by whisking together 4 large eggs, a splash of milk, dill, salt, and pepper until combined.
2. Heat a medium sized skillet to medium/high heat and add in olive oil and garlic.
3. Pour in the egg mix and cook for 1-2 minutes - use a spatula to scramble.
4. Once the eggs have started to cook, add cooked salmon.
5. Continue stirring until the eggs have reached desired texture, about 3 minutes.
6. Serve and enjoy!

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STRAWBERRY CHEESECAKE MUFFINS

INGREDIENTS

- 1 Egg
- 2 Egg Whites
- 2oz. Water
- Vanilla Extract - to taste
- Splenda - optional
- 1 packet of Ideal Protein Strawberry Cheesecake Mix
- 1 tsp. Baking Powder

PREPARATION

1. In a bowl, whip water, Splenda, eggs, vanilla extract together until its fluffy.
2. Gradually pour in the IP Strawberry Cheesecake Mix and mix together.
3. Pour the mix into greased muffin pans which should make 6-12 depending on how fluffy they are.
4. Bake at 350°F for about 15 minutes.
5. Take out of the oven and allow cooling.
6. Serve and enjoy!

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EGG WRAP

INGREDIENTS

- 2 tbsp. konjac flours
- 3 egg whites or 6 tbsp. egg whites
- Salt and pepper to taste
- About 1 tsp. Avocado oil spray per wrap

PREPARATION

1. In a medium sized bowl, add your ingredients and mix until it's fully combined.
2. Now, in a skillet, spray avocado oil and add your batter. Swirl until it covers the whole plan.
3. Cook for 1-2 minutes and then flip to cook the other side!
4. Wrap your favorite veggies or chicken bites and enjoy!

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PUDDING MUFFINS

INGREDIENTS

- 1 Egg
- 2 Egg Whites
- 2oz. Water
- Vanilla Extract – to taste
- Splenda – optional
- 1 packet of Ideal Protein Pudding Mix – desired flavor
- 1 tsp. Baking Powder

PREPARATION

1. In a bowl, whip water, Splenda, eggs, vanilla extract together until its fluffy.
2. Gradually pour in the IP Pudding Mix and mix together.
3. Pour the mix into greased muffin pans. Should make 6-12 depending on how fluffy they are.
4. Bake at 350°F for about 15 minutes.
5. Take out of the oven and let cool.
6. Serve and enjoy!

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CINNAMON MINI MUFFINS

INGREDIENTS

- 1 Ideal Protein crispy cereal (crushed)
- ¼ tsp. cinnamon
- 1 tsp. vanilla
- 2 egg whites
- ¼ tsp. baking powder
- 1 tsp. Splenda

PREPARATION

1. Preheat oven to 350°F.
2. Beat the egg whites in a bowl.
3. Mix in the rest of the ingredients until it forms a batter.
4. Let sit for 2 minutes.
5. Bake for about 12-15 minutes.
6. Serve with Walden farms apple butter and enjoy!

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OLIVE OIL FRIED EGGS WITH FRESH HERBS & TOMATO SALAD

INGREDIENTS

- About 2 cups mixed herbs & micro greens
- 1 or 2 green onions - thinly sliced
- About 1 cup sliced tomatoes
- 2 eggs
- 3 tbsp. olive oil
- White or apple vinegar for salad
- Sea salt
- Black pepper

PREPARATION

1. Divide the herbs, greens, green onions and tomatoes between two plates. Season both with a generous pinch of flaky sea salt, and a grind of two black pepper.
2. Drizzle with a little bit of vinegar and a healthy drizzle of olive oil. Set plates aside while you cook eggs.
3. Heat up 1 tbsp. olive oil in a skillet over barely above medium heat. Give the eggs plenty of room to crisp up. Add a little more olive oil if needed.
4. When oil is hot, crack the eggs onto the pan. Stay careful as it may sputter and splatter a bit.
5. Cover and cook for about 3 minutes, until edges are crispy and white is set but yolk is still runny, or until desired doneness.
6. Season eggs with a generous sprinkle of sea salt and a few grind of black pepper and plate with the salad.
7. Serve immediately and enjoy!

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BELL PEPPER EGG RINGS

INGREDIENTS

- 1 large bell pepper (seeds and flesh removed)
- 1/2 tbsp. olive oil
- 4 eggs
- 4 pinches salt and pepper or more to taste
- Optional seasonings: tajin, ayenne pepper, truffle salt, smoked sea salt, fresh herbs, or smoked paprika

PREPARATION

1. Slice the bell pepper in half and then neatly cut four 1/2-inch rings out of the bell pepper. The neater the cuts, the better the egg will stay inside the pepper.
2. Heat up a non-stick large flat pan, and brush it with 1/2 tbsp. olive oil.
3. Place the 4 pepper rings on the pan, and cook on medium/high heat for about 2 minutes, or until the peppers start browning.
4. Flip each pepper and turn down the heat and carefully crack an egg into the center of each pepper. Use a fork to make sure that each pepper is completely filled with egg.
5. Season with salt and pepper and cook on low heat until the whites are set but the yolks are still runny.
6. Use a large spatula to carefully get under each egg in ring and loosen it from the pan. Transfer onto a plate.
7. Sprinkle with any optional seasonings that you like!
8. Enjoy!

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CINNAMON MAPLE OATMEAL MUFFINS

INGREDIENTS

- 1 package Ideal Protein golden pancake
- 1 package Ideal Protein Maple Oatmeal
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- Pinch of salt
- 1 tsp. Splenda or Stevia
- 1 egg white
- 3-4 oz water

PREPARATION

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients together.
3. Combine wet ingredients and add to dry ingredients.
4. Mix until batter is smooth.
5. Fill 4 non-stick muffin tins approximately 2/3 full.
6. There should be enough batter for 4 muffins (2 Ideal Protein meals).
7. Bake for 15-20 minutes.
8. Serve warm with Walden Farms syrup!

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CRISPY CEREAL PANCAKES

INGREDIENTS

- 1 IP crispy cereal (whole or crunched)
- 2 egg whites
- 1/4 tsp. of baking powder
- 1/4 tsp. Vanilla
- Cinnamon & nutmeg, to taste

PREPARATION

1. In a small bowl, mix the eggs with 1/4 tsp of vanilla extract.
2. Mix the crispy cereal with 1/4 tsp. of baking powder, cinnamon & nutmeg.
3. Pour the cereal mix with the egg white mix and combine.
4. Add enough water to get the desired consistency.
5. Cook in a non-stick pan as you would with pancakes.
6. Serve and enjoy with Walden Farms Honey Syrup.

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OATMEAL & ZUCCHINI MUFFINS

INGREDIENTS

- 1 Ideal Protein Maple Oatmeal Packet
- 1 Egg - beaten
- 1/2 tsp Baking Powder
- Pinch of Salt
- 1 tsp of Stevia
- 1 1/2 tsp Cinnamon
- 1/2 cup of Zucchini, fnely grated (squeeze out excess water)

PREPARATION

1. Preheat oven to 385 degrees.
2. Beat the egg in a bowl
3. Add Maple Oatmeal, baking powder, salt, Stevia, cinnamon and zucchini.
4. Mix and gradually add water until you have a batter consistency
5. Pour in muffin tin and bake for 20 minutes. Serve & Enjoy!
6. Phase Approved: Phases 1-3

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POTATO PANCAKES

INGREDIENTS

- 1 IP Potato Puree
- 1 whole egg
- 1 Tsp of baking powder
- 1 pinch of white pepper
- 1 pinch of thyme
- 1 pinch of oregano
- 1/4 Tsp. of Ideal Salt or Sea Salt
- Pam Spray

PREPARATION

1. Mix all the ingredients together in a shaker (let sit for 3 min)
2. Heat Pan and spray with Pam
3. Pour batter into pan (making pancake-shaped portions)
4. Cook until you can flip them
5. Serve & Enjoy! Phase 1-3 allowed (serving size - 1 portion)

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CHOCO-CHIP ZUCCHINI BREAD

INGREDIENTS

- 2 cups of shredded Zucchini
- 1 Ideal Protein Chocolate Chip Pancake
- 1 large egg
- 1/2 tsp. of baking powder
- PAM spray
- 1 tsp. pf ground cinnamon
- 1 tsp. of ground nutmeg
- 1 Splenda packet
- 1 tsp. of vanilla extract
- 1/4 tsp. pf baking soda

PREPARATION

1. Preheat oven to 375 degrees
2. In a medium-size bowl, combine all the ingredients together
3. Spray a small bread Pyrex or oven-safe bowl
4. Gently pour the mixture into the Pyrex, making sure you spread it evenly
5. Bake for 25-30 minutes or until the mixture isn't watery in the middle.
6. Plate & enjoy! Phase 1-3 allowed.
7. Counts as 2 cups of veggies & 1 Ideal Protein

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EGG MUFFINS

INGREDIENTS

- 6-12 eggs
- 1/4 cup chopped mushrooms
- 1/2 cup baby spinach leaves
- 1/4 cup diced tomato
- Onion Powder
- Garlic Powder
- Sea Salt

PREPARATION

1. Preheat oven to 350 degrees.
2. Spray muffin tin with olive oil.
3. Break an egg in each cup of the tin..if you like you can stir each egg to make it scambled.
4. Add a few of the veggies to each cup and lightly season with garlic powder, onion powder, and sea salt.
5. Bake for 20-25 minutes. Serve & Enjoy!
6. Phase Approved: Phases 1-3

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EGGS BAKED IN BELL PEPPER

INGREDIENTS

- 1 egg
- 2 egg whites
- 1/4 cup white onion – chopped
- Cup fresh spinach – chopped
- 1 medium bell pepper
- 1-2 tbsp. Salsa of choice

PREPARATION

1. Take 1/2 tsp olive oil in a pan and sauté the onion and spinach
2. Season with salsa once sauteed
3. Add mixture evenly into pepper halves
4. Add 2 tbsp egg whites
5. Bake in an oven at 375°F for about 30 min or until eggs are set
6. Serve and enjoy!

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DEVILED EGGS

INGREDIENTS

- 4 eggs – cut in half
- 4 tbsp. Walden Farms Mayo
- 4 tbsp. mustard
- Sea salt
- A dash of paprika

PREPARATION

1. Boil the eggs.
2. Cut eggs in half.
3. Scoop out yokes.
4. Mix the yokes with Walden Farms Mayo, salt, and Mustard (to taste).
5. Spoon back into the egg halves.
6. Garnish with a sprinkle of Paprika

Serve and enjoy!

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IDEAL PROTEIN WAFFLES

INGREDIENTS

- 1 packet Ideal Protein Pudding (any flavor)
- 1/4 cup water
- 1/4 c. egg white
- Olive oil or Pam spray
- Pinch of baking powder

PREPARATION

1. In a bowl, mix all ingredients - make sure the batter is thick
2. Heat up the waffle maker
3. Spray waffle maker with olive oil/pam spray
4. Cook for about 4 - 5 minutes
5. Top with Walden Farms Pancake Syrup

Enjoy!

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FRENCH TOAST

INGREDIENTS

- 1 Ideal Protein Omelet Mix
- Pam spray
- 5 ounces of cold water
- 1/2 tsp Cinnamon
- 1 tsp vanilla extract
- 2 tsp maple syrup

PREPARATION

1. Preheat oven to medium
2. Mix all the ingredients, except maple syrup, in a bowl or shaker
3. Spread the Pam spray in a medium-size Pyrex
4. Pour the prepared mix in the Pyrex
5. Bake for 10 minutes
6. Serve with the Walden Farms Maple Syrup

   Cut them into square shapes if you like and enjoy!

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MILK CHOCOLATE PUDDING WAFFLE

INGREDIENTS

- packet IP Pudding mix – any flavor
- 1 egg or 2 egg whites – beaten
- 2 oz. of water
- 1/4 tsp. Baking Powder
- Small pinch of sea salt
- Few drops of flavored Stevia – optional
- Spices of your choice: cinnamon, vanilla, pumpkin pie spice, etc. – optional
- Walden Farms topping: Maple Syrup, Chocolate Syrup etc. – optional

PREPARATION

1. Beat egg and water until mixed.
2. Add spices, salt and baking powder.
3. Add and stir in one IP pudding packet.
4. Pour mix into greased waffle iron or you can also make three small pancakes.
5. Bake until golden brown.
6. Top with your favorite Walden Farms topping (optional).
7. Serve and enjoy!

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CHUNKY APPLE FLAVORED OATMEAL MUFFINS

INGREDIENTS

- 2 Ideal Protein Apple Oatmeal Packets
- 1 tsp. baking powder
- ½ tsp. cinnamon
- 1 packet Stevia or whatever sweetener you are using
- ⅓ cup egg whites (or 2 egg whites)
- 2 tsp. Olive oil
- 3-4 tbsp. water
- 1 cup chayote squash chunks – about the size of raisins

PREPARATION

1. In a small bowl, microwave chayote with 1 tbsp. water for about 2 minutes.
2. In another small bowl, stir together all the dry ingredients.
3. Add liquid ingredients.
4. Fold in the cooked chayote squash.
5. Divide the mixture into either a 6 cupped silicone muffin pan or a whoopie pan.
6. Sprinkle the tops with a little extra cinnamon.
7. Bake at 350°F for 10 minutes for whoopie pan or 12 minutes if using a muffin pan.
8. Three of these muffins count as 1 unrestricted Ideal Protein packet for Phase 1.
9. Serve and enjoy!

BioIntelligent Wellness

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BLUEBERRY PANCAKES WITH CHOCOLATE CHIP AND CARAMEL

INGREDIENTS

- 1 Chocolately Caramel Flavored Mug Cake Packet
- 3 tbsp. Liquid Egg Whites
- ½ tsp. baking powder
- 3 tbsp. cold water
- 1 tbsp. Walden Farm's Blueberry Syrup

PREPARATION

1. Add liquid egg whites to a medium-sized mixing bowl and whisk until it becomes velvety smooth (i.e. right before the point of stiff peaks)
2. Add and combine the rest of the ingredients gently.
3. Pour the batter on a greased and warmed skillet on medium heat into desired pancakes sizes. Flip when bubbles form and golden brown.
4. Drizzle over Walden Farm's Blueberry or Caramel Syrup.
5. Enjoy!

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MAINS

SPICED SHREDDED CHICKEN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breast	16 Oz.	Salt	1 Tsp.
Paprika	2 Tbsp.	Black Pepper	1 Tsp.
Oregano	1 Tbsp.	Cayenne Pepper	¼ Tsp.
Onion Powder	1 Tsp.	Olive Oil	¼ Cup
Garlic Powder	1 Tsp.		

PREPARATION

- Preheat oven to 375°F (191°C). Line a baking dish with parchment paper or lightly oil it.
- In a small bowl, mix paprika, oregano, onion powder, garlic powder, salt, pepper, and cayenne.
- Rub chicken breasts with olive oil, then coat evenly with the spice mixture.
- Place chicken breasts in the baking dish and bake for 25-30 minutes, or until cooked through.
- Remove chicken from the oven and let rest for 5 minutes.
- Using two forks, shred the chicken into thin strips.
- Toss shredded chicken in the juices from the baking dish for extra flavor.
- Serve warm. Enjoy!

PAN SEARED TILAPIA

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tilapia Fillets (4 Fillets)	1 Lb.	Paprika	½ Tsp.
Salt	½ Tsp.	Dried Basil	½ Tsp.
Ground Black Pepper	⅛ Tsp.	Olive Oil	1 Tbsp.
Garlic Powder	½ Tsp.		

PREPARATION

- Pat tilapia fillets dry with a paper towel.
- Season both sides with salt, pepper, garlic powder, paprika, and dried basil.
- Heat olive oil in a large skillet over medium-high heat until shimmering.
- Place the fillets in the skillet and cook for 3-4 minutes per side, or until the fish is golden brown and flakes easily with a fork.
- Remove from skillet and transfer to a serving plate.
- Serve warm and enjoy!

ROAST BEEF AND PICKLE BITES

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Slices Roast Beef (Organic, Nitrate-free, No Added Sugar)	6
Whole Dill Pickles	3
Approved Mayonnaise	¼ Cup
Fresh Lemon Juice	1 Tbsp.
Dill Weed	¼ Tsp.

PREPARATION

- In a small bowl, mix together mayonnaise, lemon juice, and dill weed until smooth. This will be your creamy spread.
- Lay the roast beef slices flat on a clean surface or cutting board.
- Spread a thin layer of the mayo-dill mixture over each slice of roast beef.
- Place a whole dill pickle at the end of each slice, then roll the beef tightly around the pickle to form a wrap.
- Slice each roll into bite-sized rounds for easy serving.
- Arrange on a plate and enjoy immediately as a high-protein dish.

GARLIC SHRIMP AND LEEKS

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil, Divided	3 Tbsp.	Cayenne Pepper	½ Tsp.
Garlic Cloves, Chopped	4	Dried Oregano	1 Tsp.
Medium Leeks, Chopped	2	Handful Fresh Parsley, Chopped	1
Shrimp	2 Lbs.	Salt And Pepper	To Taste
Lemon Peel	1 Tsp.		

PREPARATION

- Heat 2 tbsp. of olive oil in a large skillet over medium heat.
- Add chopped garlic and sauté until fragrant, about 1 minute.
- Add the chopped leeks, season with a little salt and pepper, and cook for 5-6 minutes until softened. Transfer to a plate and set aside.
- In the same skillet, heat the remaining tablespoon of olive oil over medium-high heat. Add the shrimp in a single layer.
- Season shrimp with lemon peel, cayenne pepper, oregano, salt, and black pepper.
- Cook for 2-3 minutes per side, until shrimp turn pink and opaque.
- Return the leeks and garlic mixture to the skillet. Toss everything together until well combined and heated through.
- Garnish with chopped parsley before serving. Enjoy!

JALAPENO CHICKEN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Chicken Breast, Cut Into 1-inch Pieces	1½ Lbs.	Soy Sauce	¼ Cup
Sea Salt	½ Tsp.	Water	¼ Cup
Ground Black Pepper	½ Tsp.	Truvia Brown Sugar	2 Tbsp.
Oil	1 Tbsp.	Garlic, Minced	1 Tbsp.
Large Jalapeños, Sliced Into Rings	2		

PREPARATION

- Season chicken pieces with sea salt and ground black pepper.
- Heat oil in a large skillet or wok over medium-high heat.
- Add chicken to the skillet and cook for 6-8 minutes, stirring occasionally, until lightly browned and cooked through. Remove from the skillet and set aside.
- In the same skillet, add jalapeño rings and sauté for 2-3 minutes until slightly softened and fragrant.
- In a small bowl, whisk together soy sauce, water, Truvia brown sugar, and minced garlic to form the sauce.
- Pour the sauce into the skillet with the jalapeños and bring to a simmer.
- Stir until the sugar is dissolved and the sauce slightly thickens, about 2-3 minutes.
- Return the chicken to the skillet and toss everything together until the chicken is well coated with the sauce.
- Serve hot and Enjoy!

SPICY PICKLED EGGS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Hard-boiled Eggs, Peeled	12	Red Pepper Flakes	1 Tbsp.
Garlic Cloves, Peeled And Slightly Crushed	2	Salt	1 Tbsp.
Jalapeño Peppers, Sliced	2	Erythritol	2 Tsp.
White Vinegar	1 Cup	Coriander Seeds	1 Tsp.
Water	1 Cup		

PREPARATION

- Place peeled hard-boiled eggs in a large, clean glass jar.
- In a saucepan, combine vinegar, water, garlic, jalapeños, red pepper flakes, salt, erythritol, and coriander seeds.
- Bring mixture to a boil over medium heat, then reduce heat and simmer for 5 minutes to allow flavors to meld.
- Carefully pour the hot brine over the eggs in the jar, ensuring they are fully submerged.
- Seal the jar tightly and let it cool to room temperature.
- Refrigerate for at least 24 hours before serving, allowing flavors to develop (best after 2-3 days).

PORK FRIED CAULIFLOWER RICE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sesame Oil	2 Tsp.	Garlic Cloves, minced	4
Lean Ground Pork	1 Lb.	Fresh Ginger, minced	2 Tsp.
Green Cabbage, Shredded	2 Cups	Cauliflower Rice	4 Cups
Red Bell Pepper, Grated	½ Cup	Soy Sauce	2 Tbsp.
Green Onions, Chopped	4	Salt and Pepper	To Taste

PREPARATION

- Heat sesame oil in a large skillet or wok over medium-high flame.
- Add ground pork, season lightly with salt and pepper, and cook until browned, breaking it into crumbles as it cooks.
- Stir in cabbage, red bell pepper, and green onions. Cook for 4-5 minutes until vegetables begin to soften.
- Add garlic and fresh ginger, sauté for 1-2 minutes until fragrant.
- Stir in cauliflower rice and soy sauce. Cook for 5-6 minutes, stirring frequently, until the cauliflower rice is tender and well-coated with flavors.
- Taste and adjust seasoning with more salt, pepper, or soy sauce if desired.
- Serve hot. Enjoy!

SMOKED SALMON BREAKFAST CASSEROLE

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	½ Tbsp.	Green Onions, Diced	3
Spinach, Chopped	6 Cups	Garlic Powder	½ Tsp.
Eggs	12	Sea Salt	½ Tsp.
Grape Tomatoes	2 Cups	Black Pepper	½ Tsp.
Smoked Salmon, Diced	8 Oz.		

PREPARATION

- Preheat oven to 375°F (191°C). Lightly grease a baking dish with olive oil.
- In a skillet, heat olive oil over medium heat.
- Add chopped spinach and sauté for 2-3 minutes until just wilted. Remove from heat.
- In a large bowl, whisk together eggs, garlic powder, sea salt, and black pepper until smooth.
- Add sautéed spinach, grape tomatoes, smoked salmon, and green onions into the egg mixture. Stir gently to combine.
- Pour mixture evenly into the prepared baking dish. Spread ingredients so they are distributed throughout.
- Bake for 30-35 minutes, or until the eggs are set in the center and the top is lightly golden.
- Let cool slightly before slicing into squares. Serve warm and enjoy!

AIR FRYER SALT AND PEPPER TOFU

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Firm Tofu, Cut Into Cubes	16 Oz.	Green Onion, Thinly Sliced	1
Salt	1 Tbsp.	Garlic Salt	½ Tsp.
Water	2 Cups	White Pepper	To Taste
Garlic Cloves, Minced	3		
Red Pepper, Diced	½		

PREPARATION

- Preheat your air fryer to 375°F (191°C). Lightly spray the basket with oil.
- In a bowl, dissolve 1 tbsp. salt in 2 cups of water.
- Add the tofu cubes and let them soak for 10 minutes. Drain and pat dry with a paper towel.
- Arrange the tofu in a single layer and air fry for 12-15 minutes, shaking the basket halfway through.
- While the tofu cooks, heat a skillet with a drizzle of oil over medium heat.
- Add garlic and diced red pepper. Sauté for 1-2 minutes until fragrant.
- Add the crispy tofu to the skillet. Season with garlic salt and white pepper, then toss to combine.
- Garnish with green onions and serve hot.

SHRIMP AND WARM VEGGIE SALAD

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cherry Tomatoes, Sliced	1 Cup	Olive Oil	1 Tbsp.
Red Bell Pepper, Shredded	1 Cup	Chili Powder	To Taste
Yellow Bell Pepper, Diced	1 Cup	Fresh Oregano	2 Tsp.
Shallot, Diced	1 Cup	Salt And Black Pepper	2 Tsp.
Asparagus, Diced	1 Cup	Lime Juice	To Taste
Shrimp, Peeled And Deveined	1 Lb.	Mixed Greens	3 Cups

PREPARATION

- Heat olive oil in a large skillet over medium heat.
- Add shallots, asparagus, red and yellow bell peppers, and cherry tomatoes. Cook for 5-6 minutes until softened but still vibrant.
- Push veggies to the side of the skillet. Add shrimp and cook 2-3 minutes per side, until pink and opaque.
- Sprinkle in chili powder, oregano, salt, and pepper. Toss everything together until well-coated.
- In serving bowls, place a bed of mixed greens. Top with the warm shrimp and veggie mixture.
- Drizzle with fresh lime juice to taste. Serve immediately.

SOY SAUCE CABBAGE AND BEEF STIR FRY

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sesame Oil	1 Tbsp.	Salt And Pepper	To Taste
Chili Garlic Paste (Optional)	1 Tbsp.	Napa Cabbage, Chopped	6 Cups
Fresh Ginger, Minced	1 Tbsp.	Water	½ Cup
Garlic Cloves, Minced	2	Soy Sauce	¼ Cup
Ground Sirloin	1 Lb.	Vinegar	¼ Cup

PREPARATION

- Heat sesame oil in a large skillet or wok over medium-high heat.
- Add garlic, ginger, and chili garlic paste (if using). Cook for 1 minute until fragrant.
- Add ground sirloin. Season lightly with salt and pepper.
- Cook, breaking up the meat, until browned and cooked through, about 5-6 minutes.
- Stir in chopped napa cabbage. Cook for 3-4 minutes until slightly wilted.
- Pour in water, soy sauce, and vinegar. Stir well to coat.
- Let simmer for 5 minutes until the cabbage is tender and flavors blend.
- Taste and adjust seasoning with extra salt, pepper, or soy sauce as desired.
- Serve hot and enjoy!

AIR FRYER LEMON PEPPER CHICKEN SKEWERS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Chicken Thighs, Cut Into 1-inch Pieces	1½ Lbs.	Salt	1 Tsp.
Garlic, Minced Or Grated	1 Tbsp.	Freshly Ground Black Pepper	1 Tsp.
Lemon Zest	1 Tbsp.	Paprika	¼ Tsp.
Olive Oil	1 Tbsp.		

PREPARATION

- In a large bowl, combine garlic, lemon zest, olive oil, salt, pepper, and paprika.
- Add chicken pieces and toss to coat evenly. Let marinate for at least 15 minutes.
- Thread marinated chicken onto skewers, leaving a little space between each piece for even cooking.
- Set the air fryer to 375°F (191°C). Lightly spray the basket with oil.
- Arrange skewers in a single layer in the air fryer basket.
- Cook for 10-12 minutes, flipping halfway through, until chicken reaches 165°F (74°C) and is golden brown.
- Transfer to a plate and serve warm. Enjoy!

EGG AND CRAB SALAD

SERVING SIZE

5

INGREDIENTS

ITEM	QUANTITY
Crab	12 Oz.
Large Eggs, Cooked	6
Approved Mayonnaise	½ Cup
Parsley, Finely Chopped	2 Tbsp.
Salt & Pepper	To taste

PREPARATION

- Peel cooked eggs and chop into bite-sized pieces.
- Flake crab meat into small chunks.
- In a large bowl, combine crab, chopped eggs, mayonnaise, parsley, salt, and pepper. Stir until well blended.
- Enjoy immediately or chill before serving.

STUFFED MUSHROOMS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Baby Bella Mushrooms	24 Oz.	Lemon Juice	2 Tbsp.
Oil (Divided)	3 Tsp.	Salt	½ Tsp.
Raw Italian Sausage (of Your Choice)	1 Lb.	Black Pepper	⅜ Tsp.
Garlic Cloves, Crushed (Optional)	2	Fresh Basil, minced	1 Tbsp.

PREPARATION

- Preheat oven to 350°F (177°C).
- Line a rimmed baking sheet with parchment paper or a silicone mat, or grease a large baking dish.
- Wipe mushrooms clean with a dry towel. Remove stems, place caps on the baking sheet, and finely mince the stems.
- Heat 2 tsp. oil in a skillet over medium heat.
- Remove sausage casings and add sausage to the pan. Cook, breaking into small bits until browned.
- Stir in minced mushroom stems and garlic. Cook 1 minute, then transfer mixture to a medium bowl.
- Add lemon juice, salt, pepper, and minced basil to the sausage mixture. Stir until combined.
- Fill each mushroom cap generously with the sausage mixture. Drizzle with remaining oil.
- Bake for 20-25 minutes, until mushrooms are tender and filling is golden on top.
- Serve warm and enjoy!

CHICKEN AND ZUCCHINI FOIL PACKETS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tsp.	Chicken Broth or Stock	1 Cup
Large Fresh Button Mushrooms, thinly sliced	4	Boneless Chicken Breasts	2 (6 oz. each)
Tomato Paste	2 Tbsp.	Salt	¼ Tsp.
Fresh Basil, chopped	2 Tbsp.	Black Pepper	¼ Tsp.
Fresh Oregano, chopped	1 Tsp.	Medium Zucchini, thinly sliced	1

PREPARATION

- Preheat oven to 400°F (204°C). Prepare two large sheets of foil.
- In a skillet, heat olive oil over medium heat.
- Add mushrooms and sauté for 3-4 minutes until softened.
- Stir in tomato paste, basil, oregano, and chicken broth. Simmer for 2-3 minutes.
- Place one chicken breast in the center of each foil sheet. Season with salt and pepper.
- Arrange zucchini slices around the chicken. Spoon mushroom-tomato mixture evenly over the top.
- Fold the foil into packets, sealing edges tightly. Place packets on a baking sheet.
- Bake for 25-30 minutes, until chicken is fully cooked through.
- Carefully open foil packets to release steam. Transfer to plates and serve hot.

TURKEY EGGPLANT ROLL UPS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
large Eggplants, sliced lengthwise into 8 slices each (24 slices total)	3	Sun-Dried Tomatoes	½ Cup
Salt	1 Tsp.	Fresh Parsley, chopped (divided)	2 Tbsp.
Olive Oil	1 Tbsp.	Dried Oregano (divided)	2 Tsp.
Shallot, diced	½ Cup	Fresh Basil, chopped (divided)	2 Tbsp.
Baby Bella Mushrooms, sliced	1 Cup	Can Diced Tomatoes	14.5 Oz.
Garlic Cloves, minced	6	Can Tomato Sauce	15 Oz.
Ground Turkey	1 Lb.	Can Tomato Paste	6 Oz.

PREPARATION

- Sprinkle eggplants with salt and let sit for 15 minutes to release moisture. Pat dry.
- Heat olive oil in a skillet over medium heat.
- Add shallot, mushrooms, and garlic. Sauté until softened, about 5 minutes.
- Stir in ground turkey and cook until browned.
- Add sun-dried tomatoes, 1 tbsp. parsley, 1 tsp. oregano, and 1 tbsp. basil. Cook for another 2-3 minutes.
- In a saucepan, combine diced tomatoes, tomato sauce, tomato paste, remaining parsley, oregano, and basil. Simmer for 10 minutes to blend flavors.
- Place a spoonful of turkey mixture onto each eggplant slice. Roll tightly and arrange seam side down in a baking dish.
- Pour the tomato sauce evenly over the roll ups. Cover with foil and bake at 375°F (190°C) for 25-30 minutes, until eggplant is tender.
- Remove from oven, let cool slightly, and serve warm.

TURMERIC EGG SPINACH SCRAMBLE

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Large Eggs	3
Raw Baby Spinach	2 Cups
Olive Oil	2 Tsp.
Turmeric Powder	1 Tsp.
Salt and Pepper	To Taste

PREPARATION

- Crack eggs into a bowl. Add turmeric, salt, and pepper. Whisk until well combined.
- Heat olive oil in a non-stick skillet over medium heat.
- Add spinach and sauté for 1-2 minutes until wilted.
- Pour egg mixture over the spinach.
- Stir gently with a spatula, cooking until eggs are just set but still soft and fluffy.
- Transfer to a plate and enjoy warm as a protein-packed breakfast.

STEAK FAJITA SKILLET

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Oil	1 Tbsp.	Salt	1 Tsp.
Flank Steak, sliced thinly against the grain	1 Lb.	Paprika	1 Tsp.
Garlic Cloves, minced	2	Dried Onion Flakes (or substitute with Onion Powder)	2 Tsp.
Red Bell Pepper, thinly sliced	1	Cayenne Pepper	½ Tsp.
Green Bell Pepper, thinly sliced	1	Ground Cumin	1 Tsp.
Chili Powder	2 Tsp.	Chicken Broth	½ Cup

PREPARATION

- Season sliced flank steak with a pinch of salt.
- Heat oil in a large skillet over medium-high heat.
- Cook steak slices for 3-4 minutes until browned. Remove and set aside.
- In the same skillet, add garlic, bell peppers, and onion flakes. Cook for 4-5 minutes until softened.
- Stir in chili powder, paprika, cayenne pepper, and cumin. Cook for 1 minute until fragrant.
- Pour in chicken broth, scraping the bottom of the skillet to release browned bits. Simmer for 2-3 minutes.
- Return steak to the skillet, tossing to combine. Cook for another 2 minutes until heated through.
- Serve hot and enjoy!

DILL SHRIMP SALAD

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Salt	1 Tsp.	White Vinegar	2 Tsp.
Lemon	1	Freshly Ground Black Pepper	1 Tsp.
Cooked Shrimp	1 Lb.	Minced Fresh Dill	2 Tbsp.
Mayonnaise	1 Tbsp.	Red Onion, Minced	¼ Cup
Dijon Mustard	1 Tsp.	Celery, Minced	½ Cup

PREPARATION

- Peel, devein (if needed), and chop the cooked shrimp into bite-sized pieces. Place them in a large mixing bowl.
- In a small bowl, whisk together mayonnaise, Dijon mustard, white vinegar, salt, and black pepper until smooth.
- Add the minced red onion, celery, and fresh dill to the shrimp.
- Pour the dressing over the mixture and gently toss to combine.
- Grate a little lemon zest and squeeze fresh lemon juice over the salad. Mix again lightly.
- Cover and refrigerate for at least 20-30 minutes to let flavors meld.
- Serve and enjoy!

AIR FRYER SAVORY CHICKEN TENDERS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Approved Mayonnaise	½ Cup	Sea Salt	1½ Tsp.
Dijon Mustard	1 Tbsp.	Black Pepper	½ Tsp.
Lemon Juice (Optional)	1 Tbsp.	Cayenne Pepper	¼ Tsp.
Coconut Aminos	1 Tbsp.	Boneless Chicken Tenders	1½ Lb.
Italian Seasoning	1 Tsp.		

PREPARATION

- In a bowl, whisk together mayonnaise, Dijon mustard, lemon juice (if using), coconut aminos, Italian seasoning, sea salt, black pepper, and cayenne pepper.
- Add the chicken tenders to the bowl and mix until each piece is fully coated with the marinade.
- Let rest for at least 15 minutes (or refrigerate up to 2 hours for more flavor).
- Set the air fryer to 400°F (200°C)
- Place the chicken tenders in a single layer in the air fryer basket (work in batches if needed).
- Cook for 10-12 minutes, flipping halfway, until golden brown and cooked through.
- Serve hot with any dipping sauce of your choice. Enjoy!

CANNED TUNA CEVICHE

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Minced Red Onion	2 Tbsp.	Can Chunk White Albacore Tuna Packed in Water	1(6-oz)
Limes (Juiced)	1 to 1½	Medium Plum Tomato, seeded and finely diced	1
Kosher Salt	To Taste	Chopped Cilantro	2 Tbsp.
Freshly Ground Black Pepper	To Taste	Jalapeño, minced (Keep Seeds for Spicy or Use Pickled)	1
Olive Oil	1 Tsp.	Drops Tabasco Sauce (Optional)	3 Drops

PREPARATION

- Place minced red onion in a small bowl.
- Add lime juice and season with salt.
- Let sit for 5 minutes to mellow the onion's sharpness.
- Drain the canned tuna well. Place it in a medium mixing bowl.
- Add diced tomato, chopped cilantro, and minced jalapeño to the tuna.
- Stir in the marinated onions with their lime juice.
- Add olive oil, a dash of pepper, and tabasco sauce (if using).
- Check seasoning. Add more lime juice, salt, or spice (as needed).
- Enjoy!

SUMMER STEAK SALAD

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cucumber, Sliced	2 Cups	Olive Oil	2 Tsp.
Steak (grilled or pan-seared)	4 Oz.	Lemon Juice	¼ Cup
Arugula	1 Cup	Feta Cheese (maintenance only)	1 Oz.
Mixed Greens	1 Cup	Salt and Pepper	To Taste

PREPARATION

- Season steak with salt and pepper.
- Grill or pan-sear steak to your desired doneness (about 4-5 minutes per side for medium). Let rest before slicing into strips.
- Slice cucumber into thin rounds. In a large bowl, combine arugula, mixed greens, and cucumber.
- Whisk together olive oil, lemon juice, salt, and pepper in a small bowl.
- Toss the salad with the dressing, ensuring everything is evenly coated.
- Add sliced steak on top and sprinkle with feta cheese (if in maintenance).
- Serve immediately and enjoy this light yet filling meal!

JALAPENO AND SUNDRIED TOMATO TURKEY BURGER

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Lean Ground Turkey	1 Lb.	Smoked Paprika	½ Tsp.
Jalapeno Pepper, seeded and finely chopped	1	Ground Cumin	½ Tsp.
Garlic Cloves, minced	2	Ground Coriander	½ Tsp.
Sundried Tomatoes, chopped	½ Cup	Cayenne Pepper	¼ Tsp.
Fresh Parsley, chopped	¼ Cup	Kosher Salt	¼ Tsp.
Onion Powder	½ Tsp.	Ground Black Pepper	⅛ Tsp.

PREPARATION

- In a large bowl, mix all ingredients together until well combined.
- Divide the mixture into 4 equal portions and shape them into burger patties.
- Heat a skillet or grill pan over medium-high heat.
- Add a drizzle of olive oil if using a skillet.
- Cook the patties for about 5-6 minutes on each side, or until fully cooked.
- Serve the patties on a bun or lettuce wrap with your choice of toppings. Enjoy!

SMOKED SALMON NORI WRAP

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Smoked Salmon, sliced into thin strips	6 Oz.	Roasted Red Peppers, sliced into thin strips	½ Cup
Small English Cucumbers, cut into matchsticks	1 Cup	Full Nori Seaweed Sheets	2
Green Onions, cut into long strips	3	Sesame Oil	1 Tsp.
		Soy Sauce or Gluten-Free Tamari with Wasabi (Optional)	

PREPARATION

- Lay the nori sheets on a clean, flat surface. Drizzle a small amount of sesame oil over the nori.
- Arrange smoked salmon, cucumbers, green onions, and roasted red peppers across the center of each nori sheet.
- Carefully roll the nori sheets around the fillings, tightly but not too tight to avoid breaking the nori.
- Seal the edge of the roll by moistening it with a little water.
- Slice the roll into bite-sized pieces.
- Serve with soy sauce or tamari and wasabi (if desired) for dipping. Enjoy!

ZUCCHINI AND EGG SCRAMBLE

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Olive Oil	2 Tsp.
Zucchini, sliced or shredded	2 Cups
Eggs, beaten	3
Salt and Pepper	To Taste

PREPARATION

- In a non-stick skillet, warm olive oil over medium heat.
- Add zucchini and sauté for 3-4 minutes, or until tender.
- Pour in beaten eggs, stirring gently to combine with zucchini.
- Add salt and pepper to taste.
- Cook until eggs are just set, then serve hot. Enjoy!

AIR FRYER LIME SHRIMP

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Raw Shrimp, peeled and deveined	1 Lb.	Ground Cumin	½ Tsp.
Cilantro, chopped	½ Cup	Red Pepper Flakes	½ Tsp.
Lime, zested	1	Fresh Lime Juice	½ Cup
Oil	1½ Tbsp.	Garlic Cloves, minced	2
Cayenne	¼ Tsp.	Kosher Salt	1 Tsp.
Smoked Paprika or Chili Powder	1 Tsp.		

PREPARATION

- In a large bowl, combine cilantro, lime zest, oil, cayenne, paprika or chili powder, cumin, red pepper flakes, lime juice, garlic, and salt.
- Add shrimp and toss to coat. Let marinate for 15-20 minutes.
- Set air fryer to 400°F (200°C).
- Arrange shrimp in a single layer in the air fryer basket.
- Cook for 6-8 minutes, flipping halfway through, until shrimps are pink and opaque.
- Garnish with extra cilantro and lime wedges, if desired. Serve hot and enjoy!

CHICKEN FOIL PACKS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breasts, boneless & skinless	4 (4 Oz. Each)	Asparagus Spears, ends trimmed	8
Approved Barbecue Sauce	½ Cup	Salt and Freshly Ground Black Pepper	To Taste
Zucchini, sliced into thin rounds	1		
Bell Pepper, cut into thin strips	1	Extra Virgin Olive Oil	

PREPARATION

- Heat oven to 400°F (200°C).
- Cut 4 large sheets of aluminum foil (about 12-14 inches each).
- Drizzle each foil with a little olive oil to prevent sticking.
- Place one chicken breast in the center of each foil sheet. Season with salt and pepper.
- Arrange zucchini slices, bell pepper strips, and asparagus spears around the chicken.
- Spoon 2 tbsp. of barbecue sauce over each chicken breast.
- Fold the foil over the chicken and vegetables, crimping edges tightly to seal.
- Place foil packets on a baking sheet and bake for 25-30 minutes, or until chicken reaches an internal temperature of 165°F (74°C).
- Carefully open packets to release steam, plate, and enjoy hot.

HIDDEN VEGGIE BURGERS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef (Lean Preferred)	1 Lb.	Soy Sauce	1 Tbsp.
Mushrooms, Finely Chopped	1 Cup	Egg, Lightly Beaten	1
Red Bell Pepper, Finely Chopped	½ Cup		
Zucchini, Finely Chopped	½ Cup		
Garlic Clove, Minced	1		

PREPARATION

- Pat dry the finely chopped mushrooms, red pepper, and zucchini with paper towels to reduce moisture.
- In a large bowl, combine ground beef, chopped vegetables, garlic, soy sauce, and beaten egg. Mix until evenly incorporated — avoid overmixing.
- Divide the mixture into 4 equal portions and shape into patties.
- Heat a grill, skillet, or grill pan over medium heat. Cook patties for 4-5 minutes per side or until cooked through (internal temp: 160°F / 71°C).
- Serve on lettuce wraps, low-carb buns, or alongside roasted vegetables and enjoy!

MEDITERRANEAN TURKEY ROLL UP

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Smoked Turkey (Slices)	6 Oz.
Baba Ghanoush	2 Oz.
Roasted Red Peppers (Jarred in Water), Sliced	¼ Cup
Thinly Sliced Red Onion	¼ Cup

PREPARATION

- Arrange turkey slices slightly overlapping on a clean surface or parchment paper to form a rectangular base.
- Evenly spread baba ghanoush over the turkey slices, leaving a small border at the edges.
- Layer roasted red peppers and sliced red onion along one edge of the turkey sheet.
- Starting from the side with the veggies, gently roll the turkey into a tight wrap.
- Slice in half on a diagonal and enjoy immediately – perfect as a light lunch or portable snack.

BREAKFAST STUFFED POBLANO PEPPERS

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Poblano Pepper, Stemmed, Slit Down One Side, and Seeds Removed	1	Baby Bella Mushroom, Chopped	1
		Green Onion, Finely Chopped	1
Olive Oil	1 Tsp.	Chopped Fresh Cilantro	1½ Tsp.
Large Eggs	2	Salt and Ground Black Pepper	To Taste
Phase-Approved Milk (optional)	1 Tsp.		
Small Tomato, Diced	1		

PREPARATION

- Preheat oven to 375°F (190°C). Rub the poblano pepper with olive oil and place on a baking sheet.
- Roast the pepper for 8-10 minutes until slightly softened but still firm enough to hold shape. Remove and let cool slightly.
- In a bowl, whisk together eggs, milk (if using), tomato, mushroom, green onion, cilantro, salt, and pepper.
- Gently open the slit in the poblano and pour the egg mixture inside.
- Sprinkle with a pinch of salt and drizzle with additional soy sauce and lime juice, if desired.
- Place back in the oven and bake for 15-18 minutes, or until eggs are set and lightly golden.
- Garnish with extra cilantro or green onion if desired, and enjoy!

GRILLED PORK CHOPS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	2 Tbsp.	Salt	1 Tsp.
Apple Cider Vinegar	2 Tbsp.	Pepper	1 Tsp.
Paprika	2 Tbsp.	Boneless Pork Chops	4 (1-Inch thick)
Onion Powder	1 Tbsp.		
Garlic Powder	1 Tbsp.		
Oregano	1 Tsp.		

PREPARATION

- In a small bowl, whisk together olive oil, apple cider vinegar, paprika, onion powder, garlic powder, oregano, salt, and pepper.
- Place pork chops in a shallow dish or zip-top bag. Pour marinade over the chops and turn to coat evenly.
- Let marinate in the refrigerator for at least 30 minutes (up to 2 hours for deeper flavor).
- Heat grill or grill pan to medium-high heat. Lightly oil the grates if needed.
- Remove pork chops from marinade and grill for 4-5 minutes per side, or until internal temperature reaches 145°F (63°C) and grill marks form.
- Let pork chops rest for 3-5 minutes before serving.
- Serve warm with non-starchy veggies or a fresh herb salad and enjoy!

MAHI-MAHI LETTUCE WRAPS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Pieces Mahi-Mahi	4 (4 Oz.)	Fresh Lime Juice	2 Tsp.
Radishes	2	Butter Lettuce Leaves (for wrapping)	
Persian Cucumbers	2	Olive Oil, for cooking	
Small Red Onion	1	Fresh Cilantro, for garnish	
Mayonnaise	1½ Tbsp.	Salt and Pepper	To Taste
Chili Powder	1-2 Tsp.		

PREPARATION

- In a small bowl, whisk together mayonnaise, chili powder, and lime juice. Set aside.
- Thinly slice radishes, cucumbers, and red onion. Rinse and pat dry butter lettuce and cilantro.
- Heat a drizzle of olive oil in a skillet over medium heat.
- Season mahi-mahi fillets with salt and pepper.
- Cook for 3-4 minutes per side, or until fish is opaque and flakes easily.
- Remove from heat and let rest slightly, then flake into chunks.
- Place butter lettuce leaves on a plate.
- Fill each with chunks of mahi mahi, sliced vegetables, a drizzle of chili-lime mayo, and fresh cilantro.
- Enjoy!

STEAK LUNCH BOWL

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Soy Sauce, plus more for serving	1 Tbsp.	Red Cabbage, Sliced	⅓ Cup
Lime Juice, plus more for serving	1 Tbsp.	Radish, Sliced	⅓ Cup
Lean Beef (Filet Mignon or Flank Steak), trimmed	6 Oz.	Green Onion, Sliced	⅓ Cup
Cauliflower Rice, Cooked	1 Cup	Pinch of Salt	

PREPARATION

- In a small bowl, combine soy sauce and lime juice. Rub onto the steak and let marinate for 10-15 minutes.
- Heat a non-stick skillet or grill pan over medium-high heat.
- Cook the steak for 3-4 minutes per side (for medium), or to desired doneness. Let rest, then slice thinly.
- In a serving bowl, layer cauliflower rice, red cabbage, radish, and green onion. Add sliced steak on top.
- Sprinkle with a pinch of salt and drizzle with additional soy sauce and lime juice, if desired.
- Serve warm or at room temperature. Enjoy!

JAMAICAN JERK CHICKEN SALAD

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Boneless, Skinless Chicken Breast, cooked and chopped	1 Lb.
Approved Mayonnaise	⅓ Cup
Celery Stalks, chopped or sliced	2
Fire-Roasted Red Peppers, chopped	2
Jamaican Jerk Seasoning	2 Tsp.
Salt and Pepper	To Taste

PREPARATION

- In a large bowl, add chopped cooked chicken, celery, and roasted red peppers.
- Add mayonnaise and jerk seasoning to the bowl. Stir until everything is evenly coated.
- Add salt and pepper as needed. Adjust jerk seasoning if more heat or spice is desired.
- Serve immediately or refrigerate for 30 minutes to allow flavors to meld.

SCALLOP AND MUSHROOMS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Scallops	1 lb.
Mushrooms, Sliced	8 oz.
Olive Oil	¼ cup
Fresh Parsley, Minced	4 Tbsp.
Garlic Cloves, Minced	2
Lemon Pepper Seasoning	1 tsp.

PREPARATION

- Clean the scallops and pat dry with paper towels. Slice mushrooms and mince garlic and parsley.
- In a large skillet over medium heat, add half the olive oil.
- Sauté mushrooms for 4-5 minutes until tender. Remove and set aside.
- In the same skillet, add remaining olive oil and heat on medium-high.
- Add scallops in a single layer. Cook 2-3 minutes per side until golden and opaque.
- Return mushrooms to the skillet with scallops.
- Stir in minced garlic, parsley, and lemon pepper seasoning. Cook for another 1-2 minutes until fragrant.
- Garnish with additional parsley if desired. Enjoy!

TURKEY PEPPER SANDWICH

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Red Bell Pepper, Halved and Seeds Removed	1
Mustard	2 Tsp.
Deli Turkey Slices (No Sugar Added)	3
Cucumber Slices, Thinly Sliced	4
Lettuce Leaf	1
Everything But the Bagel Seasoning	½ Tsp.

PREPARATION

- Slice the red bell pepper in half lengthwise and remove seeds and membranes. These will serve as your "bread" halves.
- Spread mustard evenly on the inside of each bell pepper half.
- Layer deli turkey, cucumber slices, and lettuce on one bell pepper half.
- Sprinkle with everything but the bagel seasoning, then top with the second bell pepper half to form a sandwich.
- Enjoy immediately as a fresh, crunchy, and satisfying meal.

MUSTARD CHICKEN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Lemon Juice	1 lb.
Dijon Mustard	8 oz.
Dried Basil	¼ cup
Italian Seasoning	4 Tbsp.
Lemon Zest	2
Salt and Pepper	1 tsp.
Skinless Chicken Breast Halves	

PREPARATION

- In a bowl, whisk together lemon juice, Dijon mustard, basil, Italian seasoning, lemon zest, salt, and pepper.
- Place chicken breast halves in a shallow dish or ziplock bag. Pour marinade over the chicken, coating evenly.
- Refrigerate for at least 30 minutes (or up to 4 hours for deeper flavor).
- Preheat grill or skillet over medium heat.
- Remove chicken from marinade and cook for 5-7 minutes per side, or until chicken is golden.
- Let rest for a few minutes before slicing.
- Garnish with extra lemon zest or herbs, if desired. Enjoy!

CANNED TUNA BURGERS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Can Tuna in Water, Drained	2 (5 Oz.)	Salt	½ Tsp.
Approved Mayonnaise	2 Tbsp.	Black Pepper	¼ Tsp.
Dijon Mustard	2 Tbsp.	Fresh Parsley, Chopped (or Cilantro)	½ Cup
Fresh Garlic, Minced	2 Tsp.		
Large Eggs, Lightly Beaten	2	Olive Oil	2 Tbsp.

PREPARATION

- In a mixing bowl, combine tuna, mayonnaise, mustard, garlic, eggs, salt, pepper, and parsley. Mix until evenly blended.
- Shape the mixture into 4 small patties or 2 large ones, depending on your preference.
- Place the patties in the hot pan and cook for 3-4 minutes per side, or until golden brown and firm.
- Serve and Enjoy!

CHICKEN SALAD STUFFED TOMATOES

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked & Shredded Chicken	3 Cups	Salt	½ Tsp.
Celery, Chopped	1 Cup	Black Pepper	½ Tsp.
Green Onion, Chopped	¼ Cup	Onion Powder	½ Tsp.
Approved Mayonnaise	¼ Cup	Garlic Powder	¼ Tsp.
Lemon Juice	1 Tbsp.	Large Ripe Tomatoes	6

PREPARATION

- Slice the tops off the tomatoes and carefully scoop out the seeds and pulp to create hollow shells. Set aside.
- In a large bowl, mix the shredded chicken, celery, green onion, mayonnaise, lemon juice, salt, pepper, onion powder, and garlic powder until well combined.
- Spoon the chicken salad into each tomato shell, packing it in gently.
- Chill for 15-30 minutes or serve immediately.

MEDITERRANEAN GRILLED SHRIMP KABOBS

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Virgin Olive Oil	¼ Cup	Paprika	1 Tsp.
Lemons Zest	2	Ground Coriander	½ Tsp.
Garlic Cloves, Minced	4	Red Pepper Flakes	½ Tsp.
Fresh Parsley, Packed and Chopped	¼ Cup	Large Shrimp, Peeled and Deveined	2 Lbs.
Dried Oregano	1 Tsp.		

PREPARATION

- In a large bowl, combine olive oil, lemon zest, garlic, parsley, oregano, paprika, coriander, and red pepper flakes.
- Add the shrimp to the bowl and toss to coat evenly. Cover and refrigerate for 15-30 minutes.
- Thread marinated shrimp onto skewers. Preheat grill or grill pan over medium-high heat.
- Grill the shrimp kabobs for 2-3 minutes per side or until pink, opaque, and lightly charred.
- Remove from heat and serve immediately. Enjoy!

GROUND PORK AND BURSSEL SPROUT SKILLET

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Brussels Sprouts, Trimmed and shredded	6 Cups	Medium Lemon, Juiced	1
Ground Pork	1 Lb.	Salt and Pepper	To Taste
Coconut Aminos	2 Tbsp.	Crushed Red Pepper Flakes	2 Tsp.
Avocado Oil	1 Tbsp.	Fresh Parsley, Chopped	1 Tbsp.
Worcestershire Sauce	1 Tbsp.		

PREPARATION

- In a large skillet over medium heat, add ground pork.
- Cook until browned, breaking it into crumbles as it cooks. Remove and set aside.
- In the same skillet, heat avocado oil.
- Add shredded Brussels sprouts and sauté for 6-8 minutes, until tender and slightly crispy.
- Return the pork to the skillet.
- Add coconut aminos, Worcestershire sauce, lemon juice, salt, pepper, and red pepper flakes. Stir to combine.
- Cook for an additional 2-3 minutes to meld flavors.
- Garnish with chopped fresh parsley and serve warm. Enjoy!

SPICY JALEPENO TURKEY BURGERS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Lean Ground Turkey	1 Lb.	Ground Cumin	½ Tsp.
Fresh Cilantro, Stems removed and finely chopped	¼ Cup	Ground Coriander	½ Tsp.
		Cayenne Pepper	¼ Tsp.
Small Jalapeño Pepper, Seeded and finely chopped	1	Kosher Salt	¼ Tsp.
		Ground Black Pepper	⅛ Tsp.
Garlic Cloves, Minced	2		
Smoked Paprika	½ Tsp.		

PREPARATION

- In a large bowl, combine ground turkey, cilantro, jalapeño, garlic, and all the spices.
- Divide the mixture into 4 equal portions and shape into burger patties.
- Heat a grill or nonstick skillet over medium heat.
- Cook the patties for 4-5 minutes per side or until fully cooked through and browned.
- Let the patties rest for 2 minutes before serving.
- Enjoy with lettuce wraps, salad, or your favorite Phase 1-friendly sides.

CABBAGE AND EGGS

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Olive Oil	2 Tsp.
Garlic Clove, Minced	1
Cabbage, Finely shredded and lightly packed	1 Cup
Large Eggs, Lightly beaten	2
Salt and Pepper	To Taste

PREPARATION

- In a non-stick skillet over medium heat, add olive oil and minced garlic. Sauté for 30 seconds until fragrant.
- Add the shredded cabbage to the skillet.
- Stir-fry for 2-3 minutes, until it softens slightly but retains texture.
- Push the cabbage to the side and pour in the beaten eggs.
- Let them sit for a few seconds, then scramble and mix with the cabbage.
- Add salt and pepper to taste.
- Cook for another minute until eggs are fully set. Serve warm.

Bio Intelligent Wellness

CHICKEN SQUASH SKEWERS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Squash, Sliced into thick half-moons	1	Onion Powder	½ Tsp.
Medium Zucchini, Sliced into thick half-moons	1	Garlic Powder	½ Tsp.
Olive Oil	1 Tbsp.	Ground Cumin	¼ Tsp.
Lemon Juice	2 Tbsp.	Dried Dill	¼ Tsp.
Minced Garlic (About 3 cloves)	1 Tbsp.	Salt	⅛ Tsp.
Dried Oregano	1 Tbsp.	Freshly Cracked Black Pepper	
Dried Basil	1 Tsp.		

PREPARATION

- In a large bowl, whisk together olive oil, lemon juice, garlic, oregano, basil, onion powder, garlic powder, cumin, dill, salt, and black pepper.
- Toss the chicken and vegetables in the marinade.
- Cover and refrigerate for at least 30 minutes (or up to 4 hours for deeper flavor).
- Thread marinated chicken and veggies onto skewers, alternating each piece.
- Grill over medium-high heat for about 10-12 minutes, turning occasionally, until the chicken is cooked through and has a slight char.
- Plate it hot with a wedge of lemon or a yogurt-based dip. Enjoy!

SOY GINGER SALMON

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Low-sodium Soy Sauce	3 tbsp.	Garlic-chili Paste or Sriracha (or ¼ Tsp Red Pepper Flakes)	½ tsp.
Vinegar	1 tbsp.		
Cloves Garlic, Minced	2	Skin-on Salmon Fillet, Cut Into 3-4 Portions	1 lb
Grated Fresh Ginger	2 tsp.	Oil	2 tsp.
Ideal Protein Maple Syrup	1 tsp.	Chopped Green Onions, for Serving	

PREPARATION

- In a small bowl, whisk together soy sauce, vinegar, garlic, ginger, maple syrup, and chili paste or red pepper flakes to make the marinade.
- Place salmon portions in a shallow dish. Pour marinade over the salmon, cover, and refrigerate for 20-30 minutes.
- Heat oil in a non-stick skillet over medium heat.
- Remove salmon from marinade. Place skin-side down in the skillet.
- Cook for 4-5 minutes, then flip and cook another 3-4 minutes, or until salmon is cooked through and flakes easily.
- Garnish with chopped green onions and serve hot. Enjoy!

TURKEY SPINACH AND MUSHROOM OMELET

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Virgin Olive Oil	2 tsp.	Turkey	2 oz
Mushrooms, Sliced	2 cups	Oregano, Dried	1 tsp.
Spinach (Stems Removed if Needed)	2 cups	Salt and Pepper	To taste
Eggs, Whisked	4 Eggs		

PREPARATION

- Heat 1 tsp olive oil in a non-stick pan over medium heat.
- Add mushrooms and sauté for 3 minutes.
- Add spinach to the pan, season with salt, pepper, and oregano, and cook until wilted.
- Remove cooked veggies from the pan and set aside.
- In the same pan, heat the remaining 1 tsp olive oil.
- Pour in the whisked eggs and sprinkle with oregano, salt, and pepper.
- When eggs begin to set, add the turkey and cooked veggies to one side of the omelet.
- Fold the omelet over and cook until eggs are fully set.
- Serve hot. Enjoy

DILL PICKLE CHICKEN SALAD

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked Chicken, Chopped,	4 Cups	Approved Mayonnaise	½ Cup
Ribs Celery, Finely Diced (About ½ Cup)	2 Ribs	Dill Pickle Juice	2 Tbsp.
Sweet Onion, Finely Diced	⅓ Cup	Salt	To Taste
Dill Pickles, Diced	1 Cup	Pepper	To Taste
Fresh Dill, Chopped (or 1 Tsp Dried Dill)	1 Tbsp.		

PREPARATION

- In a large bowl, combine chopped chicken, celery, onion, pickles, and dill.
- In a separate small bowl, whisk together mayonnaise and pickle juice.
- Pour the dressing over the chicken mixture.
- Toss everything together until evenly coated.
- Season with salt and pepper to taste.
- Chill before serving for the best flavor.

SALMON SAAD WITH CAPERS, DILL AND LEMON

SERVING SIZE

5

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Fresh Parsley, Finely Chopped	¼ Cup	Celery Stalks, Finely chopped	2
Fresh Dill, Finely chopped	2 Tbsp.	Small Red Onion, Minced	½
Approved Mayonnaise	¼ Cup	Capers, Minced	¼ Cup
Lemon, Zested and Juiced	1	Freshly Cracked Black Pepper	To Taste
Cans Wild Salmon, Drained	4 (5-oz)	Kosher Salt	To Taste

PREPARATION

- In a large bowl, whisk together mayonnaise, lemon zest, lemon juice, parsley, dill, salt, and pepper.
- Stir in celery, red onion, and minced capers.
- Gently mix in the drained salmon, breaking it up slightly while keeping some chunks.
- Enjoy immediately or refrigerate to let the flavors meld.

CHILI LIME STEAK BITES

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Medium Limes (Zest and Juice)	2
New York Strip Steak, Cut into bite-sized pieces	2 Lb.
Olive Oil	½ Tbsp.
Kosher Salt	½ Tsp.
Chili Garlic Paste	to taste

PREPARATION

- In a bowl, combine lime zest, juice, olive oil, chili garlic sauce, and salt.
- Toss steak bites in the marinade and let sit for at least 15-30 minutes.
- Heat a skillet over medium-high heat.
- Sear steak bites in batches for 1-2 minutes per side, until nicely browned and cooked to your liking.
- Garnish with fresh lime wedges or chopped cilantro, if desired. Enjoy!

PICKLE BUN TURKEY SANDWICH

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Deli-style Dill Pickle	1	Fresh Tomatoes, Sliced	2
Mayonnaise	½ tbsp.	Iceberg Lettuce	2 oz.
Yellow Mustard	½ tsp.	Red Onion, Sliced	¼ cup
Turkey, Deli-sliced	4 oz.	Salt and Pepper	To taste

PREPARATION

- Slice the pickle in half lengthwise to create a "bun." If needed, scoop out a bit of the center to make room for fillings.
- In a small bowl, mix mayonnaise and mustard together.
- Spread the mayo-mustard mixture on the inside of each pickle half.
- Layer the turkey, tomato slices, lettuce, and red onion between the pickle halves.
- Season with salt and pepper to taste.
- Close the sandwich with the top pickle half and serve immediately. Enjoy!

COD AND VEGGIE FOIL PACKETS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Zucchini, Thinly Sliced	1 Cup	Fresh Thyme Leaves	1 Tbsp.
Cherry Tomatoes, Halved	1 Cup	Cod Fillets	2
Green Beans (Cut into 1-inch pieces)	1 Cup	Salt	To Taste
Extra Virgin Olive Oil, Divided	½ Tbsp.	Freshly Ground Black Pepper	To Taste
Chopped Fresh Oregano	1 Tbsp.	Lemon, Juiced	½
		Oil Spray	

PREPARATION

- Preheat oven to 400°F (200°C).
- Tear two large sheets of aluminum foil and spray lightly with oil spray.
- In a bowl, toss zucchini, cherry tomatoes, and green beans with half of the olive oil, oregano, thyme, salt, and pepper.
- Divide the veggies evenly between the two foil sheets.
- Place one cod fillet on top of each veggie pile.
- Drizzle with remaining olive oil, a squeeze of lemon juice, and season with salt and pepper.
- Fold foil over the fish and vegetables to form sealed packets.
- Place the packets on a baking sheet and bake for 20-25 minutes, or until the cod is opaque and flakes easily.
- Carefully open packets and serve hot. Enjoy!

GROUND CHICKEN AND CABBAGE BOW

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Green Cabbage, Shredded	3 Cups	Tomato Paste	4 Tsp.
Ground Chicken	8 Oz.	Chicken Broth	¾ Cup
Shallot, Diced	2 Tbsp.	Salt	To Taste
Olive Oil	½ Tbsp.	Black Pepper	To Taste
Red Bell Pepper, Grated	½ Cup	Cauliflower Rice, Cooked	1 Cup
Sweet Paprika	1 Tsp.	Chopped Parsley (for Garnish)	

PREPARATION

- Heat olive oil in a skillet over medium heat.
- Sauté the diced shallots until translucent.
- Add ground chicken and cook until browned.
- Stir in paprika, tomato paste, and grated red bell pepper.
- Pour in chicken broth and bring to a light simmer.
- Add shredded cabbage, stir, and cook until tender and flavors meld (about 8-10 minutes).
- Season with salt and pepper to taste.
- Serve warm over cauliflower rice, garnished with chopped parsley.

SPICY CHICKEN SALAD

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked Chicken, Chopped	16 Oz.	Water	1 Tbsp.
Green Onions, Thinly Sliced	3	Lemon Juice	1 Tbsp.
Celery Stalk, Chopped	1	Homemade Sriracha Sauce	1 Tbsp.
Fresh Cilantro, Chopped	¼ Cup	Salt and Pepper	To Taste
Approved Mayonnaise	½ Cup		

PREPARATION

- In a large bowl, add chopped cooked chicken, sliced green onions, chopped celery stalks, and fresh chopped cilantro.
- In a separate small bowl, whisk together approved mayonnaise, water, lemon juice, and Sriracha.
- Pour the spicy dressing over the chicken mixture.
- Season with salt and pepper to taste.
- Toss until everything is well coated and creamy.
- Enjoy!

CROCK POT PEPPER STEAK

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sirloin Steak, (Sliced Into ¼-inch Strips)	2 Lbs.	Salt	1 Tsp.
Medium Green Bell Pepper, (Sliced Into ¼-inch Strips)	1	Ground Black Pepper	1 Tsp.
		Crushed Red Pepper	¼ Tsp.
Medium Red Bell Pepper, (Sliced Into ¼-inch Strips)	1	Truvia	2 Tsp.
		Soy Sauce	¼ Cup
Garlic, Minced	3 Tsp.	Beef Broth	½ Cup
Ginger, Peeled and Minced	½ Tsp.		

PREPARATION

- Add sliced sirloin steak, green and red bell peppers to your crock pot.
- Sprinkle in the minced garlic, ginger, salt, black pepper, and crushed red pepper.
- Pour in the soy sauce, beef broth, and add Truvia for a touch of sweetness.
- Stir to combine all ingredients evenly.
- Cover and cook on low for 5-6 hours or on high for 2.5-3 hours until the steak is tender and flavors meld.
- Serve hot, enjoy!

GRILLED LIME SHRIMP

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Uncooked Shrimp, Shelled and Deveined	1 Lb.	Black Pepper	½ Tsp.
Fresh Lime Zest	½ Tsp.	Olive Oil	2 Tbsp.
Ground Cumin	½ Tsp.	Freshly Squeezed Lime Juice	3 Tbsp.
Dried Oregano	½ Tsp.	Garlic Cloves, Minced	3
Salt	1 Tsp.		

PREPARATION

- In a bowl, combine lime zest, cumin, oregano, salt, pepper, olive oil, lime juice, and minced garlic to make a marinade.
- Add the shrimp to the bowl and toss well to coat evenly.
- Cover and marinate in the refrigerator for 20-30 minutes.
- Preheat your grill or grill pan to medium-high heat.
- Thread shrimp onto skewers (if using wooden skewers, soak them in water for 15 minutes first).
- Grill shrimp for 2-3 minutes on each side, until pink and cooked through.
- Grill fennel alongside the chicken for about 4-5 minutes per side until tender and charred.
- Remove from grill and serve hot with extra lime wedges on the side. Enjoy!

EASY AIR FRYER TROUT

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Trout Fillets	2 (4-6 oz. each)
Oil	1 Tbsp.
Old Bay Seasoning	½ Tbsp.
Garlic Powder	½ Tsp.

PREPARATION

- Pat the trout fillets dry with a paper towel.
- Brush both sides of each fillet with oil.
- In a small bowl, mix together Old Bay seasoning and garlic powder. Rub the seasoning mix evenly over both sides of the trout.
- Preheat the air fryer to 375°F (190°C).
- Place the fillets skin-side down in the air fryer basket and cook for 8-10 minutes, or until the fish flakes easily with a fork.
- Serve hot and enjoy!

INSTANT POT LEMON GARLIC CHICKEN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tbsp.	Dried Thyme	½ Tsp.
Boneless, Skinless Chicken Breast	2 Lb.	Lemon Juiced (About 3 tbsp.)	1 (About 3 Tbsp.)
Salt and Pepper	To Taste	Low-sodium Chicken Stock	1 Cup
Garlic Cloves, Minced	3	Fresh Kale, (Stems removed and roughly chopped)	3 Cups

PREPARATION

- Set the Instant Pot to sauté mode. Add olive oil.
- Season chicken breasts with salt and pepper.
- Sear them in the pot for 2-3 minutes per side until lightly browned. Remove and set aside.
- Add minced garlic to the pot and sauté for 30 seconds until fragrant.
- Pour in chicken stock, lemon juice, and dried thyme. Stir well and return chicken to the pot.
- Cancel sauté mode. Secure the lid and set to Pressure Cook (High) for 10 minutes.
- Once the cycle is complete, allow a natural release for 5 minutes, then perform a quick release.
- Carefully open the lid and stir in the chopped kale. Let it wilt in the hot liquid for 2-3 minutes.
- Serve warm with extra lemon wedges if desired.

MEXICAN SHRIMP SKILLET

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra-virgin Olive Oil	2 Tsp.	Ground Cumin	1 Tsp.
Green Onions, Chopped	3	Ground Coriander	1 Tsp.
Small Jalapeño Peppers, Seeded and Finely Chopped	2	Kosher Salt	1 Tsp.
		Black Pepper	½ Tsp.
Red Bell Pepper, Chopped	1	Shrimp, Peeled and Deveined	1¼ Lb.
Garlic Cloves, Minced	3	Chopped Fresh Cilantro (for Garnish)	
Chili Powder	2 Tsp.	Fresh Lime Juice (for Serving)	

PREPARATION

- Heat olive oil in a large skillet over medium heat.
- Add green onions, jalapeño, and red bell pepper. Sauté for 2-3 minutes until softened.
- Stir in the garlic, chili powder, cumin, coriander, salt, and black pepper. Cook for 30 seconds until fragrant.
- Add the shrimp to the skillet and cook for 3-5 minutes, stirring occasionally, until the shrimp are pink and cooked.
- Remove from heat. Squeeze fresh lime juice over the top and garnish with chopped cilantro.
- Serve hot and enjoy!

ORANGE GRILLED CHICKEN

SERVING SIZE

5

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breast	1½ Lbs.	Walden Farms Orange Spread, chopped	½ Cup
Fennel Bulbs	8	Worcestershire Sauce	1 Tbsp.
Garlic Cloves, minced	3	Olive Oil	2 Tbsp.
Orange Peel, grated	2 Tsp.	Cider Vinegar	3 Tbsp.
Thyme, finely chopped	1 Tsp.	Sea Salt	1 Tsp.
Rosemary, finely chopped	1 Tsp.	Black Pepper	½ Tsp.

PREPARATION

- In a bowl, mix together the garlic, orange peel, thyme, rosemary, orange spread, Worcestershire sauce, olive oil, cider vinegar, sea salt, and pepper.
- Pour the marinade over the chicken breasts in a shallow dish or bag.
- Toss to coat and let marinate for at least 30 minutes (or overnight for best flavor).
- Preheat grill or grill pan to medium-high heat.
- Trim and halve the fennel bulbs lengthwise. Brush with olive oil and season lightly with salt and pepper.
- Grill chicken for 5-7 minutes per side or until fully cooked through and internal temperature reaches 165°F (75°C).
- Grill fennel alongside the chicken for about 4-5 minutes per side until tender and charred.
- Serve and enjoy!

TUNA VEGGIE PATTIES

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Canned Tuna, Drained	16 Oz.	Hot Sauce	½ Tsp.
Green Bell Pepper, Diced	¼ Cup	Dried Parsley	½ Tsp.
Approved Mayonnaise	2 Tbsp.	Salt	¼ Tsp.
Lemon Juice	½	Black Pepper	¼ Tsp.

PREPARATION

- In a medium bowl, combine the drained tuna, diced bell pepper (if using), mayonnaise, lemon juice, hot sauce, parsley, salt, and black pepper.
- Mix well until fully combined and the mixture holds together.
- Form the mixture into small patties using your hands or a scoop.
- Heat a non-stick skillet over medium heat and lightly oil if needed.
- Cook the patties for 3-4 minutes on each side, or until golden brown and heated through.
- Serve warm and enjoy!

TURKEY MEATLOAF

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Turkey	2 Lb.	Sage, Dried	2 Tsp.
Shallot, Diced	½ Cup	Garlic Powder	2 Tsp.
Large Eggs	2	Salt	½ Tsp.
Italian Seasoning	1½ Tsp.	Walden Farms Ketchup	⅓ Cup

PREPARATION

- Preheat your oven to 375°F (190°C).
- In a large mixing bowl, combine the ground turkey, diced shallot, eggs, Italian seasoning, sage, garlic powder, and salt. Mix until just combined.
- Shape the mixture into a loaf and place it in a lightly greased loaf pan or on a lined baking sheet.
- Spread the walden farms ketchup evenly over the top.
- Bake for 45 minutes, or until the internal temperature reaches 165°F (74°C) and the top is slightly browned.
- Let the meatloaf rest for 5-10 minutes before slicing. Serve warm.

BROCCOLI FRITTATA

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Eggs	4
Egg Whites	8
Ham, Chopped	½ Lb.
Cooked Broccoli, Chopped	7 Cups
Parsley, Finely Chopped	1 Cup

PREPARATION

- Preheat the oven to 375°F (190°C).
- Lightly grease a baking dish or oven-safe skillet.
- In a large bowl, whisk together the eggs and egg whites until well combined.
- Stir in the chopped ham, cooked broccoli, and finely chopped parsley.
- Pour the mixture into the prepared dish or skillet and spread evenly.
- Bake for 25-30 minutes, or until the center is set and the top is lightly golden.
- Let it cool slightly before slicing. Serve warm.

CHICKEN VEGGIE NUGGETS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Chicken	1 Lb.	Onion Powder	½ Tsp.
Grated Zucchini	1 Cup	Italian Seasoning	½ Tbsp.
Grated Red Bell Pepper	1 Cup	Garlic Powder	½ Tsp.
Finely Chopped Spinach	½ Cup	Kosher Salt	¾ Tsp.
Paprika	¼ Tsp.	Black Pepper	To Taste
		Oil	2 Tbsp.

PREPARATION

- In a large bowl, mix well the ground chicken, zucchini, red bell pepper, spinach, and all seasonings.
- Form the mixture into small nugget-shaped patties using your hands or a spoon.
- Heat oil in a non-stick skillet over medium heat.
- Cook the nuggets in batches for 4-5 minutes per side, or until golden brown and fully cooked through.
- Remove and place on a paper towel-lined plate.
- Serve warm with your favorite dipping sauce. Enjoy!

CHILI FLANK STEAK

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Flank Steak	1 Lb.	Garlic Powder	½ Tsp.
Chili Powder	1 Cup	Ground Coriander	½ Tbsp.
Paprika	1 Cup	Kosher Salt	½ Tsp.
Ground Cumin	½ Cup	Freshly Ground Black Pepper	¾ Tsp.
Red Pepper Flakes	¼ Tsp.	Avocado Oil or Other Neutral High-heat Oil (for the Grill)	To Taste 2 Tbsp.

PREPARATION

- In a small bowl, mix together chili powder, paprika, cumin, red pepper flakes, garlic powder, coriander, salt, and black pepper.
- Rub the spice mixture evenly over both sides of the flank steak.
- Brush the grill grates lightly with oil and preheat to medium-high heat.
- Grill the steak for 4-5 minutes per side, or until it reaches your desired doneness.
- Remove from the grill and let the steak rest for 5-10 minutes.
- Slice thinly against the grain and serve hot. Enjoy!

CUCUMBER TUNA SALAD

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Persian Cucumbers, peeled, halved, and sliced	2	Salt	To Taste
Fresh Dill	2 Tbsp.	Black Pepper	¼ Tsp.
Olive Oil	2 Tbsp.	Canned Tuna in Oil	4 Oz.
Lemon Juice/Apple Cider Vinegar	2 Tbsp.		

PREPARATION

- In a large bowl, combine sliced cucumbers and fresh dill.
- Add olive oil and lemon juice (or vinegar), then season with salt and black pepper.
- Gently fold in the canned tuna, breaking it slightly but keeping chunks intact.
- Toss everything together until well combined.
- Chill for 10-15 minutes before serving for enhanced flavor.
- Serve and enjoy!

SPINACH TURKEY PATTIES

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Lean Turkey	1 Lb.	Onion Powder	1 Tsp.
Large Egg, Lightly Beaten	1	Fresh Baby Spinach Leaves, Finely Chopped	2 Cups
Low Sodium Soy Sauce	1 Tbsp.	Salt	To Taste
Garlic Powder	1 Tsp.		

PREPARATION

- In a large bowl, combine the ground turkey, beaten egg, low sodium soy sauce, garlic powder, onion powder, and chopped spinach.
- Season with salt to taste and mix until just combined. Avoid overmixing.
- Form the mixture into equal-sized patties.
- Heat a non-stick skillet over medium heat. Optionally, coat lightly with cooking spray.
- Cook the patties for 4-5 minutes on each side, or until golden brown and fully cooked through.
- Serve and Enjoy!

TUNA NORI WRAP

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tuna, Drained	1 Can	Cucumber, Julienned	6 Slices
Approved Mayonnaise	2 Tsp.	Red Pepper, Julienned	6 Slices
Sriracha	1 Tsp.	Pickled Red Onion	2 Spoonfuls
Garlic Powder	1 Tsp.	Green Onion, Chopped	1
Lemon Juice	2 Tsp.	Salt and Pepper	To Taste
Large Pieces of Nori	2		

PREPARATION

- In a small bowl, mix the drained tuna with mayonnaise, sriracha, lemon juice, garlic powder, salt, and pepper. Stir until well combined.
- Lay out the two nori sheets on a clean, flat surface.
- Spoon half the tuna mixture onto each sheet, spreading it evenly in a horizontal line near the bottom edge.
- Top each with cucumber slices, red pepper slices, pickled red onion, and chopped green onion.
- Carefully roll each nori sheet tightly from the bottom to form a wrap.
- Slice in half if desired and serve immediately.

SAUTEED SALMON AND LEEKS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Skinless, Boneless Salmon Fillets	4 (about 1½ lb.)	Lemon Juice	2 Tbsp.
Leek, Trimmed and Thinly Sliced	1	Chopped Fresh Basil	2 Tbsp.
Ripe Tomatoes, Chopped	3	Salt	To Taste
Olive Oil	2 Tbsp.	Freshly Ground Black Pepper	To Taste

PREPARATION

- Season the salmon fillets with salt and freshly ground pepper on both sides.
- Heat 1 tbsp. olive oil in a large skillet over medium-high heat.
- Add the salmon fillets and sear for about 3-4 minutes per side, or until cooked through and golden brown. Remove and set aside.
- In the same skillet, add the remaining 1 tablespoon of olive oil. Add sliced leeks and sauté for 3-4 minutes until tender.
- Add the chopped tomatoes and cook for another 3-5 minutes until the tomatoes soften and release their juices.
- Stir in lemon juice and chopped basil. Season with salt and pepper to taste.
- Return the salmon fillets to the skillet and spoon the leek-tomato mixture over the top. Let everything heat through for 1-2 minutes.
- Serve warm, garnished with additional basil if desired.

CHICKEN CAULIFLOWER MEATBALLS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Chicken	1 Lb.	Riced Cauliflower	1½ Cups
Italian Seasoning	½ Tbsp.	Sea Salt	To Taste
Garlic Powder	½ Tsp.	Black Pepper	To Taste
Green Onions, Chopped	2		

PREPARATION

- Preheat your oven to 400°F (200°C).
- Lightly grease a large baking dish or line it with parchment paper to prevent sticking.
- In a large mixing bowl, combine the ground chicken, Italian seasoning, garlic powder, chopped green onions, riced cauliflower, sea salt, and black pepper. Mix well
- Gently roll the mixture into 1½ inches in diameter.
- Place the meatballs in a single layer in the prepared baking dish, leaving space between each meatball for even cooking.
- Bake in the preheated oven for 25-30 minutes, or until the meatballs are cooked through.
- Remove the meatballs from the oven and let them rest for 5 minutes before serving.
- Cover and simmer over low heat until the chicken is cooked through and tender (about 20 minutes)
- Serve hot over zucchini noodles or spaghetti squash.
- Garnish with chopped fresh parsley, and if in maintenance, sprinkle with freshly grated Parmesan cheese.

CRISPY AIR FRYER COD

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Cod Fillets (About 1-inch Thick)	2
Extra Virgin Olive Oil	½ Tbsp.
Salt	½ Tsp.
Pepper	½ Tsp.
Old Bay Seasoning	1 Tbsp.

PREPARATION

- Pat the cod fillets dry with a paper towel to remove excess moisture.
- Brush both sides of the cod fillets lightly with olive oil.
- In a small bowl, mix the Old Bay seasoning, salt, and pepper. Evenly sprinkle the seasoning mixture over both sides of the cod fillets, pressing gently to adhere.
- Preheat the air fryer to 400°F (200°C). Lightly grease the air fryer basket with oil or cooking spray to prevent sticking.
- Place the seasoned cod fillets in the air fryer basket in a single layer, ensuring they don't overlap.
- Cook the cod for 8-10 minutes, flipping halfway through the cooking time. The cod is done when it turns golden brown, flakes easily with a fork.
- Remove the cod from the air fryer and let it rest for 2-3 minutes before serving.
- Serve warm and enjoy!

EGG SALAD PICKLE BOATS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Eggs Large	6	Dill Dried	1 Tsp.
Ice	2 Cups	Celery Salt	1 Tsp.
Approved Mayo	½ Cup	Black Pepper	1 Tsp.
Dijon Mustard	2 Tbsp.	Hot Sauce	1 Tsp.
Red Onion, Minced	½	Large Dill Pickles (Halved and Slightly Hollowed)	6

PREPARATION

- Bring a pot of water to a boil, add the eggs, and cook for 10 minutes.
- Transfer the eggs to an ice bath and let them cool completely. Peel once cooled.
- Chop the eggs into a bowl and mash to your preferred texture.
- Stir in mayo, Dijon mustard, red onion, dill, celery salt, black pepper, and a splash of hot sauce. Add more mayo if needed for creaminess.
- Slice the dill pickles in half lengthwise and scoop out a small hollow in each half.
- Fill the pickle "boats" with the egg salad mixture.
- Serve right away or chill for a refreshing snack!

EGG SALAD TURKEY ROLL UPS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Deli Turkey Breast, Nitrate-free	16 Slices	Approved Mayonnaise	3½ Tbsp.
Hard-boiled Eggs, Chopped	4	Black Pepper	⅛ Tsp.
Slices Cooked Bacon, Finely Chopped	3 Slices	Paprika	⅛ Tsp.

PREPARATION

- In a medium bowl, combine the chopped hard-boiled eggs, finely chopped bacon, and mayonnaise.
- Season the mixture with black pepper and paprika. Stir well until everything is fully mixed and creamy.
- Lay the turkey slices flat on a clean surface.
- Spoon a small amount of the egg salad mixture onto each turkey slice.
- Roll up each turkey slice tightly around the filling to form neat roll-ups.
- Enjoy!

TOFU SCALLION STIR FRY

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Firm Tofu, Pressed and Cubed	1 Block (14 oz)	Vegetable Stock	¼ Cup
Olive Oil	1 Tbsp.	Minced Garlic	1 Tbsp.
Ginger Root, Fresh and Sliced (for Seasoning Oil)	1	Minced Ginger	1 Tbsp.
		Soy Sauce (or Coconut Aminos)	2 Tbsp.
Fresh Garlic Cloves (for Seasoning Oil)	3		
Bunch of Green Onions, Sliced	1	Salt and Pepper	To Taste

PREPARATION

- Press the tofu to remove excess moisture and cut it into small cubes.
- Heat the olive oil in a skillet over medium heat.
- Add fresh ginger slices and garlic cloves to the oil. Sauté for 1-2 minutes.
- Add the tofu cubes to the skillet and cook until golden brown on all sides, about 6-8 minutes.
- Add the sliced green onions to the skillet. Stir-fry for 2-3 minutes until fragrant.
- Pour in the vegetable stock and soy sauce. Stir and cook for another 2-3 minutes until the sauce reduces slightly.
- Season with salt and pepper to taste.
- Serve hot, garnished with extra green onions if desired. Enjoy!

CHICKEN CACCIATORE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra-virgin Olive Oil	3 Tsp.	IP Balsamic Vinegar	1 Tbsp.
Boneless, Skinless Chicken Breasts	2 Lb.	Crushed Tomatoes	1 (28 Oz.) Can
Kosher Salt	1 Tsp.	Green Bell Pepper, Sliced	1
Ground Black Pepper	½ Tsp.	Sliced Baby Bella (Cremini) Mushrooms	8 Oz.
Shallot, Sliced	1	Italian Seasoning	2 Tsp.
Garlic Cloves, Minced	3	Zucchini Noodles or Spaghetti Squash, Baked and Shredded	
Freshly Grated Parmesan Cheese (Maintenance Only)		Chopped Fresh Parsley	

PREPARATION

- Heat 1 tbsp. olive oil in a large skillet over medium-high heat.
- Season chicken breasts on both sides with kosher salt and black pepper.
- Add chicken to skillet and cook until golden, about 3-4 minutes per side. Remove chicken and set aside.
- In the same skillet, add the remaining olive oil.
- Sauté sliced shallot and minced garlic for about 2-3 minutes until fragrant.
- Add the balsamic vinegar to the skillet, scraping up any browned bits from the bottom of the pan.
- Stir in crushed tomatoes, sliced green bell pepper, sliced mushrooms, and Italian seasoning. Combine well.
- Return chicken to the skillet, nestling it into the sauce.
- Cover and simmer over low heat until the chicken is cooked through and tender (about 20 minutes)
- Serve hot over zucchini noodles or spaghetti squash.
- Garnish with chopped fresh parsley, and if in maintenance, sprinkle with freshly grated Parmesan cheese.

HERBED SARDINES

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sardines (In water or olive oil)	1 Can (4.35 Oz)	Fresh Herbs (like parsley, basil, or mint)	2 Tbsp.
Lemon, Juice and Zest	1	Olive Oil (only if sardines are in water)	1 Tsp.
Red Onion or Scallion, Chopped (Start with 1 tbsp, adjust to taste)	1-4 Tbsp.	Dijon Mustard	1 Tsp.
		Salt	To Taste

PREPARATION

- Drain the sardines if they're packed in water.
- In a bowl, combine sardines, lemon juice and zest, chopped onion, herbs, olive oil (if using), mustard, and salt.
- Gently mix with a fork, breaking the sardines into chunks.
- Taste and adjust lemon or salt if needed.

STEAK WITH SCALLION AND HERB SAUCE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
New York Strip Steaks	2 (10 Oz. Each)	Fresh Parsley, Chopped	¼ Cup
Kosher Salt	2 Tbsp.	Fresh Cilantro, Chopped	¼ Cup
Whole Peppercorns, Coarsely Crushed (Reserve ½ tsp for sauce)	5 Tbsp.	Lemon, Juice	1
		Peppercorn, Crushed (From above)	½ Tsp.
Scallions/Green Onions, Chopped into ½" pieces	10	Chives, Chopped (For garnish)	½ Cup
Fresh Garlic, Minced	1 Tbsp.		

PREPARATION

- Rub the steaks evenly with kosher salt and 4½ tbsp of the crushed peppercorns.
- Let them rest at room temperature for 20-30 minutes.
- Heat a skillet or grill over medium-high heat.
- Cook the steaks for 3-4 minutes per side, or until they reach your desired doneness.
- Remove from heat and let them rest for 5-10 minutes.
- In a small bowl, combine the chopped scallions, garlic, parsley, cilantro, lemon juice, and the reserved ½ tsp crushed peppercorns. Stir well.
- Slice the steaks and spoon the scallion herb sauce on top. Garnish with chopped chives and serve warm.
- Enjoy!

AIR FRYER HAM

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Fully Cooked Quarter-cut, Spiral-cut ham	1 (2 Lb)	Soy Sauce	1 Tsp.
Packed Truvia Brown Sugar	⅓ Cup	Ground Cinnamon	½ Tsp.
Apple Cider Vinegar	1 Tbsp.	Chili Powder	½ Tsp.
Yellow Mustard	1 Tbsp.	Ground Allspice	⅛ Tsp.

PREPARATION

- Preheat your air fryer to 325°F (165°C).
- In a small bowl, mix all the glaze ingredients: truvia brown sugar, apple cider vinegar, mustard, soy sauce, cinnamon, chili powder, and allspice.
- Brush the ham with the glaze and fully wrap it in foil so the juices do not leak. Place in the air fryer basket, cut side down.
- Cook for 25-30 minutes. Then, open the foil and baste with juices that have collected.
- Continue to cook uncovered for another 20 minutes. It is done when the internal temperature is 140 degrees and the ham looks caramelized.
- Let it rest for 10 minutes, then slice and enjoy!

SMOKED SALMON AND CUCUMBER SALAD

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Smoked Salmon, Flaked	10 Oz.
Cucumber, Sliced	4 Cups
Lemon and Herb Vinaigrette	4 Tbsp.

PREPARATION

- Slice the cucumbers into thin rounds and place them in a large bowl.
- Flake the smoked salmon into bite-sized pieces and add it to the bowl.
- Drizzle with 4 tablespoons of Lemon and Herb Vinaigrette.
- Toss gently to combine and coat everything evenly.
- Serve immediately and enjoy!

SPICY CHICKEN AND HEARTS OF PALM NOODLES

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Hearts of Palm Noodles	12 Oz.	Grated Ginger	1 Tbsp.
Ground Chicken	8 Oz.	Reduced Sodium (Gluten-free) Soy Sauce	¼ Cup
Sesame Oil	1 Tsp.		
Garlic Cloves, Minced	3	Sambal Oelek, or Sriracha	1 Tbsp.
		Scallions for Garnish	

PREPARATION

- Heat sesame oil in a pan over medium heat.
- Add minced garlic and grated ginger, sautéing for about 1 minute until fragrant.
- Add ground chicken and cook until browned, breaking it up as it cooks.
- Stir in soy sauce and sambal oelek (or sriracha), mixing well.
- Add hearts of palm noodles and toss until heated through and well coated with the sauce.
- Garnish with chopped scallions and serve hot. Enjoy!

GROUND TURKEY STUFFED TURNIPS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Turnips	4	Olive Oil	2 tbsp.
Ground Turkey	1 lb.	Salt	1 tsp.
Shallot, Finely Chopped	1	Black Pepper	½ tsp.
Garlic Cloves, Minced	2	Paprika	1 tsp.
Tomato Sauce	1 cup	Dried Thyme	½ tsp.
Grated Cheese Maintenance Only	1 cup	Fresh Parsley for Garnish	

PREPARATION

- Preheat oven to 375°F (190°C).
- Peel turnips, cut off tops, and hollow them out using a spoon.
- Boil turnips in salted water for 10 minutes until slightly tender. Drain and set aside.
- Heat olive oil in a pan over medium heat. Add shallot and garlic, sautéing until fragrant.
- Add ground turkey, salt, pepper, paprika, and thyme, cooking until browned.
- Stir in tomato sauce and simmer for 5 minutes.
- Stuff turnips with the turkey mixture and place in a baking dish.
- Sprinkle with grated cheese (Maintenance Only).
- Bake for 20 minutes until heated through.
- Garnish with fresh parsley and serve warm. Enjoy!

STEAK AND VEGGIE ROLL UPS

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Red Bell Pepper, Cut into thin strips	½	Oregano	½ Tsp.
Zucchini, Cut into thin strips	½	Cumin	½ Tsp.
Yellow Squash, Cut into thin strips	½	Paprika	½ Tsp.
Skirt Steak, Sirloin tip cut could be substituted	1½ Lb.	Garlic Powder	½ Tsp.
		Onion Powder	½ Tsp.
Salt	½ Tsp.	Walden Farms Balsamic Vinegar	3 Tbsp.
Pepper	¼ Tsp.	Olive Oil	1½ Tbsp.

PREPARATION

- In a bowl, whisk together balsamic vinegar, olive oil, salt, pepper, oregano, cumin, paprika, garlic powder, and onion powder.
- Slice the steak into long, thin strips and marinate in the mixture for at least 30 minutes.
- Cut the bell pepper, zucchini, and yellow squash into thin strips.
- Lay a steak strip flat, place a few veggie strips on one end, roll tightly, and secure with a toothpick.
- Heat olive oil in a skillet over medium heat and cook the roll-ups for 2-3 minutes per side until browned and cooked through.
- Remove toothpicks and serve warm. Enjoy!

TURKEY AND EGG CUP

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY
Low-sodium Turkey Breast, Natural & Fresh	12 Slices (1 oz each)
Tomato, Chopped	¼ Cup
Green Onion, Finely Chopped	¼ Cup
Eggs	12

PREPARATION

- Set your oven to 375°F (190°C).
- Lightly grease a 12-cup muffin tin or use silicone muffin liners.
- In a small saucepan, heat water, apple cider vinegar, and sea salt over medium heat.
- Line each muffin cup with a slice of turkey breast, pressing it gently to form a cup shape.
- Evenly divide the chopped tomatoes and green onions among the turkey cups.
- Crack one egg into each turkey cup.
- Place the muffin tin in the oven and bake for 15-18 minutes, until the egg whites are set and yolks are cooked to your preference.
- Carefully remove the turkey cups from the muffin tin and serve warm. Enjoy!

MEDEDITTERANEAN CHICKEN AND MUSHROOMS

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Skinless Chicken Breasts	1½ Lb.	Chicken Broth	½ Cup
Oregano	1 Tsp.	Green Onions, Chopped	3
Paprika	1 Tsp.	Garlic Cloves, Minced	2
Coriander	1 Tsp.	Kosher Salt and Black Pepper	To Taste
Extra Virgin Olive Oil	2 Tbsp.	Parsley for Garnish	
Fresh Large Mushrooms, Sliced	12 Oz.		

PREPARATION

- In a bowl, mix the oregano, paprika, coriander, salt, and pepper.
- Rub the seasoning mixture all over the chicken breasts.
- Heat the olive oil in a large skillet over medium heat.
- Add the chicken breasts and cook for 6-7 minutes per side until golden brown and cooked through.
- Transfer the cooked chicken to a plate and set aside.
- Add the sliced mushrooms and sauté for about 5-7 minutes until golden brown.
- Stir in the minced garlic and chopped green onions, cooking for 1-2 minutes until fragrant.
- Pour in the chicken broth, scraping any bits from the bottom of the pan for extra flavor. Simmer for 5 minutes to reduce the sauce slightly.
- Return the chicken to the skillet, spooning the sauce over the chicken breasts. Simmer for another 2-3 minutes to warm through.
- Sprinkle fresh parsley over the chicken and serve warm. Enjoy!

SHRIMP POKE BOWL

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cauliflower Rice	6 Cups	Sriracha	1 Tbsp.
Bag Frozen Raw Shrimp, Uncooked	1 Lb.	Soy Sauce	2 Tsp.
Medium Cucumber, Diced	1	Vinegar	1 Tsp.
Green Onion, Chopped	1	Approved Mayonnaise	¼ Cup
Vinegar	½ Cup	Salt and Pepper	To Taste
Sesame Oil	1 Tbsp.		

PREPARATION

- If needed, thaw the shrimp. Season them lightly with salt.
- In a pan, heat 1 tbsp sesame oil over medium heat.
- Cook the shrimp for about 2-3 minutes per side until they turn pink and are fully cooked. Put the cooked shrimp in the fridge to chill.
- In a large bowl, toss the cauliflower rice with a splash of vinegar, salt, and pepper.
- Assemble the poke bowl by placing the seasoned cauliflower rice at the bottom, topping with the chilled cooked shrimp and cucumber.
- In a small bowl, mix the aioli ingredients (sriracha, soy sauce, vinegar, and mayonnaise) until smooth.
- Drizzle the aioli over the top and garnish with chopped green onion

CABBAGE AND TOFU SOUP

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Low-sodium Chicken Broth	4 Cups	Mushroom of Your Choice, (Cut Into Bite-size Pieces)	5 Oz.
Ginger Slices	4		
Green Onions, Sliced	2	Block Soft Tofu, (Cut Into Bite-size Pieces)	½
Garlic Cloves, Smashed	2		
Light Soy Sauce	2 Tsp.	Salt	½ Tsp.
Napa Cabbage Leaves, (Cut Into Bite-size Pieces)	8	White Pepper	¼ Tsp.
		Sesame Oil	1 Tsp.

PREPARATION

- In a medium pot, bring the chicken broth to a boil over medium heat.
- Add the ginger slices, green onions, and garlic cloves.
- Let it simmer for about 5 minutes to infuse the broth with flavor.
- Stir in the soy sauce, Napa cabbage, and mushrooms.
- Cook for about 7-8 minutes until the vegetables are tender. Gently add the tofu pieces.
- Let it cook for another 2-3 minutes without stirring too much to prevent breaking the tofu.
- Add salt, white pepper, and drizzle in the sesame oil for extra aroma.
- Remove from heat, discard the ginger slices if desired, and serve hot.

AIR FRYER CHICKEN PATTIES

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Chicken	18 Oz.	Onion Powder	½ Tsp.
Fresh Coriander	3 Tbsp.	Salt and Pepper	To Taste
Olive Oil	1 Tbsp.	Oil (for Greasing)	½ Tbsp.
Garlic Powder	1 Tsp.		

PREPARATION

- In a large bowl, combine the ground chicken, fresh coriander, olive oil, garlic powder, onion powder, salt, and pepper.
- Mix well until all ingredients are evenly incorporated.
- Divide the mixture into 4 equal portions.
- Shape each portion into a round patty, about ½ inch thick.
- Preheat your air fryer to 375°F (190°C) for about 3 minutes.
- Lightly grease the air fryer basket with the oil.
- Place the patties in the basket in a single layer, ensuring they are not touching.
- Air fry for 12-15 minutes, flipping halfway through, until the patties are golden brown and cooked through.
- Remove from the air fryer and serve. Enjoy!

BEEF AND CAULIFLOWER SKILLET

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sirloin Steak, Cubed	1 Lb.	Low Sodium Beef Broth	½ Cup
Crushed Peppercorn	1 Tbsp.	Medium Head Cauliflower, Cut Into Florets	1
Garlic Rub	2 Tsp.	Fresh Spinach Leaves	10 Oz.
Oil, Divided	1 Tbsp.	Green Onions, Chopped (Optional)	2
Button Mushrooms, Sliced	8 Oz.		

PREPARATION

- Toss the cubed sirloin steak with the peppercorn & garlic rub.
- Heat ½ tbsp. oil in a large skillet over medium-high heat. Sear the steak for 2-3 minutes per side until browned. Remove and set aside.
- Add the remaining oil to the skillet. Sauté mushrooms for 3 minutes.
- Stir in cauliflower florets and cook for another 3 minutes.
- Pour in beef broth, cover, and simmer for 5 minutes until the cauliflower softens.
- Return the steak to the skillet. Add spinach and cook for 1-2 minutes until wilted.
- Garnish with green onions if desired. Serve and enjoy!

PORK AND PEPPERS

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Garlic Cloves, Peeled and minced	4	Pork Tenderloin, Cut into 1-inch medallions	2 Lb.
Coarse Salt	1½ Tsp.		
Olive Oil	2 Tbsp.	Red Bell Peppers, Julienned	2
Whole Black Peppercorns	1 Tbsp.	Low Sodium Broth	1 Cup
Vinegar	2 Tbsp.	Lemons	2

PREPARATION

- Heat olive oil in a large skillet over medium-high heat.
- Add minced garlic and black peppercorns, sautéing for 1 minute until fragrant.
- Season pork medallions with salt and add them to the pan. Sear for 2-3 minutes on each side until golden brown.
- Add julienned red bell peppers and cook for another 3 minutes.
- Pour in the broth, vinegar and lemon juice, stirring to deglaze the pan.
- Cover and simmer for 10 minutes, allowing flavors to meld.
- Serve hot, garnished with fresh herbs if desired.

ASPARAGUS STUFFED CHICKEN BREASTS

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Chicken Breasts	2 Lb.	Asparagus	12
Salt	¼ Tsp.	Walden Farms Balsamic Vinegar	¼ Cup
Black Pepper	¼ Tsp.	Olive Oil	½ Cup
Italian Seasoning	1 Tbsp.	Garlic, Mince	2 Tsp.

PREPARATION

- Preheat oven to 375°F (190°C).
- Slice each chicken breast lengthwise to create a pocket, but don't cut all the way through.
- Season the chicken with salt, pepper, and Italian seasoning.
- Place 2 asparagus spears inside each chicken breast and secure with toothpicks.
- In a small bowl, mix balsamic vinegar, olive oil, and minced garlic.
- Brush the mixture over the stuffed chicken breasts.
- Heat a skillet over medium heat and sear the chicken for 2 minutes on each side.
- Transfer to a baking dish and bake for 20-25 minutes, until chicken is cooked through.
- Remove toothpicks before serving.

CABBAGE SHRIMP ROLLS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Napa Cabbage Leaves	12	Raw Shrimp, Peeled and Deveined	1 Lb.
Avocado Oil	1 Tbsp.	Sesame Oil	2 Tsp.
Red Pepper, Cut Into Strips	1	Soy Sauce	1 Tsp.
Scallions, Cut Into 3-inch Pieces	3	Sea Salt	½ Tsp.
Garlic Cloves, Minced	2	Ground Black Pepper	⅛ Tsp.
Ginger Root, Grated	½ Inch		

PREPARATION

- Bring a pot of water to a boil and blanch the cabbage leaves for 30 seconds. Drain and set aside.
- Heat avocado oil in a pan over medium heat.
- Add red pepper, scallions, garlic, and ginger, sautéing for 2 minutes.
- Add shrimp, sesame oil, soy sauce, salt, and black pepper. Cook until shrimp turns pink, about 3-4 minutes.
- Place a portion of the shrimp mixture onto each cabbage leaf and roll tightly like a burrito.
- Serve immediately with a dipping sauce of your choice.

SALMON BALLS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Canned Salmon, Drained	12 Oz.	Green Onion, Chopped	1 Tbsp.
Shallot, Finely Diced	1	Fresh Dill/basil, Chopped	1 Tbsp.
Egg	1	Sea Salt and Pepper	To Taste
Lemon, Zested and Juiced	½	Oilve Oil	½ Tbsp.

PREPARATION

- In a bowl, combine canned salmon, diced shallot, egg, lemon zest, lemon juice, green onion, and fresh herbs. Season with salt and pepper.
- Mix everything well and shape the mixture into small, bite-sized balls.
- In a skillet, heat olive oil over medium heat.
- Place the salmon balls in the pan and cook for about 3-4 minutes on each side, or until golden brown and crispy.
- Enjoy them on their own or with a dipping sauce of your choice!

SPAGHETTI SQUASH HASH

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Small Spaghetti Squash	1	Small Kale Leaves (Cut Into Thin Shreds)	4
Olive Oil	2 Tsp.		
Turkey Bacon, Slices	2	Vinegar	1 Tsp.
Green Onion, Minced	2 Tbsp.	Black Pepper	¼ Tsp.
Garlic Clove, Minced	1	Large Egg	1
		Salt	To Taste

PREPARATION

- Cut the squash in half, remove the seeds, and microwave for 8-10 minutes until tender. Use a fork to scrape out the strands.
- In a skillet over medium heat, cook the turkey bacon until crispy, then chop it into small pieces.
- In the same skillet, heat olive oil and sauté green onion and garlic for 1-2 minutes. Add kale, spaghetti squash, vinegar, black pepper, and salt. Stir well.
- Make a small well in the hash and crack an egg into it. Cover the pan and cook until the egg is set to your preference.
- Top with crispy turkey bacon and enjoy a delicious, nutritious meal!

STEAK FAJITA MEAL PREP BOXES

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Soy Sauce	¼ Cup	Garlic Cloves, Peeled and Smashed	4
Lime Juice	¾ Cup		
Oil	¼ Cup	Flank Steak	24 Oz.
Chili Powder	1 Tbsp.	Green Bell Peppers, Sliced	2
Ground Cumin	2 Tsp.	Red Bell Peppers, Sliced	2
Cayenne Pepper	½ Tsp.	Garlic Clove, Minced	1
		Cauliflower Rice	6 Cups

PREPARATION

- In a bowl, mix soy sauce, lime juice, oil, chili powder, cumin, cayenne pepper, and smashed garlic cloves.
- Place the flank steak in a dish or resealable bag, pour the marinade over it, and let it sit for at least 30 minutes (or up to overnight).
- Heat a large pan or grill over medium-high heat.
- Cook the steak for about 4-5 minutes per side, or until it reaches your desired doneness.
- In a separate pan add the sliced bell peppers to the same pan and cook for 3-4 minutes until slightly tender but still crisp.
- In the same pan sauté the minced garlic. Add cauliflower rice, lime juice, and cook for 3-4 minutes.
- Divide the cauliflower rice, sliced steak, and sautéed bell peppers into containers for easy grab-and-go meals.

PAN ROASTED CHICKEN AND SHALLOTS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Bone-in Chicken Breasts, Halved	2 (10 Oz. Each)	Chicken Stock	1 Cup
Oil	1 Tbsp.	Kosher Salt	To Taste
Medium Shallots, Peeled and Cut Lengthwise	4	Freshly Ground Black Pepper	To Taste
Sprigs Fresh Rosemary	2		

PREPARATION

- Sprinkle both sides of the chicken with salt and black pepper.
- Heat oil in a pan over medium-high heat.
- Add the chicken, skin-side down, and cook for 5-7 minutes until golden brown. Flip and cook for another 3 minutes.
- Place shallots and rosemary in the pan around the chicken.
- Cook for 2 minutes until the shallots start to soften.
- Remove the chicken and set aside. Add the chicken stock to the same pan, scraping the bottom of the pan to deglaze.
- Return the chicken to the pan and reduce heat to low, cover, and let it simmer for 15-20 minutes until the chicken is cooked through.
- Spoon the sauce over the chicken and enjoy!

SLOW COOKER PEPPERONCINI CHICKEN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Boneless, Skinless Chicken Breast	24 Oz.
Low-sodium Chicken Broth	1 Cup
Pepperoncini With Liquid	6 Oz.
Italian Seasoning	2 Tbsp.

PREPARATION

- Place the chicken breasts in the slow cooker.
- Pour in the chicken broth and add the pepperoncini with its liquid.
- Sprinkle the Italian seasoning over the chicken.
- Cover and cook on low for 3-4 hours or until the chicken is tender and easily shredded.
- Shred the chicken with two forks and mix well with the juices.
- Serve warm and enjoy!

UNSTUFFED TURKEY PEPPER BOWL

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil, Divided	1 Tbsp.	Ground Cumin	1 Tsp.
Bell Pepper, Chopped	2 Cups	Can Diced Tomatoes	1 (14.5 Oz.)
Lean Ground Turkey	1 Lb.	Fresh Parsley, Minced	3 Tbsp.
Cloves Garlic, Minced	2	Cauliflower Rice	2 (10 Oz.) Pkts.
Onion Powder	2 Tsp.	Finely Shredded Cheddar Cheese (Maintenance Only)	1 Cup
Chili Powder	1 Tsp.	Few Dashes Cayenne Pepper, (Optional)	
Salt and Freshly Ground Black Pepper	To Taste		

PREPARATION

- Heat half of the olive oil in a large pan over medium heat.
- Add chopped bell peppers and sauté for 3-4 minutes until softened. Remove and set aside.
- Add the remaining oil to the pan, then add ground turkey. Cook until browned, breaking it apart as it cooks.
- Stir in garlic, onion powder, chili powder, cumin, salt, and black pepper. Cook for another minute.
- Pour in the diced tomatoes (with juice) and mix well. Simmer for 5 minutes.
- Stir in the cooked bell peppers and parsley.
- In a separate pan, heat the cauliflower rice according to the package instructions.
- Serve the turkey mixture over cauliflower rice. If using, sprinkle with cheddar cheese.
- Garnish with more parsley and a dash of cayenne if desired.
- Enjoy your flavorful, protein-packed bowl!

PAN ROASTED SHRIMP AND OKRA

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Shrimp, Peeled and Deveined	1 Lb.	Fresh Okra, Halved Lengthwise	2 Cups
Kosher Salt	½ Tsp.	Cherry Tomatoes	2 Cups
Cajun Seasoning, Divided	2 Tsp.	Fresh Lemon Juice	1½ Tsp.
Olive Oil	1½ Tbsp.	Chopped Fresh Parsley (Optional)	

PREPARATION

- Season the shrimp with ½ tsp Cajun seasoning and ½ tsp salt. Set aside.
- Heat 1 tbsp olive oil in a large pan over medium heat.
- Add okra and cook for 3-4 minutes, stirring occasionally, until slightly softened.
- Toss in cherry tomatoes and sauté for another 2 minutes. Remove from the pan and set aside.
- Add the remaining ½ tbsp olive oil to the pan. Add the shrimp and the rest of the Cajun seasoning.
- Cook for 2-3 minutes per side until the shrimp is pink and fully cooked.
- Return the okra and tomatoes to the pan, stirring everything together.
- Drizzle with lemon juice and garnish with fresh parsley, if desired.
- Serve warm and enjoy!

JALAPENO STEAK

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Jalapeno Peppers	4	Coarse Salt	1 Tbsp.
Lime Juice	¼ Cup	Cracked Black Pepper	1 Tsp.
Cloves Garlic, Peeled	4	Top Sirloin Steak	16 Oz.
Dried Oregano	1 Tbsp.		

PREPARATION

- Blend the jalapeños, lime juice, garlic, oregano, salt, and black pepper into a smooth paste.
- Coat the steak with the marinade and let it sit for at least 30 minutes (or overnight for extra flavor).
- Heat a grill or skillet over medium-high heat.
- Grill or pan-sear the steak for 4-5 minutes per side or longer as desired.
- Let the steak rest for 5 minutes before slicing.

BAKED TOFU AND MUSHROOM MARINARA

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Organic Firm or Extra Firm Tofu	1 Pkt. (16 Oz)	Salt	¼ Tsp.
Organic Baby Bella Mushrooms (or any mushrooms on hand), Sliced	½ Lb.	Ground Black Pepper	¼ Tsp.
		Dried Oregano	1 Tsp.
Garlic Cloves, Crushed	4	Olive Oil	1 Tbsp.
Marinara Sauce (or any preferred sauce)	1½ Cup	Fresh Basil	
		Cheese, Shredded (Maintenance Only)	1 Cup
Chili Flakes	¼ Tsp.		

PREPARATION

- Set your oven to 375°F (190°C).
- Drain and press the tofu to remove excess moisture, then cut it into cubes or slices.
- Heat olive oil in a pan over medium heat. Add mushrooms and crushed garlic, sautéing for about 5 minutes until softened.
- Stir in the chili flakes, salt, pepper, and dried oregano. Pour in the marinara sauce and mix well.
- Spread half of the marinara mixture evenly in a baking dish.
- Arrange the tofu on top, then pour the remaining sauce over it. If using cheese, sprinkle it over the dish.
- Place the dish in the oven and bake for 25-30 minutes until the sauce is bubbling and the top is golden.
- Remove from the oven, garnish with fresh basil, and serve warm.

CHICKEN SALAD STUFFED CUCUMBERS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Pickling Cucumbers	4	Lemon Juice	1 Tsp.
Cooked Chicken Breast	16 Oz.	Chopped Green Onions	2 Tbsp.
Approved Mayonnaise	⅓ Cup	Garlic Powder	½ Tsp.
Chopped Celery	¼ Cup	Salt and Pepper	To Taste

PREPARATION

- Cut each cucumber in half lengthwise.
- Use a spoon to scoop out the seeds, creating a hollow center for stuffing.
- In a bowl, combine the cooked chicken, mayonnaise, chopped celery, lemon juice, green onions, garlic powder, salt, and pepper.
- Mix well until all ingredients are evenly coated.
- Spoon the chicken salad mixture into the hollowed-out cucumbers.
- Press gently to ensure the filling stays in place.
- Arrange the stuffed cucumbers on a serving plate.
- Garnish with extra green onions or a sprinkle of black pepper, if desired.
- Enjoy!

HERB CRUSTED PORK TENDERLOIN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Pork Tenderloin	1 lb.	Chopped Fresh Parsley (or dried)	2 tsp.(or 1 tsp.)
Dijon Mustard	1 tbsp.	Fresh Thyme Leaves (or dried)	1 tsp.(or ¼ tsp.)
Olive Oil Divided	1 tbsp.	Kosher Salt	½ tsp.
Soy Sauce	1 tsp.	Black Pepper	¼ tsp.
Chopped Fresh Rosemary (or dried)	2 tsp.(or ½ tsp.)		

PREPARATION

- Set your oven to 400°F (200°C).
- Pat the pork tenderloin dry with a paper towel.
- In a small bowl, combine rosemary, parsley, thyme, salt, and black pepper.
- Rub the pork with half olive oil, then spread Dijon mustard and soy sauce evenly over it.
- Press the herb mixture onto the pork, coating all sides.
- Heat the remaining olive oil in a large oven-safe skillet over medium-high heat. Sear the pork for 2-3 minutes per side until browned.
- Transfer the skillet to the oven and bake for 15-20 minutes or until the internal temperature reaches 145°F (63°C).
- Remove from the oven, let it rest for 5 minutes, then slice and serve.

CHIMICHURRI CHICKEN

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Thighs, Boneless and Skinless (about 8 pieces)	2 lbs. (about 8 pieces)	Vinegar	2½ tbsp.
Fine Sea Salt	½ tsp.	Dried Oregano, (or fresh oregano)	½ tsp.
Flat-leaf Parsley, Finely Chopped	1 cup	Fine Sea Salt	¼ tsp.
Garlic Cloves, Finely Minced	4	Freshly Ground Black Pepper	¼ tsp.
Extra Virgin Olive Oil	⅓ cup	Red Pepper, Crushed	

PREPARATION

- Sprinkle the chicken thighs with sea salt and set aside.
- In a bowl, mix parsley, garlic, olive oil, vinegar, oregano, salt, black pepper, and crushed red pepper. Stir well to enhance the chimichurri sauce.
- Pour half of the chimichurri sauce over the chicken and let it marinate for at least 30 minutes (or overnight for best flavor).
- Heat a grill or skillet over medium heat.
- Cook the chicken for 5-7 minutes per side, until golden brown and fully cooked.
- Drizzle the remaining chimichurri sauce over the cooked chicken and enjoy!

WHITE FISH SALAD

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY
Smoked Whitefish	2 Lb.
Approved Mayonnaise	¼ Cup
Stalks Celery, Finely Chopped	2
Fresh Dill, Finely Chopped	¼ Cup
Lemon Juice, Freshly Squeezed	2 Tbsp.

PREPARATION

- Remove the skin and bones from the smoked whitefish.
- Flake the fish into small pieces using a fork.
- In a large bowl, combine the flaked fish, mayonnaise, celery, dill, and lemon juice.
- Mix well and taste. Adjust seasoning if needed with more lemon juice or dill.
- Refrigerate for at least 30 minutes before serving to enhance flavors.
- Serve and enjoy!

Intelligent Wellness

BIG MAC PICKLE BOAT

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Dill Pickles	4	Onion Powder	½ tsp.
Ground Beef	1 lb.	Ground Mustard	½ tsp.
Small Onion Finely Diced	½	Olive Oil	1 tsp.
(Divided)	¼ cup	Salt and Pepper	To taste
Worcestershire Sauce	1 tbsp.	Shredded Cheddar Cheese	⅓ cup
Garlic Powder	1 tsp.	(Maintenance Only)	
		Walden Farms Thousand Island Dressing	

PREPARATION

- Slice the pickles in half lengthwise, scoop out the center to create boats, and set aside.
- Add ground beef, Worcestershire sauce, garlic powder, onion powder, ground mustard, salt, and pepper to a skillet.
- Cook until the beef is browned, breaking it up as it cooks.
- Fill each hollowed-out pickle half with the cooked beef mixture.
- Top with diced onions and shredded cheese (if using).
- Place under a broiler for 1-2 minutes until cheese is melted.
- Top with a drizzle of Walden Farms Thousand Island Dressing and enjoy this fun, low-carb Big Mac twist!

PAN SEARED SALMON WITH DIJON SAUCE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Salmon Fillets	4	Dried Dill	½ Tsp.
Lemon Juice	½ Cup	Salt & Pepper	To Taste
Dijon Mustard	4 Tsp.	Paprika	To Taste
Garlic Cloves, Minced	4		

PREPARATION

- Pat the salmon fillets dry with a paper towel. Season both sides with salt, pepper, and paprika.
- In a small bowl, mix lemon juice, Dijon mustard, minced garlic, and dried dill.
- Heat a pan over medium-high heat. Lightly grease with a bit of oil.
- Place salmon fillets skin-side down and cook for 3-4 minutes until crispy.
- Flip the salmon, pour the Dijon sauce over the fillets, and cook for another 3-4 minutes or until cooked through.
- Transfer to a plate and drizzle with any remaining sauce from the pan.
- Enjoy warm!

SHEET PAN FAJITA SHRIMP AND PEPPERS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Shrimp (Peeled, Cleaned, and Deveined)	1 lb.	Cumin	2 tsp.
Red Bell Pepper, (Cut Into Strips)	1	Sweet Paprika	1 tsp.
Yellow Bell Pepper, (Cut Into Strips)	1	Cayenne Pepper	½ tsp.
Green Bell Pepper, (Cut Into Strips)	1	Salt	½ tsp.
Olive Oil	1 tbsp.	Black Pepper	½ tsp.
Juice of One Lime		Garlic Cloves, Minced	2
		Small Bunch of Fresh Cilantro	

PREPARATION

- Preheat the oven to 400°F (200°C).
- In a large bowl, mix the shrimp, bell peppers, olive oil, cumin, paprika, cayenne, salt, black pepper, and minced garlic. Toss well to coat everything evenly.
- Arrange the shrimp and peppers in a single layer on a large baking sheet.
- Roast in the oven for 8-10 minutes, or until the shrimp are pink and cooked through.
- Serve with drizzle of fresh lime juice and sprinkle with chopped cilantro.
- Enjoy with warm tortillas, rice, or salad.

SKILLET PORK CHOPS WITH TOMATOES

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Pork Chops	2 (½ inch thick)	Basil Leaves, Dried	1 tsp.
Garlic Clove, Minced	1	Garlic Salt	½ tsp.
Olive Oil	½ tbsp.	Onion Powder	½ tsp.
Tomatoes, Can Diced	6 Oz.	Salt	½ tsp.
		Pepper	½ tsp.

PREPARATION

- Heat olive oil in a skillet over medium heat.
- Add pork chops and sear for 3-4 minutes on each side until golden brown. Remove and set aside.
- In the same skillet, add minced garlic and sauté for 30 seconds until fragrant.
- Stir in diced tomatoes, basil, garlic salt, onion powder, salt, and pepper. Let it simmer for 5 minutes.
- Return pork chops to the skillet, cover, and cook for another 5-7 minutes until fully cooked.
- Serve warm and enjoy!

TUNA BROCCOLI SALAD

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Canned Tuna, Drained	12 Oz.	Dijon Mustard	1 Tbsp.
Fresh or Frozen Broccoli Rice, Thawed and drained	1½ Cup	Green Onions, Chopped	¼ Cup
		Bacon Pieces	2 Tbsp.
Celery, Chopped	¼ Cup	Chopped Parsley for garnish	
Approved Mayonnaise	2 Tbsp.		

PREPARATION

- In a large bowl, mix the drained tuna, riced broccoli, and chopped celery.
- Add mayonnaise and Dijon mustard, then stir well to combine.
- Mix in the green onions and bacon pieces.
- Garnish with fresh parsley.
- Serve and Enjoy!

GROUND BEEF AND TURNIP SKILLET

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef	1 Lb.	Red Peppers, Diced	⅓ Cup
Salt	½ Tsp.	Scallos, Diced	⅓ Cup
Pepper	½ Tsp.	Garlic	½ Tsp.
Olive Oil	1 Tbsp.	Medium Tomatoes, Chopped	2
Turnips, Peeled and Diced	1 Lb.	Low Sodium Beef Broth	½ Cup
Green Peppers, Diced	⅓ Cup	Tamari	1 Tbsp.

PREPARATION

- Heat a large skillet over medium heat.
- Add the ground beef, salt, and pepper. Cook until browned, breaking it into small pieces. Remove from the skillet and set aside.
- In the same skillet, add olive oil, turnips, green and red peppers, scallions, and garlic. Cook for about 5 minutes until softened.
- Stir in the chopped tomatoes and beef broth. Let it simmer for another 5 minutes.
- Return the cooked beef to the skillet. Add tamari and mix well. Cook for an additional 3-4 minutes until everything is well combined.
- Remove from heat and serve warm. Enjoy!

INSTANT POT SAUSAGE AND CABBAGE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tbsp.	Chicken Broth	1 Cup
Sausage, Sliced	1 Lb.	Butter	¼ Cup
Head Cabbage, Chopped	1	Salt and Black Pepper	To Taste

PREPARATION

- Turn on the tnstant pot and select sauté mode.
- Add olive oil and sausage, then cook until browned (about 3-5 minutes).
- Turn off sauté mode and add chopped cabbage, chicken broth, butter, salt, and pepper.
- Close the lid and set instant pot to manual high pressure for 5 minutes.
- After cooking, do a quick pressure release.
- Open the lid, stir everything, and serve warm. Enjoy!

CROCK POT SPAGHETTI SQUASH AND MEATBALLS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Spaghetti Squash, Washed	1
Spaghetti Sauce	24 oz.
IP-compliant Meatballs	12 oz.

PREPARATION

- Cut the spaghetti squash in half around the middle and use a spoon to remove the seeds and membranes.
- Place the squash halves cut-side down in a large crock pot. Pour the spaghetti sauce around the sides of the squash.
- Place the meatballs around the sides as well cover the crock pot and cook on low for 5-6 hours or on high for 3-4 hours.
- Test for doneness by piercing the squash with a fork—if it goes through the skin easily, it's done.
- Use tongs to remove the squash from the crockpot carefully. Then, use a fork to scrape out all the squash and discard the shell.
- Serve the spaghetti squash with the sauce and meatballs from the crock pot.

EGG CASSEROLE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	½ tbsp.	Large Eggs	12
Shallot, Diced	1	Salt	¼ tsp.
Medium Turnip Finely Diced	1	Black Pepper	¼ tsp.
Kale, Chopped	3 cups	Crushed Red Pepper Flakes	¼ tsp.
Turkey Sausage	16 oz.		

PREPARATION

- Preheat oven to 350°F (175°C). Grease a baking dish with cooking spray.
- In a large skillet, cook the turkey sausage over medium heat, breaking it up into small pieces. Once browned and cooked through, transfer to a plate and set aside.
- In the same skillet, heat the olive oil over medium heat. Add the diced shallot and turnip, and sauté until softened.
- Add the chopped kale to the skillet and cook for 2-3 minutes, or until wilted. Season with salt, pepper, and crushed red pepper flakes.
- Add the cooked sausage back into the skillet and stir everything together.
- In a large bowl, whisk the eggs and season with salt and pepper. Pour the egg mixture over the vegetable and sausage mixture into the skillet.
- Pour everything into the greased baking dish and spread it evenly. Bake in the preheated oven for 25-30 minutes, or until the eggs are fully set and lightly golden on top.
- Let the casserole cool for a few minutes before slicing and serving.
- Enjoy!

MEDITERRANEAN SALMON

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Salmon	1 lb.	Garlic Cloves, Minced	2
Tomatoes with Juices, Diced	16 oz.	Italian Seasoning (or another dried herb)	1 tbsp.
Shallot, Diced	¼ cup	Salt & Pepper	To taste
Bell Pepper, Diced	1	Oil (for instant pot only)	½ tbsp.

PREPARATION

SLOW COOKER

- Pat the salmon dry with a paper towel and season with salt, pepper, and Italian seasoning.
- In a pan over medium heat, sauté the shallots, bell pepper, and garlic for 2-3 minutes until softened.
- Pour in the diced tomatoes with their juices. Stir and let the mixture simmer for 5 minutes.
- Place the salmon in the pan, cover, and let it cook for 8-10 minutes, or until the salmon is flaky and cooked through.
- Serve warm with the tomato mixture spooned over the salmon.

INSTANT POT

- Turn on the Instant Pot and select Saute Mode.
- Add oil, shallot, and bell pepper, then cook for 3-5 minutes until softened.
- Add garlic and cook for 1 more minute, then press Cancel to turn off Saute Mode.
- Stir in diced tomatoes, Italian seasoning, salt, and pepper.
- Season the salmon with salt & pepper and place it on top of the tomato mixture.
- Secure the lid and set the Instant Pot to Manual on High for 3 minutes.
- After cooking, turn the valve to 'Venting' for a quick pressure release.
- Carefully remove the salmon and serve with the tomato mixture.

BEEF AND BROCCOLI WITH CAULIFLOWER RICE

SERVING SIZE

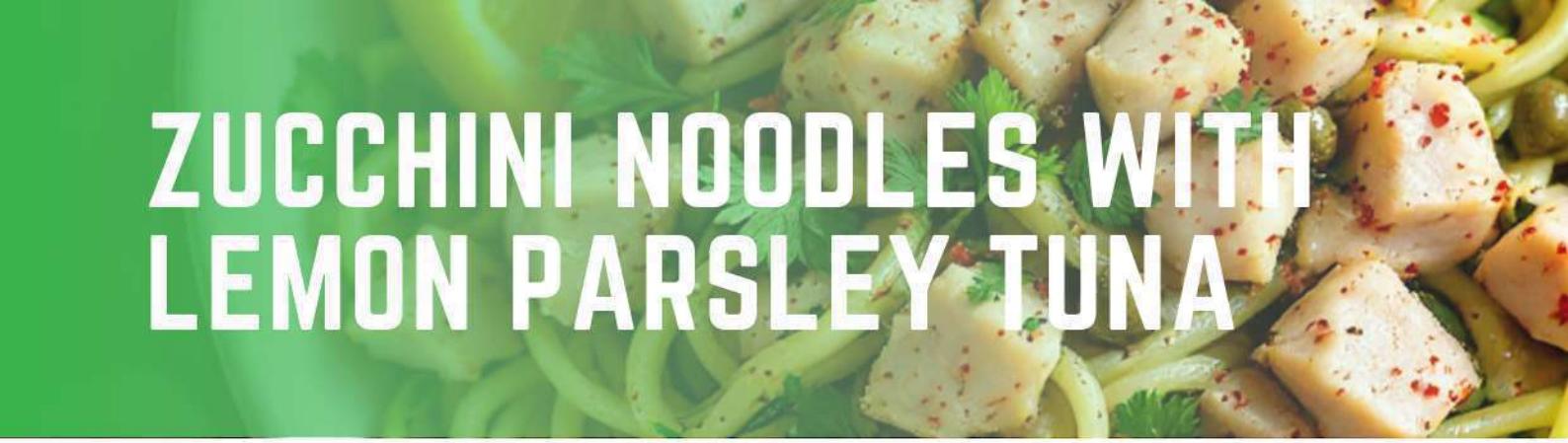
2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Beef Round Steak, Cut Into Strips	12 Oz.	Stevia	½ Packet
Soy Sauce	2 Tbsp.	Beef Broth	½ Cup
Garlic Powder	½ Tsp.	Fresh Broccoli Florets	2 Cups
Onion Powder	½ Tsp.	Cauliflower Rice	2 Cups
Ground Ginger	¼ Tsp.		

PREPARATION

- In a bowl, mix the beef strips with soy sauce, garlic powder, onion powder, ground ginger, and stevia. Let it marinate for 10-15 minutes.
- Heat a non-stick skillet over medium heat. inutes.
- Add the marinated beef and cook for 3-5 minutes, stirring occasionally, until browned. Remove and set it aside.
- In the same skillet, add beef broth and broccoli florets. Cover and steam for 3-4 minutes until the broccoli is tender but still crisp.
- Add the beef back to the skillet and stir everything together. Let it simmer for another 2-3 minutes, allowing the flavors to combine.
- In a separate skillet, lightly sauté the cauliflower rice over medium heat for 3-4 minutes until heated through. Season with a pinch of salt if desired.
- Serve the plate with cauliflower rice and top it with the beef and broccoli mixture. Enjoy!



ZUCCHINI NOODLES WITH LEMON PARSLEY TUNA

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Virgin Olive Oil	1 Tbsp.	Freshly Chopped Parsley	2 Tbsp.
Garlic Clove, Minced	1	Lemon (Juice and Zest)	½
Red Pepper Flakes	1 Pinch	Tuna in Water, Drained	1 Can
Zucchini, Spiralized	2 Cups	Capers	¼ Cup

PREPARATION

- Heat the olive oil in a pan over medium heat.
- Add the minced garlic and red pepper flakes. Cook for about 1 minute, stirring, until fragrant.
- Add the spiralized zucchini to the pan. Sauté for 2-3 minutes until slightly tender but still firm.
- Stir in the parsley, lemon juice, and lemon zest. Mix everything together well.
- Add the drained tuna and capers. Gently toss to combine and warm through.
- Season with a little salt and pepper, if desired.
- Serve immediately and enjoy this healthy, flavorful meal!

TURKEY AND SPINACH SOUP

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Oil	1 Tbsp.	Cumin	½ Tsp.
Turkey Breast, Cut Into Cube Pieces	16 Oz.	Turmeric	½ Tsp.
Shallot, Minced	1	Chopped Cilantro	2 Tsp.
Garlic Cloves, Minced	4	Chopped Parsley	2 Tsp.
Fresh Grated Ginger	1 Tsp.	Low-sodium Broth	5 Cups
Coriander	2 Tsp.	Crushed Tomatoes	1 Cup
Chili Powder (Optional)	½ Tsp.	Celery Stalk, Chopped	1
Smoked Paprika	½ Tsp.	Spinach	2 Cups

PREPARATION

- Heat the oil in a large pot over medium heat.
- Add the turkey pieces and cook for 5-7 minutes, stirring occasionally, until lightly browned.
- Stir in the shallot, garlic, and ginger, cooking for another 2 minutes until fragrant.
- Add the coriander, chili powder (if using), smoked paprika, cumin, turmeric, cilantro, and parsley. Stir well to coat the turkey with the spices.
- Pour in the broth and crushed tomatoes. Stir to combine.
- Add the chopped celery. Bring the soup to a boil, then reduce the heat to low and let it simmer for 15 minutes.
- Stir in the spinach and cook for an additional 2-3 minutes, just until the spinach wilts.
- Taste and adjust seasoning with salt and pepper if needed.
- Serve warm and enjoy!

VEGGIE LOADED CHICKEN SALAD

SERVING SIZE

5

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Shredded or Chopped Cooked Chicken	20 Oz.	Salt	To Taste
		Pepper	To Taste
Approved Mayo	¾ Cup	Shredded Red Cabbage	1 Cup
Apple Cider Vinegar	1 Tbsp.	Chopped Bell Pepper (Any Color)	1 Cup
Garlic Powder	¼ Tsp. (To Taste)	Loosely Packed Chopped Baby Spinach	1 Cup

PREPARATION

- In a large bowl, combine the cooked chicken, mayo, apple cider vinegar, and garlic powder. Mix well until the chicken is coated.
- Season the mixture with salt and pepper to taste.
- Add the shredded red cabbage, chopped bell pepper, and baby spinach to the bowl.
- Gently toss everything together until the veggies are evenly mixed with the chicken.
- Serve immediately or chill in the fridge for about 1 hour before serving for a cooler, refreshing salad.

BEEF AND BRUSSEL SPROUT SKILLET

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Reduced-sodium Soy Sauce	2 Tbsp.	Whites Chopped, Greens Sliced	2
Vinegar	1 Tbsp.	Cloves, Sliced	2
Oil	1 Tbsp.	Chopped Peeled Ginger	1 Tbsp.
Brussels Sprouts, Halved	4 Cups	Fresno Chile or Jalapeño, Sliced Into Rings	1
Flank or Skirt Steak, Thinly Sliced Against the Grain	8 Oz		
Salt	To Taste		

PREPARATION

- In a small bowl, mix the soy sauce and vinegar.
- Place the thinly sliced steak in a separate bowl and pour half of the soy sauce mixture over it. Toss to coat the steak and let it marinate for about 15-20 minutes.
- Wash the Brussels sprouts and halve them. If they are particularly large, you can quarter them.
- Heat half of the oil in a large skillet over medium-high heat. Add the Brussels sprouts and season with a pinch of kosher salt.
- Cook, stirring occasionally, until they are browned and tender, about 8-10 minutes. Remove them from the skillet and set aside.
- In the same skillet, heat the remaining oil. Add the marinated skillet.
- Cook the steak until browned and cooked to your desired level of doneness, about 2-3 minutes per side for medium-rare. Remove the steak from the skillet and set aside.
- In the same skillet, add the chopped scallion whites, sliced garlic, chopped ginger, and slices of Fresno chile or jalapeño. Sauté for about a minute or until fragrant.
- Return the Brussels sprouts and steak to the skillet. Pour in the remaining soy sauce mixture. Cook everything together for another 2-3 minutes, stirring occasionally.
- Serve and Enjoy!

TUNA PATTIES

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tuna	1 Can	Parsley Chopped	
Approved Mayonnaise	1 Tsp.	Olive Oil	2 Tsp.
Dijon Mustard	1 Tsp.	Salt and Black Pepper	To Taste
Garlic Clove, Minced	1		
Egg	1		

PREPARATION

- In a large bowl, flake the drained tuna with a fork.
- Add mayonnaise and dijon mustard, minced garlic clove, salt and black pepper, chopped parsley, and Crack the egg into the bowl. Mix all the ingredients until well combined.
- Divide the tuna mixture into equal portions, depending on the size of patties you prefer With your hands, shape each portion into a patty.
- Heat a skillet over medium heat with olive oil and place the patties in the skillet.
- Cook for about 3-4 minutes on each side, or until they are golden brown and crispy.
- Serve the tuna patties hot. Enjoy!

SWEET AND SOUR TOFU SOUP

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 tbsp	Vinegar	1½ - 2 Tbsp
Fresh Ginger, Grated	1 tbsp	Chili Sambal Olek	1 Tbsp
Green Onions, Thinly Slice	4	Block Extra Firm Tofu, Cut Into Small Cubes	14 Oz.
Red Cabbage, Thinly Slice	¼		
Button Mushrooms, Thinly Slice	8 oz.		
Vegetable Broth	6 cups		
Soy Sauce	½ tbsp		

PREPARATION

- Press the tofu to remove excess moisture. This can be done by wrapping the tofu in a clean kitchen towel or paper towel and placing a heavy object on top for about 15-20 minutes. Once pressed, cut the tofu into small cubes.
- In a large pot, heat the olive oil over medium heat. Add the grated ginger and the white parts of the green onions. Sauté for about 2 minutes until fragrant.
- Add the thinly sliced red cabbage and mushrooms to the pot. Cook, stirring occasionally, until the vegetables start to soften.
- Pour in the vegetable broth. Stir in the soy sauce, vinegar, and chili sambal oelek.
- Let it cook for about 10 minutes to allow the flavors to meld together.
- Add the cubed tofu to the pot. Gently stir to combine. Simmer for an additional 5-7 minutes.
- Taste the soup and adjust the seasoning if needed.
- Enjoy!

GARLIC SOY CHICKEN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Soy Sauce	½ Cup
Garlic Cloves, Minced	4
Chicken Breasts, Skinless, Boneless	4

PREPARATION

- In a large bowl, combine the minced garlic and soy sauce.
- Add the chicken breasts to the marinade, ensuring they are fully coated.
- Cover or seal and refrigerate for at least 30 minutes, or up to 4 hours for a deeper flavor.
- Remove the chicken from the refrigerator about 15 minutes before cooking to let it come to room temperature. This helps in cooking the chicken evenly.
- Preheat the grill to medium-high heat. Grill the chicken breasts for about 6-8 minutes on each side, or until fully cooked.
- Once cooked, remove the chicken from the heat and let it rest for a few minutes before slicing. This helps retain the juices, making the chicken more tender and flavorful.
- Enjoy!

SALMON SALAD

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Canned or Leftover Salmon, Boneless and Skinless	4 oz.	Green or Red Onion, Finely Chopped	1 Tbsp.
Mayonnaise (Approved for Dietary Preferences)	½ tbsp.	Dill, Fresh or Dried	1 Tbsp.
Celery, Finely Chopped, (as Desired for Crunch) (Carrots or Peppers Can Be Used as Alternatives)		Black Pepper	To Taste
		Lemon Juice	To Taste

PREPARATION

- If using canned salmon, drain it well and remove any bones or skin if present. If using leftover cooked salmon, gently flake it into small pieces. Place the salmon in a mixing bowl.
- Finely chop enough celery to suit your preference for crunch in the salad. If using carrots or peppers instead, chop them finely as well. Also, finely chop the green or red onion.
- To the bowl with the salmon, add the finely chopped celery (or carrots/peppers) and onion. Add ½ tbsp. mayonnaise.
- Stir in 1 tbsp. dill, adjusting the amount based on whether you're using fresh or dried. Season with black pepper and lemon juice to taste.
- Fresh dill typically has a more intense flavor, so you might use less if it's fresh.
- Gently mix all the ingredients.
- After mixing, taste the salad and adjust any seasonings as needed.
- Enjoy!

CHICKEN AND EGGPLANT STIR FRY

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Eggplant, Sliced Into Rounds	½	Olive Oil	1 Tbsp.
Salt	⅛ tsp.	Mushrooms, Sliced	2 Cups
Skinless, Boneless Chicken Breast, Cut Into Cubes	16 oz.	Ground Black Pepper	⅛ Tsp.
		Spinach	4 Cups
Garlic Cloves, Minced	2		
Losoy Sauce	2 tbsp.		

PREPARATION

- Sprinkle the round eggplant pieces with ⅛ tsp. salt and set them aside to let them sweat for about 10 minutes. This process helps remove some of the bitterness.
- In a bowl, toss the cubed chicken with 1 tsp. the soy sauce, a pinch of salt, and black pepper. Let it marinate for about 10-15 minutes.
- Heat half of the olive oil in a large skillet over medium heat.
- Add the eggplant and cook, stirring occasionally, until it's softened and beginning to brown, about 5-7 minutes. Remove the eggplant from the skillet and set aside.
- In the same skillet, add the remaining olive oil. Add the marinated chicken and cook, stirring occasionally, until the chicken is browned and cooked through, about 6-8 minutes.
- Add the minced garlic during the last minute of cooking to avoid burning it.
- Once the chicken is cooked, add the sliced mushrooms to the skillet. Cook for an additional 2-3 minutes, or until the mushrooms begin to soften.
- Add the cooked eggplant back to the skillet with the chicken and mushrooms. Stir in the remaining tsp. soy sauce.
- Cook for another minute to reheat the eggplant and blend the flavors.
- Finally, add the spinach to the skillet. Cook, stirring frequently, until the spinach wilts, about 1-2 minutes.
- Taste the stir fry and adjust the seasoning if necessary, adding more soy sauce, salt, or pepper as needed. Enjoy!

AIR FRYER VEGGIE STUFFED ZUCCHINI BOATS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Sized Zucchini	2	Salt and pepper	To Taste
Roma Tomato, Chopped	1	Shredded Mexican Style Cheese (maintenance only)	½ Cup
Jalapeno Diced	1		
Red Bell Pepper Diced	1	Olive Oil	1½ Tsp.
Garlic Powder Or Fresh Garlic	½ Tsp.		
Chili Powder	½ Tsp.		

PREPARATION

- Preheat your air fryer to 360°F (180°C).
- Wash the zucchinis and cut them in half lengthwise. Using a spoon, scoop out the seeds and some of the flesh to create a hollow boat.
- In a mixing bowl, combine the chopped roma tomato, diced jalapeno, diced red bell pepper, garlic powder (or fresh minced garlic), and chili powder.
- Season with salt and pepper to taste. Drizzle with olive oil and mix well to combine all the ingredients.
- Spoon the vegetable mixture into each zucchini boat, dividing it evenly among them.
- Place the stuffed zucchini boats in the air fryer basket for about 8-10 minutes, or until the zucchini is tender.
- Sprinkle the shredded Mexican-style cheese over each zucchini boat (maintenance only). Return them to the air fryer and cook for 2-3 minutes, or until the cheese is melted and slightly golden.
- Serve and Enjoy!

BEEF AND CAULIFLOWER FRIED RICE

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef, 90% Lean	1 Lb.	Garlic Cloves , Minced	2
Black Pepper	½ Tsp.	Minced Fresh Ginger	1 Tbsp.
To taste Kosher	To Taste	Bunch Scallions, Sliced, White and Green Separated	1
To taste Sea Salt	To Taste		
Medium Head Cauliflower	1	Red Bell Pepper Diced	1 Cup
Eggs, Beaten	2	Sesame Oil	1 Tbsp.
Olive Oil, Divided	2 Tsp.	Low Sodium Soy Sauce	2 Tbsp.

PREPARATION

- Wash the cauliflower and pat it dry. Cut it into florets and pulse in a food processor until it resembles rice. Set aside.
- Heat 1 tsp. olive oil in a large skillet over medium-high heat.
- Add the ground beef, season with black pepper, kosher salt, and sea salt. Cook, until browned and cooked through. Transfer the cooked beef to a plate and set aside.
- In the same skillet, add the beaten eggs. Scramble them until fully cooked, then transfer them to the plate with the beef.
- Add the remaining tsp. olive oil to the skillet. Sauté the garlic, ginger, and the white parts of the scallions until fragrant.
- Add the diced red bell pepper to the skillet and stir-fry for another 2 minutes.
- Add the cauliflower rice to the skillet. Stir-fry for about 5 minutes, or until the cauliflower is tender but not mushy.
- Return the cooked beef and scrambled eggs to the skillet with the cauliflower rice. Stir well to combine.
- Drizzle sesame oil and soy sauce over the mixture. Stir well to evenly distribute the flavors. Cook for another 2 minutes to heat everything through.
- Add the green parts of the scallions and give everything a final stir.
- Enjoy!

ROASTED CAULIFLOWER SOUP

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Head Cauliflower (2 lb), Cut Into Bite-size Florets	1 Large	Low Sodium Vegetable Broth	4 Cups
Extra-virgin Olive Oil, Divided	3 Tbsp.	Fresh Lemon Juice	1 Tbsp.
Fine Sea Salt	To Taste	Ground Nutmeg	¼ Tsp.
Leek, Chopped	1 Medium	For garnish: Finely Copped Fresh Flat-leaf Parsley, Chives and/or Green Onions	2 Tbsp.
Garlic Cloves, Pressed or Minced	2		

PREPARATION

- Preheat your oven to 425°F (220°C).
- Toss the cauliflower florets with 2 tbsp. olive oil and a sprinkle of sea salt. Spread them in a single layer on a large baking sheet.
- Roast for 25-30 minutes, stirring halfway, until the florets are tender and caramelized on the edges.
- While the cauliflower is roasting, heat the remaining 1 tbsp. of olive oil in a large pot over medium heat.
- Add the chopped leek and a pinch of salt. Cook, stirring occasionally, until the leek is softened and turning golden, about 5-7 minutes. Add the garlic and cook for another minute, until fragrant.
- Add the roasted cauliflower to the pot along with the vegetable broth, lemon juice, and nutmeg. Stir to combine.
- Bring the mixture to a boil, then reduce the heat and simmer for 20 minutes to melt the flavors.
- Use an immersion blender to blend the soup directly in the pot, or transfer it to a blender in batches and blend until smooth.
- Taste and adjust the seasoning, adding more salt, lemon juice, or nutmeg as needed.
- Serve the soup hot, garnished with chopped parsley, chives, or green onions. Enjoy!

SHRIMP AND CABBAGE STIR FRY

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Toasted Sesame Oil Divided	2 Tbsp.	Coleslaw Mix (16oz)	1 Bag
Grated Fresh Ginger	3 Tbsp.	Salt	½ Tsp.
Minced Garlic	1 Tbsp.	Low Sodium Soy Sauce	2 Tbsp.
Large Shrimp	1 Lb	Chopped Fresh Cilantro	½ Cup
Scallions Sliced	6		
Red Bell Pepper, Thinly Sliced	½		

PREPARATION

- Heat sesame oil in a large skillet over medium-high heat.
- Add the shrimp and cook for 1-2 minutes on each side or until they are pink and opaque. Remove the shrimp and set aside.
- In the same skillet, add the remaining tablespoon of sesame oil. Add the grated ginger and minced garlic, and stir-fry for about 30 seconds or until fragrant.
- Add the sliced white parts of the scallions and the red bell pepper to the skillet. Stir-fry for 2-3 minutes until the vegetables start to soften.
- Add the coleslaw mix to the skillet. Stir-fry for another 3-4 minutes, or until the cabbage is tender but still crisp.
- Sprinkle the salt over the vegetables and add the soy sauce. Mix well to combine all the ingredients.
- Add the cooked shrimp back into the skillet. Toss everything together and heat through for about a minute.
- Turn off the heat and stir in the chopped cilantro and the green parts of the scallions.
- Serve and Enjoy!

BUFFALO CHICKEN SALAD

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Chicken Meat, Cooked and Shredded	1 Lb
Finely Chopped Celery	1 Cup
Homemade or Approved Mayonnaise	½ Cup
Hot Sauce	3 Tbsp.

PREPARATION

- In a large mixing bowl, combine the shredded chicken, finely chopped celery, mayonnaise, and hot sauce.
- Stir well until everything is evenly coated. Season with salt and pepper to taste.
- Taste and adjust the seasoning, adding more hot sauce, salt, or pepper as needed. Remember, the flavor should be a balance of creamy, spicy, and tangy.
- For the best flavor, cover and refrigerate the salad for at least 30 minutes. This allows the flavors to meld together.
- Serve and Enjoy!

CROCKPOT MEXICAN SHREDDED CHICKEN

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Water	¼ Cup	Cumin	1 Tsp.
Boneless Chicken Breasts	1 Lb.	Chili Powder	½ Tsp.
Lime Juice	3 Tsp.	Chipotle Powder	¼ Tsp.
Tomatoes With Green Chiles With Juice (Rotel Tomatoes)	1 Can	Garlic Cloves, Chopped	2
		Onion Powder	1 Tsp.
Smoked Paprika	1 Tsp.	Jalapeno, Deseeded and Roughly Chopped	1
Salt	1 Tsp.		

PREPARATION

- Place the boneless chicken breasts in the crockpot.
- Sprinkle the lime juice evenly over the chicken.
- Pour the can of tomatoes with green chilies (including the juice) over the chicken.
- Sprinkle the smoked paprika, salt, cumin, chili powder, chipotle powder, and onion powder over the chicken.
- Scatter the chopped garlic cloves and chopped jalapeno over the top.
- Carefully pour the ¼ cup of water into the crockpot, trying not to wash the spices off the chicken.
- Cover the crockpot and cook on low for 4-5 hours or on high for 2-3 hours. The chicken is done when it is tender and easily shreds with a fork.
- Once the chicken is cooked, use two forks to shred it directly in the crockpot. Mix well with the sauce and spices.
- Enjoy!

PORTOBELLO MUSHROOM KALE WRAPS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Finely Shredded Red Cabbage	1 Cup	Large Portobello Mushroom, Stems Removed and Sliced	1
Chopped Fresh Tomato	½ Cup		
Fresh Jalapeño or Fresno Pepper, Sliced	½	Medium Red and Yellow Bell Peppers, Cut Into Strips	1
Sambal Oelek (Asian Chile Garlic Sauce)	1 Tsp		
Vinegar	1 Tbsp	Grated Fresh Ginger	½ Tbsp
Reduced-sodium Soy Sauce	½ Tbsp	Cloves Garlic, Minced	1
Olive Oil	½ Tbsp	Salt and Black Pepper	To Taste
		Lacinato Kale Leaves, Thick Stems Removed	6

PREPARATION

- Heat the olive oil in a skillet over medium heat.
- In a large bowl, combine the shredded red cabbage, chopped tomato, sliced jalapeno or Fresno pepper, and strips of red and yellow bell peppers.
- Add the sliced portobello mushroom and sauté until it's tender and slightly browned. Add this to the bowl with the veggies.
- In a separate small bowl or jar, combine the vinegar, sambal oelek, soy sauce, grated fresh ginger, minced garlic, chopped fresh chives and shallots. Whisk or shake well to combine.
- Drizzle the vinaigrette over the vegetables in the bowl. Toss gently to coat everything evenly. Season with salt and black pepper to taste.
- Tear the Lacinato kale leaves into bite-sized pieces, removing any thick stems.
- Add the kale to the bowl with the other veggies and toss to combine.
- Enjoy!

BAKED TROUT

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Trout Fillets (8oz each), Halved	2
Olive Oil, Divided	1½ Tbsp.
Dijon Mustard	2 Tsp.
Cloves Garlic, Minced	2
Dried Oregano	1 Tsp.
Chili Flakes	½ Tsp.
Salt	½ Tsp.

PREPARATION

- Preheat your oven to 375°F (190°C).
- Rinse the trout fillets under cold water and pat them dry with paper towels.
- Halve each fillet to make them easier to manage and serve.
- Place the trout fillets on a baking sheet lined with parchment paper. Brush the fillets with olive oil.
- In a small bowl, combine the remaining olive oil, Dijon mustard, minced garlic, dried oregano, chili flakes, and salt. Mix well to create a uniform marinade.
- Spread the marinade evenly over the trout fillets. Make sure to cover both sides of each fillet to infuse them with flavor.
- Place the baking sheet in the preheated oven. Bake the trout for about 12-15 minutes or until the fish flakes easily with a fork.
- The trout is done when it reaches an internal temperature of 145°F (63°C) and its flesh appears opaque.
- Remove the baked trout from the oven and let it rest for a couple of minutes. Serve hot and Enjoy!

INSTANT POT CHICKEN AND TOMATO SOUP

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Skinless and Boneless Chicken Thighs	1½ Lb.	Black Pepper	½ Tsp.
Tomato Sauce (15 lb.)	1 Can	Garlic Powder	½ Tsp.
Broth or Water	1 Cup	Onion Powder	½ Tsp.
Italian Seasoning	1½ Tsp.	Cayenne	¼ Tsp.
Salt	To Taste	Medium Zucchini Chopped	1
		Fresh Basil Leaves	

PREPARATION

- Chop the zucchini into bite-sized pieces and set aside.
- In a small bowl, mix the Italian seasoning, salt, black pepper, garlic powder, onion powder, and cayenne pepper. Rub this spice mix all over the chicken thighs to coat them evenly.
- Place the seasoned chicken thighs in the Instant Pot. Pour the tomato sauce and broth (or water) over the chicken. Ensure that the chicken is submerged in the liquid.
- Seal the Instant Pot and set it to cook on high pressure for 15 minutes. This time allows the chicken to cook thoroughly and absorb the flavors of the sauce and spices.
- After the cooking time is complete, let the Instant Pot release pressure naturally for 10 minutes. Then, carefully do a quick release for any remaining pressure.
- Open the Instant Pot and remove the chicken thighs. Shred the chicken using two forks and return it to the pot.
- Set the Instant Pot to the sauté function and let the soup simmer for about 5 minutes, or until the zucchini is tender.
- Adjust the seasoning if necessary. Ladle the soup into bowls and garnish with fresh basil leaves.
- Serve hot as a comforting and hearty meal. Enjoy!

BROILED ROSEMARY SALMON

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Pieces of Salmon	24 Oz. or 4
Olive Oil Spray	
Fresh Lemon Juice	2 Tsp.
Fresh, Chopped Rosemary	2 Tsp.
Garlic Cloves, Minced	2
Salt and Fresh Pepper	To Taste

PREPARATION

- Preheat the broiler in your oven to high and lightly spray with olive oil.
- Pat the salmon fillets dry using paper towels. Place them on a lined broiler pan, skin-side down.
- In a small bowl, combine the fresh lemon juice, chopped rosemary, minced garlic, salt, and pepper.
- Evenly spread the rosemary and garlic mixture over the top of each salmon fillet.
- Place the baking sheet with the salmon under the broiler. Cook for about 8-10 minutes, depending on the thickness of the fillets.
- Ensure the salmon is cooked through and easily flakes with a fork. Avoid overcooking it, as salmon tends to dry out quickly.
- Once done, remove the salmon from the broiler.
- Serve your flavorful broiled rosemary salmon hot, garnished with extra chopped or lemon wedges, if desired.
- Enjoy!

Biointelligent Wellness

EASY PORK LOIN

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Pork Tenderloins	1 Lb.	Herbes De Provence	2 Tsp.
Salt	1 Tsp.	Olive Oil	2 Tsp.
Freshly Ground Black Pepper	1 Tsp.	Chicken Stock	½ Cup
Granulated Garlic	1 Tsp.		

PREPARATION

- Preheat your oven to 400°F (200°C).
- Pat the pork tenderloins dry with paper towels.
- In a small bowl, mix together salt, black pepper, granulated garlic, and herbes de Provence.
- Rub the spice mixture evenly over the pork tenderloins, ensuring they are well-coated.
- Heat olive oil in an oven-safe skillet over medium-high heat.
- Sear the pork tenderloins on all sides until browned, about 2-3 minutes per side.
- If using an oven-safe skillet, transfer it directly to the preheated oven. Otherwise, transfer the pork to a baking dish. Roast in the oven for about 15-20 minutes
- Remove the pork from the oven and let it rest for 5 minutes. This allows the juices to be redistributed, keeping the meat moist.
- Meanwhile, place the skillet back on the stovetop over medium heat. Deglaze the skillet with chicken stock, scraping up any browned bits from the bottom of the pan. Simmer for a few minutes until slightly reduced.
- Slice the pork into medallions. Drizzle the pan sauce over the sliced pork.
- Enjoy!

SHRIMP AND VEGGIE LETTUCE WRAPS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Persian Cucumber or English Cucumber, (halved lengthwise and thinly sliced into half-moons)	1 or ¼	Large Shrimp, Peeled and deveined	8 to 10 oz.
		Garlic Powder	½ tsp.
Cherry Tomatoes, Halved	½ cup	Oregano, Dried	½ tsp.
Baby Bell Peppers, Sliced into rings	2	Extra Virgin Olive Oil	½ tbsp.
Green Onion, Trimmed,	1	Lemon	½
Onion Whites and Greens, chopped	1	Butter Lettuce Leaves	
Basil Leaves, Cilantro or Parsley	½ cup	Kosher Salt	

PREPARATION

- In a bowl, combine the sliced cucumber, cherry tomatoes, baby bell peppers, chopped green onion (both whites and greens), and your choice of fresh herbs (basil, cilantro, or parsley). Toss them together and set aside.
- In another bowl, season the large shrimp with a pinch of kosher salt, garlic powder, and dried oregano. Toss to coat the shrimp evenly.
- In a large skillet, heat the extra virgin olive oil over medium-high heat.
- Add the seasoned shrimp to the hot skillet and cook for about 2-3 minutes on each side or until they turn pink and opaque.
- Squeeze the lemon juice over the shrimp during the last minute of cooking. Remove from heat.
- To create your lettuce wraps, take a butter lettuce leaf and spoon some of the cucumber and pepper mixture into it.
- Top it with a few cooked shrimp. Repeat this process with each lettuce leaf.
- Arrange your assembled lettuce wraps on a serving plate. Enjoy!

UNSTUFFED PEPPERS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Green and Red Bell Peppers	1 Cup	Flat Leaf Parsley	
Ground Beef	8 Oz.	Cauliflower Rice	2 Cups
Leeks	½ Cup	Salt and Pepper	To Taste
Garlic Cloves	2	Crushed Red Pepper - Alternatives	To Taste
Cann if Crushed Tomatoes	8 Oz.	Paprika, Cayenne or Aleppo Pepper	
Tomato Paste		Olive Oil	2 Tsp.

PREPARATION

- Dice the green and red bell peppers, finely chop the leeks, and mince the garlic cloves.
- In a large skillet over medium heat, add the olive oil. Once the oil is hot, add the ground beef. Cook, breaking it up with a spatula, until it's browned and cooked through.
- To the same skillet, add the chopped leeks, garlic, and diced bell peppers. Sauté them for about 5 minutes or until they begin to soften.
- Stir in the tomato paste and crushed tomatoes. Allow the mixture to simmer for 5-10 minutes to combine the flavors.
- Season the mixture with salt, pepper, and crushed red pepper to your preferred level of spiciness.
- Add the cauliflower rice to the skillet and stir well. Continue to cook for 5-10 minutes, or until the cauliflower rice is tender but not mushy.
- Before serving, sprinkle the chopped fresh parsley over the unstuffed pepper mixture.
- Spoon the unstuffed peppers onto plates and enjoy your low-carb and nutritious meal.

DILL PICKLE EGG SALAD

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Eggs	6	Pinch Cayenne Pepper	
Whole Dill Pickles, Finely Chopped	2	Sprigs Fresh Dill, Stems Removed and Chopped	2
Yellow Mustard	1½ Tbsp.		
Approved Mayonnaise	¼ Cup	Fresh Chopped Parsley	1 Tbsp.
Paprika	¼ Tsp.	Arugula, Microgreens or Mixed Greens	½ Cup
		To taste Salt and White Pepper	To Taste

PREPARATION

- Boil the eggs. Once they're cooked and cooled, peel and chop them into small pieces.
- In a large bowl, combine the chopped hard-boiled eggs and finely chopped dill pickles.
- Add yellow mustard, approved mayonnaise, paprika, and a pinch of cayenne pepper. Mix these ingredients well to ensure even distribution.
- Season the egg salad with salt and white pepper to taste. Remember, the dill pickles also add some saltiness, so adjust the seasoning accordingly.
- Gently fold in the chopped fresh dill and parsley to add a burst of flavor and freshness to the salad.
- To serve, arrange a bed of arugula, microgreens, or mixed greens on plates. Top with a generous portion of the dill pickle egg salad.
- Enjoy!

AIR FRYER SCALLOPS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Sea Scallops, Cleaned And Patted Very Dry	8	Very Finely Chopped Flat-leaf Parsley	2 Tbsp.
		Very Finely Chopped Capers	2 Tsp.
Ground Pepper	¼ Tsp.	Finely Grated Lemon Zest	1 Tsp.
Salt	⅛ Tsp.	Finely Chopped Garlic	½ Tsp.
Cooking Spray			
Extra-virgin Olive Oil	¼ Cup		

PREPARATION

- Preheat your air fryer to 400°F (200°C) for about 10 minutes.
- In a mixing bowl, season the cleaned and patted dry scallops with ground pepper and a pinch of salt.
- Lightly spray the air fryer basket with cooking spray to prevent sticking.
- Place the seasoned scallops in the preheated air fryer basket in a single layer, ensuring they're not touching.
- Cook for about 5-7 minutes, flipping them over halfway through the cooking time.
- While the scallops are cooking, prepare the gremolata.
- In a small bowl, combine extra-virgin olive oil, very finely chopped flat-leaf parsley, very finely chopped capers, finely grated lemon zest, and finely chopped garlic.
- Once the scallops are cooked to perfection, transfer them to serving plates. Drizzle the prepared gremolata generously over the scallops.
- Enjoy!

JALAPENO CHICKEN SALAD

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Approved Mayonnaise	⅔ Cup	Red Bell Pepper, Seeded And Finely Chopped	½
Lime Juice	1 Tbsp.	Fresh Cilantro, Chopped	2 Tbsp.
Cooked Chicken, Shredded	3 Cups	Sliced Pickled Jalapeno Chili, Finely Chopped	¼ Cup
Medium Celery Rib, Finely Chopped	½	To taste Salt and Pepper	To Taste
Small Red Onion, Finely Chopped	½		

PREPARATION

- In a mixing bowl, combine the approved mayonnaise and lime juice. Mix them together until you have a smooth dressing.
- In a larger mixing bowl, add the shredded cooked chicken, finely chopped celery, red onion, red bell pepper, fresh cilantro, and the finely chopped pickled jalapeno chili.
- Pour the dressing over the chicken and vegetable mixture. Gently toss everything together to ensure that the dressing coats all the ingredients evenly.
- Taste the salad and add salt and pepper according to your preferences.
- Cover the bowl with plastic wrap and refrigerate the jalapeno chicken salad for at least 30 minutes before serving.
- Serve and Enjoy!

SPAGHETTI SQUASH BOWL

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tbsp.	Dried Basil	1 Tsp.
Lean Ground Beef	1½ Lbs.	Dried Thyme	1 Tsp.
Shallot, Diced	1	Sea Salt, Divided	1 Tsp.
Cloves Garlic, Minced	3	Ground Black Pepper, Divided	½ tsp.
Cremini Mushrooms, Diced	8	Tomato Sauce	4 Cups
Dried Oregano	1 Tsp.	Small Round Spaghetti Squash	2

PREPARATION

- Preheat your oven to 375°F (190°C).
- Carefully cut the spaghetti squash in half lengthwise and scoop out the seeds and pulp.
- Drizzle the insides with olive oil and sprinkle with ¼ tsp. of sea salt and a pinch of black pepper.
- Place the squash halves, cut side down, on a baking sheet. Bake for about 35-40 minutes, or until the squash is tender.
- While the squash is cooking, in a large skillet, heat the remaining olive oil over medium-high heat.
- Add the lean ground beef, shallot, and garlic. Cook until the beef is browned, breaking it up with a spatula as it cooks.
- Stir in the diced mushrooms and continue to cook for a few minutes until they begin to soften.
- Season with dried oregano, basil, thyme, the remaining sea salt, and black pepper. Mix well to distribute the seasonings evenly.
- Pour in the tomato sauce and let the mixture simmer for about 10 minutes. Taste and adjust the seasoning as needed.
- To serve, divide the roasted spaghetti squash strands among four serving bowls. Top with the beef and tomato sauce mixture.
- Enjoy!

KONJAC NOODLE STIR FRY

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	½ Tbsp.	Broccoli Florets	1 Cup
Garlic Cloves, Minced	2	Mushrooms, Sliced	1 Cup
Shallots, Thinly Sliced	½ cup	Konjac Noodle, Drained And Rinsed	14 Oz.
Bell Pepper, Thinly Sliced	1	Low Sodium Soy Sauce	2 Tbsp.

PREPARATION

- In a large skillet heat the olive oil over medium-high heat.
- Add the minced garlic and thinly sliced shallots to the hot oil. Sauté for about 2 minutes, or until the shallots are soft and translucent.
- Add the thinly sliced bell pepper, broccoli florets, and sliced mushrooms to the skillet.
- Stir-fry for approximately 4-5 minutes or until the vegetables are crisp-tender.
- Toss the konjac noodles into the skillet with the sautéed vegetables. Stir-fry for an additional 2-3 minutes, ensuring that the noodles are heated through and well-mixed with the vegetables.
- Drizzle the low-sodium soy sauce over the entire stir-fry. Continue to stir-fry for another 1-2 minutes, ensuring the noodles and vegetables are evenly coated and flavored with the soy sauce.
- Taste the stir-fry and adjust the seasoning if needed.
- Transfer the konjac noodle stir-fry to plates or a serving platter.
- Enjoy!

TURKEY PICKLE ROLL UPS

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Organic Sliced Turkey Breast, Packet	6 Oz.
Dijon Mustard	¼ cup
Dill Pickles, Sliced Into Quarters	4
Head Iceberg Lettuce, Torn Into Wraps	1

PREPARATION

- Gently wash and separate the leaves of the iceberg lettuce, creating large, sturdy wraps. Pat them dry with a clean kitchen towel or paper towel.
- Lay the lettuce wrap on a clean, flat surface. These will serve as the tortillas for your roll-ups.
- Spread the dijon mustard evenly over each lettuce wrap. Adjust the amount to your taste preferences.
- Take the organic sliced turkey breast and place a portion onto each lettuce wrap. You can slightly overlap the turkey slices to ensure the roll-ups hold together.
- Lay a quarter slice of dill pickle on top of the turkey. This will add a delicious tangy crunch to your roll-ups.
- Carefully roll up each lettuce wrap, ensuring that the turkey and pickle are enclosed. You can secure the roll-up with a toothpick or simply place it seam-side down.

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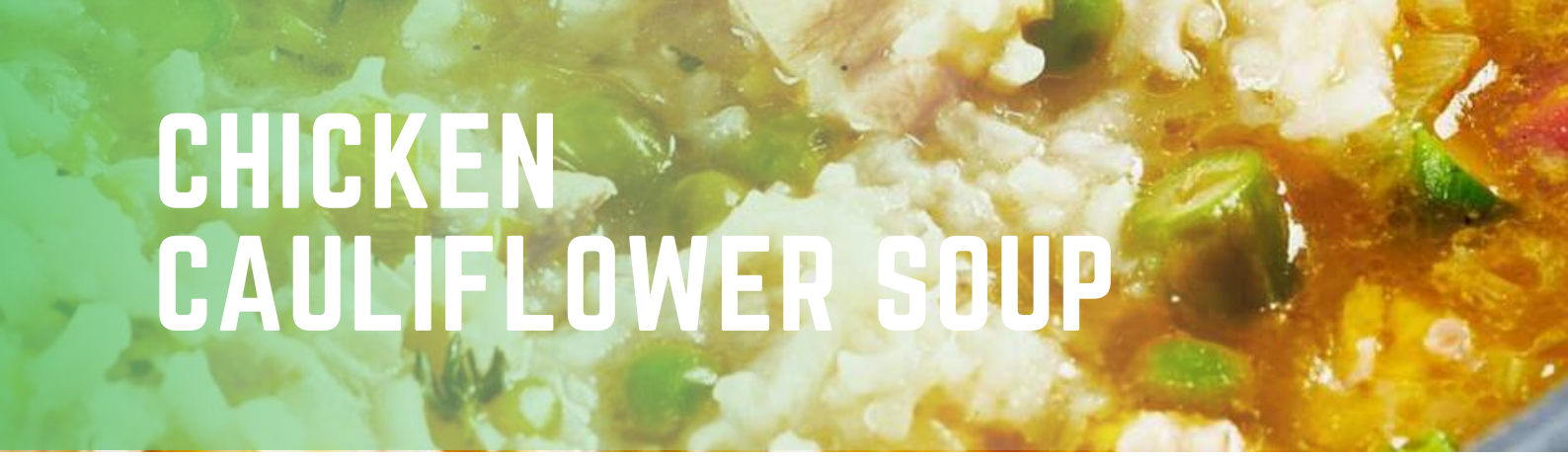


CHICKEN CAULIFLOWER SOUP

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Oil	1 Tbsp.	Dried Thyme Leaves	½ Tsp.
Stalks Celery, Chopped	2	Paprika	½ Tsp.
Chopped Leeks	¼ Cup	Chicken Broth	4 Cups
Salt and Pepper	To Taste	Boneless, Skinless Chicken Breast, Cubed	1 Lb.
Cloves Garlic, Minced	2	Riced Cauliflower (About 2 Cups)	8 Oz.

PREPARATION

- In a large pot, heat the oil over medium heat.
- Add the chopped celery and leeks. Season with a pinch of salt and pepper. Sauté for about 5 minutes until they begin to soften.
- Stir in the minced garlic, dried thyme leaves, and paprika. Sauté for another 1-2 minutes until the garlic is fragrant.
- Add the chicken broth to the pot. Bring it to a gentle simmer.
- Once the broth is simmering, carefully add the cubed chicken breast. Simmer for about 10-15 minutes or until the chicken is cooked through and no longer pink in the center.
- Add the riced cauliflower to the soup. Continue to simmer for an additional 5-7 minutes until the cauliflower is tender.
- Taste the soup and adjust the seasoning with salt and pepper to your liking.
- Ladle the hot chicken cauliflower soup into bowls. Garnish with fresh herbs if desired.
- Serve hot and enjoy your comforting and healthy soup!

SALMON STUFFED MUSHROOMS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Organic Baby Bella Mushrooms	20	Fresh Parsley, Chopped	¾ cup
Salmon, Cooked and Shredded	8 Oz.	Old Bay Seasoning	1 tbsp.
Cauliflower Rice	½ cup	Olive Oil	1 tbsp.
Whole Red Bell Pepper, Chopped Really Small	1	Salt and Pepper	To taste

PREPARATION

- Gently clean the baby bella mushrooms with a damp cloth to remove any dirt.
- Carefully remove the stems from the mushrooms to create a hollow space for the stuffing. Set the mushroom caps aside.
- In a large bowl, combine the shredded cooked salmon, cauliflower rice, chopped red bell pepper, and fresh parsley.
- Sprinkle the Old Bay seasoning over the filling mixture. Drizzle with olive oil, and season with salt and pepper to taste.
- Use a spoon or your hands to mix all the ingredients together until well combined. Ensure that the seasoning is evenly distributed throughout the filling.
- Take each mushroom cap and stuff it generously with the salmon and vegetable mixture. Press the filling gently into each mushroom to ensure it's packed.
- Place the stuffed mushrooms on a baking sheet lined with parchment paper. Make sure they are evenly spaced.
- Preheat your oven to 375°F (190°C). Bake the stuffed mushrooms for about 15-20 minutes or until the mushrooms are tender and the filling is heated through.
- Remove the stuffed mushrooms from the oven and let them cool slightly. Arrange them on a serving platter.
- Enjoy!

VEGGIE LOADED MEATBALLS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef	1 lb.	Clove Garlic, Minced	1
Shredded Zucchini or Summer Squash	1 Cup	Egg, Whipped	1
Chopped Spinach	1 Cup	Onion Salt	1 Tsp.
Fresh Herbs, Finely Chopped (Basil, Cilantro, or Parsley)	2 Tbsp.		

PREPARATION

- Preheat your oven to 375°F (190°C).
- Shred the zucchini or summer squash using a grater and chop the spinach finely.
- Place them in a clean kitchen towel or paper towel and squeeze out any excess moisture. Removing moisture will prevent the meatballs from becoming too wet.
- In a large mixing bowl combine ground beef, shredded zucchini, chopped spinach, fresh herbs, minced garlic, whipped egg, and onion salt.
- Mix all the ingredients together thoroughly. You can use your hands or a wooden spoon to ensure an even distribution of vegetables and seasoning in the meat mixture.
- Take small portions of the mixture and roll them into meatballs, about 1 to 1.5 inches in diameter. You can adjust the size according to your preference.
- Place the formed meatballs on a baking sheet lined with parchment paper. Make sure there's some space between each meatball to allow for even cooking.
- Put the baking sheet in the preheated oven and bake for approximately 20-25 minutes or until the meatballs are cooked through and browned on the outside.
- Once done, remove the meatballs from the oven. Let them cool for a minute or two, and then serve them hot.
- Enjoy!

GRILLED CHICKEN AND ZUCCHINI SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Dijon Mustard	2 Tbsp.	Medium Zucchinis Split In Half Lengthwise	3
White-wine Vinegar	2 Tbsp.	Salt And Freshly Ground Black Pepper	To Taste
Extra-virgin Olive Oil	¼ Cup	Basil Leaves, Shredded	12
Chicken Breasts	2	Lettuce Leaves For Garnish	

PREPARATION

- Preheat your grill to medium-high heat.
- In a small bowl, whisk together the Dijon mustard, white-wine vinegar, and olive oil until the dressing is well combined. Set it aside.
- Season the chicken breasts and zucchini halves with salt and freshly ground black pepper to taste. Ensure they are evenly coated.
- Place the chicken breasts on the preheated grill. Grill the chicken for about 6-7 minutes per side, or until it's cooked through and no longer pink in the center.
- Remove the chicken from the grill and let them rest for a few minutes.
- Then place the zucchini on the preheated grill. Grill the zucchini for approximately 3-4 minutes per side until they have grill marks and are tender.
- Remove the zucchini from the grill and let them rest for a few minutes.
- Once rested, slice the grilled chicken breasts into thin strips.
- In a large bowl, combine the grilled zucchini, sliced grilled chicken, and shredded basil leaves.
- Drizzle the prepared dressing over the salad. Toss gently to ensure everything is coated with the dressing.
- To serve, arrange lettuce leaves on individual plates or a large platter. Spoon the grilled chicken and zucchini salad on top of the lettuce.
- Enjoy!

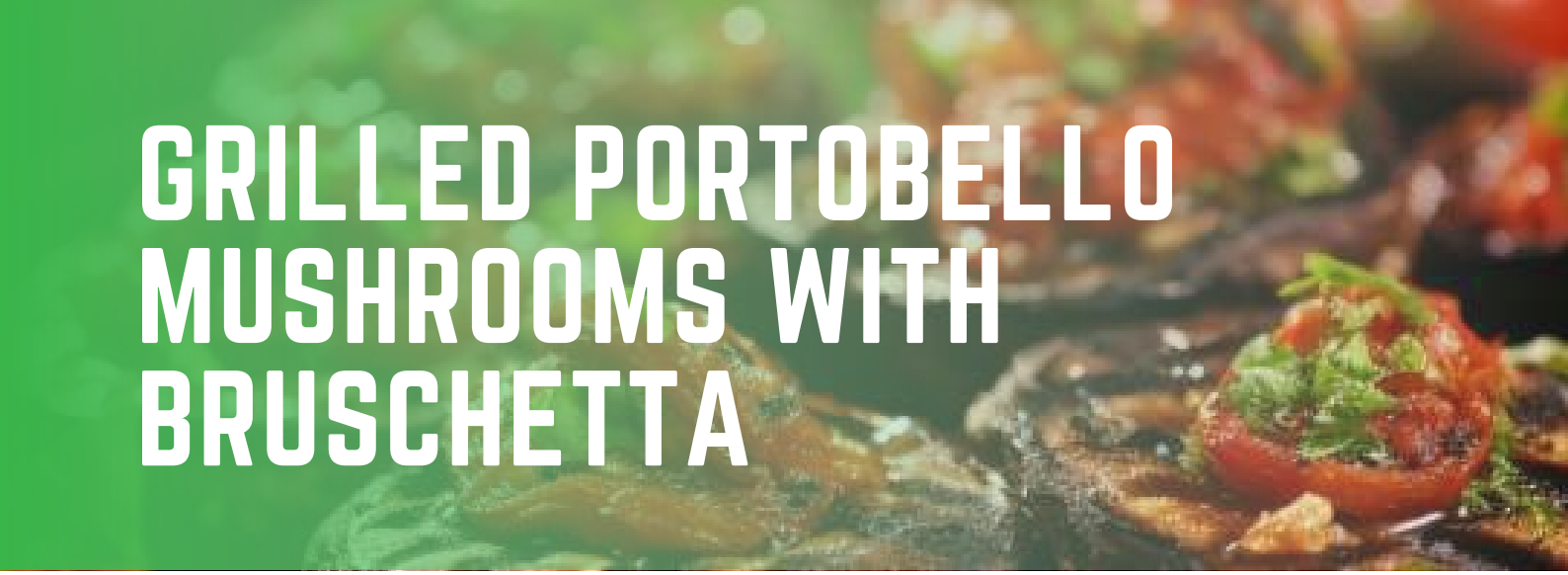
GRILLED MAHI FOIL PACKETS

INGREDIENTS

ITEM	QUANTITY
Mahi Mahi (or other white fish) Fillets, 5 oz. each	4
Olive Oil	4 Tsp.
Salt and Fresh Pepper	1To Taste
Fresh Herbs, Parsley, Rosemary, Oregano	4 Springs
Lemon, thinly sliced	1
Aluminum Foil (heavy-duty) , about 18 to 20 inches long	4 Large Pieces

PREPARATION

- Preheat your grill to medium-high heat.
- Lay out the aluminum foil sheets on a clean surface. Place each fish fillet on a separate piece of foil.
- Drizzle about 1 tsp. of olive oil over each fish fillet. Use your fingers or a brush to evenly coat the fillets with the oil.
- Season the fish fillets with salt and freshly ground pepper to your liking.
- Lay a sprig of fresh herbs on top of each fish fillet. This will infuse the fish with aromatic flavors as it grills.
- Arrange lemon slices over the fish fillets, placing them on top of the herbs. The lemon slices will add a bright and zesty element to the dish.
- Carefully fold and seal the aluminum foil around each fish fillet to create a packet. Be sure to seal the packets tightly to prevent any juices from leaking out.
- Place the sealed fish packets on the preheated grill. Close the grill lid and cook the fish for about 10-12 minutes, or until the fish is cooked through and flakes easily with a fork. Cooking time may vary based on the thickness of the fillets.
- Once cooked, carefully remove the fish packets from the grill using tongs.
- Open the foil packets and transfer the grilled fish fillets onto serving plates.
- Garnish with additional fresh herbs if desired, Enjoy!



GRILLED PORTOBELLO MUSHROOMS WITH BRUSCHETTA

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Portobello Mushroom Caps	4	Freshly Grated Parmesan Cheese	¼ Cup
Extra Virgin Olive Oil	¼ Cup	Garlic Clove, Finely Minced	1
Seeded Then Diced Roma Tomatoes	1 Cup	Packed Fresh Basil Leaves, Chopped	¼ Cup
Ideal Protein Balsamic Vinegar	3 Tbsp.	Salt And Pepper	To Taste
Steak Seasoning	1 Tbsp.		

PREPARATION

- Preheat your grill to medium-high heat.
- In a mixing bowl, whisk together 1 cup of extra virgin olive oil, Ideal Protein Balsamic Vinegar, and steak seasoning to create the marinade.
- Place the Portobello mushroom caps in a shallow dish and pour the marinade over them. Make sure each mushroom cap is well coated with the marinade. Allow them to marinate for about 15-20 minutes, turning them occasionally.
- In a separate bowl, combine the freshly grated Parmesan cheese, finely minced garlic, chopped fresh basil leaves, salt and pepper, roma tomatoes, and the remaining ¼ cup of extra virgin olive oil. Mix well to combine all the flavors.
- Remove the Portobello mushroom caps from the marinade and let any excess marinade drip off.
- Place the mushroom caps on the preheated grill, gill-side down. Grill them for about 4-5 minutes on each side, or until they are tender and have nice grill marks.
- Once the mushrooms are grilled to your liking, remove them from the grill and place them on a serving platter.
- Spoon the prepared bruschetta mixture over the top of each grilled mushroom cap, spreading it evenly.
- Enjoy!

LOW CARB TURKEY PESTO ROLL UP

INGREDIENTS

ITEM	QUANTITY
Cucumber (5-6 Long Slices)	1
Deli Turkey (Nitrate and Additive Free)	2 oz.
Cheddar Cheese for Maintenance	1 oz.
Arugula Pesto	1 Tbsp.
Red Bell Pepper, Sliced Into Matchsticks	1
Baby Spinach or Mixed Greens	1
Salt And Pepper	To Taste

PREPARATION

- Lay the cucumber slices flat on a clean surface.
- Spread a thin layer of arugula pesto on each cucumber slice.
- Place a slice of deli turkey on top of the pesto-covered cucumber slice.
- Add a few slices of red bell pepper on top of the turkey.
- Layer some baby spinach or mixed greens on top of the bell pepper.
- If desired, add a slice of cheddar cheese on top of the greens (maintenance).
- Season with a pinch of salt and pepper.
- Starting from one end, carefully roll up the cucumber slice with the filling inside, forming a tight roll.
- Repeat the process with the remaining cucumber slices and filling ingredients.
- Enjoy!

BAKED SEA BASS AND ZUCCHINI SHEET PAN

INGREDIENTS

ITEM	QUANTITY
Lemon Juice	2 Tbsp.
Low Sodium Soy Sauce	2 Tbsp.
Olive Oil	1 Tbsp.
Fillets Sea Bass	26 Oz.
Kosher Salt	¼ Tsp.
Ground Black Pepper	¼ Tsp.
Large Shallot, Minced	1
Cremini Mushrooms	15
Small Zucchini Sliced in Half Lengthwise	4

PREPARATION

- Preheat your oven to 500°F and prepare a rimmed baking sheet by lining it with parchment paper.
- In a small bowl, combine freshly squeezed lemon juice with low-sodium soy sauce, and set it aside for later use.
- Arrange the sea bass filets, skin-side-down, at one end of the baking sheet.
- Next to the fish, place the zucchini halves, cut side up, and add 10 medium cremini mushrooms at the opposite end.
- Season all the ingredients on the sheet pan with approximately ½ tsp. of kosher salt and ¼ tsp. of ground black pepper.
- Evenly distribute minced shallots on top of each fish fillet.
- Drizzle the lemon and soy sauce mixture over the sea bass, zucchini, and mushrooms.
- Put the prepared sheet pan in the oven and bake until the fish is just opaque in the center, and the zucchini and mushrooms are tender, which should take about 12-15 minutes.
- Enjoy!

BROCCOLI CHEESE AND HAM QUICHE

INGREDIENTS

ITEM	QUANTITY
Ideal Protein Broccoli and Cheese Soup	1 packet
Water	½ cup
Whole Eggs	2
Ham, Diced	½ cup
Green Onions, Chopped	¼ cup
Salt and Pepper (Optional)	To Taste

PREPARATION

- Preheat your oven to 375°F (190°C).
- In a bowl, mix the Ideal Protein Broccoli and Cheese Soup packet with ½ cup of water until well combined. Set it aside for a few minutes to let it thicken.
- In a separate bowl, beat the 2 whole eggs.
- Gradually add the thickened soup mixture to the beaten eggs, stirring continuously to create a smooth and uniform batter.
- Stir in the diced ham and chopped green onions into the egg and soup mixture. Mix until all the ingredients are evenly distributed.
- If desired, season the mixture with a pinch of salt and freshly ground black pepper, keeping in mind that the soup mix might already contain some seasoning.
- Grease a pie dish or quiche pan with a light coating of cooking spray or oil.
- Pour the egg and soup mixture into the prepared pie dish, spreading it evenly.
- Place the quiche in the preheated oven and bake for about 25-30 minutes, or until the quiche is set and the top is lightly golden.
- Once baked, remove the quiche from the oven and let it cool slightly before slicing and serving.
- Serve the Broccoli Cheese and Ham Quiche as a delicious and satisfying meal. It can be enjoyed warm or at room temperature.
- Optionally, garnish the quiche with additional chopped green onions or herbs before serving.

SPICY TURNIP HAMBURGER SCRAMBLE

INGREDIENTS

ITEM	QUANTITY
Ground Sirloin	1½ pound
Granulated Garlic Powder	1½ tsp
Ground Black Pepper	1½ tsp
Diced Turnip Roots	8 cups
Onion Diced	1/2
beef broth	1/3 cup
whole leaf oregano	1 tsp
chopped parsley	2 tbsp
Sriracha	To taste
Salt	To taste

PREPARATION

- Heat a deep pan,
- In a boul mix Dice the turnip roots and onions, salt, pepper, and garlic power.
- Add to the pan, Sauté for 5 minutes and add the beef broth.
- Cover and simmer till the turnip is tender
- Add to a plate. Add Sriracha and serve I hope you enjoy!

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EGG WHITE SALAD CUCUMBER BOATS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked Eggs, Peeled	6 Hard	Chopped Green Bell Pepper	1/4 Cup
Approved Mayonnaise	1/3 Cup	Chopped Red Bell Pepper	1/4 Cup
Juice Of Lemon	1	Chopped Red Onion	2 Tbsp.
Salt	1/4 Tsp.	English Cucumber	2

PREPARATION

- Cut the egg in half lengthwise and remove the yolk from the egg slice, and then grate or finely chop the egg white.
- In a mixing bowl, add the chopped egg whites, approved mayonnaise, lemon juice, chopped green and red bell pepper, red onion, and salt. Mix well to combine.
- Cut the English cucumbers in half lengthwise, then cut in two each half to make 4 equal pieces, and scoop out the seeds with a spoon.
- Fill each cucumber boat with the egg-white salad mixture.
- The Egg White Salad Cucumber Boats are ready.
- Serve and enjoy!

TOMATO BUN BURGER

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef	1 lb.	Approved Mayonnaise	2 Tbsp.
Olive Oil	1 Tbsp.	Dijon Mustard	2 Tsp.
Salt And Pepper	To Taste	Pickles, Sliced	2 Tbsp.
Beefsteak Tomatoes	2	Lettuce	

PREPARATION

- Preheat a large skillet over medium-high heat.
- Divide the ground beef into 4 equal portions and shape them into burger patties.
- Season the patties with salt and pepper on both sides.
- Add olive oil to the skillet and cook the patties for 3-4 minutes per side, or until they reach your desired level of doneness.
- While the patties are cooking, slice the beefsteak tomatoes into thick slices.
- In a small bowl, mix together the approved mayonnaise and dijon mustard to create the sauce.
- Once the patties are done cooking, remove them from the skillet and set aside.
- To assemble the burgers, place a cooked patty on top of a tomato slice, followed by a dollop of the sauce and a few slices of pickles, and a leaf of lettuce. Top with another tomato slice and serve immediately.
- Enjoy your burger!

BUFFALO CHICKEN-STUFFED PEPPERS

INGREDIENTS

- 4 bell peppers - halved, seeds and cores removed
- 1 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1/2 large onion, chopped
- 2 cloves garlic
- 3 cup shredded rotisserie chicken
- 1/2 cup hot sauce (preferably Frank's Red Hot)
- 2 cup shredded Gorgonzola cheese (for Maintenance only)
- Ranch dressing - for drizzling
- 2 tbsp. freshly chopped chives

PREPARATION

1. Preheat oven to 400°F. Place bell peppers cut side up on a large baking sheet and drizzle all over with olive oil. Season with salt and pepper.
2. In a large skillet, take olive oil over medium heat, add onion and cook until tender, for about 5 minutes.
3. Add garlic and cook until fragrance comes out, for 1 minute more.
4. Add shredded chicken and hot sauce and toss until well combined.
5. Cook until the mixture comes to a simmer, then remove from heat.
6. Divide chicken mixture between pepper halves. Top with cheese and bake until cheese is melted and peppers are crisp-tender, for 20 to 25 minutes.
7. Drizzle each stuffed pepper with ranch dressing and sprinkle with chives.
8. Serve and enjoy!

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GRILLED STUFFED PORTOBELLO MUSHROOMS

INGREDIENTS

- ½ cup red bell pepper – finely chopped
- 1 clove garlic – minced
- ¼ cup olive oil
- ¼ tsp. onion powder
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 Portobello mushroom caps

PREPARATION

1. Preheat grill for medium heat.
2. In a large bowl, mix the red bell pepper, garlic, oil, onion powder, salt, and ground black pepper. Spread mixture over gill side of the mushroom caps.
3. Lightly oil the grill grate. Place mushrooms over indirect heat. Cover and cook for 15 to 20 minutes.
4. Serve hot and enjoy!

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MASHED EGG SALAD STUFFED TOMATOES

INGREDIENTS

- 6 hard-boiled eggs peeled
- 1/4 cup Walden Farms Mayo
- 1 green onion thinly sliced
- 1 large celery stalk diced
- 2 teaspoons Dijon mustard
- 1/4 teaspoon kosher salt or to taste
- 1/4 teaspoon ground pepper
- 6 medium tomatoes
- 2 tablespoons minced flat-leaf parsley

PREPARATION

1. Take a medium bowl and mash the hard-boiled eggs with the back of a fork.
2. Add the Walden Farms mayonnaise green onion, celery, Dijon mustard, pepper, and salt to mashed eggs and stir to combine.
3. Core the tomatoes' inside using a small spoon.
4. Fill the tomatoes with the egg salad mix.
5. Garnish with parsley.

Serve and enjoy!

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TURKEY TACO LETTUCE WRAPS

INGREDIENTS

- 1 tbsp. olive oil
- 1 lb. lean ground turkey
- 2 cloves of garlic
- Salt and freshly ground black pepper
- 1 tbsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. paprika
- ½ cup tomato sauce
- ½ cup low-sodium chicken broth
- Iceberg or Romaine lettuce leaves, doubled up – for serving
- Suggested toppings: Diced Roma tomatoes, diced red onion, chopped cilantro, light sour cream, (Shredded Mexican cheese and diced avocado for Maintenance only)

PREPARATION

1. Heat up olive oil in a non-stick skillet over medium-high heat.
2. Add turkey and garlic, season with salt and pepper, and cook. Toss and break up turkey occasionally, until cooked through. For about 5 minutes.
3. Add chili powder, cumin, paprika, tomato sauce and chicken broth.
4. Reduce heat to a simmer and cook about 5 minutes until sauce has reduced.
5. Serve mixture over lettuce leaves with desired toppings.
6. Wrap lettuce and serve.

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GARLIC-JALAPEÑO SHRIMP

INGREDIENTS

- 10 large shrimp, about 1 lb - peeled and deveined
- 1½ garlic cloves - minced
- ½ jalapeno chile (stem, ribs, and seeds removed) - finely chopped
- ½ tbsp. fresh lime juice
- 1½ tbsp. extra-virgin olive oil
- Salt and freshly ground pepper

PREPARATION

1. Toss and coat shrimp with garlic, jalapeno, lime juice, and ½ tbsp. oil. Season with salt and pepper. Marinate in the refrigerator for 45 minutes.
2. Heat up the remaining oil in a large skillet over medium-high heat.
3. Remove shrimp from marinade, and add to skillet.
4. Cook through, about 2 minutes per side.
5. Serve warm and enjoy!

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SPICY BUFFALO CHICKEN BITES

INGREDIENTS

- 1½ lb boneless, skinless Chicken Breast
- 1½ tbsp. (24g) Olive Oil – divided

For the Buffalo Seasoning

- ½ tbsp. Smoked Paprika
- ½ tbsp. Chili Powder
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 tsp. Dry Mustard
- 1 tsp. Kosher Salt
- ½ tsp. Black Pepper
- ½ tsp. Cayenne Pepper

PREPARATION

1. Cut the chicken into bite-size pieces and fully coat in 1 tbsp. of olive oil.
2. Mix the spices together and add to the chicken. Stir to evenly coat the chicken.
3. Heat up a large skillet over medium heat with the remaining olive oil. Once hot, add the chicken and evenly spread around the skillet.
4. Cook for 5-6 minutes, keep stirring often, until the chicken is cooked through.
5. Transfer chicken bites to a plate to rest a few minutes.
6. Serve and enjoy.

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THAI STEAK LETTUCE CUPS

INGREDIENTS

- 1.5 lbs flank or skirt steak – cut in half lengthwise
- 1 tbsp. oil
- 1 head butter lettuce – separated into lettuce cups
- 1 green onion – thinly sliced
- 1 large red bell pepper – julienned
- Fresh mint
- Fresh basil
- Fresh cilantro

<u>Thai Dressing/Marinade</u>

- Thai Dressing/Marinade
- 1/2 cup
- Tamari or soy sauce
- 1 tbsp. fish sauce
- 1 tbsp. fresh lime juice
- 2 garlic cloves
- 1/4 cup fresh cilantro – finely chopped
- 3 green onions – finely minced
- 1 tbsp. chili paste

PREPARATION

1. Lightly tenderize meat by hitting with a tenderizer or a heavy rolling pin.
2. Take a small bowl and mix together all dressing ingredients.
3. Use a casserole dish or a ziplock bag to cover the tenderized beef with half the dressing and leave marinade for at least 1 hour.
4. In a large skillet, heat olive oil on high heat until oil is smoking. Cook marinated steak for 2 minutes on each side and then remove from pan and allow to rest for 10 minutes.
5. Slice steak very thinly.
6. When serving, build your lettuce cup by adding steak, veggies, herbs, and dressing to lettuce and wrapping like a taco.
7. Serve and enjoy!

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BUFFALO SHRIMP LETTUCE WRAPS

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 lb peeled and deveined large shrimp - chopped
- 2 garlic cloves - minced
- 1/3 cup hot sauce
- 1 head romaine or butter lettuce - leaves separated, for serving (12 leaves)
- 1/4 cup red onion - finely chopped
- 1 rib celery - sliced thin
- 1/2 cup Walden Farms ranch dressing
- Chopped chives - optional garnish

PREPARATION

1. Take a large skillet and place over medium heat to heat oil.
2. Add shrimp and garlic. Cook, flipping halfway, until pink and opaque on both sides, for about 2 minutes per side.
3. Turn off heat and add the hot sauce, tossing to coat.
4. Assemble wraps: Add about 1/4 cup of shrimp to the center of a romaine leaf and then top with dressing, red onion, celery and chives.
5. Serve and enjoy!

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LEMON GARLIC SHRIMP SKILLET

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Shrimp, Peeled and Deveined	1 lb.	Juice Of Lemon	1 lb.
Garlic Cloves, Minced	3	White Vinegar	3
Kosher Salt and Ground Pepper	To Taste	Water or Broth	To Taste
Extra-virgin Olive Oil	1½ Tbsp.	Fresh Parsley, Chopped	1½ Tbsp.
Lemon Thinly Sliced	1	Crushed Red Pepper Flakes	1

PREPARATION

- Season the shrimp with minced garlic, salt, and ground pepper. Toss to coat the shrimp evenly.
- Heat the olive oil in a large skillet over medium heat.
- Add the seasoned shrimp to the skillet and cook for 2-3 minutes per side, until they turn pink. Remove the cooked shrimp from the skillet and set aside.
- In the same skillet, add the lemon slices and cook for 2-3 minutes until they begin to soften and release their juices.
- Add the lemon juice, white vinegar, and water or broth to the skillet. Stir well to combine.
- Bring the mixture to a simmer and let it cook for about 2-3 minutes, allowing the flavors to meld together.
- Return the cooked shrimp to the skillet and toss them with the lemon-garlic sauce.
- Cook for an additional 1-2 minutes until the shrimp are heated through and coated with the sauce.
- Remove from heat and garnish with freshly chopped parsley.
  If desired, sprinkle crushed red pepper flakes on top for a touch of heat.
- Enjoy your flavorful Lemon Garlic Shrimp Skillet!

CHILI TOSTADAS

INGREDIENTS

- Ideal Protein MapleOatmeal (preferably sweetened)
- 1 Ideal Protein Vegetable Chili Mix
- 1/4 tsp baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- 1/4 teaspoon of dried Mexican herbs (i.e. coriander, basil, oregano, dried peppers, garlic, and crushed cumin (for a nice smoky flavor)
- Shredded lettuce
- 1 tsp shredded fresh cilantro
- 1 tbsp fresh tomatoes or fresh salsa
- Chopped onion (raw)/ green onion
- Fresh lime

PREPARATION

1. Preheat the oven at 350° F
2. Blend the contents of the oatmeal and chili together with the baking powder, baking soda, hot water, virgin olive oil and herbs together until all the water is absorbed
3. Make sure the dry ingredients are equally distributed
4. Rub fresh garlic directly onto a non-stick baking sheet
5. Spoon mixture into two tostadas
6. Bake at 350° F for 15 minutes
7. Remove from the oven
8. Garnish with shredded lettuce, cilantro, tomatoes, chopped onion/ green onions
9. Sprinkle some fresh lime
10. Serve while still hot and enjoy

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IDEAL TACOS

INGREDIENTS

- 1/2 cup Chopped Onions
- 1/2 cup Chopped Plum Tomatos
- 1 tbsp Lime Juice
- 1 IP Vegetable Chili
- 1 tsp of Sea Salt
- 1 IP Pancake
- 1 tsp of Adobo (optional)
- 1/4 tsp or pinch of Garlic Powder
- 1 pinch of Cilantro or Parsley
- 1 tbsp pf Walden Farms Ranch Dressing
- Shredded Iceberg Lettuce

PREPARATION

1. Mix the IP Pancake packet with the adobo, and make into "tortillas" (makes 2 this tortilla). Set aside.
2. Mix the IP Vegetable Chili, add the garlic powder and microwave for 2 minutes. Set aside.
3. Chop the tomatoes and onions.
4. To make the "salsa", mix the tomatoes with the onions, lime juice, sea salt and cilantro or parsley.
5. Mix IP Vegetable Chili with the salsa, split salsa in half.
6. Place the Tortilla on the plate and fill with Chili Salsa, Walden Farms Ranch Dressing and top with Ice Berg Lettuce.
7. Close the taco and Enjoy!

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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

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TUNA STEAKS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Raw Ahi Tuna Steaks	2	Coconut Amino	2 Tbsp.
Olive Oil	1 Tsp.	Lime Juice	1 Tbsp.
Salt and Black Pepper	To Taste	Water	1 Tbsp.
Green Onions, Thinly Sliced	2	Garlic Cloves, Minced	½ Tsp.

PREPARATION

- Season the tuna steaks with salt and black pepper on both sides.
- Heat the olive oil in a large skillet over medium-high heat.
- Once the oil is hot, add the tuna steaks to the skillet and cook for 2-3 minutes on each side, until browned outside but still pink in the middle. Remove the tuna steaks from the skillet and set aside.
- In the same skillet, add the green onions and garlic and sauté for 1-2 minutes until fragrant.
- Add the coconut aminos, lime juice, and water to the skillet, and bring to a boil. Let the sauce simmer for 1-2 minutes until slightly reduced.
- Add the tuna steaks back to the skillet and spoon the sauce over the top. Cook for an additional 1-2 minutes until the tuna is heated through and the sauce has thickened slightly.
- Serve the tuna steaks with the sauce spooned over the top and garnished with additional green onions if desired.
- Enjoy!

TUNA EGG SALAD

INGREDIENTS

ITEM	QUANTITY
Boiled Eggs	2 Hard
Light Tuna In Water	2.6 Oz
Approved Mayonnaise	1 Tbsp.
Red Onion, Chopped	2 Tbsp.
Salt And Pepper	To Taste

PREPARATION

- Chop the eggs and add to a mixing bowl with chopped red onion and combine the drained tuna.
- Add the mayonnaise to the bowl and mix until well combined.
- Season with salt and pepper to taste.
- Serve the tuna egg salad as a sandwich filling or over a bed of greens for a lighter option.
- Enjoy!

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AIR FRYER HEALTHY WHITE FISH WITH GARLIC & LEMON

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tilapia Filets 2	12 oz.	Sea Salt	To Taste
Garlic Powder	1/2 Tsp.	Black Pepper, Cracked	To Taste
Lemon Pepper Seasoning	1/2 Tsp.	Chopped Parsley	2 Tbsp.
Onion Powder(Optional)	1/2 Tsp.	Lemon Wedges	2 Slices
Olive Oil	2 Tsp.		

PREPARATION

- Preheat your air fryer to 375°F.
- In a small bowl, combine the garlic powder, lemon pepper seasoning, onion powder (if using), sea salt, and black pepper.
- Rub the spice mixture on both sides of the tilapia fillets with your hand.
- spray enough olive oil spray at the base of the air fryer basket to make sure the fish does not stick
- Place the seasoned tilapia filets in the preheated air fryer, and cook for 8-10 minutes, or until the fish is cooked through and flakes easily with a fork.
- Once cooked, remove the tilapia filets from the air fryer basket and sprinkle them with chopped parsley.
- Serve the air fryer healthy white fish with garlic & lemon hot, with lemon wedges on the side for squeezing over the fish. Enjoy!

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MANDARIN CHICKEN BALLS

INGREDIENTS

- 1 packet of Ideal Protein - Pancake mix
- 1 clove of garlic
- 1 chicken breast
- 1 tsp olive oil

PREPARATION

1. Prepare the Ideal Protein Pancake
2. Cut up the chicken breast into medium-sized cubes
3. Thoroughly cook chicken in olive oil
4. Roll each chicken piece in the battered pancake until fully covered
5. Return chicken to the skillet
6. Cook batter around the chicken
7. Serve hot and enjoy

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CILANTRO LIME CHICKEN BURGERS

INGREDIENTS

- 1 lb. ground chicken
- 1 tbsp. lime juice + 1 teaspoon lime zest
- 1/4 cup chopped cilantro
- 1 tsp. garlic powder
- 1/2 tsp. sea salt
- Pinch of ground pepper
- Lettuce leaves for wrap
- Toppings of choice: avocado, ketchup, red onion, jalapeño slices, avocado oil mayo.

PREPARATION

1. Combine all ingredients in a bowl and mix well. Shape the mixture into equal sized burger patties.
2. Spray a little cooking spray on a non-stick skillet or grill pan over medium heat.
3. Add burgers to skillet and cook for 6-7 minutes per side or until cooked through and 165°F internally.
4. Wrap in lettuce and serve immediately.

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MUSHROOM BUN SLIDERS

INGREDIENTS

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

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 indention 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.

Enjoy!

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SLOW COOKER PULLED PORK

INGREDIENTS

ITEM	QUANTITY
Shoulder/Butt Picnic Pork Roast	1.8lb
Tomato Paste	1 Tbsp.
Ground Cumin	1 Tsp.
Paprika (Smoked paprika will give a true BBQ flavor)	1 Tsp.
Salt	1 Tsp.

ITEM	QUANTITY
Pepper	1 Tsp.
Onion Powder	1 Tbsp.
Garlic Powder	1 Tbsp.
Coconut Aminos or Soy Sauce	1 Tbsp.
Apple Cider Vinegar	¼ Cup

PREPARATION

- In a small bowl, mix together the tomato paste, ground cumin, paprika, salt, pepper, onion powder, garlic powder, coconut aminos or soy sauce, and apple cider vinegar to create a spice rub.
- Rub the spice mixture evenly over the pork roast, ensuring all sides are coated.
- Place the seasoned pork roast in a slow cooker.
- Cover the slow cooker and cook on low heat for 8-10 hours or on high heat for 4-6 hours, until the pork is tender and easily pulls apart with a fork.
- Once the pork is cooked, remove it from the slow cooker and place it on a cutting board. Let it rest for a few minutes.
- Using two forks, shred the pork into smaller pieces.
- Return the shredded pork to the slow cooker and mix it with the juices and flavors from the bottom of the pot.
- Cover the slow cooker again and let the shredded pork sit in the juices for an additional 15-30 minutes to absorb the flavors.
- Serve and Enjoy!

GRILLED CHICKEN TACOS IN PICKLED CABBAGE "TORTILLAS"

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Small Head Cabbage	1	Jalapeno, Seeded and Minced	1
Juice of Lime	1	Salt	½ Tsp.
Salt	1½ Tsp.	Chicken Breast Strips	8 Oz.
Bunch Radishes, Trimmed and Finely Diced	1	Ripe Avocado (for maintenance)	1
Scallions, Minced	2	Cilantro Chopped	2 Tbsp.

PREPARATION

- Carefully separate 8 whole leaves from the head of the cabbage.
- Thinly slice the small head of cabbage and place it in a bowl. Squeeze the juice of 1 lime over the cabbage and sprinkle with salt. Toss well to combine.
- Let it sit at room temperature for at least 15 minutes, stirring occasionally.
- In a separate bowl, combine the diced radishes, minced scallions, minced jalapeno, and salt. Mix well and set aside.
- Preheat the grill to medium-high heat.
- Season the chicken breast strips with salt. Grill the chicken for about 4-5 minutes per side, or until cooked through and no longer pink in the center.
- Remove from the grill and let it rest for a few minutes before slicing into smaller pieces.
- To assemble the tacos, take a cabbage leaf and place a few slices of grilled chicken in the center. Top with the radish salsa, sliced avocado, and chopped cilantro.
- Repeat the process with the remaining cabbage leaves and grilled chicken to make more tacos.
- Enjoy!

VEGAN CUCUMBER SOUP

INGREDIENTS

ITEM	QUANTITY
Vegetable Oil	2 Tsp.
Cucumbers, Chopped	5
Garlic Cloves, Minced	3
Leek, Diced	1
Vegetable Broth	3 Cups
Fresh Dill, Chopped	¼ Cup
Freshly Ground Black Pepper	To Taste

PREPARATION

- In a large pot, heat the vegetable oil over medium heat. Add the minced garlic and diced leeks, and saute until they become translucent and fragrant.
- Add the chopped cucumbers to the pot and continue to cook for another 2-3 minutes, stirring occasionally.
- Pour in the vegetable broth and bring the mixture to a simmer. Let it cook for about 10-15 minutes, or until the cucumbers are tender.
- Remove the pot from the heat and allow the soup to cool for a few minutes.
- Using an immersion blender or a regular blender, puree the soup until smooth and creamy. If using a regular blender, blend in batches as needed.
- Return the blended soup to the pot and stir in the fresh dill. Season with freshly ground black pepper to taste.
- Place the pot in the refrigerator and let the soup chill for at least 1-2 hours, or until completely cool.
- Garnish with fress dill and enjoy!

CHINESE SHREDDED CHICKEN CUCUMBER SALAD

INGREDIENTS

ITEM	QUANTITY
Boneless Chicken Breast	2
Medium Cucumbers	2
Garlic	3 Cloves
Sesame Oil	3 tsp
Rice Vinegar	2 tsp
Sugar	1 tsp
Salt	To taste
Scallion/Green Onion, chopped (optional)	1

PREPARATION

- Poach the chicken breasts in a pot of boiling water for 15-20 minutes, or until cooked through. Remove the chicken from the pot and let it cool before shredding it with a fork.
- Cut the cucumbers in half lengthwise and use a spoon to scoop out the seeds. Slice the cucumbers into thin strips and place them in a mixing bowl.
- Chop the green onions and garlic into small pieces and add them to the mixing bowl with the cucumbers.
- In a separate mixing bowl, whisk together the salt, sugar, rice vinegar, sesame oil, to make the dressing.
- Pour the dressing over the cucumber and green onion mixture and toss until the vegetables are coated in the dressing.
- Add the shredded chicken to the mixing bowl and toss everything together.
- Serve the salad chilled and enjoy!

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GRILLED GREEK CHICKEN KABOBS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Chicken Breasts, Cut Into 1-Inch Cubes	2.5 lbs	Parsley Flakes, Dried	1 Tsp.
Olive Oil	4 Tbsp.	Garlic Cloves, Minced	4
Lemon Zest	1	Kosher Salt	1½ Tsp.
Freshly Squeezed Lemon Juice	3 Tbsp.	Ground Black Pepper	¼ Tsp.
Oregano, Dried	1 Tsp.		

PREPARATION

- In a mixing bowl, combine the olive oil, lemon zest, lemon juice, dried oregano, dried parsley flakes, minced garlic, kosher salt, and ground black pepper. Stir well to combine.
- Add the chicken cubes to the bowl and toss them in the marinade, ensuring each piece is coated evenly.
- Let the chicken marinate for at least 30 minutes or up to 2 hours in the refrigerator.
- Preheat the grill to medium-high heat.
- Thread the marinated chicken onto skewers, leaving a little space between each piece.
- Place the chicken kabobs on the preheated grill and cook for about 10-12 minutes, turning occasionally, until the chicken is cooked through and has reached an internal temperature of 165°F (75°C).
- Remove the grilled chicken kabobs from the heat and let them rest for a couple of minutes.
- Serve and enjoy!

GRILLED SHRIMP

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Jumbo Shrimp, Peeled and Deveined	1 lb	Italian Seasoning	1 Tbsp.
Salt And Pepper	To Taste	Lemon Juice	1 Tbsp.
Olive Oil	½ Cup	Soy Sauce	2 Tbsp.
Apple Cider Vinegar	¼ Cup	Dijon Mustard	1 Tsp.
Garlic Cloves, Minced	3		

PREPARATION

- Preheat your grill to medium-high heat.
- In a bowl, combine the olive oil, apple cider vinegar, minced garlic, Italian seasoning, lemon juice, soy sauce, and Dijon mustard. Mix well to create the marinade.
- Season the peeled and deveined shrimp with salt and pepper to taste.
- Place the seasoned shrimp in a shallow dish and pour the marinade over them. Toss to ensure the shrimp are evenly coated. Let them marinate for about 15 minutes to allow the flavors to infuse.
- Once the grill is hot, carefully place the marinated shrimp on the grill grates. Cook for approximately 2-3 minutes per side, or until the shrimp turn pink and opaque. Be careful not to overcook them, as shrimp cook quickly.
- While grilling, you can brush any remaining marinade onto the shrimp for added flavor, if desired.
- Once the shrimp are cooked, remove them from the grill and transfer them to a serving platter.
- Enjoy!

CRISPY TOFU AND MUSHROOMS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Box Firm Tofu	1	Konjac Flour	1 Tbsp.
Soy Sauce	⅓ Cup	Mushrooms Sliced	1½ Cup
Apple Cider Vinegar	⅓ Cup	Bay Leaf	1
Garlic Cloves, Mashed or Finely Minced	3	Extra Virgin Olive Oil	1 Tbsp.
Freshly Ground Black Pepper	To Taste	Green Onion, Sliced for Garnish (Optional)	1 Tbsp.

PREPARATION

- Wrap the tofu in paper towels and place it on a platter. To press the tofu down, place a heavy item on top of it.
- Let the tofu sit for 15-20 minutes so the excess water can drain. Remove the paper towels from the tofu and chop it into 1-inch slices or cubes.
- In a bowl, whisk together soy sauce, apple cider vinegar, minced garlic, and black pepper.
- Add the tofu cubes to the marinade and gently toss to coat. Let it marinate for at least 15 minutes.
- In a shallow dish, place the konjac flour. Drain the tofu from the marinade and roll each cube in the flour until coated evenly.
- Heat the olive oil in a skillet over medium heat. Add the coated tofu cubes and cook until golden brown and crispy on all sides. Remove the tofu from the skillet and set aside.
- In the same skillet, add the sliced mushrooms and bay leaf. Saute until the mushrooms are tender and lightly browned.
- Return the crispy tofu to the skillet with the mushrooms and toss everything together to combine. Cook for an additional minute to heat through.
- Remove the bay leaf from the skillet and transfer the tofu and mushrooms to a serving dish.
- Garnish with sliced green onions if desired. Enjoy!

TURKEY TACO BOWLS

INGREDIENTS

ITEM	QUANTITY
Ground Turkey Breast	1 lb.
Extra Virgin Olive Oil	1 Tbsp.
Green Bell Pepper, Diced	½ Cup
Yellow Bell Pepper, Diced	½ Cup
Salsa	¼ Cup
Salt And Pepper	To Taste
Homemade Taco Seasoning	
Diced Jalapeno, Pico De Gallo, Green Onion, And Cilantro, (Optional Toppings)	

PREPARATION

- Heat the olive oil in a large skillet over medium heat. Add the diced bell peppers and sauté until they start to soften, about 3-4 minutes.
- Push the peppers to one side of the skillet and add the ground turkey breast to the other side. Cook the turkey, breaking it up with a spatula, until it is browned and cooked through about 5-7 minutes.
- Add the salsa to the skillet and stir to combine with the peppers and turkey. Season with salt and pepper to taste.
- Sprinkle the homemade taco seasoning over the mixture and stir well to evenly coat everything.
- Continue cooking for an additional 2-3 minutes to allow the flavors to meld together.
- Remove the skillet from heat and let the taco filling cool slightly.
- Divide the taco filling into meal prep containers or bowls. If meal prepping, let the filling cool completely before covering and refrigerating.
- When ready to serve, reheat the taco filling in the microwave or on the stovetop until warmed through. You can always serve over shredded cabbage and lettuce or cauliflower rice.

GARLIC JALAPENO CHICKEN SAUSAGES PATTIES

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Fresh Jalapenos, Minced	2 Tbsp.	Fennel Seeds, Crushed	½ Tsp.
Garlic Cloves, Minced	2	Allspice	⅛ Tsp.
Olive Oil	2 Tbsp.	Sea Salt	¼ Tsp.
Ground Chicken (Not Too Lean)	1 lb.	Black Pepper	To Taste
Red Cayenne Pepper	To Taste		

PREPARATION

- Heat the olive oil in a skillet over medium heat. Add the minced jalapenos and garlic cloves, and saute for about 2-3 minutes until they soften and become fragrant. Remove from heat and set aside to cool.
- In a mixing bowl, combine the ground chicken, red cayenne pepper, crushed fennel seeds, allspice, sea salt, and black pepper.
- Add the cooled minced jalapenos and garlic to the bowl with the chicken mixture.
- Using your hands or a spoon, mix all the ingredients together until well combined. Be careful not to overmix.
- Divide the mixture into equal portions and shape them into patties. You can make them any size you prefer.
- Heat a skillet or grill pan over medium-high heat. Lightly grease the pan with olive oil.
- Cook the chicken sausage patties for about 4-5 minutes on each side, or until they are browned and cooked through.
- Remove the patties from the skillet and let them rest for a few minutes before serving.
- Enjoy!

AIR FRYER SALMON

INGREDIENTS

- 4 (6-oz.) salmon filets
- 2 tbsp. Dijon mustard
- 1 tsp. paprika
- 1 tsp. garlic powder
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- Olive oil spray

PREPARATION

1. Prep the salmon and pat salmon filets dry with a paper towel. Meanwhile, set the air fryer to 400°F.
2. On each salmon filet, spread one teaspoon of mustard evenly in a thin layer.
3. Sprinkle each of the spices straight onto the salmon filet and coat generously. Lastly, spray olive oil on top to keep the salmon filet moist.
4. Cook two salmon filets in each batch in the air fryer and cook for 8 to 10 minutes, until flaky with a fork. Repeat with the remaining filets.
5. Take out of the Oven and serve warm.

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SKIRT STEAK AND TURNIP RISOTTO

INGREDIENTS

ITEM	QUANTITY
Chicken Stock	2 Cups
Large Turnips	4
Olive Oil	1 Tbsp.
Skirt Steak, sliced	1 lb.
Shallot	1
Oil	¼ Cup
Fresh Herbs, Finely Chopped (For Garnish)	¼ Cup

PREPARATION

- In a large skillet heat a small amount of oil over medium-high heat.
- Add the sliced skirt steak and cook until browned and cooked to your desired level of doneness. Remove from the pan and set aside.
- In the same pan, melt 1 tablespoons of olive oil over medium heat. Add the chopped shallot and saute until translucent and fragrant.
- Add the diced turnips to the pan and cook for a few minutes until they start to soften slightly.
- Gradually add the chicken stock to the pan, about 1 cup at a time, stirring frequently.
- Allow the turnips to simmer in the stock until they become tender and the stock is absorbed, similar to the consistency of risotto.
- Once the turnips are cooked and the stock is absorbed, season with salt and pepper to taste.
- Serve the turnip risotto in bowls or plates, and top with the cooked skirt steak slices.
- Garnish with fresh herbs, Enjoy!

TUNA LETTUCE WRAPS

INGREDIENTS

- 1 can of tuna in water
- ⅙ cup mayonnaise
- 4 tbsp. celery – finely chopped
- ⅛ cup red onion, finely chopped
- 1 tbsp. pickle relish
- ½ tbsp. capers
- ½ tsp. whole grain mustard
- 1 tbsp. fresh parsley, chopped
- ½ tbsp. fresh lemon juice
- Salt – to taste
- Pepper – to taste
- 3 butter lettuce leaves – rinsed and patted dry

PREPARATION

1. In a mixing bowl, add the tuna, mayonnaise, celery, red onion, pickle relish, capers, whole grain mustard, parsley, and lemon juice.
2. Mix the ingredients together thoroughly.
3. Season with salt and pepper to taste.
4. Wrap tuna salad in the lettuce leaves and serve.
5. Garnish as desired.
6. Enjoy!

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AIR FRYER PORK CHOPS

INGREDIENTS

- 2 center-cut, bone-in pork chops – 1 ½ – 2 inches thick
- 2 approved sugar-free brown sugar
- 1 tbsp. paprika
- 1½ tsp. salt
- 1½ tsp. fresh ground black pepper
- 1 tsp. ground mustard
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- 1-2 tbsp. olive oil

PREPARATION

1. Preheat air fryer to 400°F for 5 minutes.
2. Rinse pork chops with cool water and pat dry completely with a paper towel.
3. Mix together all the dry ingredients in a small bowl.
4. Now, coat the pork chops with olive oil and rub in the mix well and liberally. Try to use all of the rub mix for the 2 pork chops.
5. Cook pork chops in air fryer at 400°F for 12 minutes – flip over after 6 minutes.
6. Serve and enjoy!

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HERBED TUNA STUFFED PEPPERS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Red Bell Peppers	2	Black Pepper	⅕ Tsp.
Extra Virgin Olive Oil	2 Tbsp.	Chunk Light Tuna In Water, Drained	2 Can
Fresh Lemon Juice	5 Tsp.	Lightly Packed Baby Arugula, Chopped	¾ Cup
Dijon mustard	1 Tsp.	Fresh Basil, Minced	½ Cup
Salt	¼ Tsp.	Fresh Parsley, Minced	½ Cup
		Fresh Dil or Fresh Herb, Minced	5 Tsp.

PREPARATION

- Preheat your oven to 375°F (190°C).
- Cut off the tops of the bell peppers and remove the seeds and membranes. Place the bell peppers upright in a baking dish.
- In a small bowl, whisk together the extra virgin olive oil, fresh lemon juice, Dijon mustard, salt, and black pepper to create a dressing.
- In a separate bowl, flake the drained tuna with a fork.
- Add the chopped baby arugula, minced fresh basil, minced fresh dill or herb, and the prepared dressing to the bowl with the tuna. Mix well to combine.
- Spoon the tuna mixture into the hollowed-out bell peppers, dividing it evenly among them.
- Cover the baking dish with foil and bake in the preheated oven for about 25-30 minutes, or until the peppers are tender and the filling is heated through.
- Remove the foil and bake for an additional 5 minutes to lightly brown the tops, if desired.
- Remove from the oven and let the stuffed peppers cool for a few minutes before serving.
- Enjoy the delicious herbed tuna stuffed peppers as a tasty and nutritious meal!

SHAKSHUKA DINNER

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	3 Tbsp.	Salt	½ Tsp.
Small Onion, Chopped	1	Cinnamon	¼ Tsp.
Red Pepper, Chopped	1	Hot Pepper Flakes	¼ Tsp.
Cloves Garlic, Minced	4	Freshly Ground Pepper	¼ Tsp.
Tomato Paste	3 Tbsp.	Tomatoes, Diced	1 Can
Ground Cumin	2 Tsp.	Eggs	8
Ground Coriander	1 tsp.	Feta Cheese, Finely Crumbled	¼ Cup
Smoked Paprika	1 tsp.	Fresh Parsley, Chopped	2 Tbsp.

PREPARATION

- Heat olive oil in a large skillet or frying pan over medium heat.
- Add the chopped onion and red pepper to the pan and sauté until softened, about 5 minutes.
- Add the minced garlic and cook for an additional minute.
- Stir in the tomato paste, ground cumin, ground coriander, smoked paprika, salt, cinnamon, hot pepper flakes, and freshly ground pepper. Cook for 1-2 minutes to toast the spices.
- Add the diced tomatoes to the pan and stir well to combine all the ingredients.
- Reduce the heat to low and simmer the tomato mixture for about 10-15 minutes, until it thickens slightly.
- Create small wells in the tomato mixture and crack an egg into each well. Cover the pan and cook for about 5-7 minutes, or until the eggs are cooked to your desired level of doneness.
- Remove from heat and let the shakshuka rest for a few minutes.
- Serve the shakshuka hot, directly from the pan, with crusty bread or pita on the side for dipping.

INSTANT POT SALMON FOIL PACKETS

INGREDIENTS

ITEM	QUANTITY
Foil	4 Pieces
Wild Salmon	44 oz.
Parsley, Chopped	⅓ Cup
Green Onion, Chopped	⅓ Cup
Diced Tomatoes, Basil, Garlic, Oregano	½ Cup
Sliced Lemon, Optional	1
Water	1 Cup

PREPARATION

- Place a salmon fillet on each piece of foil.
- Sprinkle chopped parsley and green onion over the salmon fillets.
- Spread a generous amount of diced tomatoes with basil, garlic, and oregano on top of each salmon fillet.
- If desired, place a slice of lemon on each fillet for extra flavor.
- Carefully fold and seal each foil packet, ensuring it is tightly sealed to trap the steam.
- Pour water into the inner pot of your Instant Pot, then place the trivet inside.
- Arrange the foil packets on top of the trivet, making sure they are not stacked on top of each other.
- Close the Instant Pot lid and set the valve to the sealing position.
- Set the timer to 3-4 minutes for medium-rare to medium doneness, depending on the thickness of your salmon fillets, on the "Pressure Cook" or "Manual" mode.
- Once the cooking time is complete, allow for a natural pressure release for about 5 minutes, then carefully perform a quick release to release any remaining pressure.
- Open the Instant Pot lid and carefully remove the foil packets using tongs.
- Carefully open each foil packet, being cautious of the hot steam, and transfer the salmon fillets to serving plates. Enjoy!

PAN-SEARED CHICKEN

INGREDIENTS

- 2 tbsp. olive oil
- 1 lb chicken tenders
- 1 garlic clove - peeled and sliced
- Salt

PREPARATION

1. Heat up the oil in a large skillet over medium heat.
2. Add the chicken tenders and top with the sliced garlic. Sprinkle with salt.
3. Cover and cook for 4 about minutes.
4. Remove cover and flip over. Cook for an additional 3-4 minutes uncovered. Cook until a meat thermometer registers 165°F.
5. Serve with your favorite veggies and enjoy!

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ONE PAN CHICKEN AND MUSHROOM RECIPE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Chicken Breasts	3	Olive Oil	2 Tbsp.
Onion Powder	1 Tsp.	White Mushrooms, Sliced	8 Oz.
Oregano, Dried	½ Tsp.	Garlic Cloves, Minced	3
Paprika	½ Tsp.	Fresh Parsley, Chopped	1 Tbsp.
Salt and Ground Black Peppe	To Taste		

PREPARATION

- Cut the boneless chicken breasts in half lengthwise to become 6 thin fillets.
- Season the chicken fillets with onion powder, dried oregano, paprika, salt, and ground black pepper on both sides.
- In a large skillet, heat olive oil over medium-high heat.
- Add the seasoned chicken breasts to the skillet and cook for 6-8 minutes per side, or until they are cooked through and nicely browned.
- Remove the chicken from the skillet and set aside.
- In the same skillet, add the sliced mushrooms and minced garlic. Cook for 4-5 minutes, or until the mushrooms are tender and golden brown.
- Return the chicken breasts to the skillet with the mushrooms and garlic, and cook for an additional 2-3 minutes to allow the flavors to blend.
- Remove from heat and garnish with freshly chopped parsley.
- Enjoy your flavorful and easy One-Pan Chicken and Mushroom recipe!

HEALTHY CHICKEN FAJITA AND CAULIFLOWER RICE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breasts	1 lb.	Garlic Cloves, Crushed	2
Lemon Juice	2 Tsp.	Brussel Sprouts, Fresh or Frozen	2 Cups
Red Bell Pepper, Sliced	1	Chili Powder	2 Tsp.
Yellow Bell Pepper, Sliced	1	Paprika	1 Tsp.
Green Bell Pepper, Sliced	1	Cumin Powder	½ Tsp.
Olive Oil	1 Tbsp.	Salt and Black Pepper	To Taste

PREPARATION

- Preheat the oven to 400°F (200°C).
- Cut chicken breasts into thin strips. Then, In a large bowl season the chicken thighs with salt, black pepper, chili powder, paprika, and cumin powder.
- Heat olive oil in a large skillet over medium-high heat. Add the chicken thighs and cook for 5-7 minutes per side or until browned. Remove from the skillet and set aside.
- In the same skillet, add the sliced peppers. Saute until they are slightly softened, about 5-7 minutes.
- Add garlic and Brussels sprouts to the skillet. Cook for another 5-7 minutes or until the vegetables are tender.
- Return the chicken to the skillet and toss everything together. Drizzle lemon juice over the top.
- Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the chicken is cooked through.
- Enjoy your healthy chicken fajita meal!

STEAK & ZUCCHINI STIR FRY

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive or Avocado Oil	2½ Tbsp.	Green Onion, Thinly Sliced	½ Cup
Sirloin Steak, Thinly Sliced	1 lb.	Ground Ginger	¼ Tsp.
Salt	1 Tsp.	Garlic Powder	¼ Tsp.
Black Pepper	1 Tsp.	Coconut Aminos	¼ Cup
Medium Zucchini, Sliced Into Half Moons	3	White Vinegar	1 Tbsp.

PREPARATION

- Season the thinly sliced steak with salt and black pepper.
- Heat a large skillet or wok over medium-high heat with 1 tablespoon of olive or avocado oil.
- Once the oil is hot, add the steak to the skillet and cook for 2-3 minutes per side, until browned and cooked through. Remove from the skillet and set aside.
- Add the remaining oil to the skillet and add the sliced zucchini. Stir-fry for 2-3 minutes until they are tender but still firm.
- Add the green onion, ground ginger, and garlic powder to the skillet. Stir-fry for another minute.
- Add the cooked steak back to the skillet, along with the coconut aminos and white vinegar. Stir-fry for another minute or two, until everything is heated through and coated in the sauce.
- Serve the steak and zucchini stir-fry hot and enjoy!

ONE-PAN SALMON WITH ROASTED CABBAGE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Green Cabbage	1 Small	Apple Cider Vinegar	3 Tbsp.
Olive Oil	2 Tbsp.	Dijon Mustard	2 Tsp.
Kosher Salt	1 Tsp.	Capers, Chopped	½ Cup
Black Pepper	¾ Tsp.	Skinless Salmon Fillets	4
Shallot, Chopped	1		

PREPARATION

- Preheat the oven to 400°F.
- Place the cabbage wedges on a large baking sheet. Drizzle with 1 tablespoons of olive oil and sprinkle with salt and pepper. Toss to coat.
- Roast the cabbage for 20 minutes or until it starts to brown and is tender.
- Meanwhile, heat the remaining tablespoon of olive oil in a large skillet over medium-high heat.
- Add the chopped shallot and cook until soft, about 3-4 minutes.
- Add the apple cider vinegar, Dijon mustard, and capers to the skillet with the shallot. Stir to combine.
- Season the salmon fillets with salt and pepper. Place them skin-side down in the skillet with the sauce.
- Cook the salmon for 5-6 minutes or until the skin is crispy and golden brown.
- Transfer the salmon and the sauce to the baking sheet with the roasted cabbage.
- Return the baking sheet to the oven and roast for an additional 5-7 minutes or until the salmon is cooked through.
- Serve immediately and enjoy!

FOIL PACK SHRIMP WITH BROCCOLI

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Raw Shrimp, Peeled And Deveined	1 lb.	Salt And Pepper	To Taste
Olive Oil	2 Tbsp.	Smoked Paprika	¼ Tsp.
Garlic, Minced	1 Tbsp.	Red Chili Pepper Flakes (Optional)	Pinch
Italian Seasoning	1 Tsp.	Broccoli Head, Broken Into Florets	½
Onion Powder	¼ Tsp.	Fresh Chopped Parsley for garnish	1
Vegetable Or Chicken Stock, Divided	2 Tbsp		

PREPARATION

- Preheat the oven to 375°F.
- Cut four 12x18-inch pieces of aluminum foil and set aside.
- In a mixing bowl, combine the shrimp, olive oil, garlic, Italian seasoning, onion powder, 1 tbsp. of stock, salt, pepper, smoked paprika, and red chili pepper flakes (if using). Mix well.
- Place the broccoli florets on one half of each aluminum foil sheet.
- Spoon the shrimp mixture over the broccoli.
- Pour the remaining 1 tbsp. of stock over the shrimp and broccoli.
- Fold the other half of the foil over the top of the shrimp and broccoli. Roll up the edges to create a sealed packet.
- Place the packets on a baking sheet and bake in the preheated oven for 15 minutes or until the shrimp are pink and cooked through.
- Carefully unwrap the baked shrimp and broccoli foil packets then garnish with fresh parsley and a slice of lemon (optional).

ONE PAN GREEK CHICKEN AND CAULIFLOWER

INGREDIENTS

ITEM	QUANTITY
Chicken Breast	2 lbs
Cauliflower Head	½
Spinach	1 Cup
Greek Seasoning	3 Tbsp.
Juice Of Lemon	3 Tbsp.
Olive Oil	2 Tbsp.

PREPARATION

- Roughly chop the chicken breast and cauliflower into about 1 inch pieces.
- In a mixing bowl add chicken breast and cauliflower with greek seasoning, lemon juice, and 1 tbsp of olive oil. Toss well to coat evenly and let marinate for at least 15 minutes.
- Heat a large skillet over medium-high heat with the remaining tablespoon of olive oil.
- Once the oil is hot, add the chicken and veggies to the skillet and cook for 3-4 minutes on one side without turning.
- Flip the chicken and veggies over and cook for an additional 3-5 minutes, stirring occasionally, until the chicken is cooked through
- Once done, remove the skillet from the heat and serve immediately. Enjoy!

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GROUND BEEF LETTUCE WRAPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Vegetable Oil	1 Tbsp.	Garlic Powder	½ Tsp.
Lean Ground Beef	1 lb.	Head Romaine Lettuce	1
Green Onions, Chopped	½	Paprika	½ Tsp.
Tomato Sauce	1 Tbsp.	Ground Cumin	½ Tsp.
Chili Powder	½ Tsp.	Red Cabbage, Chopped	½ Cup
Low-sodium Soy Sauce	1 Tsp.		

PREPARATION

- Heat the vegetable oil in a large skillet over medium-high heat.
- Add the ground beef to the skillet and cook until browned, breaking up any large chunks with a spoon or spatula.
- Add the green onions, tomato sauce, chili powder, soy sauce, and garlic powder, to the skillet. Stir until well combined.
- Reduce the heat to low and simmer for 10-15 minutes, stirring occasionally.
- While the ground beef mixture is simmering, prepare the lettuce wraps by separating and washing the leaves and patting them dry.
- Once the ground beef mixture is done, sprinkle the paprika and cumin mixture over it and stir to combine.
- To assemble the lettuce wraps, place a spoonful of the ground beef mixture onto each lettuce leaf.
- Top with chopped red cabbage and serve immediately.

TACO LETTUCE WRAPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Romaine Lettuce Leaves	8 Small	White Vinegar	1 Tbsp.
Canola Oil	1 Tsp.	Ground Cumin	1½ Tsp.
Lean Ground Beef	1 lb	Avocado, Diced	1 Cup
Salt	¼ Tsp.	Julienned Jicama	1 Cup
Prepared Salsa	5 Tbsp.	Finely Diced Red Onion	¼ Cup

PREPARATION

- In a large skillet, heat the canola oil over medium-high heat.
- Add the lean ground beef to the skillet and cook for 5-7 minutes, stirring occasionally, until browned and cooked through.
- Sprinkle the salt over the cooked beef and stir well to combine.
- Add the prepared salsa, white vinegar, and ground cumin to the skillet, and stir well to combine with the beef.
- Reduce the heat to low and let the beef and salsa mixture simmer for 5-10 minutes until the flavors are fully incorporated.
- While the beef mixture is simmering, prepare the toppings by dicing the avocado, julienned the jicama, and finely dice the red onion.
- To assemble the lettuce wraps, take a large romaine lettuce leaf and spoon some of the beef and salsa mixture onto it.
- Top the beef with diced avocado, jicama, and red onion. Repeat with additional lettuce leaves and toppings as desired.
- Serve the Taco Lettuce Wraps, and enjoy!

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30-MINUTE GROUND TURKEY VEGETABLE SKILLET

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Avocado Oil	2 Tbsp.	Radishes, Chopped	3
Ground Turkey	1 lb.	Crown Broccoli, Chopped	1 large
Ground Turmeric	1/2 tsp.	Liquid Aminos	3 Tbsp
Sea Salt	To Taste	Handful Baby Spinach	1 huge
Green Onion, Chopped	3 stalks		

PREPARATION

- In a large skillet, heat the avocado oil over medium-high heat.
- Add the ground turkey to the skillet and cook for 5-7 minutes, stirring occasionally, until browned and cooked through.
- Sprinkle the ground turmeric and sea salt over the cooked turkey and stir well to combine.
- Add the chopped green onion, radishes, and crown broccoli to the skillet, and stir to combine with the turkey.
- Pour the liquid aminos over the vegetable and turkey mixture, and stir well.
- Reduce the heat to medium-low, cover the skillet with a lid, and let the vegetables and turkey cook for 8-10 minutes, or until the vegetables are tender.
- Once the vegetables are cooked, add baby spinach to the skillet, and stir until the spinach is wilted and incorporated.
- Serve the 30-Minute Ground Turkey Vegetable Skillet hot, and enjoy!

BLACKENED CHICKEN AND BRUSSELS SPROUTS SKILLET

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Paprika	1 Tbsp.	Pepper	1/2 Tsp.
Chili Powder	1 Tsp.	Olive Oil	2 Tbsp.
Italian Seasoning	1 Tsp.	Chicken Breast	1 lb
Onion Powder	1/2 Tsp.	Brussels Sprouts	1 lb
Garlic Powder	1/2 Tsp.	Chicken Broth	1/3 Cup
Salt	1/2 Tsp.	Garlic, Minced	1 Tbsp.
		Hot Sauce	2 Tsp.

PREPARATION

- In a small bowl, mix together the chicken breast, paprika, chili powder, Italian seasoning, onion powder, garlic powder, salt, and pepper.
- Heat the olive oil in a large oven-safe skillet over medium-high heat.
- Add the chicken breast mixture to the skillet and cook for about 3-4 minutes on each side, or until brown. Remove the chicken from the skillet and set it aside on a plate.
- Add the Brussels sprouts to the skillet and cook for 3-4 minutes, stirring occasionally, until they start to brown. Add the minced garlic to the skillet and cook for another minute, until fragrant.
- Pour the chicken broth into the skillet and scrape the bottom of the pan to loosen any browned bits.
- Return the chicken breast to the skillet, nestling it among the Brussels sprouts.
- Place the skillet in the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through and the Brussels sprouts are tender. Then Remove the skillet from the oven.
- Serve with Drizzle hot sauce over the chicken and Brussels sprouts.

SPINACH STUFFED PORK CHOPS WITH LEMON DIJON CAPER SAUCE

INGREDIENTS

ITEM	QUANTITY
Olive oil	1 tbsp.
Capers	1 tbsp.
Garlic Powder	3 tsp.
Sun-dried tomatoes diced	6
Frozen Spinach	10 oz.
Salt and Black Paper	To Taste
Freshly Ground Black Pepper	½ tsp.
Dried Thyme	¼ tsp.
Pork Chops	4 4 oz each
Chicken Broth	1½ cups

PREPARATION

- Preheat the oven to 375°F.
- Using a sharp knife, cut a pocket in the thickest part of each pork chop, being careful not to cut all the way through.
- In a small bowl, mix together the olive oil, salt, black pepper, garlic powder, Sun-dried tomatoes, and dried thyme. Rub the mixture all over the pork chops.
- In another bowl, mix together the chopped spinach. Stuff each pork chop with the spinach mixture.
- Heat a large oven-safe skillet over medium-high heat. Add the pork chops and cook for 3-4 minutes per side, or until browned.
- Transfer the skillet to the oven and bake for 15-20 minutes, or until the internal temperature of the pork chops reaches 145°F.
- While the pork chops are baking, prepare the sauce. In a small saucepan, combine the Dijon mustard, capers, lemon juice, lemon zested, and chicken broth. Bring the mixture to cook for 1-2 minutes, or until slightly thickened. Remove from heat and stir in the butter until melted.
- Serve the pork chops with the caper sauce drizzled over the top. Enjoy!

AIR FRYER BRUSSELS SPROUTS WITH MAPLE LEMON GLAZE

INGREDIENTS

ITEM	QUANTITY
Brussels Sprouts	1 lb
Olive Oil	2 tbsp.
Coarse Sea Salt	To Taste
Garlic Powder	2 tbsp.
IP Maple Syrup	1/4 cup
Lemon Juice	2 tbsp.
Pepper	To Taste

PREPARATION

- Preheat your air fryer to 400°F.
- In a large mixing bowl, toss the Brussels sprouts with olive oil, salt, and pepper.
- Place the Brussels sprouts in the air fryer basket and cook for 10-12 minutes, shaking the basket every 3-4 minutes, until the sprouts are crispy and browned.
- While the Brussels sprouts cook, prepare the glaze. In a small saucepan over medium heat, whisk together the maple syrup, lemon juice, and garlic powder. Cook until the mixture has thickened slightly, about 5 minutes.
- Once the Brussels sprouts are done, transfer them to a mixing bowl and drizzle the maple syrup over the top. Toss to coat evenly.
- Serve immediately and enjoy your Air Fryer Brussels Sprouts with Maple Lemon Glaze!

AIR FRYER SPICY NEW ORLEANS SHRIMP

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
large shrimp, peeled and deveined, and thawed	2 pound	sugar	1 tsp
smoked paprika	1 tsp	Salt	1/2 tsp
Tabasco sauce	1 tsp	black pepper	1/2 tsp
Tabasco sauce	1 tsp	garlic powder	1 tsp
liquid smoke	1 tsp	Worchestershire sauce	2 tbsp
ground cumin	1 tsp	lemon juice	1 tbsp

PREPARATION

- take a large bowl, add the thawed shrimp, smoked paprika, tabasco sauce, ancho chili powder, liquid smoke, ground cumin, sugar, salt, black pepper, garlic powder, lemon juice, and Worcestershire sauce and mix these very well.
- Make sure that the shrimp is coated.
- Add to Preheat the air fryer to 400°F for 4 minutes, after 4 minutes flip the shrimp and air fry for another 4-5 minutes.
- Plate, serve, and enjoy!

GROUND TURKEY CAULIFLOWER RICE RECIPE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive oil	1 tsp.	Oregano	½ tsp.
Lean Ground Turkey	1lb	Cumin	1 tsp.
Freshly Minced Garlic	2 cloves	Smoked paprika	½ tsp.
Red Onion Diced	1	Salt & pepper	To Taste
Bell pepper Diced	1	Cauliflower	1
Cherry Tomatoes Diced	5		

PREPARATION

- Heat olive oil in a large skillet over medium-high heat. Add chopped red onion and minced garlic and sauté until fragrant and softened about 3-4 minutes.
- Add lean ground turkey to the skillet and cook until browned, breaking up any large pieces as it cooks.
- Cut the cauliflower into florets and place them in a food processor. Pulse until the cauliflower is finely chopped, resembling rice.
- Add cauliflower rice to the skillet and continue cooking for 5-7 minutes until it starts to soften.
- Add diced cherry tomatoes, dried oregano, bell pepper flakes, cumin, lime zest, smoked paprika, chili flakes, and salt and pepper to taste, and stir well. Bring to a simmer and cook for 5-7 minutes until the cauliflower is cooked through.
- Serve hot, garnished with fresh parsley if desired.

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CRAB STUFFED PORTOBELLO MUSHROOMS

INGREDIENTS

ITEM	QUANTITY
Portobello Mushroom Caps	12
Olive Oil	
Eggs	2
Chopped celery	1/4 cups
Chopped onion	1/4 cups
Chopped Red Bell pepper	1/4 cups
Chopped fresh parsley	2 tbsp.
Chopped fresh dill	1 tbsp.
Mayonnaise	1½ tbsp.
Dijon mustard	2½tbsp.

ITEM	QUANTITY
Lemon juice	2 tbsp.
Worcheshire sauce	1 tsp.
Old bay seasoning	2 tbsp.
Onion powder	1 tsp.
Garlic powder	1 tsp.
Sea salt	1 tsp.
Black pepper	1 tsp.
Paprika	1 tsp.
Lump crab meat	1 lb
Ideal Protein Croutons	1/2 cups
Lemon Wedges	To taste

PREPARATION

- Clean and scrape off the gills on the inside of the portobello mushroom caps
- Lightly drizzle with olive oil and sprinkle with sea salt on the cleaned portobello mushroom caps
- Take boul to prepare the crab filling to combine the eggs, celery, onion, red bell pepper, parsley, dill, mayonnaise, Dijon mustard, lemon juice, Worcestershire sauce, old bay seasoning, onion powder, garlic powder, sea salt, black pepper, and paprika
- Fold in the lump crab meat and Ideal Protein Croutons, carefully not breaking the crab. Cover with plastic wrap and refrigerate for at least 1 hour.
- Preheat the oven to 350°F. Once the crab filling is set, scoop the crab filling into each portobello mushroom cap. Bake for 20 minutes until mushrooms are tender.
- Sprinkle old bay seasoning on top and serve with lemon wedges.
- Enjoy!

BALSAMIC CHICKEN STUFFED EGGPLANT

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Eggplant	1	Sea salt	½tsp.
Olive Oil	2 tbsp.	Black pepper	½tsp.
Baby Bella Mushrooms sliced	1 Cup	Roasted red peppers roughly chopped	⅓ cup
Garlic Minced	3 Cloves	Fresh basil chopped	1/4 cup
Ground Chicken	1 lb	IP Balsamic vinegar	1/4 cup
Dried oregano	½ tsp		

PREPARATION

- Preheat the oven to 400°F
- Cut the eggplants in half lengthwise and scoop out the flesh, leaving about 1/4 inch of flesh in the skin. Place the eggplant halves on a baking sheet lined with parchment paper and sprinkle with salt. Set aside.
- In a large skillet over medium-high heat, heat the olive oil. Add the chicken and cook until browned, about 5 minutes. Add the garlic and cook for 1 minute. Pour in the IP balsamic vinegar and let it reduce for 2-3 minutes. Remove from heat.
- Add the ground chicken, oregano, salt and pepper. Cook until the chicken is no longer pink, about 10 minutes. Stir in the roasted red peppers and basil and remove the skillet from the heat.
- Place the eggplant halves in a baking dish and stuff them with the chicken mixture. Drizzle a little olive oil on top and roast for 30-35 minutes until tender.
- Place the eggplant halves in a baking dish and stuff them with the chicken mixture. Drizzle a little olive oil on top and roast for 30-35 minutes until tender.
- Meanwhile, add the balsamic vinegar to a small sauce pan. Bring to a low simmer and cook until it has thickened and reduced by about half, about 10-12 minutes.
- Serve hot and enjoy!

ASPARAGUS STEAK ROLL-UPS

INGREDIENTS

ITEM

Sirloin steaks (*Thin sliced*)
Asparagus
Small yellow bell pepper
Oregano
Rosemary
Olive oil
Ideal Protein balsamic vinegar
Salt and pepper
Lemon wedges

PREPARATION

- Place the strips of steak into a bowl.
- Add the oregano, rosemary, 2 Tbsp of the olive oil, balsamic vinegar and salt and pepper to taste to the bowl with the steak.
- Toss to combine well.
- Let the steak marinate for at least 30 minutes.
- Place the asparagus in a damp towel, and microwave for 1 ½ minutes.
- Lay the strips of steak on a flat surface, and place 3-4 asparagus spears and 2 strips of bell pepper at one end of the steak strips.
- Roll the steak around the pepper and asparagus, and secure them closed with a toothpick.
- Heat the remaining oil in a skillet over medium high heat.
- Sear the steak for 3-4 minutes on each side, or until done to your liking.
- Serve with lemon wedges for garnish.

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TURKEY VEGGIE SOUP

INGREDIENTS

ITEM	QUANTITY
Ground Turkey	1 lb.
Leeks *(chopped)*	4
Capsicum *(cut into pieces)*	1
Tomatoes *(diced)*	15 oz.
Chicken Stock	5 cups
Cauliflower *(minced)*	1 ½ cups
Kale *(ribs removed, leaves coarsely chopped)*	4 cups
Olive Oil	2 Tbsp.
Sea Salt	--
Black Pepper *(freshly ground)*	--

PREPARATION

- Melt the oil in a saucepan over medium-high heat.
- Add the shallots, cauliflower, and Capsicum.
- Stir frequently and cook the vegetables until they become slightly soft, approximately 8 to 10 minutes.
- Put the turkey with the vegetables and cook until the turkey is ready, about 6 to 8 minutes. Keep stirring occasionally.
- Pour in the chicken stock and diced tomatoes and season with salt and pepper to your desired taste.
- Pour in the chicken stock and diced tomatoes and season with salt and pepper to your desired taste.
- Boil the soup, then add the kale. Reduce the heat to low and let it cook with a lid on for 15 minutes.

SILKY ZUCCHINI SOUP

INGREDIENTS

- 1 tbsp. olive oil
- 2 tbsp. extra-virgin olive oil
- 1 leek – finely chopped
- 1 garlic clove – thinly sliced
- Kosher salt
- Freshly ground pepper
- 1½ lb. zucchini – halved lengthwise and sliced 1/4 inch thick
- 2/3 cup vegetable stock or low-sodium broth
- Julienned raw zucchini – for garnish

PREPARATION

1. In a large saucepan, heat up the olive oil and add the leek and garlic. Season with salt and pepper and cook over moderately low heat – stir frequently, until softened, for about 7 to 8 minutes.
2. Now add the zucchini and cook while stirring frequently, until softened for about 10 minutes.
3. Add the stock and 1½ cups of water and bring to a simmer.
4. Cook until the zucchini becomes very soft, about 10 minutes.
5. Work in 2 batches if necessary and puree the soup in a blender, until it's silky-smooth.
6. Return the soup to the saucepan and season with salt and pepper.
7. Serve hot or chilled, garnish with julienned zucchini.
8. Enjoy!

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GREEN CHICKEN ZOODLE BOWL

INGREDIENTS

- ⅓ cup cilantro – packed
- ½ cup olive oil
- 2 tbsp. lime juice
- ¼ tsp. sea salt
- 1 clove garlic
- 1 tbsp. solid cooking fat
- ½ onion – diced
- 3 cloves garlic – minced
- 1 ½ pounds boneless, skinless chicken thigh meat – cut into 1½ inch chunks
- 2 zucchini – spiralized
- ½ tsp. sea salt
- For garnish – cilantro leaves, thinly-sliced radishes, lime wedges, and avocado (optional)

PREPARATION

1. Preheat the oven to 425°F. First, make the sauce by placing cilantro, oil, lime juice, sea salt in a blender and blend until thoroughly combined. Set it aside.
2. On medium heat, place the solid cooking fat in the bottom of an ovenproof skillet. When the fat has melted and the pan is hot, add the onions. Cook while stirring occasionally, for about five minutes or lightly browned. Now add the garlic and cook for another 30 seconds – until fragrant.
3. Turn the heat to high and add the chicken in the pan and spread out so that the chicken is in a thin layer.
4. Let cook for 1-2 minutes without stirring, so the bottom of the chicken browns. Give a good stirring and place in the oven. Cook for 12 minutes or until cooked throughout.
5. While the chicken is cooking, place the zoodles in a mixing bowl and toss with the dressing. Set aside.
6. Once the chicken is finished cooking, let cool off for a few minutes. Add with the vegetables and dressing.
7. Garnish and serve.
8. Enjoy!

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AIR FRYER HAMBURGERS

INGREDIENTS

- 1 lb. lean ground beef
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ cup approved BBQ sauce – optional
- 4 hamburger buns
- Toppings – as desired

PREPARATION

1. Mix meat, salt, pepper, onion powder, and garlic powder in a medium bowl.
2. Form 4 patties that are about 1/2 inches thick.
3. Make a small indent at the center of the patty with thumb. Brush patties with approved barbecue sauce if using.
4. Preheat the air fryer to 370°F and add patties in a single layer to the basket.
5. Cook for 6 minutes then flip burger over and cook another 3-5 minutes or until beef reaches 160°F.
6. Add cheese (for Maintenance only) if using and cook for 1 minute more.
7. Wrap with lettuce leaves and serve!

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INSTANT POT BUFFALO CHICKEN

INGREDIENTS

- 4 chicken breasts – boneless, skinless
- 1 cup buffalo sauce or more
- Salt and pepper, to taste
- ¼ cup water or chicken stock

PREPARATION

1. Add 1/3 cup of buffalo sauce to the bottom of the Instant Pot.
2. Now add in the chicken breasts and season with salt and pepper.
3. Drizzle a couple more tablespoons of sauce on top of the chicken breasts and then add 1/4 cup of water or chicken broth.
4. Pressure cook for 10 minutes and then quick release once done.
5. Remove the cooked chicken breasts and shred them.
6. Meanwhile, press the sauté button on the Instant Pot and let the liquid inside simmer and cook down.
7. Add the shredded chicken back into the Instant Pot. Add in the rest of the buffalo sauce.
8. Toss well to coat.
9. Serve and enjoy!

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CROCKPOT CHICKEN BREAST RECIPE

INGREDIENTS

- 1/2 cup chicken broth
- 2 tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. onion powder
- 1/2 tsp. dried thyme
- 1/2 tsp. paprika
- 1/4 tsp. pepper
- 1/4 tsp. garlic powder
- 4 large chicken breasts

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PREPARATION

1. Pour the chicken broth in the crockpot.
2. Mix the seasoning in a small dish.
3. Rub the olive oil and seasoning over the chicken breasts.
4. Put the chicken breasts in the slow cooker.
5. Cook on high for 3-4 hours or on low for 4-6 hours.
6. Take out from cooker and serve warm with Cauliflower Fried Rice.
7. Enjoy!

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MEXICAN HEARTS OF PALM RICE

INGREDIENTS

- 12 oz. package hearts of palm rice such as Palmini
- 1 tsp. avocado oil
- 1 tbsp. lime juice
- 1/4 cup cilantro – minced
- Salt and pepper to taste
- 1 tsp. paprika
- 1 tsp. cumin

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PREPARATION

1. Rinse the heart of palm rice well under running water in a large fine mesh strainer. Set in the sink to drain.
2. Heat up a large pan over medium high heat and when hot, add the oil. Once the oil is hot, add the rice and cook. Stir occasionally until no liquid remains, for about 5-10 minutes total.
3. Transfer rice to a serving bowl.
4. Stir in lime juice and cilantro.
5. Season to taste with salt and pepper.

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LEMON-GARLIC BROILED FLOUNDER WITH SPINACH

INGREDIENTS

- ¼ cup olive oil
- 2 tbsp. lemon juice
- 2 cloves garlic - minced
- Salt and pepper
- 1 small onion - chopped
- 2 10-oz. packages frozen spinach
- 4 flounder fillets (about 6 oz. each)
- Zest of 1/2 lemon - optional

PREPARATION

1. Preheat broiler to high. Line a broiling pan with foil and set rack 2 inches from heat.
2. In a small bowl, combine 3 tbsp. olive oil, lemon juice and garlic. Season with salt and pepper.
3. Heat up remaining oil in a skillet over medium-high heat.
4. Sauté onion until softened, for about 3 minutes.
5. Add frozen spinach then cover and cook until thawed, for about 8 minutes.
6. Uncover and season with salt and pepper and drizzle with 1/2 of flavored olive oil. Cook for 4 minutes to simmer off excess liquid.
7. Remove from heat, cover and keep warm.
8. Lightly spray foil-lined broiling pan with cooking spray and arrange flounder fillets on top and season with salt and pepper.
9. Drizzle remaining flavored oil over the fish and broil undisturbed - until lightly browned, for about 6 minutes.
10. Divide spinach among 4 plates and place flounder over spinach bed.
11. Serve hot, topped with lemon zest.

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GROUND BEEF AND CABBAGE

INGREDIENTS

- 1 large head cabbage - finely chopped
- 14.5 oz. diced tomatoes with juice
- 1 leek - thinly sliced
- 1 tbsp. Italian seasoning
- Salt and ground black pepper - to taste
- 1 lb. lean ground beef

PREPARATION

1. Place cabbage, tomatoes w/juice, leek, Italian seasoning, salt, and pepper into a Dutch oven or large pot over low heat. Cook and stir until it begins to simmer.
2. Add lean ground beef on top and cover and cook. Stir occasionally or until cabbage is tender and ground beef is cooked through. For about 45 minutes.
3. Serve and enjoy!

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CHICKEN STEW WITH TURNIPS & MUSHROOMS

INGREDIENTS

- 1½ lb. boneless, skinless chicken breasts - trimmed
- ½ tsp. salt - divided
- ¼ tsp. freshly ground pepper
- 2 tbsp. extra-virgin olive oil - divided
- 2 large turnips (about 1 pound) - peeled and cut into 1-inch pieces
- 8 oz. sliced Cremini mushrooms
- 1 medium leeks - sliced
- 2 cloves garlic - minced
- 4 cups chopped kale
- 3 cups reduced-sodium chicken broth
- 1 tsp. fresh chopped rosemary
- 3 tbsp. Konjac flour
- 3 tbsp. water

PREPARATION

1. Cut chicken into 1-inch pieces and sprinkle with 1/4 tsp. of salt and pepper.
2. Heat up 1 tbsp. oil in a Dutch oven over medium-high heat. Add chicken. Cook and stir frequently, until lightly browned, for 3 to 4 minutes. Then transfer to a plate.
3. Add the remaining 1 tablespoon oil to the pot. Add turnips, mushrooms, leeks and garlic and cook for 3 to 5 minutes. Stir occasionally.
4. Stir in kale, broth and rosemary. Add the prepared chicken and any juices to the pot. Bring to a boil and then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the turnips are tender, about 10 minutes.
5. Meanwhile, mix cornstarch and water in a small bowl and stir the mixture into the stew and cook until thickened - for about 3 minutes.
6. Remove from heat and season the stew with the remaining 1/4 tsp. salt.
7. Serve on top of cauliflower rice. Garnish with sesame seeds and green onion if desired.
8. Enjoy!

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REUBEN IN A BOWL

INGREDIENTS

- 1 tbsp. olive oil
- ½ red – diced
- 2 cloves garlic – minced
- 1 lb. shredded cabbage blend
- 1 lb. frozen cauliflower rice
- ½ lb. corned beef – cut into 1 inch pieces
- ¼ tsp. pepper
- 1 tsp. sea salt
- ½ tsp. caraway seeds
- 2 tsp. apple cider vinegar
- ¼ cup chicken broth
- Walden Farms Thousand Island Dressing

PREPARATION

1. Heat up olive oil in a large deep skillet over medium heat.
2. Add the garlic and stir for 30 seconds until fragrant.
3. Add in the cabbage blend, cauliflower rice, and corned beef and stir well.
4. Add in the salt, pepper, and caraway seeds followed by apple cider vinegar and the chicken broth. Cover the pan.
5. Allow cooking over medium heat and stir occasionally, for 7-10 minutes or until most of the liquid evaporates.
6. Drizzle WF Thousand Island Dressing over.
7. Serve and enjoy!

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ROSEMARY & GARLIC BASTED SIRLOIN STEAK

INGREDIENTS

- 1 lb. boneless top sirloin steak – trimmed
- 2½ tbsp. extra-virgin olive oils
- ¾ tsp. kosher salt – divided
- ½ tsp. ground pepper – divided
- 4 medium cloves garlic – minced
- 2 medium shallots, sliced lengthwise
- 1 sprig fresh rosemary plus more for garnish

PREPARATION

1. Leave the steak at room temperature for 30 minutes.
2. Pat dry with paper towels and then brush with oil. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. Heat up a large cast-iron skillet over medium-high heat.
4. Add steak and cook for 1 minute. Then, add garlic, shallots, 1½ tbsp. oil and rosemary. Cook for 1 minute while tilting the pan slightly to pool the oil and drippings on one side.
5. Use a spoon to baste the steak with the mixture. Flip the steak and cook, basting occasionally until an instant-read thermometer reads 125°F . For medium-rare, cook 2 minutes more.
6. Place the steak to a clean cutting board and top with the shallots, garlic and rosemary. Cover with foil loosely and leave for 10 minutes.
7. Discard the rosemary sprig.
8. Thinly slice the steak against the grain and transfer them to a serving platter.
9. Spoon the remaining drippings from the pan and cutting board over the steak.
10. Season with the remaining 1/4 teaspoon salt and pepper. Garnish with more rosemary if desired.
11. Use leftovers to top a salad the next day.
12. Serve and enjoy!

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EASY AIR FRYER SCALLOPS

INGREDIENTS

- 1 lb. sea scallops
- 1 tsp. Lemon-Pepper seasoning
- Olive oil spray
- Fresh chopped parsley, to garnish
- Lemon

PREPARATION

1. Preheat the air fryer to 400°F for 5 minutes.
2. Meanwhile, pat dry the scallops with a paper towel and spritz with olive oil.
3. Season scallops with lemon pepper seasoning on both sides.
4. Place in the preheated air fryer basket and cook on 400°F for 6 minutes. Turn halfway through.
5. Remove from air fryer and squeeze lemon over.
6. Serve with your favorite sauce.
7. Enjoy!

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CREAMY VEGAN TURNIP LEEK SOUP

INGREDIENTS

- 1 tbsp. olive oil or 1/4 cup water (for water saute)
- 3 medium leeks (use white and light green parts only)
- 2 1/2 lbs. turnip, cubed 1/2 inch (peeled or with skin on)
- 1 1/2 teaspoons dried thyme or Herbes de provence
- 1 bay leaf
- 4 cups water or low-sodium vegetable broth
- Mineral salt – to taste
- 1/4 cup chopped parsley – for garnish

PREPARATION

1. Start by removing and discarding the leek root ends and thick dark green parts. Cut in half lengthwise and rinse each half under cold water. Pull apart the layers to remove any sand or debris nestled inside. Then slice leeks crosswise. Should make 4 – 5 cups.
2. Cut turnips into 1/2 inch cubes.
3. In a large dutch oven or pot, heat up the oil/water over medium heat and add the leeks and cook. Stir frequently, until leeks are soft and wilted, for about 10 minutes.
4. Adjust the heat as necessary so as not to brown the leeks.
5. Now add the turnips, broth, bay leaves, herbs, salt to the pot and bring to a boil. Reduce heat, cover, and let simmer on low for 15 minutes or until the turnips are fork-tender.
6. Remove the bay leaves and puree the soup using a hand-held immersion blender until smooth (you can leave it a little chunky). You can use a regular blender to puree the soup in batches. Season according to taste.
7. Serve warm with chopped parsley or croutons.

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ROASTED SPAGHETTI SQUASH WITH GROUND TURKEY AND VEGETABLES

INGREDIENTS

- 2 tbsp. olive oil
- 1 tsp. salt, divided, or more to taste
- 1 tsp. freshly ground black pepper, divided, or more to taste
- 1 lbs. ground turkey
- 1 (16 oz.) can diced tomatoes
- 8 fresh asparagus - trimmed and cut into 1/2 inch pieces
- ½ leeks - chopped
- ¼ cup chopped fresh basil, or to taste
- 4 garlic cloves - minced
- 1 tsp. dried oregano
- 4 oz. chicken broth

PREPARATION

1. Preheat the oven to 350°F and line a baking sheet with aluminum foil.
2. Coat the inside of each spaghetti squash half with olive oil and season them with salt and pepper.
3. Place spaghetti squash on the prepared baking sheet, skin-side up.
4. Roast spaghetti squash in the preheated oven until the skin can easily be pierced with a fork, for about 30 to 45 minutes.
5. Meanwhile, cook ground turkey in a skillet over medium heat until browned.
6. Then combine tomatoes, asparagus, onion, basil, garlic, oregano, salt, and pepper in a bowl and mix well. Add mixture to browned ground turkey in the skillet and cook. Stir occasionally, for about 5 minutes.
7. Pour in chicken broth and cook until asparagus is slightly tender. About 5 more minutes.
8. Remove cooked spaghetti squash from oven and allow cooling off until easily handled.
9. Scrape the squash into spaghetti strands using a fork and place into a bowl.
10. Place 1/2 of the spaghetti squash into a serving dish or the left out squash skin and top with turkey-vegetable mixture.
11. Serve and enjoy!

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CREAM-LESS CREAM OF ASPARAGUS SOUP

INGREDIENTS

- 2 tbsp. olive oil
- 1 leek - chopped
- 1 rib of celery - chopped
- 1 clove of garlic - minced
- 1 russet turnip - chopped
- 3 cups asparagus - chopped into 1-inch pieces (woody ends removed)
- 5 cups of chicken stock or vegetable stock
- ¼ tsp. ground black pepper
- 1 tsp. lemon juice - freshly squeezed
- 1 cup asparagus tips only (for garnish)

PREPARATION

1. In a large stockpot, add olive oil over medium-high heat and sauté the leeks, garlic and celery until leeks are translucent.
2. Add the turnips and asparagus and stir well to combine.
3. Add the stock and bring to a simmer. Turn the heat down to low and continue to simmer for 15 minutes, covered, until the vegetables become soft.
4. Now use an immersion blender to puree the soup. If using standing blender, then blend in batches and pour back into pot.
5. Add the lemon juice and black pepper and stir to mix.
6. Cook on low for a couple of minutes more. Stir occasionally.
7. Serve hot with asparagus tips on top. Enjoy!

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CROCK POT PORK TENDERLOIN

INGREDIENTS

- 1 lb. pork tenderloin
- 1 cups Approved BBQ sauce
- ½ tbsp. spicy brown mustard
- 1 tsp. chili powder
- ¼ tsp. kosher salt

PREPARATION

1. Add pork tenderloin to a 6-quart slow cooker.
2. Mix BBQ sauce, mustard, chili powder, and kosher salt in a bowl.
3. Pour BBQ Sauce mix over the pork tenderloin and cover the lid of the slow cooker.
4. Cook on high for 2 - 2½ hours or low for 4 hours, until the pork tenderloin reaches 145°F.
5. Remove pork from the slow cooker and let rest for 10 minutes.
6. Slice and serve with sauce. Enjoy!

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BAKED COD IN FOIL

INGREDIENTS

- 2 tomatoes - cubed
- 1 red bell pepper - seeded and cubed
- 1 leek - chopped
- 2 tbsp. olive oil
- 2 tbsp. fresh basil - chopped
- 1 clove garlic - minced
- Aluminum foil
- 4 (5 oz.) cod fillets
- 1 lemon - juiced
- Salt and ground black pepper - to taste

PREPARATION

1. Preheat the oven to 400°F.
2. Combine tomatoes, bell pepper, leek, olive oil, basil, and garlic in a bowl and mix well.
3. Lay 4 sheets of aluminum foil on a work surface and place 1 cod fillet in the center of each.
4. Use spoon to pour tomato mixture evenly on top of the fillets. Drizzle lemon juice and season with salt and pepper.
5. Now place a second sheet of foil on top and seal the edges to make it look like a parcel. Repeat with the remaining fillets.
6. Bake in the preheated oven about 20 minutes or until cod can be flaked easily with a fork.
7. Remove from the oven and carefully unwrap the parcels.
8. Serve warm and enjoy!

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BLACKENED CHICKEN

INGREDIENTS

- 2 tbsp. paprika
- 1 tbsp. dried thyme
- 1 tbsp. onion powder
- 1 tbsp. garlic powder
- ¼ tsp. cayenne pepper
- 1 tsp. Diamond Crystal kosher salt
- 4 boneless skinless chicken breasts (8 oz. each)
- 2 tbsp. avocado oil or avocado oil spray

PREPARATION

1. Preheat your oven to 450°F.
2. In a small bowl, whisk together the paprika, thyme, onion powder, garlic powder, cayenne, and kosher salt.
3. Brush (or spray) the chicken breasts with the oil on both sides, then sprinkle both sides with the seasoning mixture. Press with your fingers to help the coating adhere.
4. Heat a well-seasoned, large cast iron skillet over high heat until smoking hot, about 5 minutes.
5. Add the chicken breasts and cook for 30 seconds on each side to blacken. Then place the skillet in the oven to finish cooking, for 10-12 minutes. The chicken is done when no longer pink in the center or juices run clear when pierced with a fork. Internal temperature should read 160°F.Remove the chicken to a platter and loosely cover with foil to keep warm. Allow resting for 5 minutes before slicing and serving.'

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SPAGHETTI SQUASH AND BRUSSELS SPROUTS WITH CRISPY SHALLOTS

INGREDIENTS

- 1 3½-4 lb. spaghetti squash
- 3 tbsp. olive oil - divided
- 2 large shallots - thinly sliced
- 1 lb. Brussels sprouts - shaved or thinly sliced
- 3 garlic cloves - minced
- Salt and pepper - to taste

PREPARATION

1. Preheat your oven to 400°F. Slice the spaghetti squash in half and scoop out the seeds. Coat the inside with a little olive oil and salt and pepper, then bake for 40-50 minutes.
2. When the spaghetti squash has cooked for about 30 minutes, heat up 2 tablespoons of olive oil on medium heat in a large pan.
3. Add the shallots and cook, keep stirring frequently, for about 8 minutes or until lightly golden and crispy.
4. Use a slotted spoon to remove the crispy shallots to a paper towel to drain.
5. Add the brussels sprouts and minced garlic to the same pan and sauté for 4-5 minutes. You may need to extra oil.
6. When the spaghetti squash is done, remove it from the oven and use a fork to scrape out the flesh into a bowl.
7. Add the sautéed Brussels sprouts and crispy shallots to the bowl, and season with additional salt and pepper.
8. Stir all of the ingredients together. Serve!

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STEAK AND VEGGIE BURRITO

INGREDIENTS

- ¼ cup keto-friendly mayonnaise
- 1 tbsp. lime juice
- ½ tsp. chipotle powder
- 6 cups filtered water
- 4 medium collard green leaves - stalks trimmed
- 4 oz. sirloin steak - thinly sliced
- ¼ tsp. sea salt
- 1 tsp. avocado oil
- ⅓ cup julienned bell pepper
- ⅓ cup chopped tomato
- ⅓ cup thinly sliced red onion
- ¼ cup cilantro leaves

PREPARATION

1. Sauce: Stir together mayonnaise, lime juice, chipotle powder in a small bowl and set aside.
2. To make the burrito, bring the water to a boil in a medium pot and add the collard green leaves. Cook for about 4 minutes and drain. Set aside.
3. Add the sliced steak in a small bowl with some sea salt and set aside.
4. In a medium skillet, heat up the avocado oil over medium-high heat for 2 minutes.
5. Add the steak and sear it for 4 minutes, stir once. Then turn off heat and let sit for 5 minutes in the pan.
6. Overlap 2 collard green leaves to create 1 large tortilla. Line the steak, veggies, and cilantro onto the collard green leaves.
7. Fold in the sides and tightly roll to create a burrito. Repeat with remaining leaves.
8. Slice the burritos in half and serve with the chipotle dipping sauce.
9. Serve and enjoy!

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GRILLED TUNA STEAK WITH SCALLION SAUCE

INGREDIENTS

- 1 tbsp. vegetable oil (and extra for grill)
- 2 scallions
- 2 tbsp. toasted sesame oil
- 1 tbsp. soy sauce
- 1 tsp. finely grated lemon zest
- 1 tbsp. fresh lemon juice
- 1 tsp. finely grated lime zest
- 1 tbsp. fresh lime juice
- 1 tsp. kosher salt
- 2 (6- to 8-oz.) Ahi tuna steaks - 1 1/2" to 2" thick
- 1 tsp. kosher salt
- Mixed greens and grilled lemon wedges (optional)

PREPARATION

1. Prepare a grill by setting up for high heat and oiling grates with vegetable oil.
2. Arrange the scallions in a single layer and place a small baking sheet on top of them to make them contact with grill.
3. Grill until scallion softens and chars, for 2 to 3 minutes per side and then transfer to a cutting board and let cool.
4. Once it cools off, finely chop scallions and transfer to a smaller bowl. Whisk in sesame oil, soy sauce, lemon zest, lemon juice, lime zest, lime juice, and salt.
5. Now season tuna steaks all over with vegetable oil and salt and grill just until there are visible grill marks, for about 2 minutes per side.
6. Transfer tuna to a plate and pour scallion sauce over top.
7. Serve with greens and lemon wedges. Enjoy!

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BRUSSELS SPROUTS AND GROUND TURKEY SKILLET

INGREDIENTS

- 1/2 lbs. ground turkey
- Sea salt & black pepper - to taste
- 1/4 cup Chicken broth
- 2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- Red pepper flakes to taste
- 1/2 lbs. brussels sprouts
- 1 tbsp. Avocado oil

PREPARATION

1. Trim Brussels sprouts and cut them into quarters.
2. Heat up a skillet over medium-high heat and add avocado oil. Coat the bottom of the skillet.
3. Add Brussels sprouts and cook. Keep stirring occasionally - until sprouts are lightly browned, for about 3 minutes.
4. Now, add ground turkey and cook while breaking it up as it browns.
5. When the turkey is browned, season everything in the skillet with sea salt and pepper.
6. Now add the chicken broth and stir together.
7. Cover the skillet to allow simmering until the liquid has reduced, about 5 minutes.
8. Season with Italian seasoning, garlic powder, and red pepper flakes.
9. Serve warm and enjoy!

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WALKING TACO

INGREDIENTS

- Ideal Protein dorados
- ¼ Ideal Protein cheese sauce
- ¼ cup ground taco meat
- 2 tbsp. roma tomatoes
- 1 tsp. onion – diced
- 1 tsp. cilantro – diced
- 1 tbsp. salsa

PREPARATION

1. Open the IP dorado bag and add your toppings of choice.
2. Mix all your toppings together and eat right out of the bag!
3. Enjoy!

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CHIPOTLE CHICKEN BURRITO BOWL

INGREDIENTS

- 2 lbs chicken thighs or breasts2 cloves garlic minced
- 3 tbsp. lime juice
- 1 1/2 tbsp. avocado oil
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. paprika
- Salt
- 1/2 tsp. oregano
- 1/4 tsp. black pepper
- 2 10-oz bags of frozen cauliflower rice
- 1 tbsp. cilantro – finely chopped
- Pepper to taste
- 2 red bell pepper
- 1 green bell pepper
- 1 Green onion – diced
- 2 Roma tomatoes – diced
- 1 tbsp. jalapeno diced or half of a jalapeno diced

PREPARATION

1. Start by heating up cauliflower rice. Once done, drain all of the liquid.
2. Take a sauté pan and add 1 tsp. of avocado oil and add your rice. Cook for 3-4 minutes to get fluffy cauliflower rice. Turn off heat and add your lime, cilantro and a pinch of salt.
3. Now, add about 1-2 tbsp. of avocado oil into your pan and cook the chicken for 3 min. on each side on medium high heat.
4. To make your fajitas, add another 1-2 tbsp. of avocado oil and cook your bell peppers and green onions for about 3-4 minutes.
5. Assemble burrito bowl as you wish. You can add additional toppings like shredded lettuce, cabbage, diced green onions and jalapeno.
6. Serve and enjoy!

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SOUTHERN RUTABAGA WITH HAM BITS

INGREDIENTS

- 1 medium rutabaga - peeled & cubed
- 4 -5 cups water
- 1 cup lean ham - cut small
- 1/2 cup chopped leeks

PREPARATION

1. Bring water to a boil
2. Place leeks, rutabaga cubes and ham pieces in a large saucepan.
3. Cover and simmer on low heat for approximately 1½ hours. Do not let water boil out completely.
4. If preferred, mash with a fork before serving.
5. Enjoy!

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GARLIC ROASTED BRUSSELS SPROUTS & TOMATOES

INGREDIENTS

- 1 lb. Brussels sprouts washed
- 1 pint cherry tomatoes - washed
- 3-4 tbsp. garlic - minced
- Drizzle of Ideal Protein Balsamic Dressing
- Sprinkle salt - to taste

PREPARATION

1. Preheat oven to 400°F and line baking sheet with parchment paper or silicone baking mat.
2. Cut washed Brussels sprouts in half lengthwise and spread evenly on baking sheet in one layer. Add whole cherry tomatoes and disperse evenly.
3. Sprinkle the minced garlic over the Brussels sprouts and tomatoes.
4. Bake for 10 minutes.
5. Remove from oven and toss to mix and then spread out evenly again.
6. Bake for 10-12 more minutes or until the Brussels sprouts are lightly browned and the tomatoes are breaking open.
7. Serve immediately with a drizzle of IP Balsamic Dressing and lightly sprinkle salt to taste.
8. You can refrigerate leftovers in an airtight container for up to 1 week.

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EASY MEXICAN SHRIMP SKILLET

INGREDIENTS

- 2 tsp. extra-virgin olive oil
- 1 Green onion bulbs - chopped
- 1-2 small jalapeno peppers - seeded and finely chopped
- 1 red bell pepper - chopped
- 3 cloves garlic - minced
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 1/4 lbs. shrimp - peeled and deveined
- Chopped fresh cilantro
- Fresh lime juice

PREPARATION

1. Heat up olive oil in a large skillet over medium heat.
2. Add green onion bulbs and peppers and sauté for 5-7 minutes or until tender.
3. Add garlic and seasonings and sauté for an additional 30 seconds.
4. Add shrimp to pan in an even layer and cook for 1-2 minutes per side or until just cooked through.
5. Remove and sprinkle with fresh cilantro and a squeeze of lime juice.
6. Serve and enjoy!

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EASY PAN SEARED PORK CHOPS

INGREDIENTS

- 2 pork chops - thick in size
- Italian seasoning
- Salt and pepper, to taste
- ½ tbsp. olive oil - for searing

PREPARATION

1. Pat chops dry with the paper towel and sprinkle over Italian seasoning, salt and pepper very generously.
2. Heat up your skillet to medium high and add the olive oil. Add your chops right when it's shimmering hot.
3. Sear on one side without moving at all, until they are nice and golden brown on the first side, for about 3-5 minutes. Now flip and sear the other side until browned.
4. They are done when the internal temperature reaches 135°F.
5. Remove them from the skillet and let them rest on a plate for 10 minutes.
6. Serve and enjoy!

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CELERY SOUP

INGREDIENTS

- 2 tbsp. extra virgin olive oil
- 1 medium sized leeks - chopped
- 150g celery stalks - chopped
- Leaves from the celery stalks (optional)
- 6 cups vegetable or chicken broth
- 2 medium sized turnips - peeled and diced
- Kosher or sea salt - to taste
- freshly ground black pepper
- optional: cream, milk, or half and half

PREPARATION

1. Put the oil in a large soup pot over medium heat, then add the leek and celery. Sauté for about 5 to 6 minutes and keep stirring often. Cover the pot in between stirring if necessary.
2. Add the celery leaves (if using) and cook for another two or three minutes.
3. Add the broth and bring to a simmer.
4. Next, add the chopped turnips and continue to simmer. Stir occasionally until turnips are soft.
5. Add some salt and pepper to taste. Once the turnips are cooked, remove from heat and blend with an immersion blender, or place in a traditional blender to puree until smooth.
6. You can serve the soup as is or with IP Croutons.
7. Enjoy!

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AIR FRYER SPAGHETTI SQUASH

INGREDIENTS

- 1 lb. spaghetti squash
- 2 tbsp. Olive oil
- 1 tsp. salt
- ½ tsp. chili powder
- 1 tsp. ground black pepper
- 1 tsp. garlic powder
- Cheese for topping (Only for Maintenance)

PREPARATION

1. Place the spaghetti squash on a towel and use a small knife to score through the outer hard skin to cut it into two equal halves.
2. Then grab a sharp heavy-duty knife and slice through the scored skin. It will cut through more easily.
3. Now take a spoon and scoop out the seeds. Use a sturdy fork to poke holes in the flesh of the squash.
4. Now brush the cut portion of the spaghetti squash with oil. Then, sprinkle the spices on it. Use a pastry brush or your hands to rub it all over the surface.
5. Lastly, place the spaghetti squash in the air fryer basket. Air fry the spaghetti squash at 400 0F for 15-20 minutes. Mine took 17 minutes. I suggest opening the basket at 15 minutes and going from there.
6. Now, use a fork to separate the strands from the skin and collect them on a plate.
7. Top it with your favorite approved sauce and serve.
8. Enjoy!

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BAKED COD

INGREDIENTS

- 1 lb. (0.4 kg) cod fillets, rinsed and pat dry
- ¼ tsp. salt
- 1 tbsp. lemon juice, freshly squeezed
- 3 dashes cayenne pepper
- 1½ tbsp. olive oil
- 1 tbsp. chopped parsley

PREPARATION

1. Preheat oven to 400°F.
2. Arrange the cod fillets in a baking tray and drizzle the olive oil onto the fish, followed by lemon juice, salt and cayenne pepper.
3. Bake the cod in the oven for 10 – 12 minutes, depending on the thickness of the cod.
4. Garnish with parsley and serve immediately.

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GROUND TURKEY CAULIFLOWER RICE VEGGIE BOWLS

INGREDIENTS

- 5 tbsp. extra virgin olive oil
- 1 lb. grass-fed extra-lean ground turkey
- ½ tsp. dried parsley
- ¼ tsp. cumin powder
- A pinch of crushed red pepper
- ¼ tsp. ground coriander
- 4 cups cabbage chopped
- ½ cup vegetable broth
- ¼ cup tomato sauce
- 1 small cauliflower head cut into florets
- 2 tbsp. sesame oil or extra virgin olive oil
- 2 cloves garlic minced
- 2 tbsp. gluten-free soy sauce
- 4 cups green beans ends trimmed
- 1 cup red onions chopped
- 1 large red bell pepper chopped
- Salt – to taste
- Black pepper – to taste

PREPARATION

1. In a cast iron skillet, heat 1 tbsp. olive oil over medium-high heat.
2. Add the ground turkey and all the spices.
3. Using a wooden spoon, break up the turkey and cook for about 7 minutes, keep stirring occasionally.
4. Add the cabbage and vegetable broth, and mix well to combine. Cook for about 4 minutes. Stir occasionally.
5. Pour in the tomato sauce, and season with salt and black pepper. Cook for 3 more minutes or until the veggies are cooked through. Set aside.
6. Pulse the cauliflower florets in a food processor for about 25-30 seconds until it has a rice-like consistency.
7. In the same large skillet used for ground turkey, add 2 tbsp. of olive oil over medium heat and add the garlic. Sauté for 30 seconds.
8. Add the cauliflower rice and soy sauce. Mix everything to combine well. Do not overcook the cauliflower. Set aside.
9. In the same large skillet, add 2 tbsp. of olive oil over medium heat and add all the veggies, salt, and black pepper. Stir well.
10. Cook until the veggies are tender but do not to overcook them.
11. Place an even amount of ground turkey, cauliflower rice, and veggies into 4 glass containers. Cover with the lid, and place in the fridge for up 4 days.
12. Heat in the microwave for about 1½-2 minutes.
13. Serve warm and enjoy!

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ONE SHEET PAN BUFFALO RANCH CHICKEN

INGREDIENTS

- 1 lb. or 2 large chicken breasts –
- 8.5 oz. or 4 small turnips
- 4.2 oz. or 1 medium red bell pepper
- 1/4 cup extra virgin olive oil
- 2 tbsp. buffalo sauce
- 1 tbsp. dried parsley
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. dried dill
- 1 tsp. dried chives
- 1/2 tsp. cracked black pepper
- 1/2 tsp. Himalayan pink salt
- 1/4 cup crumbled blue cheese (for Maintenance only)
- 3 minced green onions – sliced

PREPARATION

1. Preheat the oven to 425 °F and place the chicken, turnips, and red bell pepper on a sheet pan and drizzle with the oil.
2. Sprinkle the spices over the tray then drizzle the buffalo sauce over the top.
3. Transfer to oven and cook for 30-35 minutes until the veggies are browned and the chicken is cooked through.
4. Top with cheese, green onions, ranch (if desired), and extra buffalo sauce.
5. Can be stored in refrigerator up to 3 days.
6. Enjoy!

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CABBAGE SOUP

INGREDIENTS

- 3 tbsp. olive oil
- 1/2 leeks chopped
- 2 cloves garlic minced
- 8 cups low sodium chicken broth vegetable broth fine too
- 1 tsp. kosher salt
- 1/2 tsp. dried thyme
- 1/2 tsp. black pepper or to taste
- 1/2 head cabbage chopped in 1 1/2" chunks
- 2 stalks celery sliced thinly
- 14.5 ounces stewed tomatoes

PREPARATION

1. In a large pot add the olive oil over medium heat then add in the leeks and garlic, and cook until the for about 3-5 minutes.
2. Add in the broth, salt, pepper, thyme, cabbage, celery and tomatoes and simmer for 30 minutes.
3. Remove from heat and pour into a casserole dish.
4. Serve and enjoy!

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IDEAL PROTEIN SHEPHERD'S PIE

INGREDIENTS

- 3-4 large turnips – peeled and cut into pieces
- 1 lb. lean ground turkey
- 1/2 medium leeks – diced
- 1¼ oz. Approved vegetables of choice
- 2 tbsp. Worcestershire sauce
- Salt and pepper to taste

PREPARATION

1. Preheat oven to 400°F and boil turnips in large pot until tender.
2. While turnips are boiling, ground turkey in skillet with diced leeks. Add vegetables and Worcestershire sauce and mix well.
3. Remove from heat and pour into a casserole dish.
4. When turnips are tender, remove from heat and drain. Beat well with a mixer until creamy.
5. Add salt and pepper to taste and spoon mashed turnips over meat mixture.
6. Bake for 20 minutes at 400°.
7. Remove from heat and serve with chopped cilantro and fresh limes.

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MEXICAN CAULIFLOWER RICE

INGREDIENTS

- 1 large cauliflower
- 2 tbsp. olive oil
- 1 Roma tomato – chopped
- 1 tsp. minced garlic (about 2 cloves)
- 3/4 cup vegetable or chicken broth
- 1 1/2 tsp. tomato paste
- 1/2 tsp. salt
- 1/4 tsp. paprika
- 1/4 tsp. cumin

PREPARATION

1. Cut cauliflower into small chunks and remove any of the green leaves and thick stems. Pulse cauliflower on food processor or grater to get a rice like consistently.
2. Heat up olive oil in a large skillet over medium-high heat.
3. Add tomato and garlic and saute for 10 minutes.
4. Add broth, tomato paste, salt, paprika and cumin and mix together until tomato paste has completely dissolved.
5. Add cauliflower rice and stir to fully combine with the broth.
6. Cook for 3 to 5 minutes, until cauliflower has softened. Season with salt as per taste.
7. Remove from heat and serve with chopped cilantro and fresh limes. Enjoy!

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LEMONGRASS-CILANTRO CHICKEN

INGREDIENTS

- 2 large stalks of fresh lemongrass – cut into 1-inch pieces
- 1 packed cup cilantro – chopped
- 4 large shallots – coarsely chopped
- ½ cup vegetable oil
- 4 boneless chicken breast halves, with skin
- Salt
- Freshly ground black pepper
- 1 cup small mint leaves
- Lime wedges – for serving

PREPARATION

1. Use the side of a chef's knife or a rolling pin and bruise the pieces of lemongrass.
2. Transfer to a large, shallow dish and add the cilantro, shallots and vegetable oil and mix well.
3. Add in the chicken and coat marinade thoroughly. Cover and leave in refrigerator overnight.
4. Bring the chicken to room temperature before grilling and scrape the marinade off of the chicken breasts.
5. Preheat a grill pan to moderately high heat and season the chicken with salt and pepper. Put chicken on grill, skin side down, and let cook until the skin is lightly charred and crisp, about 3 minutes.
6. Move the chicken to a cooler part of the grill or reduce the heat to moderate and grill for another 2 minutes.
7. Turn the chicken and cook until its white throughout, for about 5 minutes.
8. Take off the grill and transfer the chicken to a cutting board and let rest for 5 minutes.
9. Slice crosswise 1/3 inch thick and transfer to plates.
10. Sprinkle with the mint leaves and serve with lime wedges. Enjoy!

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MUSHROOM AND GARLIC SAUTE

INGREDIENTS

- 2 tbsp. olive oil
- 12 oz. button mushrooms – thinly sliced
- 3 cloves garlic – chopped
- Salt and pepper
- 4 green onions – finely chopped

PREPARATION

1. Heat up olive oil in a large skillet on medium heat until hot but not smoking.
2. Add the sliced mushrooms and garlic, and sauté for about 3 minutes. Stir regularly using a spatula.
3. Sprinkle with a little bit of salt and cover with the lid. Allow mushrooms to cook for another 2 minutes and stir occasionally.
4. Remove the lid after mushrooms have released moisture and sauté for another 5 or so minutes on medium-high heat – stir with a spatula.
5. Season with salt and pepper, to taste. Sprinkle with chopped chives or green onions.
6. Sprinkle with chopped chives or green onions and serve.

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GARLIC DIJON CHICKEN RECIPE

INGREDIENTS

- 1.5 lb boneless – skinless chicken thighs (8 pieces)
- Salt
- For Garlic Dijon Sauce
  - ⅓ cup Private Reserve Greek extra virgin olive oil
  - 3 tsp. quality Dijon Mustard
  - 2 tsp. Ideal Protein Honey Mustard Dressing
  - 6 garlic cloves – minced
  - 1 tsp. ground coriander
  - ¾ tsp. sweet paprika
  - ½ tsp. black pepper
  - ½ tsp. cayenne pepper (optional)
  - A pinch of salt

PREPARATION

1. Preheat oven to 425°F.
2. Pat dry chicken and season both sides with salt. Set aside for a few minutes.
3. To make the honey garlic dijon sauce, combine olive oil, Dijon mustard, IP Honey Mustard Dressing, garlic, spices, and salt in a large bowl and mix well.
4. Add chicken to the honey garlic dijon sauce and coat each piece well with the sauce. Transfer chicken to a large lightly-oiled cast iron skillet (or baking sheet) and pour any remaining Dijon sauce on top.
5. Bake in heated oven for 25 to 30 minutes or until chicken thighs are fully cooked through (internal temperature should read 165°F)
6. Remove from heat and garnish with fresh parsley.
7. Enjoy!

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MUSHROOM AND BEEF BURGER PATTIES

INGREDIENTS

- 1 lb. ground beef
- 8 oz. mushrooms – rough chopped
- 1/3 cup green onion
- 2 cloves garlic
- 1/2 tbsp. Worcestershire sauce
- 1 tsp. smoked paprika
- 1-1/2 tsp. salt
- 1 tsp. ground pepper

PREPARATION

1. Wash and clean the mushrooms. Chop roughly to break them into chunks.
2. In a food processor, mince the green onion and garlic together. Then add the mushrooms and use the pulse mode to mince again.
3. Mix the mushrooms with the smoked paprika, salt, pepper, and Worcestershire sauce.
4. In a large bowl, mix the mushrooms and ground beef together.
5. Form the five patties from the mixture using your hand. Use your thumbs to create a small indentation in the top.
6. Grill the patties on a medium-high grill for 6 minutes per side.
7. Wrap with Lettuce leaves and serve with your favorite condiments.
8. Enjoy!

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SEARED YELLOWFIN TUNA TATAKI

INGREDIENTS

- 12 oz. Yellow fin Tuna Steak Fillets – sashimi grade
- 1 Green Onions
- 1/2 tsp. Toasted Sesame Seed – optional
- 1/2 inch Ginger
- 1 tsp. Sesame Oil
- 1 tsp. Soy Sauce
- 1/8 tsp. Togarashi or Cayenne Pepper
- 1/2 tsp. Lemon Juice

PREPARATION

1. Finely chop green onions and set aside.
2. Grind ginger down with a grinder or a garter and set aside.
3. In a small mixing bowl, add grated ginger, sesame oil, soy sauce, togarashi and lemon juice and mix together. Set aside.
4. Pat both sides of the tuna steak dry with a paper towel and set aside.
5. Preheat grill to 400°F+ then place tuna steaks on the grill and cover.
6. Grill for 20-30 seconds per side just to sear the outside. Inside should have sashimi like texture. Note – make sure not to overcook the steaksit will be extremely tough and rubbery.
7. Transfer grilled steak and let it rest until room temperature (about 1-2 minutes).
8. Once cooled, pour the sauce and garnish with chopped green onions and toasted sesame seed.
9. Enjoy!

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TUNA STUFFED ZUCCHINI BOATS

INGREDIENTS

- 1 can of Tuna
- 1 Parsley
- 2 Zucchini, medium large
- 1 Egg
- 2 tbsp Lemon juice
- 1 Black pepper
- 1 Salt
- 1/3 cup Ideal Protein Croutons

PREPARATION

1. Preheat the oven to 390° F.
2. Cut the zucchini in half lengthwise and scoop out the flesh with a spoon. Leave the shell at least 6-7 mm (¼") thick or even more. Keep about ⅓ of the zucchini flesh aside.
3. Sprinkle the zucchini shell with salt and place it cut side down on a paper towel for a few minutes to remove the excess water.
4. Meanwhile, prepare the stuffing. In a bowl, mix the canned tuna with the ⅓ of zucchini flesh – chopped finely.
5. Add the egg, lemon juice, and IP Crouton crumbs and mix well.
6. Using a tablespoon, stuff the zucchini, press well to make sure there are no air pockets.
7. Place the zucchini on a baking sheet, then sprinkle on top with chopped parsley, more breadcrumbs, and drizzle with olive oil.
8. Bake for about 20-25 minutes or until a fork can easily pierce the zucchini.
9. Serve and enjoy!

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CAJUN SIRLOIN WITH MUSHROOM LEEK SAUCE

INGREDIENTS

- 1 beef top sirloin steak (1-1/4lb)
- 2 tbsp. Cajun seasoning
- 3 tbsp. olive oil
- 1/2 lb. sliced assorted fresh mushrooms
- 1 medium leek (white portion only) – halved and sliced
- 1 tsp. minced garlic
- 1-1/2 cups reduced-sodium beef broth
- 1/4 tsp. pepper
- 1/8 tsp. salt

PREPARATION

1. Rub steak with Cajun seasoning and let sit for 5 minutes.
2. Take a large skillet and cook steak in oil over medium-high heat for 7-10 minutes on each side or until meat reaches desired doneness (135° for medium-rare; 140° for medium; 145° for medium-well). Remove and keep warm.
3. In the same skillet, sauté mushrooms and leek in 1tbsp. olive oil until tender.
4. Add garlic and cook 1 minute longer. Add the beef broth, pepper and salt and keep stirring to loosen browned bits from pan.
5. Bring to a boil; cook until liquid is reduced by half.
6. Slice steak and serve with mushroom sauce.
7. Enjoy!

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PAN-SEARED CHICKEN

INGREDIENTS

- 2 tbsp. olive oil
- 1 lb chicken tenders
- 1 garlic clove - peeled and sliced
- Salt

PREPARATION

1. Heat up the oil in a large skillet over medium heat.
2. Add the chicken tenders and top with the sliced garlic. Sprinkle with salt.
3. Cover and cook for 4 about minutes.
4. Remove cover and flip over. Cook for an additional 3-4 minutes uncovered. Cook until a meat thermometer registers 165°F.
5. Serve with your favorite veggies and enjoy!

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EASY LEMON PEPPER CHICKEN FOIL PACKETS WITH ASPARAGUS

INGREDIENTS

- 4 boneless skinless chicken breasts (about 5 oz. each) – 1-inch thick
- 4 tsp. lemon pepper seasoning
- Trace olive oil
- 1 bunch of fresh asparagus
- 1 bunch of fresh rosemary
- 1 fresh lemon – sliced
- Sea salt – if desired

PREPARATION

1. Preheat oven to 400°F.
2. Measure 1 tsp. lemon pepper seasoning and season both sides of chicken breast. Place one breast onto a 12″ by 12″ sheet of foil that has been lightly coated with olive oil.
3. Add 5-6 asparagus spears next to each chicken breast and then add a sprig of rosemary and a slice of lemon. Sprinkle with sea salt.
4. Fold the edges of the foil over the chicken and asparagus to tightly seal them. Repeat for each serving.
5. Place on a baking sheet and bake for approximately 20 minutes or until chicken is no longer pink and reaches 160°F.
6. Remove from oven and allow to rest for about 5 minutes before opening.
7. Carefully open foil packet as it will be hot! Serve and enjoy!

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AIR FRYER TILAPIA

INGREDIENTS

- 4 tilapia fillets
- 2 tbsp. olive oil or olive oil spray
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. salt
- ½ tsp. black pepper
- Fresh chopped parsley
- Lemon juic

PREPARATION

1. In a small bowl mix together the spices and set aside.
2. Place the tilapia fillets on a large plate and rub or spray with olive oil on both sides.
3. Season both sides of the filets with the seasoning.
4. Cook at 400°F for 8 to 10 minutes or until the skin has become flakey.
5. Garnish with freshly chopped parsley and a squeeze of lemon juice. Enjoy!

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AIR FRYER PEPPER STUFFED CHICKEN BREAST

INGREDIENTS

- 4 extra-long toothpicks
- 4 tsp. chili powder, divided
- 4 tsp. ground cumin, divided
- 1 skinless, boneless chicken breast
- 2 tsp. chipotle flakes
- 2 tsp. Mexican oregano
- Salt and ground black pepper to taste
- ½ red bell pepper, sliced into thin strips
- ½ Shallot , sliced into thin strips
- 1 fresh jalapeno pepper, sliced into thin strips
- 2 tsp. Olive oil
- ½ lime, juiced

PREPARATION

1. Place toothpicks in a small bowl and cover with water to let them soak to keep them from burning when cooking.
2. Mix 2 tsp. chili powder and 2 tsp. cumin in a shallow dish.
3. Preheat an air fryer to 400°F.
4. Place chicken breast on a flat work surface and slice horizontally through the middle.
5. Pound each half using a kitchen mallet or rolling pin until about 1/4-inch thick.
6. Sprinkle each breast half equally with remaining chili powder, remaining cumin, chipotle flakes, oregano, salt, and pepper.
7. Place 1/2 the bell pepper, shallot, and jalapeno in the center of 1 breast half.
8. Roll the chicken from the tapered end upward and use 2 toothpicks to secure. Repeat with other breast, spices, and vegetables.
9. Place the roll-ups in the air-fryer basket with the toothpick side facing up and set timer for 6 minutes.
10. Turn roll-ups over and continue cooking until juices run clear and internal temperature is at least 165°F, for about 5 minutes more.
11. Drizzle lime juice on roll-ups before serving.
12. Serve and enjoy.

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GARDEN BEEF SKILLET SUPPER

INGREDIENTS

- 0.5-1 lb. lean ground beef
- 1 large garden tomatoes
- 0.5-1 yellow squash – sliced
- 0.5-1 bell peppers – chopped
- 0.5 leeks – chopped
- 0.5 tbsp. dried parsley flakes
- 0.5 tsp. Kosher Salt
- 0.13 tsp. pepper

PREPARATION

1. Place tomatoes on foil lined baking sheet and put in over under broiler for five to eight minutes. Meanwhile, get the ground beef going below.
2. In a large skillet over medium high heat, add ground beef and leeks.
3. Chop and stir with wooden spoon until beef is fully browned – for about ten minutes.
4. Remove tomatoes from oven while ground beef is cooking and set aside to cool slightly. Once cooled, carefully peel skin off and slice into large wedges.
5. Add tomatoes to ground beef and leeks in the skillet and continue cooking over medium high heat while you stir and chop them up.
6. Add salt, parsley and black pepper. Stir well and cook for about ten minutes.
7. Add in squash and bell pepper and stir well. Cook until squash is lightly translucent and bell pepper is just tender, about ten more minutes.
8. Enjoy!

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BROCCOLI RICE WITH GARLIC, LEMON AND CHILI PEPPER

INGREDIENTS

- 3 broccoli stalks
- 1 tbsp. unsalted butter
- 1 small clove garlic, minced
- 1 tbsp. lemon zest
- Pinch crushed red pepper, optional
- Kosher salt and freshly ground black pepper
- 2 tbsp. freshly grated Parmesan

PREPARATION

1. Cut broccoli stalks into ½-inch chunks and put them into a food processor. Pulse until stalks get rice-like appearance.
2. Melt butter in a medium skillet over medium-low heat. Add garlic and stir for about 1 minute.
3. Increase heat to medium and add broccoli rice.
4. Cook, stirring often, until tender, for about 5 to 7 minutes.
5. Turn off heat, and stir in lemon zest and red pepper (if using) and season with salt and pepper.
6. Topped with Parmesan (for Maintenance only).
7. Enjoy!

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CAULIFLOWER SHRIMP BOWL

INGREDIENTS

- 10 oz. wild shrimp – de-shelled & deveined
- 3 cups cauliflower rice
- 1 cup broccoli – chopped
- 1 cup mushrooms – sliced
- 2 garlic cloves
- 1 tbsp. oil for cooking
- Salt and pepper to taste
- Cilantro – for topping

PREPARATION

1. Start by sautéing the broccoli florets in a covered pan for about 5 minutes (keep a little below medium heat) with salt and pepper.
2. Cook cauliflower rice in a separate skillet on medium heat with salt, pepper, and one minced garlic clove.
3. Add the shrimps and some mushrooms to the broccoli pan.
4. After about 4 minutes (or until the shrimp is heated through), put the mix into the cauliflower rice skillet. Stir it all together and cook for a minute.
5. Place into a bowl and top with cilantro.
6. Serve and enjoy!

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KOHLRABI LINGUINE WITH TOMATO BASIL SAUCE

INGREDIENTS

- 10 oz. Kohlrabi Linguine
- 8 oz. chicken breast tenderloins – cubed
- 2 tbsp. extra virgin olive oil
- 1 lb. ripe roma tomatoes – diced
- Leeks – diced
- ½ green bell pepper – sliced long and thin
- 1 tbsp. garlic – fresh & minced
- ½ tbsp. white vinegar
- ½ tsp. chili powder
- ½ tsp. smoked paprika
- ½ tsp. dry Italian seasoning
- 1 tbsp. fresh basil – chopped + whole leaves for garnish
- Salt and pepper – to taste

PREPARATION

1. Heat up oil over medium-low heat in a saucepan and add garlic, leeks, bell pepper and Italian seasoning.
2. Cook until leeks and pepper are soft, for about 5 minutes. Keep stirring frequently.
3. Now add the diced tomatoes and remaining seasonings. Cover the pan and simmer over low heat for 15 minutes. Stir occasionally.
4. Add the chicken, stir and then cover and simmer for an additional 15 minutes.
5. Add the vinegar to the pan and stir. Set aside.
6. Steam the kohlrabi noodles according to the instructions.
7. Spoon the tomato sauce over the noodles, garnish with fresh basil.
8. Serve immediately.

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PAN STEAK WITH BROCCOLI AND RADISHES

INGREDIENTS

- 1 lb flat iron steak or flank steak
- 3 tbsp. olive oil
- 1/8 cup Ideal Protein Balsamic Dressing
- 1/8 cup coconut aminos (or gluten-free soy sauce)
- ½ tbsp. Italian seasoning
- ½ tbsp. garlic powder
- Salt – to taste
- Black pepper – to taste
- 1 bunch of radish – halved
- 1 tsp. fresh rosemary – minced
- ½ of a large head of broccoli – cut into florets
- 2 cloves of garlic – minced

PREPARATION

1. Preheat the oven to 450°F and line a large rimmed baking sheet with foil.
2. Place the steak in a large zipper-top bag with 1/4 cup olive oil, balsamic vinegar, garlic, salt, and pepper. Coat and let marinate at least 1 hour or up to 8 hours.
3. Scatter the radish and rosemary on the baking sheet and drizzle with 1 tablespoon of olive oil, and season with salt and pepper. Toss gently with tongs to coat and spread them out evenly.
4. Roast the radish mixture until they begin to brown around the edges – for about 30 minutes. Toss and roast.
5. Meanwhile, combine remaining 2 tablespoons olive oil, broccoli, and remaining garlic in a bowl. Season with salt and pepper and toss to coat well. Place on the baking sheet along with the radishes.
6. Place an ovenproof wire rack over the broccoli and radishes and remove the steak from the zip-lock bag and shake off the excess marinade. Lay the steak on the rack.
7. Place the baking sheet in the oven and roast for about 10 to 20 minutes. An instant-read thermometer inserted horizontally into center of meat should register 125°F.
8. Remove from the oven and allow tenting for 5 to 10 minutes before slicing.
9. Serve and enjoy.

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FIRECRACKER SHRIMP

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Uncooked Shrimp, Peeled And Deveined	2 lb.	Cilantro, Chopped	1 Tsp.
Olive Oil	1 Tbsp.	Salt	½ Tsp.
Garlic, Minced	3 Cloves	Pepper	½ Tsp.
Chipotle Peppers, Chopped	2	Crushed Red Pepper	½ Tsp.
Juice Of Lemon	1	Cayenne Pepper	¼ Tsp.
Paprika	1 Tbsp.		

PREPARATION

- Preheat the grill to medium-high heat.
- In a small bowl, whisk together the olive oil, minced garlic, chopped chipotle peppers, lemon juice, paprika, cilantro, salt, black pepper, crushed red pepper, and cayenne pepper.
- Add the peeled and deveined shrimp to the bowl with the marinade and toss to coat thoroughly.
- Thread the shrimp onto skewers, leaving a little space between each shrimp.
- Grill the shrimp skewers for 2-3 minutes per side or until the shrimp are pink and cooked through.
- Serve hot and enjoy your Keto Grilled Firecracker Shrimp!

CILANTRO-LIME CHICKEN WITH CAULIFLOWER RICE

INGREDIENTS

- 1 lb chicken breast - cut into 1-inch cubes
- 1 tsp. paprika
- 1 tsp. ground cumin
- Salt and freshly ground black pepper
- 1 tbsp. olive oil
- 16 oz cauliflower rice (buy packaged or make at home)
- 1/4 cup fresh cilantro - chopped
- 1 lime - juiced

PREPARATION

1. Put chicken in a bowl and season with paprika, cumin, salt, and pepper. Stir to coat well.
2. Heat olive oil in a nonstick skillet over medium-high heat.
3. Cook chicken in hot oil until browned, for 4 to 5 minutes.
4. Stir in cauliflower rice, cilantro, and lime juice with the chicken.
5. Place a cover on the skillet, reduce heat to medium-low and cook the chicken mixture until chicken is cooked completely through and cauliflower rice is tender. For 6 to 8 minutes.
6. Serve warm and enjoy!

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PAN-SEARED SCALLOPS WITH LEMON CAPER SAUCE

INGREDIENTS

- ⅓ cup kosher salt (plus more for seasoning)
- 1 cup hot water
- 4 cups ice water
- 1 pound 1 ½ inch wide large scallops (about 14 to 16)
- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 cup unsalted chicken broth
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons rinsed capers
- 1 tablespoon dijon mustard
- Black pepper to taste
- 1 tablespoon chopped dill
- 1 teaspoon chopped chives
- 6 lemon wedges

PREPARATION

1. Prepare brine by combining the salt and hot water in a medium-sized bowl. Stir to dissolve.
2. Add ice water to bring down the temperature of the brine, and add scallops once cooled. Let stand for 10 minutes. Meanwhile, line a sheet pan with paper towels and set it to the side.
3. Drain the scallops from the brine and rinse under cold water. Place scallops in a single layer on the paper towel-lined sheet pan, placing another paper towel layer on top. Gently pat the scallops dry to make sure to remove as much moisture as possible from the surface.
4. Allow scallops to rest for 10 minutes at room temperature.
5. Lightly salt the scallops on both sides.
6. Heat olive oil over medium-high heat in 12-inch stainless steel saute pan or cast-iron skillet.
7. Place each scallop into the hot pan when the oil ripples and just starts to smoke, making sure not to crowd them. Press lightly with a spatula to ensure a proper sear.
8. Sear the scallops for about 3 to 3½ minutes or until the bottoms are golden brown. Make sure not to move them around in the pan (you can lift up an edge to check for doneness).
9. The scallops are done when they are firm to the touch and opaque in color, usually after about 1 to 2 minutes.
10. Turn off the heat and transfer all scallops to a plate, keeping the pan and juices on the stove.
11. Turn the heat back to medium and add the garlic to the same pan. Cook for approximately 1 minute until the garlic is fragrant but not browned.
12. Turn the heat up to medium-high, add some water and stir occasionally for about 3 minutes until the liquid is reduced by half.
13. Turn the heat up to high and add the lemon juice and zest, chicken stock, and capers. Cook while stirring occasionally, for 8 to 10 minutes or until sauce is reduced by half. There should be about 1/2 cup of sauce left.
14. Turn off heat and whisk in the dijon mustard until fully incorporated. Season with salt and pepper if desired, then turn the burner on again to medium heat.
15. Add the scallops to the sauce and cook until warmed, about 2 minutes.
16. Spoon some of the sauce onto a plate, add the scallops, and serve immediately.
17. Garnish with chopped dill and chives with lemon wedges on the side. Enjoy!

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ROASTED CHICKEN WITH TURNIP AND LEMON THYME

INGREDIENTS

- 1 lb boneless – skinless chicken breasts
- - 1 cup leeks – cut into 2 inch (5 cm) cubes
- - 4 cups turnip – cut 2 inches (5 cm) chunks
- - 1 tbsp. olive oil
- - 1 tbsp. lemon thyme – fresh
- 1/4 tsp. sea salt
- - ½ tsp. black pepper – freshly ground
- - 2 tsp. lemon zest – fresh
- - 1/4 cup lemon juice – fresh
- - 4 sprigs lemon thyme – fresh (optional as garnish)

PREPARATION

1. Preheat oven to 350°F.
2. Cut chicken into 2 inch cubes and set aside.
3. Cut leek and turnip into chunks – about 2 inches large. If you have small turnips 3 inches or less, cut them into quarters and set aside.
4. Heat 1/2 tbsp. olive oil in a large skillet over medium-high heat.
5. Add chicken and season with leaves from the lemon thyme, sea salt, and freshly ground black pepper.
6. Sauté chicken until lightly browned for three minutes. Flip over and cook the other side to brown for a few more minutes.
7. Toss browned chicken with the leek and turnip chunks, remaining olive oil, fresh lemon zest, and lemon juice in a large bowl.
8. Toss again and spread out over roasting pan.
9. Bake for 30 minutes or until vegetables are lightly browned and tender.
10. Garnish with sprigs of fresh lemon thyme.

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IDEAL PROTEIN BEEF STEW

INGREDIENTS

- 10 oz steak cut into small cubes
- 1 small turnip cubed
- 2 or 3 stalk celery diced
- 1 small leek diced
- ½ or 1 cup canned diced tomatoes
- 1 bay leaf
- 2 tsp Parsley
- 1 tsp thyme
- Sea salt & Pepper
- 1-2 cups Waters
- 1 tsp Olive oil

PREPARATION

1. Take a pot and heat olive oil. Sauté celery, leeks, salt & pepper for about 5 minutes, then add steak cubes and cook to brown.
2. Once the meat is browned, add diced tomatoes, parsley, thyme, bay leaf and simmer on med-low heat for 10-15 minutes.
3. Add turnips & 1-2 cups of water. Cover the pot and cook until turnip is ready (about 30 minutes)
4. Remove the bay leaf once cooked.
5. Serve warm and enjoy!

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CHICKEN PAD THAI

30 Mins

INGREDIENTS

- 1 serving of Konjac Pad Thai Noodles
- 2 eggs
- 5 ounces of leftover sliced chicken
- 1 cup bean sprouts
- ½ cup snow pea
- ¼ cup chopped cilantro
- ¼ cup diced green onion
- ¼ tsp. salt
- ¼ tsp. pepper

SAUCE INGREDIENTS

- 2 tsp. oil
- 2 tsp. granular sugar-free sweetener
- 1 garlic clove fine minced
- 1 tbsp. WF peanut butter
- Juice from 1 lime
- ½ tsp. red pepper flakes
- 1 tbsp. Braggs Soy Aminos

PREPARATION

1. Rinse noodles well and drain in a colander. Dry fry noodles in a skillet until all moisture is gone. Remove from skillet and set aside.
2. In the same skillet, over medium heat, add in chicken, snow peas, salt and pepper and start to heat through.
3. Crack eggs in the skillet and scramble fry. Keep breaking up and mixing in with the chicken.
4. To prepare sauce, whisk all sauce ingredients together and set aside.
5. First, add in the onions and bean sprouts and then add sauce and noodles. Coat all ingredients in the sauce, cooking through until sprouts are tender.
6. Plate and garnish with cilantro. Bon Appétit!

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CAULIFLOWER STIR-FRY

INGREDIENTS

- 2 cups of Cauliflower Rice
- 2 Garlic Cloves
- 2 tsp. Olive Oil
- 1 tsp. Walden Farms Asian Dressing
- 3 tsp. Soy Sauce
- 1/2 tsp. Onion Powder
- 1 egg
- 1 tsp. Ground Ginger
- Salt & Pepper to taste
- 1 tsp. Chives

PREPARATION

1. In a Wok or large non-stick skillet, heat the oil over medium heat
2. Add the cauliflower and garlic
3. Stir-fry until the cauliflower is tender, not mushy
4. Stir in the Soy Sauce, adding spices to taste
5. Move the cauliflower to one side of the pan
6. Crack an egg in the pan and srcamble slightly
7. Mix, adding the onion powder
8. Serve & enjoy! Phases 1-3 approved.

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AIR FRYER CHICKEN AND BROCCOLI

INGREDIENTS

- 1b boneless skinless chicken breast or thighs – cut into 1-inch bite-sized pieces
- ½ lb broccoli – cut into bite-sized pieces
- 2 garlic cloves – finely minced
- Salt – to taste
- Black pepper – to taste
- . Lemon wedges
- 3 tbsp. vegetable oil
- 3 cloves garlic – minced or 1 tsp. garlic powder
- 1 tbsp. low-sodium soy sauce
- 1 tsp. sesame seed oil
- 2 tsp. white vinegar
- 2 tsp. hot sauce

PREPARATION

1. Making marinade: Take a large bowl and whisk together the oil, garlic or garlic powder, soy sauce, sesame seed oil, white vinegar, and optional hot sauce.
2. Add the chicken and broccoli into the bowl with the marinade.
3. Toss ingredients together to evenly coat with the marinade. Make sure that the chicken and broccoli can absorb the marinade.
4. Place the marinated chicken & veggies into the air fryer basket.
5. Air fry at 380°F for 16-20 minutes. Shake and gently toss a couple of times while cooking. Make sure to toss well so that everything cooks evenly.
6. Check the chicken in between to make sure it is cooked through (cook time depends on the size of the pieces). If needed, cook for additional 2-5 minutes.
7. Add additional salt and pepper to taste. Squeeze fresh lemon juice on top and serve warm. Enjoy!

Don't overcrowd the air fryer basket.

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SPICY CHICKEN ZUCCHINI NOODLE SOUP

INGREDIENTS

- 1 tsp. grapeseed oil
- 2 ½ cup chicken broth
- ⅛ tbsp. cumin powder
- ½ tbsp. lime juice
- 1 tsp. hot chili sauce
- 6 oz chicken breast, thinly sliced
- ¼ tbsp. garlic powder
- 2 cup zucchini, spiralized
- 1 fresh cilantro
- 1 lime wedge

PREPARATION

1. In a non-stick pot, sauté chicken with grapeseed oil over medium-high heat
2. Add broth, garlic powder, and cumin and bring mixture to a boil.
3. Reduce to a simmer until the chicken is thoroughly cooked, for approximately 10 minutes.
4. Add zucchini noodles and lime juice to the soup and let it simmer for an additional 3 minutes until you get the desired tenderness.
5. Transfer soup to a bowl and top each with fresh cilantro and hot sauce.
6. Serve with lime wedges.

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BUFFALO CHICKEN STUFFED SPAGHETTI SQUASH

INGREDIENTS

- 1¼ lb chicken breast – cooked and shredded
- 1 medium spaghetti squash – halved (about 2-2½ lb)
- 2 ribs celery – thinly sliced
- 2 green onions – thinly sliced white and green parts
- ½ cup red bell pepper – diced
- ½ cup buffalo sauce
- ¼ cup Walden Farms Ranch Dressing (optional)
- ¼ cup crumbled blue cheese (for Maintenance)

PREPARATION

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper and set aside.
3. Slice both ends from squash and discard.
4. Stand squash up on one of its cut ends and use a large knife to cut the squash in half lengthwise.
5. Scoop seeds and stringy insides out using a large spoon. Then, place squash cut-side down on the baking sheet.
6. Bake for 30-40 minutes or until squash is tender. Baking time will depend on the size of your squash (larger squash requiring a longer cook time).
7. When squash is tender, allow it to cool slightly. Then use a fork to gently scrape the squash flesh into a large bowl. Reserve the squash shells.
8. While squash is roasting, cook the chicken.
9. Cooking in instant pot: Insert the rack into the inner pot. Add 1 cup water or broth and lay the chicken on the rack. Secure the lid and select 'Poultry' in settings and set time to 17 minutes (19 minutes if the breasts are really thick). At the end of the cooking time, allow pressure to naturally release for 5 minutes then flip the vent valve and release any remaining pressure.
10. Cooking on stovetop: Place a medium skillet over medium-high heat. Add 1 tsp. avocado oil/olive oil/coconut oil and swirl the pan to coat with the oil. Add chicken and ½ cup of water. Once the water starts to simmer, reduce heat and cover. Cook chicken for 15-18 minutes or until cooked through. Move chicken to a cutting board to cool off slightly. Use two forks to shred chicken.
11. In a large bowl, place squash shreds, shredded chicken, celery, green onions, bell pepper, and buffalo sauce and mix to coat well.
12. Spoon the squash-chicken mixture into the reserved squash shells.
13. Place the stuffed shells on the baking sheet and bake in 350°F on oven for 10-15 minutes or until heated through.
14. Drizzled with ranch dressing and top with crumbled blue cheese (Maintenence only), if desired. Serve and enjoy!

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GROUND TURKEY SKILLET WITH GREEN BEANS

INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 1 lb extra-lean ground turkey or use diced up left-over turkey
- 1 tsp. clove garlic – minced
- 1 tsp. onion powder
- 1 ½ cup yellow pepper – diced
- 1 ½ cup green beans – chopped
- ¾ cup crushed tomatoes (no sugar added)
- Salt and pepper – to taste
- A pinch of chili pepper

PREPARATION

1. In a skillet, heat olive oil over medium-high heat.
2. Add ground turkey and break it up until it's in small pieces or heat up the diced leftover turkey.
3. Once the turkey is almost cooked through, add onion powder and garlic and stir occasionally.
4. Add yellow peppers, green beans, and tomato sauce.
5. Cover the skillet and cook until they are tender.
6. Add salt, pepper, and chili pepper to taste.
7. Serve and enjoy!

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OLIVE OIL HEARTS OF PALM PASTA

INGREDIENTS

- 12 oz Hearts of Palm Linguine
- 2 tsp. Extra Virgin Olive Oil
- 3 garlic cloves – crushed and chopped
- 1/4 tsp salt-free seasoning
- 8 grape tomatoes – halved
- 1 tsp Italian seasonings
- Crumbled feta cheese (for maintenance)- 1 tsp black pepper
- 3 fresh basil leaves – torn
- 1/2 lemon zest
- Red pepper flakes – crushed (optional)
- 1 ounce cooked shredded chicken (optional)

PREPARATION

1. Rinse the Hearts of Palm Linguine with water and set it aside.
2. Heat the extra virgin olive oil in a pan over medium heat.
3. Lower the heat and add the garlic and a pinch of salt replacement seasoning.
4. Cook for 10 seconds and keep stirring regularly.
5. Add tomatoes and stir in the Italian seasonings, pepper, basil, and lemon zest.
6. Cook on low heat for about 30 seconds.
7. Add the linguine and shredded chicken to the pan – toss to coat – and cook for another 1-2 minutes.
8. Place the lid on the pan.
9. Turn off heat and let sit for 1 minute.
10. Toss again to coat evenly.
11. Cook longer if you want your linguine softer.
12. Serve immediately. Top with more fresh basil, crushed red pepper, and if you are on maintenance, add a sprinkle of Feta cheese.

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IP BALSAMIC HONEY AND MUSTARD PORK CHOPS

INGREDIENTS

- 1 lb pork chops
- ¼ cup Ideal Protein balsamic dressing
- ¼ cup Walden Farms pancake syrup
- ¼ cup Walden Farms blueberry jam
- 2 tbsp dijon mustard
- 1 tbsp olive oil
- 1 chicken breast
- 1 tsp olive oil
- 1 tbsp Frank's Red Hot (or to your taste)
- 1 tbsp low sodium soy sauce or tamari sauce
- 2 cloves garlic, minced
- 1 tbsp parsley, chopped (garnish)

PREPARATION

1. Marinate the pork chops in the mixture of the balsamic vinegar, pancake syrup, blueberry jam, mustard, hot sauce, soy sauce and garlic for 30 mins to overnight.
2. Heat the oil in a large pan over medium-high heat
3. Add the pork chops
4. Cook until lightly golden brown on one side about 3-5 mins
5. Flip
6. Add the marinade and cook until the sauce has come to a boil and thickened, about 3-5 mins.
7. serve and enjoy

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MUSHROOM STUFFED CHICKEN BREAST

INGREDIENTS

- Chicken breast - butterflied
- 1/2 TBS Paprika
- 1 tsp White Pepper
- 1/2 tbsp Olive Oil
- 1/2 cup Spinach - wilted
- 1/2 cup mushrooms - sauteed
- 1 pinch of salt to taste

PREPARATION

1. Season the chicken with paprika, salt, and white pepper.
2. Place spinach and mushrooms onto chicken breast and roll.
3. Bake at 300° in the oven until the internal temperature reaches 155°.
4. Serve and enjoy!

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IDEAL PROTEIN NOODLES - RAMEN STYLE

INGREDIENTS

- 1 Ideal Protein Konjac Noodles
- 32 oz. beef broth
- Chili garlic sauce (if like spicy)
- Freshly diced jalapenos
- Petite Sirloin – cut into fine and thin strips
- 1 egg
- Bean sprouts
- Green onions
- Cilantro

PREPARATION

1. Open Ideal Protein Konjac Noodles and boil for 5 minutes
2. Now, put the noodles into a hot frying pan with olive oil and seasonings
3. Fry until noodles are brown a little crispy
4. Pour the beef broth into a stockpot and boil
5. Meanwhile, fry your egg in a small frying pan
6. Dip the sirloin piece by piece into boiling broth
7. Stir until all of the beef slices are properly cooked. The hot broth should cook it in under two minutes
8. Get your bowl ready with noodles, veggies, and chili paste and pour the preferred amount of broth over your ingredients
9. Add egg over it and ENJOY!

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SHRIMP SCAMPI SPAGHETTI SQUASH

INGREDIENTS

- 1 cup spaghetti squash
- 4 – 8 ounces of shrimp – drained and thawed
- 2 tsp. olive oil
- 1 tsp. smoked paprika
- Sea salt
- Freshly ground pepper
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 3 tbsp. buffalo wing sauce
- 6 celery stalks cut in half (12 total)

- Chopped chives for garnish

PREPARATION

1. Season shrimp with paprika, salt, and pepper and set it aside while preparing spaghetti squash.
2. Preheat oven to 400 degrees.
3. Cut the squash lengthwise – scrape out and discard seeds
4. Place squash face down on a baking sheet lined with parchment paper.
5. Roast squash for 25 minutes then remove from oven and let it cool.
6. Once cooled down, scrape out squash into a bowl using a fork to create long spaghetti strands.
7. Place oil in a large skillet and add shrimp, green onions, and garlic
8. Cook for a few minutes until shrimp are pink and then set aside. Cover to keep warm.
9. Place squash and spinach in a skillet and heat until spinach wilts.
10. Stir in basil and lemon juice and season with salt and pepper.

Plate immediately and top with shrimp. You may also add more salt, pepper, and lemon juice if needed.

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SPAGHETTI SQUASH SOUP

INGREDIENTS

- 2 small spaghetti squash – cut and split lengthwise and seeds removed
- 2 tbsp. light oil avocado/ grapeseed/canola
- 1 lb Italian Sausage
- 1 large yellow onion – chopped
- 1 medium zucchini – chopped
- 2 cloves garlic – minced
- 2 cans (14 ounces) diced tomatoes with their liquid
- 2 qt. chicken stock or turkey stock
- 2 tsp. dried basil
- 2 tsp. dried oregano
- 1/8 tsp. red pepper flakes (or to taste)
- 1½ tsp. coarse salt
- ½ tsp. ground pepper
- 2 tbsp. butter (for Maintenance)
- 1 tbsp. apple cider vinegar

PREPARATION

1. In a large skillet heat the canola oil over medium heat.
2. Place the spaghetti squash cut side down in the pan and allow it to brown (approximately 5 minutes).
3. Remove and do the same with the second squash.
4. (Note – the above step is optional but the extra browning of the squash adds more flavor to the soup.
5. Place the browned squash in a microwave-safe dish and cover with plastic wrap. Microwave until tender, then set aside to cool.
6. Add the onion, zucchini, and garlic.
7. Cook, stirring occasionally until the sausage is no longer pink in the center.
8. When the spaghetti squash has cooled enough to handle, scrape the strands of the squash into a large stockpot.
9. Add the sausage mixture, oregano, basil, tomatoes, red pepper flakes, salt, black pepper, and chicken stock. Stir well.
10. Bring the soup to a simmer and cook over low for 20-30 minutes.
11. Stir in the butter (if in Maintenance) and apple cider vinegar.
12. Remove from the heat.
13. Add additional seasoning to taste, if desired.
14. To serve, spoon the soup into bowls and top with Parmesan cheese (for Maintenance).

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PORK CHOPS WITH MUSHROOMS AND SHALLOTS

INGREDIENTS

- 1 tsp. Olive Oil
- 4 pork loin chops (with bone) – 1 inch thick and trim fat
- 1/2 tsp. salt
- Freshly ground pepper
- 1/4 cup chopped shallots
- 1 cup fat-free chicken stock
- 10 oz sliced baby Bella mushrooms
- 1 tbsp. Dijon mustard
- 2 tbsp. parsley – freshly chopped

PREPARATION

1. In a large frying pan, heat up oil over moderately low heat
2. Season pork with salt and pepper
3. Now raise heat to medium and add the chops to the pan and sauté for 7 minutes
4. Turn and cook until chops are browned and done to medium – about 7-8 minutes longer
5. Remove the chops and put in a warm spot
6. Add shallots to the pan and cook, stirring, until soft, for about 3 minutes
7. Add the stock to deglaze the pan, stir in the mustard, 1 tbsp. parsley, then add mushrooms
8. Season with fresh pepper and cook about 3 minutes, or until mushrooms are done
9. Put the chops on a platter and pour the mushroom sauce over the meat
10. Top with remaining parsley and serve

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EASY ZUCCHINI NOODLES

INGREDIENTS

- 1 large zucchini
- 1 tbsp. Grapeseed oil
- Sea salt – to taste
- Pepper – to taste
- 1 tsp. of Mrs. Dash

PREPARATION

1. Trim the ends of zucchini using the wide julienne blade of a mandolin or a sharp knife or a vegetable peeler
2. Cut zucchini lengthwise into noodle-like strips
3. Saute in grapeseed oil in a non-stick pan until slightly limp but not mushy
4. Season to taste with sea salt, pepper, Mrs. Dash
5. Serve and savor!

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SLOW COOKER/INSTANT POT SALSA VERDE BEEF

INGREDIENTS

- 3-4 pounds chuck roast
- 16 oz salsa verde
- 10 oz diced tomatoes with green chiles
- 1 cup low-sodium beef broth
- 1 tbsp. cumin
- 1½ tsp. salt
- 1 tsp. coriander
- 1 tsp. paprika
- ½ tsp. pepper
- ½ tsp. chili powder

PREPARATION

1. Pour broth into the slow cooker.
2. Season chuck roast evenly with cumin, salt, coriander, paprika, pepper, and chili powder and then add roast to the slow cooker.
3. Top roast with diced tomatoes with green chiles and salsa verde.
4. Cook on high for 4-5 hours or on low for 8-10 hours.
5. Preparation
6. Slow Cooker
7. Turn the pressure cooker to saute and once hot, add the oil and beef.
8. Brown beef on all sides, approximately 3-5 minutes per side and remove from the pressure cooker.
9. Add beef broth and deglaze the bottom of the pressure cooker by scraping all the bits off with a wooden spoon.
10. Add all the cumin, salt, coriander, paprika, pepper, and chili powder and stir to mix well.
11. Add roast back to the pot. Top with diced tomatoes with green chiles and salsa verde.
12. Close lid and seal valve. Set high pressure and cook 25 minutes per pound of meat. When done, natural release pressure 10 minutes, then quick-release remaining pressure.
13. Serve and enjoy!
14. Instant Pot

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STIR-FRIED TOFU WITH BEAN SPROUTS

INGREDIENTS

- ½ lbs Bean sprouts
- 4 oz Tofu – fried or fresh
- 2½ Green onions – cut 2 inches long
- 1 cloves Garlic – finely chopped
- ½ tablespoon Canola oil
- ½ tablespoon Soy sauce
- 1 Jalapeno or Bell Pepper

PREPARATION

1. Turn the stove on high heat and add oil into a wok.
2. Once the oil is hot, add chopped garlic.
3. When the garlic turns to yellow-golden color, add tofu and stir-fry the tofu until they are crispy but do not burn them.
4. Add bean sprouts, green onion, and soy sauce, stir-fry everything together until the bean sprouts are cooked. (It can take about 4-6 minutes – the bean sprouts are quick to be cooked)
5. Add jalapeno/bell pepper and stirfry them with the other ingredients.
6. Turn off the stove and serve warm. Enjoy

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CRISPY SHRIMP WITH BASIL, GARLIC AND TOMATOE

INGREDIENTS

- 1 cup cherry or grape tomatoes (about 12) quartered
- 5 large fresh basil leaves – chopped (plus extra for garnish)
- Kosher salt
- Freshly ground black pepper
- 1½ lb medium-large shrimp – shelled and deveined
- Extra-virgin olive oil
- 1 large clove garlic – minced

PREPARATION

1. In a medium bowl, toss the tomatoes with the basil and season with salt and pepper, to taste. Set aside while you prepare the shrimp.
2. Divide the shrimp between 2 (8 or 9-inch) pie pans and pat them completely dry with a paper towel. Arrange the shrimp so they lay flat and are evenly spaced in the pans.
3. Heat 2 large skillets over medium heat, or do this in 2 batches if you only have 1 pan.
4. Season 1 side of the shrimp with salt and pepper.
5. Add enough oil to lightly film the bottom of the pan and turn the heat up to high.
6. Invert the pan of shrimp so they all fall into the skillet(s) at once.
7. Saute the shrimp, undisturbed, until they turn golden brown on the bottom, about 2 minutes.
8. Add a bit more oil and 1/2 the garlic to each pan.
9. Turn the heat off and turn the shrimp over with tongs.
10. Cook the shrimp for 1 minute in the residual heat of the pans.
11. Transfer the shrimp to the bowl with the tomato mixture and toss to combine. Divide the shrimp among 4 plates or a serving platter and serve hot or at room temperature.
12. Serves 4.

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SPICED UP SALMON WITH JALAPENO AND LIME

INGREDIENTS

- 1 lb Coho salmon – skin removed
- 2 limes – juice only
- 4 tsp. ginger – minced
- 1 jalapeno – seeded and minced
- 2 cloves of garlic – minced
- 1 tbsp. olive oil
- Salt and pepper

PREPARATION

1. Combine the lime juice, ginger, jalapeno, garlic, and olive oil. Spread the marinade over the salmon and let marinate for 30 minutes.
2. Preheat the oven to 400°F.
3. Line a baking sheet with foil and spray with cooking spray.
4. Place the salmon on the baking sheet and pour marinade over top
5. Bake for 10-12 minutes until salmon is cooked through.
6. To brown the top, broil for 2-3 minutes at the end of cooking.
7. Serve and enjoy!

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EASY INSTANT POT CHICKEN SALAD

INGREDIENTS

- 2 boneless skinless chicken breasts - 5-6 oz. each
- 1 cup celery - finely chopped
- 1 green onion - sliced
- ½ cup mayonnaise
- 1 tsp. Dijon mustard
- 1 tsp. fresh dill
- 1 cup of water or broth
- Salt and pepper - to taste

PREPARATION

1. Season the chicken breasts with salt & pepper and place in the bottom of the Instant Pot. Add 1 cup of water or broth.
2. Press "Manual" and cook for 9 minutes. Allow the instant pot to naturally release for 10 minutes.
3. Remove the chicken from the Instant Pot and let cool until it can be handled.
4. Shred or dice the chicken and let cool completely.
5. Combine the chicken with all ingredients in a large bowl.
6. Mix well and serve over salad or on bread.

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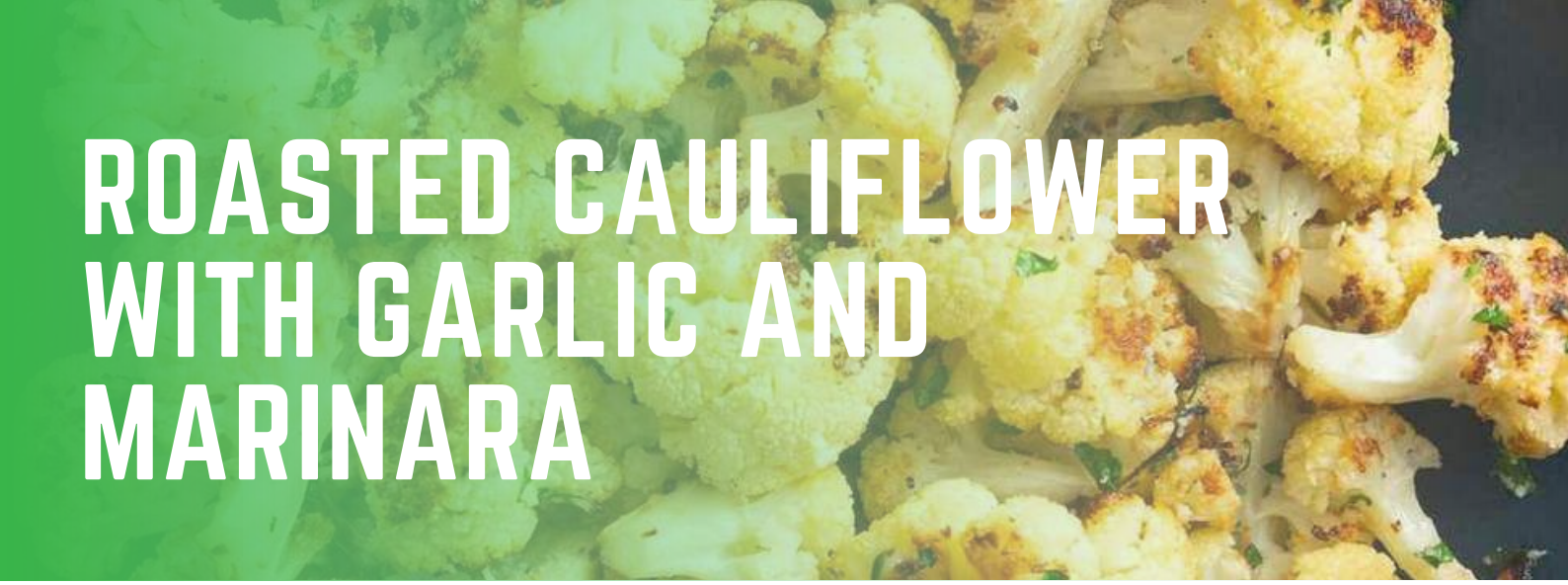

ROASTED CAULIFLOWER WITH GARLIC AND MARINARA

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra-virgin Olive Oil	3 Tbsp.	Water	2Tbsp
Cauliflower Trimmed	2 Heads	Garlic, Minced	4 Cloves
Coarse Salt	To Taste	Marinara Sauce	1 1/2 Cups
Freshly Ground Black Pepper	To Taste	Mix Of Feta, Asiago, And Mozzarella Cheeses	1/2 Cup
Whole Oregano	1/2 Tsp		
Crushed Red Pepper	1/2 Tsp	Fresh Basil Leaves, Torn	12

PREPARATION

- Preheat your oven to 400°F.
- Add 3 tablespoons extra-virgin olive oil. When the surface shimmers, add the trimmed and broken bite-size cauliflower. Season with salt and pepper.
- Add oregano oil, red pepper, minced garlic, and toss, then let sit a minute or two to brown. Reduce heat if florets burn. When cauliflower is golden on one side, toss until evenly golden.
- Add 2 tablespoons of water, and cover. Cook until florets soften.
- Then Reduce heat and add marinara sauce, the mix of feta, asiago, and mozzarella cheese to taste, and cover until the cheeses melt.
- Serve the roasted cauliflower with the torn basil leaves over the top. Enjoy!

SPICY SHRIMP SALSA

INGREDIENTS

ITEM	QUANTITY
Cooked shrimp (*Peeled, deveined and chopped*)	1/2 pound
Large tomato (*chopped*)	1
Onion (*finely chopped*)	1/4 cup
radishes (*chopped*)	3
Fresh cilantro (*minced*)	1/4 cup
Lime juice	2 tablespoons
Seeded jalapeno pepper (*Finely chopped*)	1-1/2 teaspoons
Salt	1/4 teaspoon
Baked Ideal Protein Dorados scoops	

PREPARATION

- In a small bowl, combine the first 8 ingredients.
- Refrigerate until serving.
- Serve with chips.

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EASY CELERY AND DILL FISH PATTIES

INGREDIENTS

- One 5-ounce can of tuna or salmon in olive oil – undrained
- 2 eggs
- 3 tbsp. whole grain mustard
- 1 tbsp. lemon juice
- 1 package crushed IP croutons
- 1 tsp. dried dill
- Dash of pepper
- Pinch of salt
- 2 celery stalks – chopped into small pieces
- 2 to 3 tbsp. high-heat oil, such as avocado oil or vegetable oil – for frying

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PREPARATION

1. Take a medium mixing bowl and mash the tuna with the olive oil in the can using a fork.
2. Add the eggs, mustard and lemon juice and mix well.
3. Add the crushed croutons, dill, salt and pepper and mix until just combined.
4. Be sure not to over-mix, or it will become too mushy.
5. Stir in the celery.
6. Heat up some oil on a large frying pan over a medium-high flame. Once pan is hot, turn the mixture into patties shape and place them on the pan to cook.
7. Cover the pan with aluminum foil, and allow the patties to cook for about 2-3 minutes. Flip them to the other side. Allow to cook, covered, for another 2-3 minutes. Cooking time on the other side may be shorter.
8. Patties should be golden brown and crisp once ready.
9. Makes four and five patties.

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ROASTED ASPARAGUS WITH CRISPY LEEKS AND CAPERS

INGREDIENTS

- 1 lb thick asparagus, ends trimmed
- 2 tbsp. extra-virgin olive oil
- Kosher salt and black pepper
- 1 large leek, white and light green parts, halved lengthwise and thinly sliced
- 2 tbsp. drained capers
- Lemon wedges, for serving
- ¼ cup parsley, leaves and tender stems, torn
- 2 tsp. Dijon mustard
- 2 tsp. drained capers, finely chopped
- 1 small garlic clove, finely grated or minced
- 3 tbsp. extra-virgin olive oil
- Kosher salt and black pepper

PREPARATION

1. Heat up oven to 425°F.
2. Put asparagus on a rimmed sheet pan and toss with 1 tbsp. oil and ½ tsp. salt until well coated.
3. Now, in a small bowl, stir together leeks, 1 tbsp. oil, and a pinch each of salt and pepper.
4. Sprinkle leeks on top of asparagus followed by sprinkling capers.
5. Roast until asparagus are tender and golden brown, for about 12 to 18 minutes.
6. To make the mustard sauce, take a small bowl and whisk together mustard, capers and garlic. Now, slowly whisk in olive oil, a few drops at a time to form a thick, emulsified dressing. Season with salt and pepper to taste.
7. Take out the asparagus out of the oven and squeeze a lemon wedge over. Sprinkle parsley on top.
8. Serve with mustard sauce and more lemon wedges on the side.
9. Enjoy!

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SESAME SHRIMP

INGREDIENTS

- 1 lb raw shrimp peeled – deveined and tails removed
- 4 tbsp. soy sauce
- 2 tbsp. sesame oil
- 4 tsp. fresh lemon juice
- 2 garlic cloves minced
- 1 tbsp. vegetable oil
- 1 green onion sliced
- 1 tbsp. sesame seeds

PREPARATION

1. Put soy sauce, sesame oil, lemon juice, and garlic together in a large zip lock bag. Seal and shake to mix the marinade well.
2. Add shrimp to the marinade and toss again to coat evenly. Seal ziplock bag and leave in the refrigerator for 20-30 minutes.
3. Heat up vegetable oil in a large skillet and add the shrimp and a few spoon of the marinade.
4. Cook until the shrimp turns pink, for about 2-3 minutes.
5. Serve on top of cauliflower rice and garnish with sesame seeds and green onion.
6. Enjoy.

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SPICY BAKED CHICKEN MEATBALLS

INGREDIENTS

- 1 lb. ground chicken
- 1 Poblano chili pepper – minced
- 1 Habanero pepper – minced
- 1 Jalapeno pepper – minced
- ½ cup Cilantro – chopped
- 1 tsp. Salt
- 1 tbsp. Vinegar
- 1 tbsp. Olive oil

PREPARATION

1. Preheat oven to 400°F.
2. In a large mixing bowl, combine chicken, minced peppers, cilantro, salt and vinegar with your hands.
3. Make 1-inch meatballs with the mixture.
4. Now, coat each meatball with olive oil and then place on a rimmed baking sheet or a casserole dish.
5. Bake for 25 minutes.
6. Serve warm and enjoy!

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LETTUCE WRAP CHICKEN SALAD

INGREDIENTS

ITEM	QUANTITY
Leftover rotisserie chicken	3 cups
Mayonnaise	⅓ cup
Stalk celery *(diced)*	1
Green onion *(thinly sliced)*	1
Basil leaves *(chopped, fresh)*	2 Tbsp.
Lemon juice	2 Tbsp.
Mustard	2 Tbsp.
Cooking salt	To taste
Ground black pepper	To taste
Romaine lettuce leaves	12
Roma tomato *(diced)*	1
Avocado *(halved, peeled, seeded and diced)* (***For Maintenance Only***)	1

PREPARATION

- Prepare the ingredients: chop the chicken into small pieces, chop the celery, green onion, and basil, and cut the tomato and avocado into small pieces.
- Put a large pan on the stove and turn on the heat to medium high.
- Mix the chicken, mayonnaise, celery, green onion, basil, lemon juice, and mustard in a large bowl. Season with salt and pepper to taste.
- To make the lettuce wraps, put some of the chicken mixture in the center of a lettuce leaf, like a taco.
- Decorate the wraps with cooked bacon, tomato, and avocado, if you like. Serve and enjoy!

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KOHLRABI FRITTATA

INGREDIENTS

- 2 tbsp. olive oil
- 1 clove garlic - minced
- 1 bunch Swiss chard - stems removed, roughly chopped
- 1 kohlrabi - stems removed, leaves chopped, bulb thinly sliced
- 6 eggs
- 1 Roma tomato - concasse
- 1/4 cup leek - thinly sliced

PREPARATION

1. Preheat oven to 350°F. Toss 1 tbsp. of the oil and 1/2 of the minced garlic with the sliced kohlrabi bulb.
2. Roast in the oven for 10 minutes and set aside.
3. In a large sauté pan, heat the remaining olive oil and the garlic.
4. Add the greens and cook until soft and wilted, for about 15 minutes.
5. Meanwhile, crack the eggs in a bowl and scramble lightly. Add the tomatoes and leeks and stir to combine. Add the cooked greens to the bowl and stir.
6. Pour into a an oiled pie pan. Place the roasted kohlrabi on top and bake for 30 minutes or until the eggs have set completely.
7. Allow to cool slightly.
8. Serve warm.

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AIR FRYER CHICKEN CUTLETS

INGREDIENTS

- 4 chicken breast cutlets
- 1/2 cup Ideal Protein Croutons
- 1/4 cup Konjac flour
- 1 large egg
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- Cooking spray

PREPARATION

1. In a shallow plate, mix the croutons with garlic powder until well combined and gets a breadcrumb texture.
2. In another shallow plate, beat the egg with black pepper and salt.
3. Add Konjac flour into another shallow plate.
4. Dip the chicken cutlet into the flour, then egg mixture, then crouton mixture.
5. Shake off excess breading and repeat for the remaining chicken.
6. Preheat the air fryer to 390°F and generously spray the basket with cooking spray.
7. Transfer chicken cutlets to the air fryer basket in batches. Spray the top of the chicken with cooking spray as well.
8. Place the chicken in the basket of the air fryer without overcrowding the pan.
9. Cook for 5 minutes on one side then turn it. Spray with cooking spray again and cook for another 5 minutes or until golden and cooked through. Cook time will vary depending on the size and thickness.
10. Serve and Enjoy!

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AIR FRYER CHICKEN TENDERS

INGREDIENTS

- 3 lbs chicken tenders
- 1 tbsp. avocado oil
- 1/2 tbsp. lemon pepper
- 1.5 tbsp. garlic powder
- 1.5 tbsp. onion powder
- 1 tbsp. dried parsley
- 1.5 tbsp. smoked paprika
- 1/2 tsp. salt (optional)

PREPARATION

1. Preheat Air Fryer to 375°F.
2. Pat dry chicken tenders and toss with oil in a large bowl.
3. Combine the salt, smoked paprika, dried parsley, onion powder, garlic powder, lemon pepper and avocado oil in a small bowl.
4. Toss chicken with 1/2 of the seasoning mix and then rub each piece with the remaining seasonings when you transfer each piece to the air fryer. Leave space between your chicken tenders when arranging them in the air fryer.
5. Cook for 10-16 minutes and flip at 6 minutes in. Chicken is done when it reaches an internal temperature of 165°F.
6. Serve and enjoy!

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AIR FRYER BUFFALO TOFU

INGREDIENTS

- 14 ounces extra firm tofu
- 1 tbsp. Crushed IP Ranch buffalo bites
- 1 tsp. Garlic Powder
- 1/2 tsp. Paprika
- 1/2 tsp. Onion Powder
- 1/2 tsp. Salt
- Cooking Spray
- 1/2 cup buffalo sauce

PREPARATION

1. Lay the tofu in the center of a clean, thin dish towel and gently press to remove excess moisture. Then cut into 1 x1 inch pieces.
2. Place the cubes in a large bowl or a large ziploc bag and add the crushed IP Ranch buffalo bites, garlic powder, paprika, onion powder, and salt. Toss/shake well until the tofu is completely coated.
3. Set the air fryer at 360°F and cook for 18 minutes. After 10 minutes, give the basket a shake and then arrange tofu back in a single layer across the basket. Cook for another 8 minutes at 360°F.
4. When the tofu is done, place them in a bowl with 1/2 cup buffalo sauce and toss well.
5. Serve and enjoy!

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PALMINI PASTA SHRIMP STIR FRY

INGREDIENTS

- 1 container palmini pasta
- 12 oz. shrimp
- 2 tbsp. olive oil
- 1 cup spinach – chopped
- ½ tsp. black pepper
- ½ tsp. cayenne pepper
- ½ tsp. thyme
- 1 tsp. bouillon powder
- Salt, to taste
- 3 scallions to garnish
- Pepper flakes to garnish

PREPARATION

1. Wash and drain palmini noodles and set aside.
2. Chop spinach into medium-sized pieces.
3. Mix shrimp with salt and pepper in a mixing bowl.
4. Add olive oil to a pan and pour in the shrimps when hot – stir fry till done.
5. Pour in the palmini noodles, black pepper, cayenne pepper, thyme, and bouillon powder and mix together.
6. Add salt if needed.
7. Let it cook for about 5 minutes.
8. Pour in the chopped spinach and stir till it's all mixed in.
9. When the spinach is wilted, it's ready to serve.
10. Garnish with scallions and red pepper flakes and enjoy!

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HEALTHY CAULIFLOWER FRITTERS

INGREDIENTS

- 1 large head cauliflower, cut into florets
- 1/2 cup Ideal Protein mashed potato
- 2 large eggs, lightly beaten
- 3 cloves garlic, minced
- 3 tbsp. minced scallions, plus more for garnishing
- Olive oil
- Yogurt or sour cream, for serving (*For Maintenance only*)

PREPARATION

1. Take a large pot of salted water and bring it to a boil. Add the cauliflower and cook it just until fork tender – for about 3 to 5 minutes.
2. Transfer the cauliflowers to a cutting board and cut it into very small pieces to the size of peas or smaller.
3. Take 4 cups of the chopped cauliflower. Combine the cauliflower, IP mashed potatoes, eggs, garlic, scallions, ½ tsp. salt and ¼ tsp. pepper in a bowl and stir until well combined.
4. Heat up a nonstick skillet over medium-low heat and lightly coat it with olive oil. Scoop out 2- to 3-tablespoon mounds of the cauliflower mixture into the pan and flatten the mounds slightly using a spatula. Keep 1 inch space between them.
5. Cook fritters for 2 to 3 minutes and flip them once and cook for additional 1 to 2 minutes until they're golden brown and cooked through.
6. Line a plate with paper towels and transfer the fritters to the plate.
7. Top with yogurt or sour cream and serve warm. Enjoy!

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GRILLED MAHI MAHI

INGREDIENTS

- 2 (6-ounce) Mahi Mahi filets
- 1 tbsp. olive oil
- 1/2 tsp. kosher salt
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. smoked paprika
- 1/2 tsp. black pepper
- Fresh chopped parsley for garnish

PREPARATION

1. Place the mahi-mahi filets on a sheet tray and brush all sides with the olive oil and let sit.
2. In a small bowl, stir together the salt, garlic powder, onion powder, paprika, and black pepper. Rub the seasoning on the fish.
3. Oil the grates and set your grill over medium-high heat. Once hot, place the mah mahi flesh side down onto the grill.
4. Grill for 3-5 minutes per side until it reaches desired doneness. Try to flip only once or as little as possible to not break up the fish.
5. Immediately serve with a garnish of optional parsley and lemon wedges.
6. Serve and enjoy!

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EASY CLASSIC PICKLED EGGS

INGREDIENTS

- 12 large eggs - hard boiled & peeled)
- 4 cups white vinegar
- 1½ cups water
- 1½ tsp. course sea salt
- 1 tbsp. pickling spice

PREPARATION

1. Sterilize a large mouth jar. Hard boil and peel the eggs and set them aside.
2. Making the Brine: In a pot, combine the vinegar, water, salt and pickling spice. Bring it to a boil then reduce heat and simmer for 5 minutes. Remove from heat and allow cooling off slightly.
3. Place peeled eggs into the clean jar and pour the brine over eggs.
4. Seal the jar and let sit in room temperature for about 1 hour. Then place in fridge.
5. Let the eggs sit in brine for at least 3 days before eating.
6. Bon Appétit!

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GRILLED TOFU WITH LEMON & ROSEMARY

INGREDIENTS

- Juice of 1 large lemon about ¼ cup
- 1 tbsp. tamari
- 1 tbsp. extra virgin olive oil
- 1 tsp. dried rosemary crushed between fingers
- 3 cloves garlic grated with a Microplane zester or minced
- Few shakes black pepper to taste
- 10 ounces vacuum packed tofu cut into ½ inch slices

PREPARATION

1. Combine lemon juice, tamari, extra virgin olive oil, rosemary, garlic, and pepper for the marinade in a shallow pie dish or small baking dish.
2. Put the tofu slices into the marinade, making sure everything is evenly coated.
3. Put the dish into the refrigerator, and let the tofu slices marinate for 1 hour. Flip the slices halfway through for even marinating.
4. Set the grill to a medium heat and grill slices for about ten minutes on each side or until they have nice, brown grill marks.
5. Remove from heat & serve right away.

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GRILLED GARLIC MUSHROOM SKEWERS

INGREDIENTS

- 1 lbs. mushrooms – sliced lengthwise
- 1 tablespoons olive oil
- ½ tbsp. soy sauce
- 1½ cloves garlic, chopped
- ¼ tsp. thyme, chopped
- ½ tsp. fresh chopped parsley
- ⅛ tsp. salt and pepper, or to taste
- ¼ tsp. red chili pepper flakes, optional

PREPARATION

1. Making the grilled mushroom skewers: Marinate the sliced mushrooms in the mixture of the remaining ingredients for 30 minutes. In the meantime, soak wooden skewers in water to prevent burning.
2. Skewer the mushrooms (it's easier when you twist through the mushroom).
3. Grill until just tender and slightly charred, for about 2-3 minutes per side.
4. Transfer the grilled mushroom skewers to a serving platter and sprinkle some chopped parsley.
5. Serve immediately. Enjoy!

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GROUND TURKEY & CABBAGE STIR-FRY

INGREDIENTS

- 8 ounces ground turkey (lean)
- 6 ounces cabbage (finely chopped savoy cabbage)
- 6 green onions, finely chopped
- 1 clove garlic, minced
- 2 tsp. sesame oil (divided)
- 2 tsp. white vinegar (or more to taste)
- 1 tsp. freshly grated ginger
- Salt, to taste
- Pepper, to taste

PREPARATION

1. Heat 1 teaspoon of the sesame oil in a non-stick skillet over medium-high heat.
2. Add the ground turkey, cabbage, onion, garlic, ginger, salt and pepper and cook until turkey is no longer pink and cabbage just starts to stick to pan.
3. Stir in the remaining sesame oil and rice vinegar. Taste and adjust seasoning.
4. Stir in the remaining sesame oil and rice vinegar. Taste and adjust seasoning.
5. Transfer to bowl and serve.
6. Enjoy!

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ONE PAN LEMON GARLIC BRUSSELS SPROUTS AND SHRIMP

INGREDIENTS

- 1 lb. shrimp tails removed & deveined
- 3 cups Brussels Sprouts sliced in half
- 1/8 cup lemon juice
- 2 tbsp. extra virgin olive oil
- 6 cloves garlic
- ½ tsp. red pepper flakes
- ½ tsp. dried parsley
- ½ tsp. garlic powder
- Salt & pepper

PREPARATION

1. Preheat oven to 350°F and prepare a baking sheet with parchment paper.
2. Take a small bowl and combine lemon juice, extra virgin olive oil, garlic and pepper flakes, salt, pepper and parsley. Toss shrimp in the marinade. Let it sit 20 minutes to soak the flavors.
3. Place the shrimp on the prepared baking sheet in the center.
4. Surround the shrimp with the sliced Brussels Sprouts and sprinkle with garlic powder, salt and pepper.
5. Bake at 350°F for 20 minutes until shrimp takes a pink texture.
6. Remove from oven and serve immediately with fresh lemon slices.
7. Enjoy!

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MASON JAR SALAD WITH CHICKEN

INGREDIENTS

- 1/2 tsp. Sea salt
- 1/4 tsp. Black pepper
- 2/3 cup Grape tomatoes – halved
- 2/3 cup Cucumbers – chopped
- 2 tbsp. Red onions – diced or sliced
- 3 oz Chicken breast – grilled or baked in the oven, cubed
- 1/4 cup Feta cheese (for Maintenance only)
- 1 cup Romaine lettuce – chopped, packed to measure
- Ideal Protein trail mix
- Any approved dressing

PREPARATION

1. Layer the ingredients as in order - approved salad dressing, tomatoes, cucumbers, red onions, chicken, feta cheese (if using), and romaine lettuce. Do not mix together.
2. Now, place lid on the jar and refrigerate until ready to eat, up to 3-5 days.
3. When ready to eat, add Ideal Protein Trail Mix and shake the jar vigorously to mix everything together.
4. Pour into a bowl to eat.
5. Enjoy!

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LEMONY CHICKEN AND SPINACH SOUP

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 5 garlic cloves – minced
- 1 large leek – finely chopped
- 10 cups unsalted chicken stock
- ⅔ cup dry cauliflower rice
- ½ cup fresh lemon juice
- 2 eggs
- 1 tbsp. finely chopped fresh dill
- 4 cups loosely packed spinach, stems removed
- 1 shredded chicken
- 2 tsp. kosher salt
- Cracked black pepper – for serving

PREPARATION

1. Heat up oil in a large stockpot over medium heat and add garlic and leek to the pan.
2. Cook while stirring frequently, for about 10 minutes or until vegetables are soft and aromatic. .
3. Add chicken stock to vegetables and increase heat to medium-high. Bring to a boil.
4. Add cauliflower rice and reduce heat to medium-low. Cook, stirring occasionally until rice is nearly done.
5. In a medium bowl, whisk together lemon juice and eggs.
6. Now, slowly pour 1 cup of hot broth into the egg mixture, keep whisking constantly. Then pour egg mixture back into the pan, keep stirring.
7. Add dill, spinach, chicken, and salt. Allow spinach to wilt and soup to heat back up, about 10 minutes.
8. Sprinkle with black pepper, if desired.
9. Serve and enjoy!

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AIR FRYER SHRIMP

INGREDIENTS

- 1 lb peeled & deveined Shrimp
- 1 tbsp Coconut Aminos
- 1 tbsp Avocado Oil
- 1 tsp Paprika
- 1 tsp Garlic Powder
- ½ tsp Chili Powder

PREPARATION

1. Place the shrimp in a bowl and evenly coat in the spices and avocado oil
2. Place the shrimp into the air fryer and cook for 8-12 minutes at 375 degrees
3. Add the shrimp to salads etc...
4. Plate & enjoy! (4-servings) Phase 1-3 allowed

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TURKEY AND SPINACH MEATBALLS

INGREDIENTS

- tbsp. olive oil
- 1 large onion – finely chopped
- 2 garlic cloves – finely minced
- 1 tsp. salt
- ½ tsp. ground black pepper
- ¼ tsp. dried thyme leaves
- ½ tsp. dried oregano tsp
- . ¼ – ½ tsp. crushed red pepper flakes
- 16 oz frozen chopped spinach – defrosted and drained
- 2 tbsp. Worcestershire sauce
- ⅓ cup chicken broth
- 2½ lbs lean ground turkey
- 2 large eggs

PREPARATION

1. Preheat the oven to 400°F and prepare a large baking sheet by spraying with cooking spray. Use foil over the baking sheet if needed.
2. In a frying pan on medium heat, heat olive oil until hot. Add onion, garlic, salt, pepper, thyme, oregano, and red pepper flakes.
3. Sauté until onion is tender, for about 5-6 minutes total time.
4. Add spinach to the pan and mix with onion mixture. Now, add Worcestershire sauce and chicken broth and mix well to combine.
5. Cook until most of the liquid has cooked out.
6. Remove from heat and allow to cool off and come to room temperature.
7. Take a large bowl and combine the turkey and egg. Add the cooled onion/spinach mix to the meat mix.
8. Using hands, make meatballs about 1-1½ inches in diameter. Place them on the baking sheet. Leave a little bit of space between each meatball.
9. he should be about 40-42 meatballs. These can be frozen for the future.
10. Bake meatballs until they are cooked through with an internal temperature of 160°F. Takes about 20 minutes.

Remove from oven and serve!

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SEARED CRUNCHY TUNA SALAD

INGREDIENTS

- 8 oz Tuna
- 2 tsp.. Olive oil
- 1/2 cup chopped
- Onion
- 1/2 cup chopped Celery
- 1/2 cup chopped Green Pepper
- 1/2 cup chopped Tomatoes
- 1 tbsp. Walden Farms Mayo
- Salt (to taste)
- Pepper (to taste)

PREPARATION

1. Coat Tuna in olive oil and add some salt and pepper to it (if you are using canned Tuna then make sure to drain water)
2. Grill/sear the Tuna
3. Add all the ingredients to a bowl and mix well
4. Serve and enjoy!.

Note: This is a restricted meal due to tomatoes. You may have this dish only twice a week.

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BUFFALO CHICKEN JALAPEÑO POPPERS

INGREDIENTS

- 1 lb cooked chicken – shredded or chopped
- 12 tbsp. Frank's Red Hot sauce
- 4 tbsp. approved mayonnaise
- 15 Jalapeños – halved and seeds removed
- Chives – chopped

PREPARATION

1. Mix the chicken, Frank's Red Hot sauce, and mayonnaise together in a medium bowl.
2. In a skillet, over medium heat, cook the jalapeños in 1 tbsp. olive oil. Turn occasionally, until they are lightly seared on the edges and bottoms and beginning to soften. You may have to cook them in batches.
3. When the Jalapeno is finished cooking, place the halves cut-side-down to drain on a plate.
4. Turn Jalapeno cut-side-up and spoon a generous portion of the chicken mix filling into each jalapeño cavity.
5. Top each popper with chives before serving.

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AIR FRYER BUFFALO BRUSSELS SPROUTS

INGREDIENTS

- 1 lb. brussels sprouts – halved and trimmed
- 1½ tbsp. olive oil
- Pinch of salt
- ¼ cup buffalo sauce, keep more for drizzling
- 1 tsp. Walden Farms Maple Syrup
- 1 tbsp. crumbled gorgonzola cheese (For Maintenance only)
- 1 tbsp. sliced green onion

PREPARATION

1. In a large bowl, combine brussels sprouts with olive oil and salt. Toss well to coat.
2. Add brussels sprouts to air fryer and cook at 380°F for 5 minutes. The, toss and cook for another 5-6 minutes.
3. Toss brussels sprouts with buffalo sauce and Maple Syrup. Return to air fryer and cook at 400°F for 2-3 minutes.
4. Serve with gorgonzola cheese, green onion. Drizzle buffalo sauce on top.
5. Enjoy!

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SEARED SCALLOP SALAD WITH ASPARAGUS AND SCALLIONS

50 Mins

INGREDIENTS

- ½ pound large whole scallions
- ½ pounds asparagus, tough stems discarded, stalks peeled
- 4 tbsp. extra-virgin olive oil
- Salt – to taste
- Freshly ground pepper – to taste
- 1 lb sea scallops
- ½ tsp. chopped thyme
- ½ medium shallot, minced
- 2 tbsp. cup balsamic vinegar

PREPARATION

1. Take a pot of boiling salted water and blanch the scallions just until tender, for about 3 minutes. Then, using a slotted spoon, transfer them to paper towels. Repeat the same with the asparagus.
2. Now, in a large skillet, heat up 1 tablespoon olive oil and add the scallions and asparagus. Season with salt and pepper.
3. Cook over moderately high heat. Occasionally and gently, keep tossing just until golden, for about 5 minutes. Keep warm.
4. Pat the scallops dry and season with salt and pepper.
5. In another large skillet, heat 1 tablespoon oil until shimmering. Sear the scallops in batches, over moderately high heat until golden, 2 minutes per side. Transfer to warmed plates and wipe out the skillet.
6. Heat 1 tablespoon oil in the same skillet and add the thyme and shallot and cook over moderately high heat, keep stirring until the shallot is slightly softened, for about 1 minute.
7. Remove from the heat. Add the vinegar and the remaining 1 tablespoon olive oil. Stir with a wooden spoon, scraping up any browned bits from the pan.
8. Garnish the scallops with the scallions and asparagus.
9. Drizzle the salad with the warm vinaigrette and serve.

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AIR FRYER LEMON PEPPER SHRIMP

30 Mins

INGREDIENTS

- 1 tbsp. olive oil
- 1 lemon – juiced
- 1 tsp. lemon pepper
- ¼ tsp. paprika
- ¼ tsp. garlic powder
- 2 ounces uncooked medium shrimp – peeled and deveined
- 1 lemon – sliced

PREPARATION

1. Mix olive oil, lemon juice, lemon pepper, paprika, and garlic powder in a bowl.
2. Add shrimp and toss well until coated.
3. Place shrimp in the air fryer and cook until pink and firm, for 6 to 8 minutes.
4. Serve with lemon slices. Enjoy!

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MEAL PREP LOW CARB BIG MAC SALAD JARS

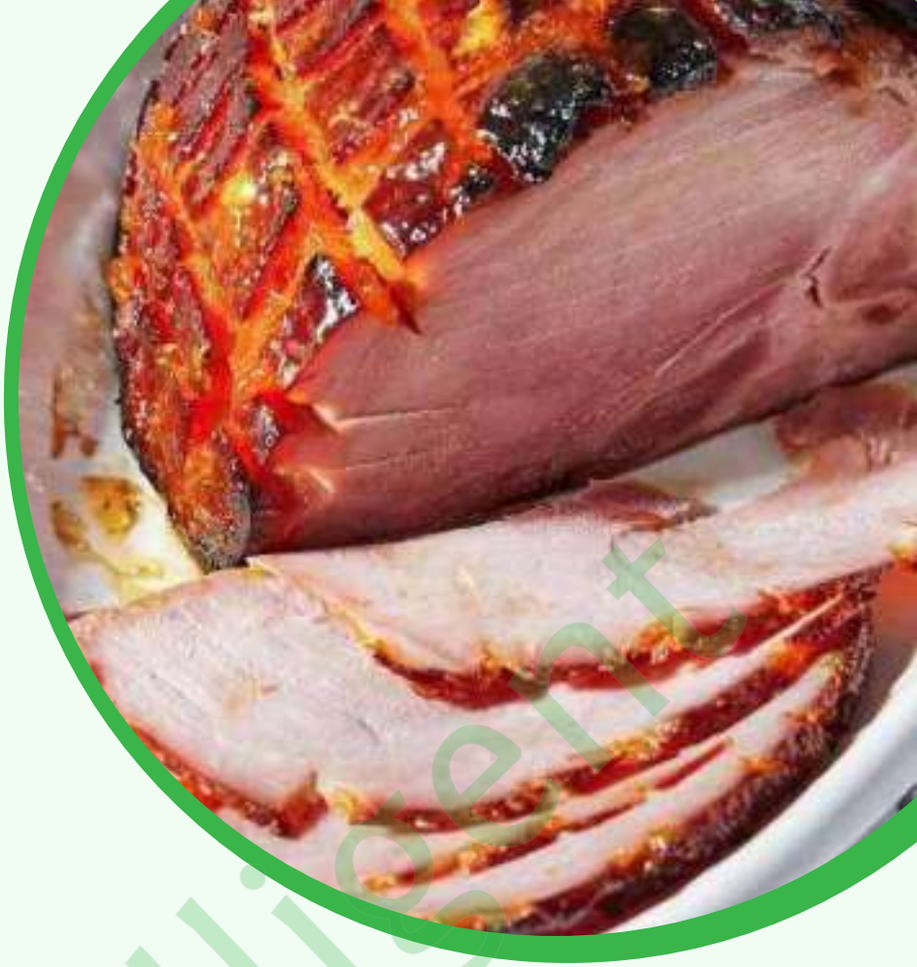
INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra-lean Ground Beef	1 lb.	Big Mac Sauce	2 Cups
Salt	½ Tsp.	Romaine Lettuce, Chopped	½ Cup
Yellow Onion, Diced	1	Walden Farms 1000 Island	½ Cup
Dill Pickles, Chopped	½ Cup	Ketchup	2 Tbsp.
Plum Tomatoes, Diced	2	Relish	1 Tbsp.
Cheddar Cheese, For Maintenance	¼ Cup		

PREPARATION

- In a skillet over medium heat, cook the extra-lean ground beef until browned and cooked through. Season with salt to taste. Set aside to cool.
- In a large jar or container, layer the ingredients starting with the diced yellow onion at the bottom.
- Add a layer of chopped dill pickles on top of the onion.
- Next, add a layer of diced plum tomatoes.
- Sprinkle grated cheddar cheese on top of the tomatoes.
- Add a generous dollop of the Big Mac Sauce.
- Layer the cooked and cooled ground beef on top of the sauce.
- Add a layer of chopped romaine lettuce.
- Finish by drizzling Walden Farms 1000 Island dressing, sugar-free ketchup, and relish on top.
- Repeat the layers for each salad jar.
- Seal the jars tightly and refrigerate for up to 4-5 days.

GLAZED HAM



INGREDIENTS

- ½ cup water
- ½ cup Dijon Mustard
- 1 cup Brown Sugar Substitute
- 3 tbsp. Apple Cider Vinegar
- 1 Cinnamon
- 1 tsp. Ground Cloves
- ½ tsp. Nutmeg
- ½ tsp. Ginger
- ½ tsp. Ground Black Pepper

PREPARATION

1. Preheat the oven to 325°F.
2. Place all of the ingredients for the glaze into a small sauce pan over medium low heat and stir until everything is well combined and the brown sugar substitute has melted. Remove from the heat
3. Place the ham on 2 long sheets of aluminum foil, inside of a roasting pan. Make sure that the foil overlaps and will be laong enough to fully wrap the ham.
4. Brush the ham all over with ½ of the glaze. Ensure that all sides are covered and allow it to go between some of the slices.
5. Wrap the ham with the foil and place it flat side down in the roasting pan. Bake for 10-14 minutes per pound or until the center reaches 110 degrees.
6. Remove the ham from the oven and increase the oven temp to 400 degrees. Carefully remove the foil from the ham, allowing any juices to fall back into the roasting pan.
7. Spoon any juices from the pan back over the ham and brush on the remaining glaze. Return to the oven for an additional 20-30 minutes, spooning the juices over the ham every 10 minutes or so, or until the internal temp reaches 140 degrees.
8. Remove from the oven and allow to rest for 10-15 minutes before eating.

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CRAB CAKES

INGREDIENTS

- 1 lb crab meat, lump, and claw
- 2 egg yolks
- 1 tbsp. finely chopped shallot
- 2 tbsp. finely chopped celery
- 2 tbsp. finely chopped dill
- 1 tbsp. lemon zest
- 1/2 tsp. hot sauce
- 1/4 tbsp. paprika
- 1/3 cup olive oil

PREPARATION

1. Place the crab meat in a thin dishtowel and apply a few hard squeezes to release excess liquid.
2. Whisk the egg yolks and add the shallot, celery, dill, lemon zest, hot sauce, and paprika.
3. Gently mix this into the crab. The mixture may look like it's not going hold together but it will.
4. To make the crab cakes, you need a round cookie cutter about 2 inches wide. Use a tablespoon to add 2 generous tablespoons scoop full of crab mixture into the cookie cutter.
5. Press the crab down very firmly with your fingers and gently lift the cookie cutter. You should be able to make at least a dozen crab cakes.
6. Cover the cakes and refrigerate for them one hour or more to help the ingredients bind together.
7. Preheat oven to 375°F and on the stovetop, heat the olive oil in a pan.
8. As the oil starts to sizzle, use a spatula to slide the crab cakes into the pan. Cook about 2-3 minutes on each side until they are brown and crispy.
9. Use a spatula to scoop the cakes out of the pan and onto a cookie sheet. Put in the oven for another six minutes to make sure they are cooked through the middle.
10. Top with Walden Farms Seafood Sauce! Add more horseradish for a kick!
11. NOTE: the most important part is using the cookie cutter to shape the crab cakes and refrigerating them for at least an hour before cooking.

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CRISPY SALMON WITH ROASTED LEEKS AND FENNEL

INGREDIENTS

- 2 tsp. Olive oil
- 2-3 fennel bulbs – sliced, - including the fronds for garnish
- 3-4 large leeks – thinly sliced
- Salt and pepper
- 4-6 salmon fillets
- 1 tbsp. fresh thyme leaves – chopped
- Juice of 1 lemon
- Parsley for garnish

PREPARATION

1. Preheat an oven to 400°.
2. Cut off the stems and fronds from the fennel bulbs.
3. Chop the fronds and keep some aside for garnish.
4. Cut each fennel bulb in half lengthwise and remove the tough core.
5. Cut the bulbs crosswise into thin slices.
6. Slice the leeks into thin pieces, including a small portion of the green parts.
7. Rinse to remove any sand or dirt.
8. Scatter the sliced leeks and the sliced fennel bulbs evenly in a baking dish.
9. Lightly season with salt, pepper, and the chopped thyme and drizzle with olive oil.
10. Toss to coat evenly and roast in the oven for about 15 minutes while you prepare the salmon.
11. Heat a cast-iron pan with oil at medium-high heat.
12. Season the salmon with salt and pepper and sear for 5 minutes on one side until a crispy layer has formed.
13. Place the salmon on top of the fennel and leeks and cook until opaque and the vegetables are browned and tender.
14. Squeeze the juice of one lemon over the fish and vegetables.
15. Garnish with the reserved fennel fronds and serve immediately.

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ZUCCHINI BOATS

INGREDIENTS

- 2 medium zucchinis
- ½ cup of grape tomatoes – diced
- ½ cup of peppers – diced
- 2 tbsp. of fresh cilantro
- 1 whole egg – beaten
- 5 ounces of extra lean ground beef
- 1 tbsp. of taco seasoning
- 1 tsp. baking powder

Taco Seasoning Recipe:

- 1 tbsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. cayenne powder
- ½ tsp. oregano
- 1 tsp. paprika
- 2 tsp. cumin
- 1 tsp. salt

PREPARATION

1. Preheat oven to 375° degrees.
2. Line baking sheet with parchment paper.
3. Slice zucchinis lengthwise in half.
4. Place cut side down on the baking sheet and roast for 30 minutes.
5. While zucchini is roasting, place the extra lean ground beef in a skillet and cook through
6. Close to the finish, sprinkle in 1 tbsp. of taco seasoning, adding a little hot water, and stir well until seasoning is well absorbed.
7. Remove from heat.
8. When zucchinis are done roasting, scoop out the flesh leaving the shell intact.
9. Add the tomatoes and peppers to the taco seasoned ground beef.
10. Now add the 2 beaten eggs and cilantro to the seasoned ground beef.
11. Mix well and fill the 4 zucchini boats (you can overfill).
12. Place back in the oven for 20-30 minutes.
13. Take out from the oven and serve!

Taco Seasoning: Combine all ingredients well and store in an airtight glass jar or container. If using ground turkey add 1 tsp. of poultry seasoning to the spice recipe.

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JICAMA TACOS

INGREDIENTS

- 6 jicama taco shells
- Lettuce – 2 cups
- 8 oz. ground beef
- 1 lime – cut into wedges
- Sugar-free Taco Seasoning
- Pico De Gallo

PREPARATION

1. Cook the beef with sugar-free taco seasoning.
2. Heat the jicama shells for about 15 seconds on each side.
3. Fill each shell with lettuce, meat, and pico de gallo.

Squeeze lime juice on the top and serve. (May also add fresh cilantro)

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GARLIC ROASTED CABBAGE STEAKS

INGREDIENTS

- 1 (apx. 2 lb) head of green cabbage – 1 inch thick slices
- 1 ½ tbsp. 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!

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BREADED FISH FILLETS WITH DILL ZIPPERS

INGREDIENTS

- 1 8oz fillet white fish (any white fish fits)
- 1 packet Ideal Protein Dill Pickle Zippers
- 1 tbsp. lemon juice
- 1/4 cup egg whites
- 1/4 tsp. paprika
- 2 tsp. dried parsley flakes

PREPARATION

1. In a shallow dish or pie pan, add together crushed Zippers, parsley flakes, and paprika and mix them well
2. In another shallow dish, combine egg white, and lemon juice and beat well
3. Dip fillet in egg mixture and tuck thin ends of fish under uniform thickness
4. Dip fish in zipper mixture and pat gently to coat well
5. Place fillets in sprayed pan and spray fish with cooking spray for about 5 seconds
6. Bake at 350°F for 10 to 15 minutes or until you can flake fish easily with a fork
7. Serve and enjoy!

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CORNED BEEF

INGREDIENTS

- 1½ qt. water
- 2 tbsp. sea salt
- 5 Splenda packets
- 6 cups of cabbage – shredded
- Black pepper to taste
- 1½ lbs flank steak (24 oz)
- ½ tsp. pink salt (optional)
- 1 large garlic clove, smashed
- 2 tbsp. pickling spice
- Beef broth

PREPARATION

1. In a large saucepan, combine the spice, salt, garlic, water and bring to boil. Stir constantly and once mixed, remove from heat.
2. Set aside and cool off to room temperature.
3. Tie flank steak into a roll, place in a bowl, and cover with brine. Weight down with a plate to keep it submerged. Leave it like this in refrigerator overnight.
4. Remove from the brine and place the flank steak in a large pot or dutch oven and cover steak with the beef broth and water (if needed).
5. Cover pot and bring to a boil, then reduce heat to medium-low.
6. Simmer until tender.
7. Add cabbage and cook for 15 min more. Remove meat and let it rest.
8. Cut, serve and enjoy!

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BBQ PULLED PORK

INGREDIENTS

- 2 lb pork tenderloin
- 1/4 cup of pork rub
- 1/4 cup of Apple Cider Vinegar
- 2 cup of water
- 8 tbsp. Walden Farms BBQ sauce (or as per your flavor)

PREPARATION

1. 8 tbsp. Walden Farms BBQ sauce (or as per your flavor)
2. Put tenderloins in a slow cooker
3. Pour water and vinegar over pork
4. Cook on low heat for about 8-10 hours
5. Shred the pork tenderloins and Walden Farms BBQ sauce
6. Serve with your favorite vegetables and enjoy!

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MUSHROOM SOUP

INGREDIENTS

- 1 packet Ideal Protein Mushroom Soup
- 2 stalks of celery
- 1 cup of Mushrooms
- 1/4 cup of minced spinach
- 1/2 tsp. of minced garlic
- Black Pepper – to taste
- Sea Salt – to taste
- 1 tbsp. Olive Oil

PREPARATION

1. Start by chopping the celery and slicing the mushrooms
2. Sautee the celery, mushrooms, and spinach with garlic in olive oil on medium heat until celery gets tender
3. While the veggies are cooking, mix 8 ounces of water or low sodium broth with the IP mushroom soup packet
4. Pour the soup on top of the heating vegetables
5. Add black pepper, and sea salt to taste
6. Boil until hot
7. Serve and savor!

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AIR FRYER BROCCOLI

INGREDIENTS

- 12 oz fresh broccoli florets – cut/torn into toughly even, very-small pieces
- 2 tbsp. extra virgin olive oil
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. kosher salt
- 1/8 tsp. freshly ground black pepper

Optional garnishes: fresh lemon slices, freshly grated parmesan cheese (For Maintenance)

PREPARATION

1. Combine all ingredients in a bowl and toss well to fully incorporate seasonings into the broccoli florets
2. Pour 1 tbsp. water into the bottom of the Air-fryer pan as it helps prevent contents from smoking
3. Add broccoli mixture evenly into the air fryer basket
4. Set fryer to 400°F for 6 minutes
5. Once the timer goes off, immediately remove the basket
6. Optional: sprinkle with a dash of fresh lemon juice or freshly grated parmesan cheese (Maintenance only)
7. Serve and enjoy!

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ROASTED CAULIFLOWER STEAKS

INGREDIENTS

- 1 large cauliflower
- 2 tbsp. Olive Oil
- 2 large cloves of garlic – grated or crushed
- Salt and pepper to taste
- ½ cup chimichurri sauce

PREPARATION

1. Preheat the oven to 400°F and line a sheet pan with parchment paper.
2. Remove the green leaves from the underside of the cauliflower and trim the stem flat.
3. Rinse the cauliflower under cold running water and then dry with paper towels.
4. Place the cauliflower stem side down on a cutting board and carefully cut 2 sides off so they are flat.
5. Cut the cauliflower in half, then cut each half in half again for a total of 4 thick cauliflower slices
6. Place the cauliflower steaks/slices on the sheet pan.
7. In a small dish, combine olive oil and the grated/crushed garlic together, blending well.
8. Spread a tablespoon of the garlic-oil mix on both sides of each steak/slice.
9. Sprinkle with salt and pepper and transfer the sheet pan to the oven and roast the cauliflower steaks for 10 minutes. Turn the steaks' sides with a spatula and continue to roast for another 15 minutes or until tender when pierced at the stem with a skewer.
10. Serve each cauliflower steak with a tablespoon or more of chimichurri sauce.
11. Recipe yields 4 servings. Enjoy!

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CRAB STUFFED MUSHROOMS

INGREDIENTS

- 1 lb button or cremini mushrooms – stems removed
- 7 oz lump crab meat
- 3 green onions – chopped
- ½ cup grated Parmesan – divided (For Maintenance only)
- ⅓ cup approved mayonnaise
- ½ tsp. paprika
- ½ tsp. garlic powder
- ¼ tsp. sea salt or pink Himalayan salt
- ¼ tsp. black pepper
- 2 tsp. fresh minced parsley

PREPARATION

1. Preheat the oven to 350°F (conventional), or 310°F (fan assisted) and line a baking sheet with parchment paper.
2. In a medium bowl, mix together the crab, chopped green onions, mayonnaise, paprika, garlic powder, salt, black pepper, parsley, and 1/4 cup of the grated parmesan (if in Maintenance).
3. Fill each mushroom with the mixture then sprinkle the remaining cheese over the top.
4. Bake for 15 minutes or until cooked.
5. These are best eaten immediately, however, you can store them in an airtight container in the refrigerator for up to 2 days. Reheat under the broiler for 2-3 minutes or until hot.
6. Serve and enjoy!

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CHICKEN SAUSAGE

INGREDIENTS

- 8 ounces of Ground Chicken
- 1/4 tsp. Onion Powder
- 1/4 tsp. Garlic Paste or Powder
- 1/4 tsp. Red Pepper Flakes
- Pinch of Dill
- Pinch of Cumin
- Pinch of Coarse Salt
- Cracked Black Pepper to taste

PREPARATION

1. Mix all ingredients in a bowl.
2. Heat a non-stick pan over medium heat.
3. Make the sausage mix into patties and cook for 5 minutes on each side or until cooked through.
4. Serve & enjoy
5. Phase Approved: Phases 1-3

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STUFFED BABY BELL PEPPERS WITH CHICKEN SALAD

INGREDIENTS

ITEM	QUANTITY
Can Chunk Chicken Breast	1
Jalapeno Pepper, Diced	1 small
Green Onions	3
Approved Mayonnaise	2 Tbsp.
Baby Bell Peppers	4

PREPARATION

- In a mixing bowl add chunk chicken breast, jalapeno pepper, diced green onions, and mayonnaise mix these very well. And keep it aside.
- Cut baby bell pepper half with a knife and Stuff each half with chicken mixture.
- Mix each half of the remaining green onion to garnish stuffed baby bell peppers.
- Serve baby bell peppers. Enjoy!

TURKEY UNWICH

INGREDIENTS

- 3 large iceberg lettuce leaves
- 3-4 turkey slices
- 2 slices tomato
- ¼ onion – cut in strips
- 2-3 cucumber slices
- 1 tbsp. mayo
- 1 tbsp. mustard
- 1 jalapeno – diced
- Salt and pepper – to taste

PREPARATION

1. Take a large piece of parchment paper and lay your lettuce leaves on it. Place Jalapeno.
2. Now, place the rest of the toppings. You can add any approved toppings you like.
3. Tuck and roll lettuce like a burrito.
4. Cut in half and enjoy!

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SPICED GRILLED SALMON WITH HEARTS OF PALM SALAD

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- Juice of 2 lemons or limes
- 2 large cloves garlic – minced
- 2 large shallots – minced
- 1 tsp. ground cumin
- 1 tsp. cayenne pepper
- Kosher salt
- 1/2 bunch cilantro – roughly chopped
- 4 6-ounce center-cut salmon fillets – skin removed
- 1 14-ounce can hearts of palm – cut into 1-inch pieces
- 1 pint cherry or grape tomatoes – halved
- Vegetable oil, for brushing
- 2 cups mixed salad greens

PREPARATION

1. Preheat grill to medium high heat.
2. In a large bowl, whisk 2 tbsp. olive oil, 1 lemon juice, garlic, shallots, cumin, cayenne, 1 tsp. salt and half of the cilantro. Add the salmon fillet and coat well. Allow to marinate for 15 minutes at room temperature.
3. Meanwhile, toss the hearts of palm and tomatoes in a bowl with the remaining olive oil, remaining lemon juice, and rest of the cilantro. Season with salt.
4. Brush the grill with vegetable oil.
5. Grill the salmon, round side down, until marks appear on the bottom, for about 4 minutes. Turn and continue grilling until marks appear on the other side and cooked through, for 2 to 3 more minutes.
6. Divide the salmon among plates.
7. Serve with the greens and hearts of palm salad. Drizzle the juices from the salad over the greens.
8. Enjoy!

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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!

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CAULIFLOWER PIZZA

INGREDIENTS

- 1 cup of grated Cauliflower
- 1 Large Egg
- 2 tsp. of Coconut Oil
- 1 Garlic Clove, minced
- 1 tsp. of Ideal Salt or Sea Salt
- 1/2 tsp. dried Basil
- 1/2 tsp. dried Oregano
- Fresh Ground Pepper to taste

PREPARATION

1. Preheat oven to 350 degrees.
2. Place grated cauliflower in a microwaveable bowl and microwave for about 5 minutes or until slightly soft. Puree it and set aside.
3. In a bowl, whisk the egg and mix with minced garlic, herbs and spices.
4. Place pureed cauliflower into paper towels over a large bowl to dry it out.
5. Spray a baking pan with Pam Spray.
6. Mix cauliflower puree with egg mixture to make the "dough".
7. Spread the "dough" making one round pizza shape on the baking sheet.
8. Bake for 15 minutes, flip carefully and continue baking for about 10 minutes.
9. Take out of the oven and top with your favorite veggies.
10. Serve & Enjoy! Phase Approved: Phases 1-3

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MAPLE ROASTED CHICKEN

INGREDIENTS

- 8 bone-in, skin-on chicken thighs (about 3 pounds)
- ¼ cup Ideal Protein Maple Syrup
- 2 tbsp. apple cider vinegar
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 2 tbsp.+1 tsp. kosher salt (such as Diamond Crystal)
- 2 tbsp. olive oil
- ½ tbsp. ground black pepper

FOR THE GLAZE:

- ⅓ cup Ideal Protein Maple Syrup
- 1 tsp. ground cinnamon
- ½ tsp. kosher salt (such as Diamond Crystal)
- ¼ tsp. ground fennel
- ¼ tsp. smoked paprika

PREPARATION

1. Using paper towels, pat the chicken dry and trim off any excess fat. Then, place in a large re-sealable plastic bag or medium bowl with a lid.
2. In a medium bowl, stir together the IP maple syrup, apple cider vinegar, garlic powder, onion powder, smoked paprika and 2 tbsp. salt.
3. Pour into the bag with the chicken. Seal and refrigerate overnight or for at least 1 hour.
4. Heat oven to 400°F. Pull the brined chicken out of the fridge, drain off the brine and pat the chicken dry. On a rimmed sheet pan, rub the chicken with the olive oil, 1 tsp. salt and the pepper.
5. Set the skin side up and roast for 25 to 35 minutes, or until the juices run clear when pierced and the internal temperature reaches 165°.
6. As the chicken roasts, make the glaze: Add the maple syrup, cinnamon, salt, fennel, paprika and ½ cup water to a small saucepan. Bring to a simmer over medium heat and cook for 10 to 15 minutes, or until the mixture has reduced and thickened enough to coat the back of a wooden spoon.
7. Brush the cooked thighs with the glaze and set under the broiler for 30 seconds to 1 minute. Keep an eye on the glaze as it is quick to burn. Serve hot.
8. Serve hot and enjoy.

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LEMON PEPPER GRILLED SWORDFISH KABOBS

INGREDIENTS

- 2 swordfish steaks – 6 ounces each
- 2 tbsp. extra-virgin olive oil
- 2 tsp. lemon zest
- ½ tsp. pepper
- 1½ tsp. anchovy paste
- 1 tbsp. chopped fresh thyme
- 8 wooden skewers
- 2 lemon wedges for serving

PREPARATION

1. Cut swordfish into 1-inch cubes then add to a resealable plastic bag.
2. Add the olive oil, lemon zest, black pepper, anchovy paste and thyme to the bag then seal.
3. Gently massage the bag until the marinade is well mixed and the fish coated. Place the bag onto a plate and refrigerate for 1 hour.
4. Meanwhile, submerge the skewers in water so they soak.
5. After 1 hour, heat grill to medium-high heat (or place a grill pan over medium heat).
6. Divide the swordfish cubes between each skewer then grill until just cooked through, about 2 minutes per side.
7. Transfer to a serving plate and squeeze lemon juice over the fish. Enjoy!

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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!

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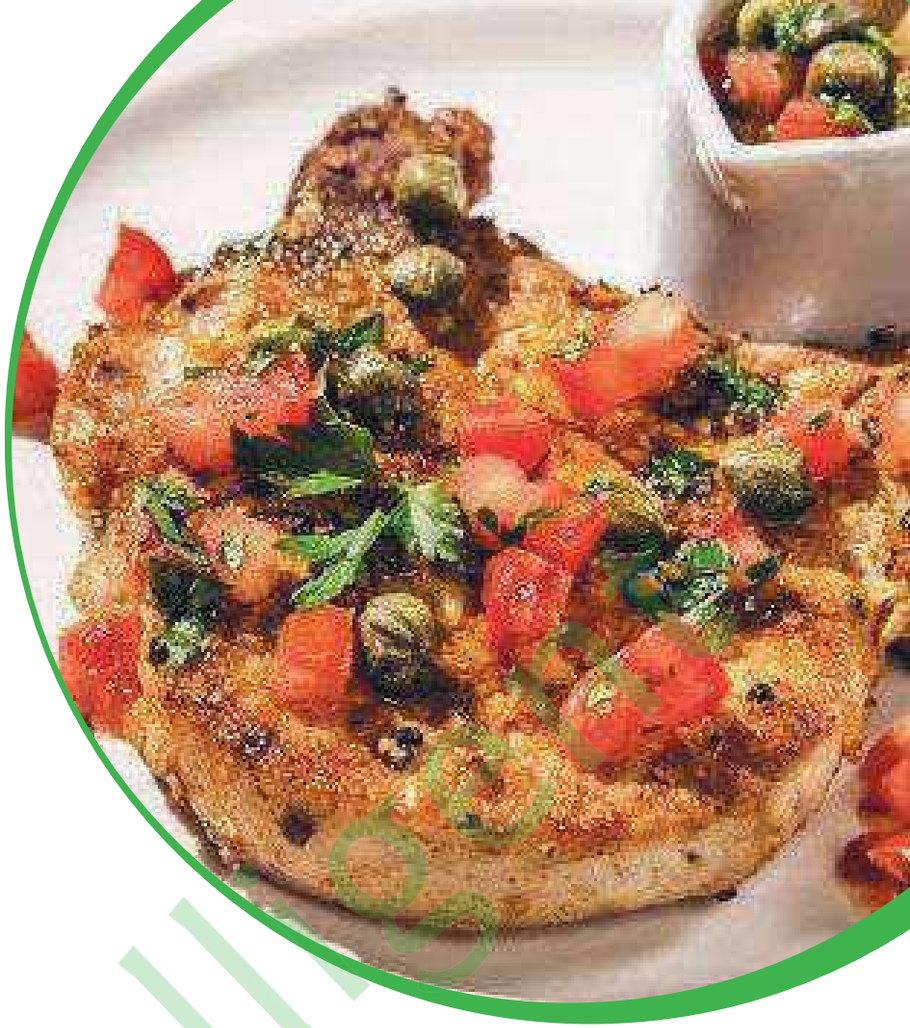
TOMATO-CAPER PORK CHOPS



INGREDIENTS

- 6, 6-oz boneless center cut pork loin chops
- ½ tsp. salt
- ½ tsp. pepper
- 2 tbsp. avocado oil
- 2 cloves garlic – minced
- 4 Roma tomatoes – seeded and diced
- ¼ cup capers – drained
- 1 cup organic chicken broth
- 3 tbsp. white vinegar
- 2 tbsp. tomato paste
- 2 green onions – chopped
- 1 tbsp. chopped fresh rosemary

PREPARATION

1. Sprinkle pork with salt and pepper.
2. In a large nonstick skillet over medium-high heat, cook pork chops in 2 batches in 1 tbsp. oil per batch, for 4 minutes per side or until done. Remove from skillet; keep warm.
3. Add garlic to skillet and cook for 1 minute. Then stir in tomatoes, capers, broth, vinegar, and tomato paste.
4. Bring to a boil and cook until liquid is reduced by half and thickened.
5. Stir in onions and rosemary; serve sauce over pork.
6. Bon Appétit!

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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!

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STEAK FAJITA ROLL-UPS

INGREDIENTS

- 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
- 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.

Serve with guacamole, salsa, or sour cream. Enjoy!

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LOW-CARB CABBAGE ROLLS

INGREDIENTS

- 1 Cabbage head
- 1 lb. Ground beef
- 1 14.5-oz can Diced tomatoes – drained
- 1 large Egg
- 4 cloves Garlic – minced
- 2 tsp. Italian seasoning
- 1 tsp. Sea salt
- 1/4 tsp. Black pepper
- 1 cup Cauliflower rice
- 1 15-oz can Tomato sauce

PREPARATION

1. Preheat the oven to 350°F (177°C).
2. Bring a large pot of water to a boil and add the head of cabbage into the boiling water, immersing fully.
3. Boil for 5-8 minutes, just until the leaves are soft enough to bend. They will turn bright green and the outer leaves might come off, which is okay and you can fish them out.
4. Remove the cabbage from the boiling water and set aside to cool.
5. Leave the hot water in the pot for now as you might need it again when peeling the cabbage leaves.
6. Meanwhile, stir fry the cauliflower rice for a few minutes.
7. Take a large bowl and combine the ground beef, diced tomatoes, egg, minced garlic, Italian seasoning, sea salt, and black pepper. Mix until just combined, but don't over-mix. Fold in the cooked cauliflower rice. Set aside.
8. Spread half the tomato sauce in a large rectangular or oval ceramic baking dish. Set aside.
9. Carefully peel the leaves from the cabbage. To do so, flip cabbage over so the core side is up, and cut the leaves one-by-one from the core, then carefully peel (they are fragile). Instead of peeling leaves back, slide your fingers between the layers of cabbage to release them. The leaves on the outside will be very soft and easier to peel, but inside they may be firmer. If they are too firm and crisp to bend, you can return the partially peeled cabbage to boiling water for a couple more minutes to soften more.
10. Cut the thick rib from the center of each cabbage leaf, cutting in a "V" shape.
11. Place 1/3 cup (67 grams) beef mixture into a log shape at one end of a cabbage leaf.
12. Fold in the sides, then roll up, like a burrito.
13. Place the cabbage roll, seam side down, into the baking dish over the sauce.
14. Repeat to make 12 cabbage rolls. If the inner leaves are too small, you may need to use two to overlap them to fit the filling.
15. Spoon the remaining tomato sauce over the cabbage rolls and cover the baking dish tightly with foil.
16. Bake for 1 hour, or until the beef is cooked through.
17. Serve warm and enjoy!

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SWEET CHILI LIME TOFU (VEGETARIAN)

INGREDIENTS

- 1 packet of extra-firm tofu, about 14 ounces.
- 3 tablespoons of Stevia.
- 3 tablespoons of soy sauce.
- 2 tablespoons of fresh lime juice
- ½ lime, zested
- ½ tablespoons red chili flakes.
- 1 clove of garlic, minced.
- ¼ tablespoon of salt.
- 4 mint leaves, sliced thin.

PREPARATION

1. In a bowl, whisk together the soy sauce, lime juice, Stevia, chili, garlic, mint, and salt.
2. Make sure that the stevia and salt are dissolved and set aside.
3. Heat a cast-iron pan over medium heat until hot.
4. Drain the tofu completely dry and cut into small thin triangles.
5. Spread tofu over the pan, and press it gently using a spatula to squeeze out excess liquid.
6. Let this liquid boil and dissolve.
7. Continue pressing the tofu for 5 minutes, then flip and repeat for the other side.
8. Pour in the sauce and stir until the tofu is fully coated.
9. When the sauce begins to bubble, turn off the heat.
10. That way, it will reduce slightly and form a glaze.

Serve hot or warm.

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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
- 1/4 cup egg whites
- 1/4 tsp. paprika
- 2 tsp. dried parsley flakes
- 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

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BAKED CHICKEN FAJITA ROLL-UPS

INGREDIENTS

- 3 chicken breasts
- ½ yellow bell pepper – sliced
- ½ red bell pepper – sliced
- ½ green bell pepper – sliced
- For Marinade
- Half a lime juice
- A pinch of cayenne - pepper (optional)
- 2 tbsp cilantro – chopped
- 2 tbsp olive oil
- 1 clove garlic – minced
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp dried oregano
- ½ tsp salt

PREPARATION

1. Take a small bowl and whisk together the olive oil, lime juice, garlic, chili powder, cumin, oregano, salt, cayenne (optional), and cilantro
2. Slice chicken breasts longways into 2 even parts
3. Pound the chicken with the smooth side of a meat tenderizer and make an evenly thick meat of ¼ inch
4. Put chicken cutlets in a large resealable freezer bag and pour marinade over top, make sure the meat is completely coated
5. Leave it to marinate for a minimum of one hour to overnight
6. Once the chicken is marinated, evenly place bell pepper slices in the middle of the chicken, roll up and seal with a toothpick
7. Repeat this step until all the cutlets have been rolled up
8. Place seam side down in a readied baking dish
9. Brush the tops of chicken with remaining marinade
10. Bake uncovered, at 375°F for about 25 to 30 minutes or until the juices run clear

Serve and enjoy!.

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GRILLED TOFU KEBABS

INGREDIENTS

- Walden Farms All Zero BBQ sauce
- Extra or super firm tofu (the 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!

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BBQ PULLED PORK & RUB

INGREDIENTS

RUB

- 1 Tbsp. Paprika
- 1 Tbsp. Yellow Mustard
- 1 tsp. Sea Salt
- 2 Splenda Packets
- 1 tsp. Black Pepper
- 1tsp. Ground Ginger
- 1 Tbsp. Onion Powder
- 1 tsp. Cayenne Pepper

Pork BBQ

- 2lb. Pork Tenderloin
- 1/4 cup of pork rub
- 1/4 cup of Apple Cider Vinegar
- 1/2 cup of water
- 8 Tbsp. of Walden Farms BBQ sauce (flavor of your choice)

PREPARATION

1. Rub pork tenderloin liberally with the pork blend
2. Place the pork tenderloin in a slow cooker
3. Pour water and vinegar over pork
4. Cook on low heat for about 8-10 hours
5. Shred the pork and add the Walden Farms BBQ sauce of your choice
6. Serve & enjoy with your favorite vegetables!

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SHEET PAN CHICKEN AND VEG

INGREDIENTS

- 1 lbs Chicken breast, cut into
- 2 inch cubes
- 2 cups Broccoli florets
- 1 cups Baby bella mushrooms, quartered
- 2 cups Red bell pepper, cut into 1 inch chunks
- 1 cup Zucchini, cut into 1 inch chunks
- 1 tablespoon approved oil
- 1/2 teaspoon Black pepper
- 1 teaspoon Smoked paprika
- 1/2 teaspoon Dried oregano
- 1/2 teaspoon Garlic powder

PREPARATION

1. Pre-heat the oven to 475°F.
2. Prep all of your chicken and veggies and set them on large sheet pan, or two small sheet pans
3. In a small bowl add the oil, spices. Whisk together.
4. Pour the oil mixture over the chicken and veggies on the sheet pan and mix. Lay out in a single layer.
5. Bake in the pre-heated oven for 18 minutes or until done.
6. **For meal prep**: divide into 3 bowls with lids and store in the fridge

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ARTISAN FLATBREAD

INGREDIENTS

- 1 IP Potato Puree
- 1 whole egg
- 1/4 Tsp of baking soda
- 1/4 Tsp of Sea Salt
- 1/4 Tsp of Basil
- 1/2 Tsp of Oregano
- 1 Tsp Olive Oil
- 1/2 Tsp Thyme
- 1/2 Tsp of Garlic Powder
- 1 Pinch of Cilantro
- 2 oz. of Water
- Pam Spray

PREPARATION

1. Preheat oven to 350 degrees.
2. Mix all ingredients in a bowl
3. Spray 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, fill it with your favorite protein, veggies and Enjoy! Phase 1-3 allowed.

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STIR-FRIED LEMONY CHICKEN WITH ASPARAGUS

INGREDIENTS

- 4 chicken breasts – boneless, skinless, cubed
- Kosher salt – to taste
- ½ cup chicken broth
- 2 tbsp. low-sodium soy sauce
- 2 tbsp. water
- 1 tbsp. canola oil
- 1 bunch asparagus – cut into - 2-inch pieces
- 6 cloves garlic, minced
- 3 tbsp. fresh lemon juice
- Lemon zest
- Salt & pepper

PREPARATION

1. Cook asparagus and oil in a skillet over medium heat for 3-4 minutes and add garlic when 1 minute remains. Set it aside.
2. Season chicken with salt & pepper and put heat to high and cook chicken until browned then set aside.
3. Add soy sauce and chicken broth to a skillet and bring to boil for about 1 minute.
4. Add lemon juice, water, and soy sauce and stir for about 1 minute.
5. Return chicken and asparagus to the pan.
6. Coat with sauce and top with lemon zest.
7. Serves 4. Enjoy the taste!

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PAN SEARED OVEN ROASTED PORK TENDERLOIN

INGREDIENTS

- 12 oz pork tenderloin
- 1 tsp. paprika
- 0.5 tsp. garlic powder
- 0.5 tsp. onion powder
- 0.5 tsp. dried thyme
- 0.5 tsp. fresh rosemary
- 1/4 tsp. salt
- 0.5 tsp. ground black pepper
- 1 1/2 tbsp. olive oil
- 1 tsp. garlic minced
- 1 1/2 tbsp. Walden Farms maple syrup
- 1/3 tbsp. reduced-sodium soy sauce
- 1/4 tsp. traditional Dijon mustard

PREPARATION

1. To make the rubbing mix, take a small bowl and combine ground black pepper, onion powder, salt, garlic powder, dried thyme, and fresh rosemary together.
2. Rub the tenderloin evenly with the rubbing mix. Press gently against the meat using your fingers. Allow it to sit and complete the remaining steps while on the wait.
3. To make the sauce, take another small bowl, whisk together minced garlic, paprika, Dijon mustard, Walden Farms maple syrup, soy sauce, and half the olive oil.
4. Swirl your skillet with remaining olive oil over medium-high heat.
5. Sear the marinated pork loin on the pan for 6 minutes, until it's golden brown on all sides.
6. Transfer the pork tenderloin to the baking dish.
7. Brush the remaining sauce mixture onto the pork loin.
8. Bake everything together in the oven for 25 minutes.
9. Serve with your favorite veggies and enjoy.

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GARLIC SHRIMP AND VEGGIE FOIL PACKS

INGREDIENTS

- 1 lb. large shrimp – peeled and deveined
- 3-4 cups chopped zucchini or your favorite vegetables
- 4 cloves garlic – minced
- 2 tbsp. cilantro or parsley – minced
- 1 tbsp. olive oil
- 1 tsp. paprika
- Salt and pepper to taste

PREPARATION

1. Add all the ingredients to a large bowl and mix well to combine.
2. Place four 18×12-inch pieces of heavy aluminum foil on the counter and place the shrimp and veggie mixture on the foil.
3. Fold the foil over the shrimp to seal properly.
4. Grill or bake at 400°F for 15-20 minutes or until shrimp and vegetables are cooked through.
5. Serve with Cauliflower rice or salad.

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BASIL LIME CHICKEN

INGREDIENTS

- 3 lbs Chicken Breast
- 3 Limes divided (juice and zest)
- 2 tbsp Olive Oil
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsp Dijon Mustard
- 3 tbsp Soy Sauce
- 3 tbsp Walden Farms Apple Butter

PREPARATION

1. Take juice and zest of 2 limes, extra virgin olive oil, dijon mustard, soy sauce, 3 green onions, 2 garlic, salt, and pepper in a bowl and mix well
2. Cut chicken into even-sized cutlets and place them in a gallon-sized bag
3. Pour marinade on the chicken
4. Let it marinate for 1 hour
5. Preheat your grill
6. Grill chicken for 7 minutes
7. Flip sides and cook until the internal temperature becomes 170°
8. Take out from grill and let it rest
9. Mix the remaining lime juice, olive oil, green onions, basil, and garlic and pour over the cooked chicken

Serve and enjoy

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AIR FRYER TOFU

INGREDIENTS

- 16 oz super firm tofu (or extra firm tofu. squeeze out the water from the extra firm tofu)
- ½ tsp. turmeric
- 1 tsp. paprika (or cayenne, which will add more heat than paprika)
- 1 tsp. garlic powder (or 1 tsp. grated garlic)
- ½ tsp. vegetable oil
- 1 tbsp. lemon juice
- Salt to taste

PREPARATION

1. Cut the tofu lengthwise into four slabs, then cut each slab into 12 cubes.
2. Place the tofu and all marinade ingredients in a bowl and toss to mix. Let it stand for 30 minutes.
3. Place the tofu in a single layer in the air fryer basket, with a bit of space between each cube, and place in the air fryer.
4. Air-fry the tofu for 12 minutes at 375°F. Halfway through air frying remove the basket and toss the tofu cubes around.
5. You can simply fry these tofu cubes in an oiled skillet.
6. Serve as snacks or side and enjoy!

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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
- 1/2 tsp Cinnamon
- 1 tsp vanilla extract
- 2 tsp maple syrup
- 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!

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BEEF STUFFED BELL PEPPERS

INGREDIENTS

- 6 bell peppers
- - 2 lb lean ground beef
- - 2 tbsp Olive oil
- - 1 tbsp Cumin
- 1 tbsp Hot sauce
- - 1 tbsp Garlic - minced
- - 1 tbsp Onion - minced
- - Walden Farms Ranch or Blue Cheese Dressing

PREPARATION

1. Core the seeds and membrane of the Bell Peppers and cleanse them well
2. Add peppers to a 5-6 qt. pot and fill it with enough water to cover the peppers
3. Boil until the peppers become soft and change color (about 10-15 minutes)
4. While the peppers are cooking, take the ground beef in a large skillet and heat until browned, drain afterward
5. Put the skillet back to heat and add minced onion and garlic
6. Add olive oil, hot sauce, and cumin to a small bowl and mix
7. Add the mixture to ground beef and mix well
8. Leave on heat for 5 minutes to let the spices cook
9. Use a spoon to fill the beef mix in bell peppers
10. Drizzle Walden Farms Free Ranch or Blue Cheese Dressing (1 tbsp per pepper), hot sauce (optional)

Serve with Lettuce and Cucumber salad

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ROASTED CHICKEN WITH TURNIP AND LEMON THYME

INGREDIENTS

- 1 lb boneless – skinless chicken breasts
- - 1 cup leeks – cut into 2 inch (5 cm) cubes
- - 4 cups turnip – cut 2 inches (5 cm) chunks
- - 1 tbsp. olive oil
- - 1 tbsp. lemon thyme – fresh
- 1/4 tsp. sea salt
- - ½ tsp. black pepper – freshly ground
- - 2 tsp. lemon zest – fresh
- - 1/4 cup lemon juice – fresh
- - 4 sprigs lemon thyme – fresh (optional as garnish)

PREPARATION

1. Preheat oven to 350°F.
2. Cut chicken into 2 inch cubes and set aside.
3. Cut leek and turnip into chunks – about 2 inches large. If you have small turnips 3 inches or less, cut them into quarters and set aside.
4. Heat 1/2 tbsp. olive oil in a large skillet over medium-high heat.
5. Add chicken and season with leaves from the lemon thyme, sea salt, and freshly ground black pepper.
6. Sauté chicken until lightly browned for three minutes. Flip over and cook the other side to brown for a few more minutes.
7. Toss browned chicken with the leek and turnip chunks, remaining olive oil, fresh lemon zest, and lemon juice in a large bowl.
8. Toss again and spread out over roasting pan.
9. Bake for 30 minutes or until vegetables are lightly browned and tender.
10. Garnish with sprigs of fresh lemon thyme.

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CAULIFLOWER SOUP

INGREDIENTS

- 1 large Cauliflower head
- 2 chicken bouillon cubes
- 1/2 cup onions – chopped
- 4 – 6 cups water
- Salt
- Pepper

PREPARATION

1. Chop the Cauliflower head
2. Take a 5 qt. saucepan and add all ingredients
3. Cover and let it simmer until vegetables are tender (approx. 20 minutes)

Serve, taste and enjoy!!

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SHRIMP SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Shrimp Peeled And Deveined	1 Lb.	Garlic Cloves, Minced	2
Lemon Quartered	1	Approved Mayonnaise	½ cup
Celery Finely, Diced	1 Cup	Dijon mustard	1 tsp.
Red Onion Finely Minced	½	Fresh Dill	1½ tbsp.
Lemon Juice	2 Tsp.	Salt And Pepper	To Taste

PREPARATION

- Fill a pot with water and squeeze the juice from the lemon quarters into it. Drop the squeezed lemon quarters into the pot as well. Bring the water to a boil.
- Once the water is boiling, add the peeled and deveined shrimp. Cook the shrimp for about 2-3 minutes until they turn pink and opaque. Be careful not to overcook them.
- Once cooked, remove the shrimp from the pot and place them in a bowl of ice water to cool down quickly. Once cooled, drain the shrimp and set them aside.
- In a large mixing bowl, combine the finely diced celery, minced red onion, lemon juice, minced garlic, approved mayonnaise, Dijon mustard, and fresh dill. Mix well to combine all the ingredients.
- Chop the cooled cooked shrimp into bite-sized pieces and add them to the mixing bowl with the other ingredients.
- Gently toss the shrimp with the mayo mixture until they are well coated. Season the salad with salt and black pepper to taste. Adjust the seasoning according to your preference.
- Refrigerate the shrimp salad for at least 30 minutes before serving. This will allow the flavors to meld together.
- Enjoy!

ZUCCHINI NOODLE CHICKEN PESTO BOWL

INGREDIENTS

- 2 Tbsp olive oil
- 2 6oz boneless skinless chicken breasts
- IP Salt
- ¼ teaspoon paprika
- 2 medium-large zucchini (to get 3 cups)
- 2 garlic cloves, sliced
- ¼ cup prepared basil pesto
- A hand full of cherry tomatoes, cut in half
- Some fresh basil leaves, thinly sliced, for garnish

PREPARATION

1. Sprinkle both sides of the chicken breast(s) with a little salt and paprika.
2. Heat 1 Tbsp of olive oil on high heat in a large sauté pan.
3. Place the chicken breasts in the pan and cook for a minute or two on each side, until well browned.
4. Set the heat to low and cover the pan
5. Cook for 2 to 5 more minutes (depending on the thickness of the breast) until the chicken is just cooked through.
6. Remove the chicken from the pan and let it rest while you make the zucchini noodles.
7. Use a spiralizer to make zucchini noodles.
8. Add another 1 Tbsp of olive oil to the pan you used to cook the chicken and heat it on high heat.
9. Add the zucchini noodles and the sliced garlic and sauté, stirring often, until the noodles begin to wilt.
10. Sprinkle with ¼ teaspoon of Ideal Protein salt while you cook the zoodles.
11. When they are just barely cooked or they are releasing moisture, remove them to a colander placed over a bowl to drain.
12. Slice or cut the chicken into bite-sized pieces.
13. Place the zucchini noodles in a serving bowl and toss with basil pesto.

Serve the zucchini noodles in bowls topped with chicken, tomatoes, and sliced fresh basil leaves.

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ASIAN CHICKEN WITH SNOW PEA SLAW

INGREDIENTS

- 1 portion chicken breast - pounded to an even thickness
- 3 green onions – diced
- 2 tbsp. low sodium, gluten-free soy sauce
- 2 tsp. grapeseed oil
- 2 tbsp. Ideal Protein Sesame Sauce
- ½ tsp. ginger
- 1 tsp. red chili flakes
- 3 cloves garlic – minced
- ½ tbsp. lime juice
- Salt – to taste
- Ground pepper – to taste
- 1 cup of red cabbage – thinly shredded
- ½ cup snow peas – thinly sliced
- 1 celery stalk – thinly sliced
- ½ piece green onion – thinly sliced on the diagonal

PREPARATION

1. Place chicken in a large ziplock bag with the green onions and then season with salt and pepper. Set aside.
2. Combine soy sauce, grapeseed oil, IP Sesame Sauce, ginger, garlic, and lime juice in a bowl and whisk to combine.
3. Reserve a ⅓ cup of the marinade and pour the remaining marinade in the bag with the chicken and green onions.
4. Refrigerate for at least 30 minutes and for up to 5 hours.
5. Preheat the pan and then place the marinated chicken in the pan.
6. Cook each side for 3-4 minutes with the lid closed.
7. While the chicken is cooking, prepare the slaw. Combine the red cabbage, snow peas, celery, and green onions in a large bowl and combine with the reserved marinade. Add extra lime juice, salt, and pepper if necessary.
8. Place chicken on top of slaw and enjoy!

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BROILED TILAPIA WITH TOMATO CAPER SAUCE

INGREDIENTS

- 1 tbsp. extra virgin olive oil
- 2 6 oz. tilapia fillets
- 1 garlic clove – crushed
- 1 shallot – minced
- 1 tomato – chopped
- 1 tbsp. capers
- Salt and fresh pepper – to taste

PREPARATION

1. Brush fish with ½ tbsp olive and season with salt and pepper
2. In a medium sauté pan, heat the remaining olive oil.
3. Add garlic and shallots and sauté on medium-low about 4-5 minutes
4. Add tomatoes and season with salt and pepper
5. Add capers and sauté an additional minute
6. Meanwhile, set the broiler to low and place fish about 8 inches from the flame.
7. Broil until fish is cooked through, about 7 minutes.
8. Place fish on a platter and top with tomato caper sauce
9. Serve and enjoy!

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SIDES

ROASTED LEMON CAPER CAULIFLOWER

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cauliflower, Cut Into Bite-sized Florets	6 Cups	Parsley, Finely Chopped	¼ Cup
Olive Oil	2 Tbsp.	Salt	To Taste
Lemon Juice	2 Tbsp.	Pepper	To Taste
Garlic Cloves, Minced	3		
Capers	2 Tbsp.		

PREPARATION

- Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- In a large bowl, toss cauliflower florets with olive oil, minced garlic, salt, and pepper until evenly coated.
- Spread the cauliflower in a single layer on the prepared baking sheet.
- Roast for 20-25 minutes, flipping halfway through, until golden brown and tender.
- Remove from oven and drizzle with lemon juice. Add capers and toss gently to combine.
- Sprinkle with freshly chopped parsley before serving. Enjoy!

RUTABAGA FRIES

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Rutabaga, Cut Into ½-inch Fries	4 Cups	Salt, Plus More For Serving	½ Tsp.
Olive Oil	½ Tbsp.	Black Pepper	¼ Tsp.
Paprika	2 Tsp.		
Garlic Powder	1 Tsp.		

PREPARATION

- Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper.
- In a large mixing bowl, toss rutabaga fries with olive oil, paprika, garlic powder, salt, and black pepper until well coated.
- Spread fries in a single layer on the prepared baking sheet. Avoid overcrowding for even crisping.
- Bake for 30-35 minutes, flipping halfway through, until golden and crispy on the edges.
- Remove from oven, sprinkle with a little extra salt if desired, and serve hot.

ROASTED FRENCH BREAKFAST RADISHES

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
French Radishes	6 Cups
Olive Oil	1 Tbsp.
Kosher Salt	1 Tsp.
Freshly Ground Black Pepper	½ Tsp.

PREPARATION

- Preheat your oven to 425°F (220°C).
- Wash and trim the radishes, cutting off the tops and root ends. If larger, halve or quarter them for even cooking.
- Place radishes in a mixing bowl and drizzle with olive oil.
- Sprinkle with kosher salt and freshly ground black pepper. Toss until well coated.
- Spread radishes in a single layer on a parchment-lined baking sheet.
- Roast for 15-20 minutes, stirring halfway through, until tender and slightly golden on the edges.
- Remove from oven, transfer to a serving dish, and serve warm. Enjoy!

ASIAN MARINADE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Garlic Cloves, Minced	3	Extra-virgin Olive Oil	2 Tsp.
Tamari Or Low-sodium Soy Sauce	2 Tbsp.	Stevia	To Taste
Apple Cider Vinegar	2 Tsp.		
Fresh Ginger, Grated	2 Tbsp.		

PREPARATION

- In a small bowl, combine minced garlic, tamari (or soy sauce), apple cider vinegar, grated ginger, and olive oil.
- Stir until well blended and smooth.
- Taste the marinade and add stevia gradually until your preferred sweetness is reached.
- Use immediately to marinate proteins or store in an airtight container in the refrigerator for up to 3 days.

ASPARAGUS SALAD WITH DIJON VINAIGRETTE

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Asparagus, Stems Trimmed	4 Cups	Olive Oil	1 Tbsp.
White Wine	2 Tsp.	Chives, Finely Chopped	2 Tbsp.
Dijon Mustard	1 Tsp.		
Shallot, Finely Minced	½		
Fine Sea Salt	¼ Tsp.		

PREPARATION

- Bring a pot of salted water to a boil, add asparagus, and cook for 2-3 minutes until just tender-crisp.
- Immediately transfer to an ice bath to stop cooking, then drain well.
- In a small bowl, whisk together white wine, dijon mustard, shallot, and sea salt.
- Slowly drizzle in olive oil while whisking continuously until the vinaigrette is emulsified.
- Arrange asparagus on a serving plate. Drizzle with the Dijon vinaigrette.
- Serve immediately and enjoy!

PAN-FRIED EGGPLANT

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Eggplant, Cut Into Slices	6 Cups
Salt	½ Tsp.
Black Pepper	¼ Tsp.
Water	¼ Cup
Olive Oil Spray	

PREPARATION

- Lightly spray a non-stick skillet with olive oil and heat over medium flame.
- Add the eggplant pieces to the skillet and season with salt and black pepper.
- Pour in the water and cover the skillet with a lid to let the eggplant steam for 4-5 minutes.
- Remove the lid and continue cooking, stirring occasionally, until the eggplant is golden brown and tender, about 8-10 minutes.
- Serve warm as a wholesome side dish.

BALSAMIC BRUSSELS SPROUTS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Brussels Sprouts	6 Cups
Kosher Salt	1 Tsp.
Freshly Cracked Black Pepper	½ Tsp.
Olive Oil	1 Tbsp.
Ideal Protein Balsamic Vinegar	3 Tbsp.

PREPARATION

- Set oven to 400°F (204°C). Line a baking sheet with parchment paper.
- Wash and halve Brussels sprouts. Pat dry with a towel.
- In a large bowl, toss sprouts with olive oil, balsamic vinegar, salt, and pepper until evenly coated.
- Spread sprouts in a single layer on the baking sheet.
- Roast for 20-25 minutes, flipping halfway through, until golden brown and tender.
- Transfer to a serving dish and drizzle with an extra splash of balsamic vinegar, if desired. Serve warm.

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MASHED ZUCCHINI

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Medium-size Zucchinis	2
Salt and Pepper	To Taste

PREPARATION

- Wash zucchinis and cut into medium-sized chunks.
- In a pot, bring salted water to a boil.
- Add zucchini chunks and simmer over medium heat for about 20 minutes, until fork-tender.
- Drain the water completely.
- Using an immersion blender (or potato masher), blend the zucchini until smooth and creamy.
- Taste and adjust with additional salt and pepper, as needed.
- Serve warm as a light and wholesome side dish.

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ROASTED BALSAMIC ASPARAGUS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Asparagus	4 cups
Extra Virgin Olive Oil	2 tsp.
Ideal Protein Balsamic Vinegar	2 tsp.
Salt	¼ tsp.
Black Pepper	¼ tsp.

PREPARATION

- Preheat oven to 425°F (220°C).
- Rinse asparagus, pat dry, and trim off 1-2 inches from the ends.
- Arrange asparagus in a single layer on a baking sheet or dish.
- Drizzle with olive oil and balsamic vinegar, flipping once to coat lightly.
- Sprinkle with salt and pepper.
- Bake for 7-10 minutes, until asparagus is tender-crisp with lightly browned tips.
- Transfer to a serving dish and enjoy warm.

SHALLOT AND GARLIC DRESSING

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Shallot, peeled and finely minced	1	Dijon Mustard	1 Tsp.
Garlic Clove, peeled and finely minced	1	Fine Sea Salt	¼ Tsp.
Extra Virgin Olive Oil	⅓ Cup	Freshly Cracked Black Pepper	¼ Tsp.
Lemon, zested and juiced	1		

PREPARATION

- In a small bowl or jar, whisk together shallot, garlic, lemon juice, lemon zest, dijon mustard, salt, and pepper.
- Slowly drizzle in olive oil while whisking until the dressing emulsifies.
- Use immediately as a dressing for salads and roasted vegetables.

DILL VINAIGRETTE CABBAGE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Cabbage, roughly chopped	8 Cups
Salt	2 Tsp.
Vinegar	3 Tbsp.
Fresh Dill, chopped	3 Tbsp.
Black Pepper (optional)	¼ Tsp.
Olive Oil	1 Tbsp.

PREPARATION

- In a small bowl, whisk together vinegar, olive oil, dill, salt, and black pepper (if using).
- Place cabbage in a large bowl. Pour vinaigrette over the top and toss until evenly coated.
- Chill for 10-15 minutes to let flavors meld, then serve fresh.

ROASTED RADISH AND MINT SALAD

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Radishes, sliced	4 Cups	Fresh Mint Leaves	2 Tbsp.
Extra Virgin Olive Oil	1 Tbsp.	Ideal Protein Balsamic Vinegar	2 Tbsp.
Sea Salt	½ Tsp.	Spring Mix	2 Cups
Ground Pepper	¼ Tsp.		

PREPARATION

- Preheat oven to 400°F (200°C).
- Toss radishes with olive oil, sea salt, and pepper.
- Spread on a baking sheet and roast for 20-25 minutes until tender and lightly golden.
- Place spring mix in a large salad bowl.
- Toss in roasted radishes, fresh mint leaves, and drizzle with balsamic vinegar.
- Mix gently, plate, and enjoy as a fresh, tangy side dish.
- Serve and enjoy!

CILANTRO MINT CHUTNEY

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cilantro, chopped	1 cup	Ground Cumin (Optional)	1 tsp.
Mint Leaves, chopped	1 cup	Lemon Juice (Optional)	1 tsp.
Green Chillies, chopped	1 tsp.	Salt	to taste
Ginger, peeled and roughly chopped	½ Inch	Water	3 to 4 tbsp.

PREPARATION

- Add cilantro, mint leaves, green chillies, ginger, ground cumin, lemon juice, and salt into a blender or food processor.
- Add water gradually and blend until smooth or you have achieved your preferred texture.
- Transfer to a bowl and serve fresh as a dip, spread, or side chutney.

GRILLED ZUCCHINI RIBBONS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	2 Tbsp.	Small Zucchini	6
Garlic Cloves, minced	2	Salt	To Taste
Fresh Rosemary, chopped	1 Tsp.	Lemon, zest and juice	1
Chili Flakes	1 Tsp.		

PREPARATION

- Wash, trim the ends, and slice lengthwise into thin ribbons.
- In a bowl, whisk together olive oil, garlic, rosemary, chili flakes, lemon zest, and lemon juice. Season lightly with salt.
- Toss ribbons gently in the marinade until evenly coated. Let sit for 5-10 minutes to absorb flavors.
- Preheat a grill or grill pan over medium-high heat.
- Grill ribbons 1-2 minutes per side, until lightly charred yet tender.
- Transfer to a serving plate, drizzle with any remaining marinade, and serve warm. Enjoy!

INDIAN SPICED SPINACH

SERVING SIZE

5

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Shallots, diced	2	Turmeric	1 Tsp.
Garlic Cloves, minced	4	Mustard Seeds	2 Tsp.
Fresh Ginger, minced	2 Tsp.	Fresh Spinach	10 Cups
Cumin	1 Tsp.	Salt and Pepper	To Taste
Drizzle of Oil			

PREPARATION

- Heat a large skillet or pan over medium heat, adding a drizzle of oil.
- Add diced shallots, minced garlic, and fresh ginger. Sauté for 2-3 minutes until fragrant.
- Stir in cumin, turmeric, and mustard seeds. Cook for another 1-2 minutes to release the spices' flavors.
- Gradually add spinach to the pan, stirring until it wilts down. Add it in batches to allow for proper wilting.
- Season with salt and pepper to taste, then toss everything together.
- Serve warm as a delicious side dish!

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JICAMA CABBAGE SLAW

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lime Juice	¼ Cup	Sliced Red Cabbage, shredded or thinly	1 Cup
Ideal Protein Balsamic Vinegar	2 Tbsp.	Red Onion, thinly sliced	½ Cup
Olive Oil	2 Tsp.	Red or Orange Bell Pepper, cut into thin matchsticks	1 Cup
Sea Salt	¼ Tsp.		
Jicama, Peeled and cut into thin matchsticks	2 Cups	Chopped Cilantro	¼ Cup

PREPARATION

- In a small bowl, whisk together lime juice, balsamic vinegar, olive oil, and sea salt until well combined.
- In a large mixing bowl, add jicama, cabbage, red onion, and bell pepper.
- Pour the dressing over the vegetables and toss to coat evenly.
- Gently mix in the chopped cilantro, and adjust seasoning with more salt if needed.
- Chill for 10-15 minutes before serving for maximum flavor. Enjoy!

ITALIAN CAULIFLOWER SALAD

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cauliflower Florets	6 Cups	Capers	3 Tbsp.
Olive Oil	1½ Tbsp.	Fresh Lemon Juice	1½ Tbsp.
Garlic Cloves, minced	2	Red Pepper Flakes	¼ Tsp.
Chopped Flat-leaf Parsley	¼ Cup	Salt and Pepper	To Taste

PREPARATION

- Steam or blanch cauliflower florets until just tender, about 4-5 minutes. Drain well.
- In a large skillet, heat olive oil over medium heat.
- Add garlic and cook for 30 seconds until fragrant.
- Add cauliflower to skillet, tossing gently to coat in garlic oil.
- Stir in parsley, capers, lemon juice, and red pepper flakes.
- Season with salt and pepper, toss again, and enjoy.

TOMATO AND HEARTS OF PALM SALAD

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Cherry Tomatoes, sliced in half	3 Cups
Hearts of Palm, drained and sliced into ¼-inch rings	1 (15 oz.) Can
Red Onion, thinly sliced	½ Cup
Italian Parsley, chopped	¼ Cup
Ideal Protein Balsamic Dressing	To Taste

PREPARATION

- In a large mixing bowl, add cherry tomatoes, hearts of palm, red onion, and parsley.
- Drizzle with Ideal Protein balsamic dressing and gently toss until evenly coated.
- Transfer to a serving dish and enjoy immediately!

LEMON DIJON ASPARAGUS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Fresh Asparagus, Trimmed	4 Cups
Extra-Virgin Olive Oil	1 Tbsp.
Kosher Salt and Freshly Ground Black Pepper	To Taste
Dijon Mustard	½ Tsp.
Lemon Juice	½

PREPARATION

- Steam or lightly blanch asparagus until just tender but still crisp, about 3-4 minutes. Drain and set aside.
- In a small bowl, whisk together olive oil, Dijon mustard, and lemon juice until emulsified.
- In a mixing bowl, combine cooked asparagus with the dressing. Toss gently to coat.
- Season with salt and pepper to taste.
- Serve warm or chilled as a refreshing, zesty side dish and enjoy!

SIMPLE LEMON DRESSING

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY
Olive Oil	5 tbsp.
Fresh Lemon Juice	2 tbsp.
Salt and Pepper	To Taste

PREPARATION

- In a small bowl or jar, whisk together olive oil and lemon juice until emulsified.
- Add salt and pepper to taste. Whisk again or shake well if using a jar.
- Enjoy!

Biointelligent Wellness

SUMMER SQUASH SALAD

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Small Yellow Summer Squash, thinly sliced into rounds	1 Lb.	Fresh Lemon Juice	2 Tsp.
Small Fennel Bulb, halved, cored, and thinly sliced lengthwise	1	Kosher Salt and Freshly Ground Black Pepper	To Taste
Fresh Dill, chopped	2 Tbsp.	Fresh Goat Cheese, crumbled	3 Oz.
Extra-Virgin Olive Oil, for dressing	2 Tbsp.		

PREPARATION

- In a large bowl, combine squash, fennel, dill, olive oil, and lemon juice. Gently toss to coat.
- Season with kosher salt and black pepper to taste. Sprinkle crumbled goat cheese on top.
- Serve immediately as a light, refreshing side. Enjoy!

BAKED "APPLES"

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Large Zucchini, peeled and chopped into small cubes	4
Walden Farms Apple Butter	4 Tbsp.
Allspice	1 Tsp.
Fresh Lemon Juice	1 Tbsp.
Cinnamon	1 Tsp.

PREPARATION

- Pat the zucchini cubes dry with a paper towel to remove excess moisture.
- In a mixing bowl, combine zucchini cubes with apple butter, allspice, cinnamon, and lemon juice. Stir to coat evenly.
- Preheat oven to 375°F (190°C).
- Spread the mixture in a single layer on a parchment-lined baking sheet or baking dish.
- Bake for 25-30 minutes, or until zucchini is tender and slightly caramelized.
- Serve as a cozy side — optionally garnish with a sprinkle of cinnamon or Ideal Protein-friendly whipped topping.

GAZPACHO

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
English Cucumber, Peeled and Chopped	1	Sherry Vinegar or Red Wine Vinegar	3 Tbsp.
Ripe Tomatoes, Chopped	2½ Lb.	Extra Virgin Olive Oil, Plus More for Drizzling	½ Cup
Fresno Chiles or Red Bell Pepper, Stemmed and Seeded	2 or 1/2	Sea Salt	1¼ Tsp.
		Freshly Ground Black Pepper	¼ Tsp.
Small Red Onion, Rinsed	¼	Cherry Tomatoes, for Garnish	
Garlic Cloves	2	Fresh Herbs (e.g., Parsley or Basil), for Garnish	
Chopped Fresh Cilantro, Plus More for Garnish	¼ Cup		

PREPARATION

- In a high-speed blender, combine chopped cucumber, tomatoes, chiles (or bell pepper), red onion, garlic, and cilantro. Blend until smooth.
- Add sherry vinegar, olive oil, sea salt, and black pepper. Blend again until fully incorporated and creamy.
- Transfer gazpacho to a container, cover, and chill in the refrigerator for at least 2 hours to allow flavors to develop.
- Stir well before serving. Pour into bowls and garnish with halved cherry tomatoes, fresh cilantro, and a light drizzle of olive oil.
- Serve and Enjoy!

BALSAMIC GRILLED EGGPLANT

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Large Eggplant, Unpeeled	1 (1 Lb.)
Olive Oil	1 Tbsp.
Ideal Protein Balsamic Dressing	1 Tbsp.
Salt	½ Tsp.
Black Pepper	¼ Tsp.
Garlic Powder	½ Tsp.

PREPARATION

- Cut the eggplant into ½ inch thick rounds.
- In a small bowl, whisk together olive oil, balsamic dressing, garlic powder, salt, and pepper.
- Brush the mixture evenly on both sides of the eggplant slices. Let them marinate for 10-15 minutes.
- Preheat the grill or grill pan over medium heat.
- Grill eggplant slices for 3-4 minutes per side until tender and grill marks appear.
- Plate warm with a drizzle of extra balsamic (optional). Serve and enjoy!

ITALIAN BROCCOLI SALAD

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Broccoli Florets	8 Cups
Lemon Zest	1 Tbsp.
Garlic Cloves, Minced	4
Extra Virgin Olive Oil	¼ Cup
Fresh Lemon Juice	¼ Cup
Crushed Red Pepper Flakes	¼ Tsp.
Dijon Mustard	1 Tsp.

PREPARATION

- Bring a pot of water to a boil. Add broccoli florets and blanch for 1-2 minutes until vibrant green but still crisp.
- Drain and transfer to a bowl of ice water to stop cooking. Drain again and set aside.
- In a small bowl, whisk together lemon zest, garlic, olive oil, lemon juice, red pepper flakes, and Dijon mustard until well combined.
- In a large bowl, add the broccoli and pour the dressing over it.
- Toss until the broccoli is well coated.
- Refrigerate for at least 30 minutes to let the flavors meld.
- Serve cold or at room temperature. Enjoy!

DILL VINAIGRETTE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Oil	¼ Cup	Garlic Powder	⅛ Tsp.
Red Wine Vinegar	2 Tbsp.	Dry Mustard	⅛ Tsp.
Dried Dill Weed	½ Tsp.	Ground Black Pepper	⅛ Tsp.
Salt	⅛ Tsp.		
Onion Powder	⅛ Tsp.		

PREPARATION

- Add all ingredients to a small bowl or jar.
- Whisk until emulsified, or seal the jar and shake well.
- Taste and adjust seasoning as needed.
- Enjoy.

Brilliant Wellness

SPICED AIR FRYER CAULIFLOWER

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Cauliflower Florets	4 cups
Turmeric	½ tsp.
Chili Powder	1 tsp.
Garlic Powder	1 tsp.
Oil	2 tsp.
Salt	½ tsp.
Black Pepper	½ tsp.

PREPARATION

- Preheat air fryer to 390°F (200°C).
- In a large bowl, toss cauliflower florets with oil, turmeric, chili powder, garlic powder, salt, and black pepper.
- Arrange cauliflower in a single layer in the air fryer basket.
- Air fry for 12-15 minutes, shaking halfway through, until the cauliflower is crisp-tender and golden.
- Serve immediately. Enjoy!

GARLIC CHIVE MAYO

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY
Approved Mayonnaise	½ cup
Clove Garlic, Minced	1
Fresh Chives, Chopped	2 tbsp.
Lemon Juice	1 tsp.
Salt and Pepper	to taste

PREPARATION

- In a small bowl, combine mayonnaise, minced garlic, chopped chives, and lemon juice.
- Stir well until smooth and evenly mixed.
- Season with salt and pepper to taste.
- Chill for at least 10 minutes to let flavors meld.
- Serve as a dip, dressing, or spread.

CILANTRO LIME HEARS OF PALM RICE

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Hearts of Palm Rice (Palmini)	12 Oz.
Avocado Oil	1 Tsp.
Lime Juice	1 Tbsp.
Cilantro, Minced	¼ Cup
Salt and Pepper	To Taste

PREPARATION

- In a skillet over medium heat, warm the avocado oil.
- Add the hearts of palm rice and sauté for 3-5 minutes until heated through.
- Stir in the lime juice, minced cilantro, salt, and pepper.
- Mix well and serve warm as a refreshing side dish. Enjoy!

GRILLED SUMMER SQUASH WITH BASIL VINAIGRETTE

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Yellow Summer Squash (Cut lengthwise)	6 Cups
Olive Oil	1 Tbsp.
Kosher Salt	1 Tsp.
Basil Vinaigrette	⅓ Cup
Ground Black Pepper	To Taste

PREPARATION

- Preheat grill or grill pan to medium-high heat.
- In a large bowl, toss squash with olive oil, salt, and pepper.
- Place on grill and cook for 2-3 minutes per side until grill marks appear and squash is tender.
- Remove from heat and drizzle with basil vinaigrette while warm.
- Serve warm and enjoy!

BASIL VINAIGRETTE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY
Lightly Packed Fresh Basil Leaves	2 Cups
Garlic Clove, Chopped	1
Red Wine Vinegar	2 Tbsp.
Fine Salt	½ Tsp.
Capers	2 Tsp.
Extra Virgin Olive Oil	½ Cup

PREPARATION

- In a blender or food processor, combine basil, garlic, vinegar, salt, and capers.
- While blending, slowly drizzle in olive oil until the vinaigrette is smooth and emulsified.
- Adjust seasoning if needed.
- Store in an airtight container in the fridge for up to 1 week.

Brainteligent Wellness

MAPLE MUSTARD DRESSING

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ideal Protein Maple Syrup	2 Tbsp	Olive Oil	4 Tbsp
Dijon Mustard	4 Tbsp	Sea Salt	To Taste
Apple Cider Vinegar	4 Tbsp	Fresh Cracked Black Pepper (Optional)	

PREPARATION

- In a medium bowl or mason jar, combine maple syrup, Dijon mustard, and apple cider vinegar.
- Slowly whisk in the olive oil until the mixture is emulsified and smooth.
- Stir in sea salt and freshly cracked pepper to taste.
- Taste and adjust seasoning if needed.
- Store in a sealed container in the refrigerator for up to 1 week.

SPICY TOMATO SAUCE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cherry Tomatoes, Stems Removed	4 ups	Onion Powder	½ Tsp
Jalapeño Peppers, Seeds Removed and Halved	2	Fresh Basil	⅓ Cup
Garlic Cloves	2	Salt and Pepper	To Taste
Olive Oil	2 Tbsp		

PREPARATION

- Preheat oven to 400°F (200°C).
- Spread cherry tomatoes, jalapeños, and garlic on a baking sheet.
- Transfer roasted ingredients to a blender or food processor.
- Add onion powder, fresh basil, salt, and pepper.
- Blend until smooth and creamy.
- Taste and adjust seasoning if needed.
- Serve warm or chilled as a sauce. Enjoy!

TOMATO SALAD

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Juicy, Ripe Tomatoes, Chopped	2 Lbs. (about 4)	Olive Oil	¼ Cup
Small Cucumber, Diced	1	Salt	To Taste
Tender Inner Celery Stalks With Leaves, Sliced	2	Dry Oregano	1 Tsp.
		Fresh Basil Leaves, Torn	4
Red Onion, Thinly Sliced	¼		

PREPARATION

- In a large bowl, combine bite-sized chopped tomatoes, sliced cucumber, and chopped celery.
- Add thinly sliced red onion for a hint of sweetness.
- Drizzle olive oil evenly over the vegetables.
- Sprinkle with salt and dried oregano to enhance the flavor.
- Gently toss everything together, being careful not to crush the tomatoes.
- Tear fresh basil leaves and scatter them on top just before serving for a fragrant finish.
- Serve immediately or chill slightly for an extra refreshing side dish.

LEMON ROSEMARY VINAIGRETTE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY
Garlic Clove, Peeled	1
Sprigs Rosemary, Stems Removed	2
Sea Salt	½ Tsp.
Lemon, Juiced	1
Olive Oil	¼ Cup

PREPARATION

- Finely mince the garlic and rosemary leaves.
- In a small bowl, combine the minced garlic, rosemary, and sea salt.
- Add the freshly squeezed lemon juice to the bowl.
- Slowly drizzle in the olive oil while whisking continuously to emulsify.
- Mix until well combined and smooth.
- Taste and adjust salt or lemon if needed.
- Use immediately or store in a sealed jar in the refrigerator.

CAULIFLOWER HASH BROWN

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cauliflower Florets	2 Cups	Garlic Powder	To Taste
Onion, chopped	½	Onion Powder	To Taste
Scallion, finely sliced	1	Salt & Pepper	To Taste
Egg	1	Olive Oil	2 Tbsp.
Packet Ideal Protein Chips	1		

PREPARATION

- Add cauliflower florets to a food processor and pulse until they resemble coarse rice.
- Transfer to a microwave-safe bowl and microwave for 2-3 minutes to soften slightly. Let it cool.
- In a large bowl, crush the IP chips finely and combine with the cauliflower, chopped onion, scallion, egg, garlic powder, onion powder, salt, and pepper. Mix until fully combined.
- Shape the mixture into small hash brown patties using your hands.
- Heat olive oil in a non-stick skillet over medium heat.
- Place the patties in the skillet and cook for 3-4 minutes per side or until golden brown and crispy.
- Remove and place on a paper towel to drain excess oil.
- Serve warm, optionally with an IP-approved dipping sauce.

MASHED TURNIPS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Turnip Roots, peeled and cut into 1-inch pieces	2 Lbs.
Milk	3 Oz.
Garlic Powder	½ Tbsp.
Salt and Pepper	To Taste

PREPARATION

- Bring a large pot of salted water to a boil.
- Add the turnip pieces and boil for about 20-25 minutes or until fork-tender.
- Drain the turnips well and return them to the pot.
- Add the butter, garlic powder, salt, and pepper.
- Mash everything together until smooth and creamy.
- Taste and adjust seasonings if needed.
- Serve warm and enjoy!

SPICY SPINACH SAUCE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Baby Spinach, Washed	100g	Green Chillies, Chopped (De-seeded if preferred)	2
Garlic Clove	1	Cardamom Pod, Seeds Removed and Crushed	1
Shallot, Diced	½	Ground Cumin	1 tsp.
Fresh Coriander, Roughly Chopped	30g	Extra-virgin Olive Oil	100 ml.
Fresh Mint, Leaves Picked	15g	Apple Cider Vinegar	1 tbsp.

PREPARATION

- Add spinach, garlic, shallot, coriander, mint, chillies, crushed cardamom seeds, and cumin to a blender or food processor.
- Pulse a few times to break everything down.
- Add olive oil and apple cider vinegar, then blend until smooth and vibrant.
- Taste and adjust seasoning if needed.
- Serve fresh or refrigerate for up to 3 days.
- Serve warm with your favorite dipping sauce. Enjoy!

BASIL PARSLEY SAUCE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Fresh Basil, Packed	1 Cup	Apple Cider Vinegar	1 Tbsp.
Fresh Parsley, Packed	1 Cup	Dijon Mustard	1 Tsp.
Extra Virgin Olive Oil	½ Cup	Kosher Salt	½ Tsp.
Garlic Cloves	2		

PREPARATION

- Add basil, parsley, garlic, vinegar, mustard, and salt to a food processor or blender.
- Pulse a few times to begin breaking up the herbs.
- Slowly drizzle in the olive oil while blending until the sauce is smooth and well combined.
- Taste and adjust seasoning if needed. Serve immediately or refrigerate for later use.

CABBAGE SALAD

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Green Cabbage, Shredded	4 Cups	Dijon Mustard	2 Tbsp.
Red Cabbage, Shredded	2 Cups	Limes Juice	2
Green Onions, Chopped	2	Garlic Cloves, Minced	2
Red Bell Pepper, Thinly Sliced	1	Extra Virgin Olive Oil	¼ Cup
Radishes, Halved and Thinly Sliced	4	Red Pepper Flakes, Crushed (Optional)	½ Tsp.
Fresh Parsley, Chopped	1 Cup	Sumac (for Vinaigrette)	½ Tsp.
Fresh Dill, Chopped	½ Cup	Black Pepper	To Taste
Sumac	1 Tsp.	Kosher Salt	To Taste

PREPARATION

- In a large bowl, combine all vegetables, herbs, sumac, and a pinch of kosher salt.
- In a small bowl, whisk together Dijon mustard, lime juice, garlic, olive oil, crushed red pepper flakes (if using), extra sumac, and black pepper.
- Pour the dressing over the salad and toss well until everything is evenly coated.
- Let the salad rest for 10-15 minutes to enhance flavor, or serve immediately.
- Enjoy!

TOMATO BASIL VINAIGRETTE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY
Tomatoes, Chopped	½ Cup
White Vinegar	2 Tbsp.
Dried Basil	½ Tsp.
Dried Thyme	½ Tsp.
Dijon Mustard	½ Tsp.

PREPARATION

- Place the chopped tomatoes in a blender or food processor.
- Add the white vinegar, dried basil, dried thyme, and dijon mustard.
- Blend until smooth and well combined.
- Taste and adjust seasoning if needed. Serve immediately or refrigerate until ready to use.

PICKLED DILL CAULIFLOWER

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Head Cauliflower, Cut Into Florets	1	Black Peppercorns	2 Tsp.
Garlic Cloves, Smashed	4	White Distilled Vinegar	2 Cups
Small Red Bell Pepper, Chopped	1	Water	2 Cups
Fresh Dill Sprigs	4	Kosher Salt	1 Tbsp.
Mustard Seeds	2 Tsp.	Truvia Sweetener	2 Tsp.

PREPARATION

- Place cauliflower florets, garlic, chopped red bell pepper, and fresh dill evenly into a large clean jar or container.
- In a medium saucepan, combine vinegar, water, mustard seeds, peppercorns, salt, and Truvia.
- Bring the mixture to a boil, then reduce heat and simmer for 2-3 minutes, stirring to dissolve the salt and sweetener.
- Carefully pour the hot brine over the cauliflower mixture in the jar, making sure all vegetables are fully submerged.
- Let the jar cool to room temperature uncovered, then seal with a lid and refrigerate for at least 24 hours to allow flavors to develop.
- Serve chilled as a zesty and crunchy side dish.

TATER SAUCE

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Approved Mayo	½ Cup
Diced Dill Pickles	2 Tbsp.
Capers, Drained and Minced	2 Tsp.
Lemon Juice	2 Tsp.
Freshly Ground Black Pepper	¼ Tsp.

PREPARATION

- In a small mixing bowl, combine the approved mayo, diced dill pickles, minced capers, lemon juice, and freshly ground black pepper.
- Stir the mixture thoroughly until all the ingredients are evenly incorporated.
- Taste the sauce and adjust the seasoning if needed.
- Place the seasoned cod fillets in the air fryer basket in a single layer, ensuring they don't overlap.
- Cover the bowl and refrigerate the sauce for at least 15-20 minutes to allow the flavors to meld together.
- Serve chilled as a dipping sauce. Enjoy!

CHILI LIME ZUCCHINI

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Zucchini, Diced	3 Cups
Extra Light Olive Oil	1 Tbsp.
Fresh Lime Juice	1 Tbsp.
Ground Fresh Chili Paste	1 Tsp.
Salt	To Taste

PREPARATION

- Heat the olive oil in a large sauté pan over medium-high heat.
- Add the diced zucchini to the pan and cook for 4-5 minutes, stirring occasionally, until it becomes tender. Avoid overcooking.
- Add the lime juice and ground fresh chili paste to the pan.
- Stir well and cook for an additional 1-2 minutes to infuse the flavors into the zucchini.
- Season with salt to taste. Stir and cook for another 30 seconds to ensure all flavors are well combined.
- Remove from heat and serve. Enjoy!

HERBED TOMATO ZUCCHINI SALAD

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cherry Tomatoes (Red and Yellow), Halved	1 Pint	Mixed Fresh Herbs, Chopped (Chives, Italian Parsley, Basil)	½ Cup
Large Zucchini, Unpeeled and Sliced Into Thin Rounds, Then Halved	1	Extra Virgin Olive Oil	1 Tbsp.
Shallot, Sliced (or Chopped Red Onion)	1 or (⅓ Cup)	Sumac	2 Tsp.
Lemon Juice, Divided	3 Tbsp.	Garlic Clove, Minced	1 Tsp.
		Sea Salt and Black Pepper	To Taste

PREPARATION

- In a large mixing bowl, combine the halved cherry tomatoes, sliced zucchini, and sliced shallot (or chopped red onion).
- Add 2 tbsp. of the lemon juice and toss gently to coat the vegetables.
- In a small bowl, whisk together the remaining 1 tbsp. lemon juice, olive oil, sumac, and minced garlic.
- Pour the dressing over the vegetables and toss until evenly coated.
- Toss gently again and serve immediately. Enjoy

DIJON BRUSSEL SPROUTS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Brussels Sprouts, Trimmed and Halved	1½ Lb.	Garlic Powder	⅛ Tsp.
Olive Oil	2 Tbsp.	Onion Powder	⅛ Tsp.
Dijon Mustard	1 Tbsp.	Salt	½ Tsp.
Smoked Paprika	½ Tsp.	Pepper	¼ Tsp.

PREPARATION

- Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
- Whisk together the olive oil, dijon mustard, salt, pepper, garlic powder, onion powder, and smoked paprika in a large bowl.
- Toss the brussel sprouts in the dijon mixture, then spread them evenly on the prepared baking sheet.
- Roast for 20-25 minutes, stirring halfway through, until they are tender and golden brown.
- Enoy!

GRILLED PEPPERS IN GARLIC SAUCE

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Large Sweet Pointed Red Peppers	6
Garlic Cloves, Minced	4
Olive Oil	2 Tbsp.
Cold Water	¼ Cup
Salt	To Taste

PREPARATION

- Place the red peppers on a grill or over an open flame.
- Turn them occasionally until the skins are charred and blistered on all sides (about 8-10 minutes).
- Transfer the grilled peppers to a bowl and cover it with a lid or plate.
- Let them steam for about 10 minutes. Then peel off the skins, remove the seeds, and slice the peppers into strips.
- In a small pan, heat olive oil over low heat.
- Add the minced garlic and sauté for 1-2 minutes until fragrant (but not browned).
- Add the cold water and a pinch of salt, then simmer for another minute.
- Pour the garlic sauce over the sliced peppers.
- Toss gently to coat. Serve warm or at room temperature.

CRUNCHY PICKLED SALAD

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Persian Cucumbers, Thinly sliced	2 Lb.	White Wine Vinegar	6 Tbsp.
Radishes (Red or White)	½ Lb.	Extra Virgin Olive Oil	½ Cup
White Cabbage, Shredded	½	Salt	To Taste
Fresh Minced Dill, Minced	½ Cup		

PREPARATION

- In a large bowl, combine the sliced cucumbers, radishes, shredded cabbage, and minced dill.
- In a small bowl, whisk together the white wine vinegar, olive oil, and a pinch of salt.
- Pour the dressing over the vegetables and mix everything well.
- Let the salad sit in the fridge for at least 30 minutes to develop the pickled flavor.
- Give it a final stir before serving. Enjoy cold and crunchy!

LEMON AND HERB VINAIGRETTE

SERVING SIZE

12

INGREDIENTS

ITEM	QUANTITY
Olive Oil	½ Cup
Lemon Freshly Squeezed	1
Clove Garlic	1
Mixed Herbs (E.g. Parsley, Chives, Dill) Chopped	3 Tbsp.
Sea Salt and Pepper	To Taste

PREPARATION

- In a small bowl or jar, whisk together the freshly squeezed lemon juice and olive oil.
- Finely mince the garlic and add it to the mixture.
- Stir in the chopped herbs of your choice (parsley, chives, dill, or a mix).
- Season with sea salt and black pepper to taste.
- Mix well until the dressing is smooth and well combined.
- Store in the refrigerator and shake before using.

EGGPLANT CAULIFLOWER AND LEEK DIP

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	2 Tbsp.	Salt and Pepper	To Taste
Leek, Rinsed, and Finely Chopped	1	Lime or Lemon	1
Garlic Cloves, Peeled and Minced	2	Parsley, Finely Chopped	¼ cup
Cauliflower	2 Cups	Pinch of Chili Flakes	
Eggplant, Cubed	2 Cups		

PREPARATION

- Heat 1 tbsp. of olive oil in a pan over medium heat.
- Add the chopped leek and minced garlic, cooking for 2-3 minutes until soft.
- Add cauliflower and eggplant cubes, season with salt and pepper, and cook for another 5 minutes.
- Pour in a small amount of water, cover, and let it steam for 10 minutes until tender.
- Transfer the cooked mixture to a blender or food processor.
- Add lemon or lime juice, parsley, chili flakes, and the remaining olive oil.
- Blend until smooth, adjusting seasoning as needed.
- Serve and enjoy!

SRIRACHA

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Fresh Red Jalapeno Peppers	½ Lb.	Walden Farms or Ideal Protein Pancake Syrup	3 Tbsp.
Garlic Cloves, Peeled and Smashed	8		
Apple Cider Vinegar	⅓ Cup	Fish Sauce (No Sugar)	2 Tbsp.
Tomato Paste	3 Tbsp.	Salt	½ Tsp.

PREPARATION

- Wash the red jalapeño peppers and roughly chop them.
- In a blender, add all the ingredients and blend until smooth.
- For a deeper flavor, pour the blended mixture into a small saucepan and bring it to a simmer over medium heat. Stir occasionally and let it cook for about 5 minutes.
- Remove the saucepan from the heat and let the sauce cool to room temperature.
- Transfer the sauce to a jar and refrigerate for at least an hour to let the flavors blend.
- Serve as a spicy condiment or side dish. Enjoy!

GREEN BEANS WITH LEMON VINAIGRETTE

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	¼ Cup	Dijon Mustard	1 Tbsp.
Vinegar	1 Tbsp.	Thin Green Beans	2 Lb.
Lemon Zest	1 Tsp.	Kosher Salt	To Taste
Fresh Lemon Juice	¼ Cup	Pepper	To Taste

PREPARATION

- In a small bowl, whisk together the olive oil, vinegar, lemon zest, lemon juice, and Dijon mustard until smooth.
- Season with salt and pepper to taste. Set aside.
- Bring a large pot of salted water to a boil.
- Add the green beans and cook for about 4-5 minutes until they are bright green and tender-crisp.
- Drain the beans and immediately transfer them to a bowl of ice water to stop the cooking. Drain again.
- Place the green beans in a serving bowl.
- Drizzle the lemon vinaigrette over the beans and toss gently to coat.
- Adjust the seasoning if needed and serve fresh. Enjoy!

PICKLED RADISH

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sliced Radishes	8 Oz.	Water	1 Cup
Peppercorns	1 Tsp.	Apple Cider Vinegar	1 Cup
Sea Salt	1 Tsp.	Dried Chili (optional)	1

PREPARATION

- Place the sliced radishes into a clean glass jar.
- Add the dried chili (if using) and peppercorns.
- In a small saucepan, heat water, apple cider vinegar, and sea salt over medium heat.
- Stir until the salt dissolves, then remove from heat.
- Carefully pour the hot brine over the radishes until they are fully submerged.
- Let the mixture cool to room temperature.
- Seal the jar and refrigerate for at least 1 hour, but for best flavor, let it sit for 24 hours.
- Enjoy!

CHERRY PEPPER SPREAD

SERVING SIZE

12

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Virgin Olive Oil	½ Cup	Pints Cherry Tomatoes, Halved	3
Garlic Cloves, Chopped	12	Basil Hand Torn	¼ Cup
Large Red Bell Peppers, Sliced	2	Salt and Pepper	To Taste
Large Pickled Cherry Peppers, (Seeded and Stems Removed, Chopped)	5		

PREPARATION

- Heat olive oil in a large pan over medium heat.
- Add chopped garlic and sauté until fragrant, about 1 minute.
- Stir in the sliced red bell peppers and cherry peppers, cooking for about 5 minutes until softened.
- Add cherry tomatoes and cook for 10-15 minutes, stirring occasionally, until the mixture thickens.
- Season with salt and pepper to taste.
- Remove from heat and stir in the torn basil.
- Let cool slightly before serving as a spread or dip.

PARSLEY SAUCE

SERVING SIZE

6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Parsley, Finely Chopped	¼ Cup	Lemon Zest	1
Green Onion, Finely Chopped	¼ Cup	Lemon Juice	1 Tbsp.
Garlic Cloves, Minced	2	Vinegar	2 Tsp.
Extra Virgin Olive Oil	¼ Cup	Salt	To Taste

PREPARATION

- In a small bowl, combine parsley, green onion, and minced garlic.
- Add olive oil, lemon zest, lemon juice, and vinegar.
- Season with salt to taste and mix well.
- Let the sauce sit for 10 minutes to allow the flavors to blend.
- Serve over grilled meats, seafood, or roasted vegetables.

LEMON GARLIC MUSHROOMS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cremini Mushrooms, Cleaned and Sliced	1 Lb.	Lemon, Juice	½
Garlic Cloves, Minced	3	Lemon, Zest	½
Extra Virgin Olive Oil	1 Tbsp.	Salt and Pepper	To Taste
Fresh Rosemary, Minced	1 Tbsp.		

PREPARATION

- In a large pan, heat olive oil over medium heat.
- Add minced garlic and cook for about 30 seconds until fragrant.
- Add the sliced mushrooms and sauté for 5-7 minutes until they release their juices and start to brown.
- Stir in rosemary, lemon juice, and lemon zest. Cook for another minute.
- Add salt and pepper to taste, give it a final stir, and serve warm.

AIR FRYER HEARTS OF PALM

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cans Whole Hearts of Palm, Drained	2 (14 Oz.)	Onion Powder	½ Tsp.
Dijon Mustard	2 Tbsp.	Garlic Powder	½ Tsp.
Milk	2 Tbsp.	Black Pepper	½ Tsp.
Konjac Flour	2 Cups	Paprika	½ Tsp.

PREPARATION

- Preheat the air fryer to 375°F (190°C).
- In a bowl, whisk together Dijon mustard and milk to create a wet coating.
- In another bowl, mix konjac flour, onion powder, garlic powder, black pepper, and paprika.
- Dip each heart of palm piece into the mustard mixture, then coat evenly with the flour mixture.
- Arrange them in a single layer in the air fryer basket.
- Air fry for 10-12 minutes, shaking halfway through, until crispy and golden.
- Serve immediately with your favorite dipping sauce. Enjoy!

ITALIAN PAN FRIED TOMATOES

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Plums Tomatoes (Sliced lengthwise)	8	Salt	¼ Tsp.
Olive Oil	1 Tbsp.	Garlic Cloves, Minced	2
Oregano	1 Tsp.	Rosemary Sprigs (Leaves removed and chopped)	2
Basil	1 Tsp.	Fresh Basil, Chopped (For garnish)	

PREPARATION

- Heat olive oil in a large pan over medium heat.
- Add minced garlic and chopped rosemary, sautéing for 1 minute until fragrant.
- Place the sliced tomatoes in the pan, cut side down. Cook for 3-4 minutes until lightly browned.
- Flip the tomatoes, sprinkle with oregano, basil, and salt. Cook for another 2-3 minutes.
- Remove from heat and garnish with fresh basil.
- Serve warm and enjoy!

ROASTED RADISHES AND TURNIPS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
Radishes	3 Cups
Turnips	3 Cups
Olive Oil	2 Tbsp.
Kosher Salt	1 Tsp.

PREPARATION

- Set your oven to 400°F (200°C).
- Wash and dry the radishes and turnips.
- Cut the radishes in half and dice the turnips into similar-sized pieces for even roasting.
- In a bowl, toss the radishes and turnips with olive oil and kosher salt. Mix well to ensure they are evenly coated.
- Spread the vegetables on a baking sheet in a single layer.
- Roast for 25-30 minutes, flipping halfway through, until they are golden brown and tender.
- Transfer to a serving dish and enjoy warm as a delicious low-carb side!

Intelligent Wellness

LEMON GARLIC SAUCE

SERVING SIZE

8

INGREDIENTS

ITEM	QUANTITY
Lemon Juice, Freshly Squeezed	½ Cup
Large Cloves Garlic (Smashed or Roughly Chopped)	2
Red Pepper Flakes	¼ Tsp.
Sea Salt	½ Tsp.
Extra Virgin Olive Oil	⅓ Cup

PREPARATION

- In a small bowl, whisk together the lemon juice, garlic, red pepper flakes, and sea salt.
- Slowly drizzle in the olive oil while whisking continuously to emulsify the sauce.
- Allow the sauce to sit for 10-15 minutes to let the garlic and spices infuse.
- For a smoother sauce, strain out the garlic pieces before serving.

CHILI LIME CAULIFLOWER

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cauliflower, (Cut into small florets)	4 Cups	Onion Powder	½ tsp.
Oil	1 tbsp.	Garlic Powder	½ tsp.
Fine Sea Salt	¼ tsp.	Cayenne Pepper (adjust for spice level)	⅛ to ¼ tsp.(adjust for spice level)
Ancho Chili Powder or Homemade Chili Powder	1 tsp.	Green Onion, Finely Sliced	1
Smoked Paprika	1 tsp.	Lime Wedges	2

PREPARATION

- Preheat your oven to 400°F (200°C).
- In a bowl, toss cauliflower florets with oil, salt, chili powder, paprika, onion powder, garlic powder, and cayenne pepper.
- Spread the seasoned cauliflower on a baking sheet in a single layer.
- Roast for 20-25 minutes, stirring halfway, until tender and slightly crispy.
- Sprinkle with sliced green onions and squeeze fresh lime juice over the top.
- Serve hot and enjoy!

APPLE CIDER BRAISED CABBAGE

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 tbsp.	Kosher Salt	To taste
Green Cabbage, (Cut into 6 wedges)	6 cups	Apple Cider Vinegar	½ cup
Bacon, Chopped	½ cup	Apple Cider	2 cups
Medium Shallot, (thinly sliced lengthwise)	1	Freshly Ground Black Pepper	

PREPARATION

- Heat olive oil in a large pan over medium heat.
- Add bacon and cook until crispy. Remove and set aside.
- In the same pan, sauté sliced shallots until soft.
- Place cabbage wedges in the pan and season with salt.
- Pour in apple cider vinegar and apple cider.
- Cover and simmer for 20-25 minutes, until cabbage is tender.
- Sprinkle with crispy bacon and black pepper before serving.
- Enjoy warm!

BBQ SAUCE

SERVING SIZE

30

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tomato Sauce	2 cans (8oz)	Chili Powder	1½ tsp.
Mustard	3 tbsp.	Vinegar	½ cup
Monk Fruit Sweetener	⅔ cup	Garlic Powder	¼ tsp.
Water	¾ cup	Salt	¼ tsp.
Soy Sauce	2 tbsp.	Pepper	¼ tsp.

PREPARATION

- In a saucepan over medium heat, combine all ingredients.
- Stir well and bring to a gentle simmer.
- Cook for 10-15 minutes, stirring occasionally, until slightly thickened.
- Remove from heat and let cool.
- Store in an airtight container in the fridge.

SMASHED RADISHES

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Radishes	2 Bunches, about 1 lb
Olive Oil	½ Tbsp.
Lemon Pepper Seasoning	1 Tbsp.
Salt	½ Tsp.
Grated Parmesan (Maintenance Only)	¼ Cup

PREPARATION

- Set your oven to 400°F (200°C).
- Bring a pot of water to a boil, add radishes, and cook for about 10 minutes until tender. Drain and let them cool slightly.
- Place radishes on a baking sheet lined with parchment paper. Use a fork or the bottom of a glass to gently smash them.
- Drizzle with olive oil, then sprinkle with lemon pepper seasoning and salt.
- Roast in the oven for 20-25 minutes until crispy and golden brown.
- Sprinkle grated parmesan over the radishes in the last 5 minutes of baking.
- Serve & Enjoy!

AIR FRYER FRIED PICKLES

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Fresh Dill Pickle Coins (Grillo's Pickles)	2 cups	Cajun Seasoning	½ tsp.
Konjac Flour	½ cups	Italian Seasoning	1 tsp.
Garlic Powder	1 tsp.	Cayenne Pepper	¼ tsp.
Paprika	1 tsp.	Olive Oil Cooking Spray	

PREPARATION

- Pat the pickle coins dry with paper towels to remove excess moisture.
- In a bowl, combine konjac flour, garlic powder, paprika, Cajun seasoning, Italian seasoning, and cayenne pepper.
- Toss the pickle coins in the flour mixture, ensuring they are evenly coated on all sides.
- Preheat your air fryer to 400°F (200°C) for about 3-5 minutes.
- Place the coated pickles in a single layer in the air fryer basket. Do not overcrowd to ensure even cooking.
- Lightly spray the pickles with olive oil cooking spray.
- Cook at 400°F (200°C) for 8-10 minutes, flipping halfway through, until the pickles are golden brown and crispy.
- Remove from the air fryer and serve immediately with your favorite dipping sauce (optional).

DIJON MUSTARD MUSHROOMS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Crimini Mushrooms, Cleaned and Halved	4 Cups	Lemon Juice (or to Taste)	2 Tsp.
Garlic Cloves, Minced	3	Chopped Flat-leaf Parsley	¼ Cup
Shallot, Minced	1	Dijon Mustard	1 Tbsp.
Oil	1 Tbsp.	Salt and Pepper	To taste

PREPARATION

- Heat the oil in a large skillet over medium heat.
- Add the minced garlic and shallot to the skillet, cooking until fragrant and softened, about 1-2 minutes.
- Add the mushrooms and cook, stirring occasionally, until they release their moisture and start to brown, about 6-8 minutes.
- Stir in the Dijon mustard and lemon juice, making sure the mushrooms are evenly coated.
- Season with salt and pepper to taste.
- Remove from heat and sprinkle with chopped parsley.
- Serve warm as a delicious side dish. Enjoy!

OKRA CHIPS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Fresh Okra	4 Cups
White Vinegar	1 Tbsp.
Olive Oil	½ Tbsp.
Kosher Salt	½ Tsp.
Garlic Powder	¼ Tsp.

PREPARATION

- Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
- Wash the okra and pat it dry completely. Trim the stems if needed, but don't cut too deep to avoid the seeds spilling out.
- In a large bowl, toss the okra with white vinegar, olive oil, kosher salt, and garlic powder until well coated.
- Spread the okra in a single layer on the prepared baking sheet, making sure none of the pieces are overlapping.
- Bake for 20-25 minutes, flipping the okra halfway through, until it becomes crispy and lightly browned.
- Let it cool slightly before serving.

ROASTED VEGETABLE SALAD

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Plum Tomatoes	2	Paprika	1 Tsp.
Large Shallot	1	Extra Virgin Olive Oil	1 Tbsp.
Long Red Peppers	1	Lemon	½
Yellow Peppers	1	Sea Salt	To Taste
Garlic Cloves, Minced	2		
Baby Capers	1 Tbsp.		

PREPARATION

- Preheat your oven to 400°F (200°C).
- Wash the plum tomatoes, red pepper, and yellow pepper. Cut the tomatoes into quarters and the peppers into wide strips. Peel and slice the shallot into rings.
- Place the tomatoes, peppers, and shallot slices on a baking sheet.
- Sprinkle the minced garlic, paprika, sea salt, and add extra virgin olive oil over the vegetables. Toss everything together gently to coat.
- Roast in the preheated oven for 20-25 minutes, or until the vegetables are tender and slightly charred on the edges. Stir halfway through to ensure even cooking.
- Once the vegetables are roasted, remove them from the oven. While they are still warm, sprinkle the baby capers over the top.
- Squeeze the juice of half a lemon over the vegetables, adding a bright, acidic flavor to balance the dish.
- Serve and Enjoy!

AIR FRYER POBLANO RINGS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Poblano Peppers	3
Kojac Flour	1 Cup
Salt and Pepper,	To Taste
Eggs Beaten	2
IP Croutons, Crushed	1

PREPARATION

- Preheat your air fryer to 375°F (190°C).
- Wash the poblano peppers. Slice them into 1/2-inch rings, and remove the seeds and membranes.
- Arrange three bowls for the breading process. In the first bowl, place the kojac flour seasoned with salt and pepper.
- In the second bowl, place the beaten eggs. In the third bowl, place the crushed croutons.
- Dip each poblano ring first in the flour mixture, ensuring it's lightly coated. Then, dip it into the beaten eggs, and finally, coat it with the crushed croutons. Make sure each ring is well-coated at each stage for the best results.
- Place the breaded poblano rings in a single layer in the air fryer basket.
- Cook for about 6-8 minutes, or until the rings are golden brown on both sides and crispy.
- Enjoy!

CHIVE AND SHALLOT VINAIGRETTE

SERVING SIZE

8

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Shallots, Peeled and Finely Chopped	2	Freshly Chopped Chives	
Extra Virgin Olive Oil	¼ cup	Salt and Freshly Ground Pepper	To Taste
Vinegar	3 tsp.		

PREPARATION

- Finely chop the shallots
- In a small bowl or jar, combine the chopped shallots with the vinegar.
- Slowly whisk in the extra virgin olive oil. If using a jar, you can add the oil and then secure the lid, and shake until oil and vinegar are well combined.
- Stir in the freshly chopped chives with 2 tbsp.
- Season the vinaigrette with salt and freshly ground pepper to taste.
- Allow the vinaigrette to sit for at least 10 minutes before use. This resting period lets the flavors meld together nicely.
- Use the vinaigrette immediately, or store it in the refrigerator for up to a week.

BLACKENED CAULIFLOWER

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cauliflower Head, Core and Leaves Removed, (Cut Into 2-inch Pieces)	1	Garlic Powder	1 tsp.
		Red Pepper Flakes	½ tsp.
Olive Oil	2 Tbsp.	Dried Thyme	½ tsp.
Smoked Paprika	1 Tsp.	Black Pepper	½ tsp.
Kosher Salt	1 Tsp.		
Onion Powder	1 Tsp.		

PREPARATION

- Preheat your oven to 425°F (220°C).
- Wash the cauliflower head and cut it into 2-inch pieces. Make sure the pieces are roughly the same size for even cooking.
- In a small bowl, combine the smoked paprika, kosher salt, onion powder, garlic powder, red pepper flakes, dried thyme, and black pepper.
- In a large mixing bowl, toss the cauliflower pieces with olive oil until they are well coated.
- Then sprinkle the spice mixture over the cauliflower, tossing again to ensure each piece is evenly coated.
- Spread the cauliflower in a single layer on a baking sheet. Make sure the pieces are not overcrowded to allow them to roast properly and get a nice char.
- Place the baking sheet in the preheated oven and roast for 20-25 minutes.
- Halfway through the roasting time, turn the cauliflower pieces to ensure even cooking and blackening.
- The cauliflower is done when it is tender on the inside and has a nice blackened char on the outside.
- Serve and enjoy!

COCKTAIL SAUCE

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tomato Paste	2 Tbsp.	Clove Garlic	1
Whole, Peeled Tomatoes From the Can (No Juice)	2	Prepared Horseradish	2½ Tsp.
		Tabasco Sauce, Dash	To Taste
Lemon Juice	2 Tbsp.	Salt and Pepper	To Taste
Distilled White Vinegar	1 Tbsp.		

PREPARATION

- Chop the peeled tomatoes and minced the garlic clove. Since the tomatoes are from a can, make sure to drain them well and remove any excess juice.
- In a medium mixing bowl, combine the tomato paste and the chopped tomatoes. Stir them together until well mixed.
- To the tomato mixture, add the lemon juice, distilled white vinegar, minced garlic, and prepared horseradish. These ingredients will add acidity, tanginess, and a bit of heat to your sauce.
- Add a few dashes of Tabasco sauce for an extra kick. Be cautious with the amount and adjust according to your preference for heat.
- Season the sauce with salt and pepper to your preferred taste.
- Stir all the ingredients together until fully combined. Ensure that the sauce has a consistent texture and all ingredients are evenly distributed.
- Allow the sauce to sit for at least 30 minutes before serving. This resting time lets the flavors meld together and intensify.
- Enjoy!

GREEN BEANS AND MUSHROOMS WITH CRISPY SHALLOTS

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY
Large Shallots, Peeled and Thinly Sliced	2
Mushrooms, Sliced	8 Oz.
Cloves Garlic, Minced	4
Green Beans, Trimmed	8 Oz.

ITEM	QUANTITY
Olive Oil	3 Tbsp.
Fresh Lemon Juice	1 Tsp.
Salt and pepper	To Taste

PREPARATION

- Heat 2 tbsp. of olive oil in a pan over medium heat.
- Add thinly sliced shallots and fry until golden brown and crispy. Once done remove from the pan and set aside.
- In the same pan, add the remaining olive oil.
- Add sliced mushrooms and saute until they release their moisture and become golden brown.
- Add minced garlic to the mushrooms and sauté for about 1-2 minutes until fragrant.
- Meanwhile, bring a pot of salted water to a boil. Add the trimmed green beans and cook for 2-3 minutes until they are bright green but still crisp. Drain and set aside.
- Add the blanched green beans to the mushroom and garlic mixture.
- Squeeze fresh lemon juice over the vegetables for a burst of citrus flavor.
- Season with salt and pepper according to taste.
- Transfer the green bean and mushroom mixture to a serving platter. Top with the crispy shallots for a delightful crunch.
- Enjoy!

AIR FRYER TURNIPS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Turnips	3
Avocado Oil	2 Tsp.
Paprika	1½ Tsp.
Sea Salt	1 Tsp.
Cracked Pepper	1 Tsp.
Minced Parsley	2 Tsp.

PREPARATION

- Preheat your air fryer to 375°F (190°C) for a few minutes.
- Wash, peel, and trim the turnips. Cut them into bite-sized pieces.
- In a large bowl, toss the turnip pieces with avocado oil, paprika, sea salt, and cracked pepper. Make sure they are evenly coated with the seasoning.
- Place the seasoned turnip pieces in the air fryer basket in a single layer, ensuring they are not crowded.
- Air fry the turnips for about 15-20 minutes, shaking or tossing them halfway through, or until they are golden brown and tender.
- Once the turnips are crispy and cooked to your liking, remove them from the air fryer.
- Sprinkle the minced parsley over the hot turnips for a burst of freshness.
- Enjoy!

CUCUMBER DRESSING

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY
Medium Cucumber, Seeded and Partially Peeled	1
Fresh Squeezed Lemon Juice	¼ cup
Garlic Cloves	1-2
Olive Oil (Optional)	¼ cup
Filtered Water or Oil Free Version	¼ cup or ½ Cup

ITEM	QUANTITY
Salt	¼ tsp.
Black Pepper	⅛ tsp.
Fresh Herbs (One or More of Dill, Parsley, or Basil Are Good Choices)	¼ cup
Small Red or White Onion	¼

PREPARATION

- Cut the cucumber in half lengthwise, and using a spoon, scoop out and discard the seeds.
- Partially peel the cucumber to your preference leaving some skin on adds texture and color. Chop the cucumber into chunks.
- In a food processor, combine the cucumber chunks, fresh lemon juice, garlic cloves, olive oil (if using), filtered water, salt, and black pepper.
- Add the fresh herbs and onion pieces to the mixture.
- Blend all the ingredients until the mixture is smooth and has a creamy consistency.
- Taste and adjust the seasoning as needed, adding more lemon juice, salt, or pepper to suit your taste.
- You can chill the dressing in the refrigerator for about 30 minutes before serving to enhance the flavors.
- Enjoy!

ROASTED RED PEPPER AND TOMATO SOUP

SERVING SIZE

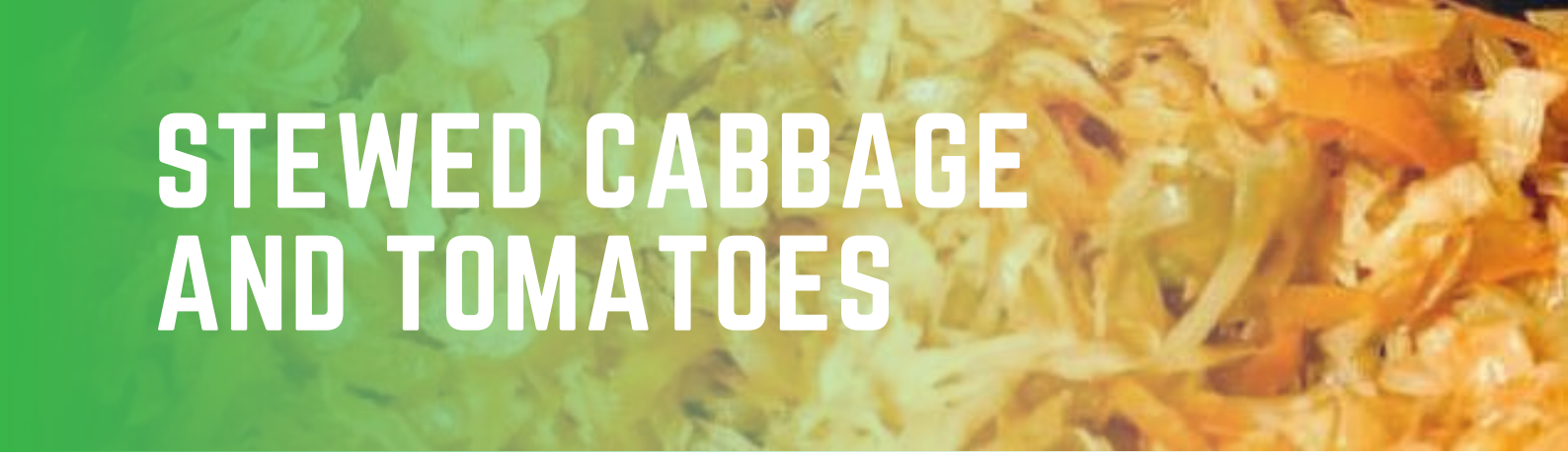
6

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Tomatoes Cored and Quartered	8	Vegetable Broth	4 cups
Red Bell Peppers Seeded and Quartered	3	Smoked Paprika	¼ tsp.
Small Leeks	2	Pinch of Cayenne Pepper (Omit If Sensitive to Spice)	
Extra Virgin Olive Oil, Divided	2 Tbsp.		
Garlic Cloves , Unpeeled	6	Fine Salt and Freshly Ground Black Pepper	To Taste

PREPARATION

- Preheat your oven to 400°F (200°C).
- Place the quartered tomatoes and red bell peppers on a baking sheet lined with parchment paper. Drizzle 1 tbsp. extra virgin olive oil over them. Toss the vegetables to coat them in the oil.
- Roast in the preheated oven for about 30-40 minutes or until they are softened and slightly charred.
- While the tomatoes and red peppers are roasting, clean and thinly slice the leeks. In a large saucepan, heat the remaining 1 tbsp. extra virgin olive oil over medium heat.
- Add the sliced leeks and sauté until they become tender, about 5 minutes.
- Add the unpeeled garlic cloves to the saucepan with the leeks. Continue to sauté for another 2 minutes.
- Once the roasted tomatoes and red peppers are ready, transfer them to the saucepan with the sautéed leeks and garlic.
- Add vegetable broth, smoked paprika, and a pinch of cayenne pepper. Season with salt and freshly ground black pepper. Bring the mixture to a simmer.
- Using an immersion blender or transferring the mixture to a countertop blender, blend the soup until it reaches your desired consistency.
- Return the blended soup to the saucepan and reheat it over low heat if necessary. Taste and adjust the seasoning, adding more salt or pepper if needed.
- Serve and Enjoy!



STEWED CABBAGE AND TOMATOES

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Savory White Cabbage	1	Salt	1 Tsp.
Olive Oil	1 Tbsp.	Black Pepper	¼ Tsp.
Red Bell Pepper	1	Bay Leaves	2
Tomato Paste	2 Tbsp.	Freshly-chopped Dill	1 Tbsp.

PREPARATION

- Remove the tough outer leaves of the cabbage. Cut it in half, remove the core, and then finely shred the cabbage.
- In a large pot, heat the olive oil over medium heat. Add the diced red bell pepper and sauté for about 2-3 minutes until it starts to soften.
- Add the shredded cabbage to the pot. Stir well to combine it with the sautéed pepper.
- Mix in the tomato paste, which will add depth and flavor to the dish. Stir until the cabbage is well coated with the tomato paste.
- Season the cabbage with salt, black pepper, and add the bay leaves.
- Reduce the heat to low, cover the pot, and allow the cabbage to simmer for about 15-20 minutes, or until it softens and wilts.
- Remember to stir occasionally to prevent it from sticking to the pot.
- Once the cabbage is tender, remove it from the heat.
- Discard the bay leaves and sprinkle the freshly chopped dill over the stewed cabbage and tomatoes.
- Enjoy!

AIR FYER LEMON ASPARAGUS

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Bunch Asparagus, Woody Ends Trimmed	2 Cups
Extra-virgin Olive Oil, For Drizzling	
Sea Salt and Freshly Ground Black Pepper	To Taste
Lemon Wedges, For Squeezing	

PREPARATION

- Preheat your air fryer to 400°F (200°C)
- Wash and trim the woody ends of the asparagus spears. You can snap off the tough ends or cut them with a knife to ensure they are tender.
- Place the trimmed asparagus in a mixing bowl. Drizzle with a generous amount of extra-virgin olive oil. Toss the asparagus to ensure it's evenly coated with the oil.
- Sprinkle the asparagus with sea salt and freshly ground black pepper to taste. Toss again to evenly distribute the seasonings.
- Arrange the seasoned asparagus in a single layer in the air fryer basket. Consider cooking in smaller batches to avoid overcrowding.
- Air fry at 400°F for about 5-8 minutes, or until the asparagus is tender and slightly crispy.
- Remove the asparagus from the air fryer and transfer it to a serving platter.
- Squeeze fresh lemon wedges over the asparagus to add a zesty citrus flavor.
- Enjoy!

BROCCOLI SOUP

SERVING SIZE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tbsp.	Broccoli Florets and Stalks, Coarsely Chopped	2
Large Shallot, Coarsely Chopped	1	Large Turnips, Peeled and Coarsely Chopped	2
Large Cloves Garlic, Coarsely Chopped	3	Celery Root, Coarsely Chopped	⅓
Broccoli Stalks, Coarsely Chopped	3	Low-sodium Chicken Stock	4 Cups

PREPARATION

- Heat the olive oil in a large soup pot over medium heat.
- Add the coarsely chopped shallot and garlic, and sauté for about 2-3 minutes until they become fragrant and slightly softened.
- Add the coarsely chopped broccoli stalks, broccoli florets and stalks, large turnips, and celery root to the pot.
- Continue to sauté the vegetables for an additional 5-7 minutes, allowing them to slightly caramelize.
- Once the vegetables have softened a bit and developed some flavor, pour in the low-sodium chicken stock. Ensure that the stock covers the vegetables, and bring the mixture to a gentle boil.
- Reduce the heat to low, cover the pot, and let the soup simmer for about 20-25 minutes. Simmering allows the vegetables to become tender.
- Using an immersion blender carefully blend the soup until it's smooth and creamy.
- Depending on your preference, you can adjust the consistency by adding more chicken stock to thin the soup or simmering a bit longer to thicken it.
- Taste the soup and season with salt and pepper according to your preference.
- Pour the creamy broccoli soup into bowls and garnish with a sprinkle of fresh herbs.
- Serve your broccoli soup hot and enjoy a comforting, healthy, and hearty meal.

GARLIC MASHED BROCCOLI

SERVING SIZE

4

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chopped Raw Broccoli Crowns (Bite-sized Pieces)	8 Cups	Salt	½ Tsp.
		Dry Thyme	¼ Tsp.
Olive Oil	¼ Cup	White Pepper	¼ Tsp.
Cloves Garlic, Chopped	4		
Low Sodium Chicken or Vegetale Broth	¼ Cup		

PREPARATION

- Place the chopped broccoli crowns in a steamer basket over a pot of boiling water.
- Steam for about 5-7 minutes, or until the broccoli is tender but still bright green. Remove from heat.
- While the broccoli is steaming, heat the olive oil in a large skillet over medium heat.
- Add the chopped garlic and sauté for about 1-2 minutes, or until fragrant and lightly golden. Be careful not to burn the garlic.
- Add the steamed broccoli to the skillet with the sautéed garlic. Toss to coat the broccoli with the garlic-infused olive oil.
- Pour in the no-chicken broth and season with salt, dry thyme, and white pepper. Use a potato masher or the back of a fork to mash the broccoli while stirring.
- Continue mashing and stirring until the broccoli is well coated with the garlic oil and reaches your desired level of creaminess. If it's too dry, you can add a bit more broth.
- Transfer the garlic-mashed broccoli to a serving dish. Serve hot as a flavorful and nutritious side dish.
- Enjoy!

PICKLED MUSHROOMS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Mushrooms, Small	4 Cups	Apple Cider Vinegar	1 Tbsp.
Fresh Parsley, Chopped	1 Tbsp.	Dried Oregano	1 Tsp.
Garlic Clove, Finely Chopped	1	Chilli Flakes	1 Tsp.
Red Shallot, Small	½	Salt	To Taste
Olive Oil	1 Tbsp.		

PREPARATION

- Heat the olive oil in a skillet over medium heat.
- Add the mushrooms and saute for about 5-7 minutes or until they become tender and start to brown.
- Add the chopped garlic and red shallot to the skillet with the mushrooms. Saute for an additional 2-3 minutes until the garlic and shallot become fragrant.
- Sprinkle the dried oregano, chili flakes, and a pinch of salt over the mushroom mixture. Stir well to evenly distribute the seasonings.
- Pour in the apple cider vinegar to deglaze the skillet. Stir to combine, scraping up any flavorful bits from the bottom of the pan.
- Remove the skillet from heat and let the mushroom mixture cool down slightly.
- Once cooled, add the chopped fresh parsley to the mushrooms and gently toss everything together. Adjust the salt and seasonings to your taste.
- Transfer the pickled mushrooms to an airtight container and refrigerate for at least 2 hours, allowing the flavors to meld.
- Serve your pickled mushrooms as a tasty appetizer, side dish, or garnish for salads and sandwiches.

RANCH DRESSING

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Mayonnaise	1 Cup	Chopped Fresh Flat-leaf Parsley	1 Tsp.
Water	¼ Cup	Garlic Powder	1 Tsp.
Chopped Fresh Chives	2 Tsp.	Onion Powder	½ tsp.
Apple Cider Vinegar Or Fresh Lemon Juice	1½ Tsp.	Sea Salt	½ tsp.
Dijon Mustard	1 Tsp.	Black Pepper	½ tsp.
Chopped Fresh Dill Weed	1 Tsp.		

PREPARATION

- In a mixing bowl, combine the mayonnaise and water. Stir until they are well combined and smooth.
- Add the apple cider vinegar or fresh lemon juice to the mixture. Stir it in thoroughly.
- Mix in the Dijon mustard. Ensure it's evenly distributed.
- Gently fold in the chopped fresh chives, dill weed, flat-leaf parsley, and garlic powder.
- Season the dressing with onion powder, sea salt, and black pepper. Stir until all the ingredients are fully combined.
- Taste the ranch dressing and adjust the seasoning, if necessary. You can add more salt and pepper to suit your preference.
- Your homemade ranch dressing is ready. Enjoy!

SHRIMP SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Shrimp Peeled And Deveined	1 Lb.	Garlic Cloves, Minced	2
Lemon Quartered	1	Approved Mayonnaise	½ cup
Celery Finely, Diced	1 Cup	Dijon mustard	1 tsp.
Red Onion Finely Minced	½	Fresh Dill	1½ tbsp.
Lemon Juice	2 Tsp.	Salt And Pepper	To Taste

PREPARATION

- Fill a pot with water and squeeze the juice from the lemon quarters into it. Drop the squeezed lemon quarters into the pot as well. Bring the water to a boil.
- Once the water is boiling, add the peeled and deveined shrimp. Cook the shrimp for about 2-3 minutes until they turn pink and opaque. Be careful not to overcook them.
- Once cooked, remove the shrimp from the pot and place them in a bowl of ice water to cool down quickly. Once cooled, drain the shrimp and set them aside.
- In a large mixing bowl, combine the finely diced celery, minced red onion, lemon juice, minced garlic, approved mayonnaise, Dijon mustard, and fresh dill. Mix well to combine all the ingredients.
- Chop the cooled cooked shrimp into bite-sized pieces and add them to the mixing bowl with the other ingredients.
- Gently toss the shrimp with the mayo mixture until they are well coated. Season the salad with salt and black pepper to taste. Adjust the seasoning according to your preference.
- Refrigerate the shrimp salad for at least 30 minutes before serving. This will allow the flavors to meld together.
- Enjoy!

STEAK & TOMATO SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cherry Tomatoes, Halved	12 Oz.	Capers, finely chopped	1 Tbsp.
Parsley, Chopped	¾ Cup	Chopped Shallots	1 Tbsp.
Red Onion, Thinly Sliced	½	Salt	½ Tsp.
Steak Grilled Fillet	1 Lb	Extra Virgin Olive Oil	⅓ Cup
Garlic cloves, Minced	2	Lemon Juice	2 Tbsp.
Dijon Mustard	1 Tsp.		

PREPARATION

- In a large salad bowl, combine the halved cherry tomatoes, chopped parsley, and thinly sliced red onion.
- Slice the grilled steak fillet into thin strips and add them to the salad bowl.
- In a small bowl, whisk together the minced garlic, Dijon mustard, chopped capers, chopped shallots, salt, freshly ground black pepper, extra virgin olive oil, and lemon juice. This will be the dressing for the salad.
- Pour the dressing over the tomato, parsley, onion, and steak mixture.
- Gently toss all the ingredients together to ensure that they are well coated with the dressing.
- Let the salad sit for a few minutes to allow the flavors to meld together.
- Taste and adjust the seasoning if needed by adding more salt, pepper, or lemon juice.
- Serve and Enjoy!

CHICKEN CABBAGE SALAD WITH MUSTARD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Leftover Chicken, Diced	8 Oz	Fresh Squeezed Lemon Juice	2 Tsp.
Red Cabbage, Finely Sliced	1 Cup	Dijon mustard	1 Tsp.
Green Cabbage, Finely Sliced	1 Cup	Onion Powder	½ Tsp.
Green Onions, Thinly Sliced	⅛ Cup	Celery Seeds	1 Tsp.
Salt and Fresh-Ground Black Pepper	To taste		
Approved Mayo	1 Tbsp.		

PREPARATION

- In a large mixing bowl, combine the diced leftover chicken, finely sliced red cabbage, finely sliced green cabbage, and thinly sliced green onions.
- Season the mixture with salt and freshly ground black pepper according to your preferences. Toss the ingredients to combine.
- In a separate bowl, prepare the dressing. Combine the approved mayo, freshly squeezed lemon juice, Dijon mustard, onion powder and celery seeds. Mix well until all the ingredients are incorporated and the dressing is smooth.
- Pour the dressing over the chicken and cabbage mixture.
- Gently toss the salad to ensure the dressing coats all the ingredients evenly.
- Taste and adjust the seasoning if necessary, adding more salt, pepper, or lemon juice as desired.
- Allow the Chicken Cabbage Salad to sit in the refrigerator for about 20-30 minutes before serving.
- Enjoy!

LEMON CHICKEN SALAD

INGREDIENTS

ITEM	QUANTITY
Cooked Chicken Breasts	12 Oz.
Approved Mayonnaise	¼ Cup
Fresh Basil, Chopped	2 Tbsp.
Italian Seasoning, Dried	1 Tsp.
Garlic, Minced	½ Tsp.
Celery Stalks, Chopped	2
Juice of Lemon	1
Salt And Pepper	To Taste

PREPARATION

- Shred the chicken breast with two forks and place it In a large mixing bowl.
- Add approved mayonnaise, fresh basil, dried Italian seasoning, minced garlic, chopped celery, and lemon juice.
- Mix well to ensure all the ingredients are evenly combined.
- Season with salt and pepper to taste. Adjust the seasoning according to your preference.
- Cover the bowl with plastic wrap and refrigerate for at least 30 minutes to allow the flavors to meld together.
- Before serving, give the chicken salad a good stir to incorporate any separated ingredients.
- Serve and Enjoy!

LEMON GARLIC GRILLED ZUCCHINI

INGREDIENTS

ITEM	QUANTITY
Medium Zucchinis, sliced into ½-inch thick	2
Olive Oil	2 tbsp.
Freshly Squeezed Lemon Juice	1 tbsp.
Garlic Cloves, Minced	4
Sea Salt	¾ tsp.
Freshly Ground Black Pepper	½ tsp.
Chopped parsley, lime wedges and vegan parmesan cheese for garnish	

PREPARATION

- Preheat the grill to medium-high heat.
- In a bowl, combine olive oil, freshly squeezed lemon juice, minced garlic, sea salt, and freshly ground black pepper. Mix well to create the marinade.
- Add the sliced zucchini to the marinade and toss to coat each slice evenly. Let the zucchini marinate for about 15-20 minutes, allowing the flavors to meld
- Place the marinated zucchini slices on the grill grates or grill pan. Grill for about 3-4 minutes on each side, or until grill marks appear and the zucchini is tender.
- Once the zucchini is grilled to your liking, remove it from the grill and arrange it on a serving platter.
- Garnish the grilled zucchini with chopped parsley, lime wedges, and vegan parmesan cheese.
- Enjoy!

MEDITERRANEAN CAULIFLOWER SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Raw Cauliflower, Cut Into Florets	1 Head	Garlic Cloves, Minced	2
Whole Bunch of Parsley Stems Partially Removed, Chopped	1	Kosher Salt and Pepper	To taste
Roma Tomatoes, Very Small Diced or Chopped	4	Juice of Lemons	2
English Cucumber Hot House Cucumber, Chopped	1	Extra Virgin Olive Oil	1 Tbsp.
Red Onion, Finely Chopped	½		

PREPARATION

- Prepare the cauliflower by cutting it into small florets. Rinse the florets under cold water and pat them dry with a clean kitchen towel.
- In a large mixing bowl, combine the cauliflower florets, chopped parsley, diced Roma tomatoes, chopped cucumber, finely chopped red onion, and minced garlic.
- Season the mixture with kosher salt and pepper according to your taste preferences.
- Squeeze the juice of the lemons over the salad mixture. Start with the juice of one lemon and adjust the amount based on your desired level of tanginess.
- Drizzle extra virgin olive oil over the salad, using approximately 2-3 tablespoons. Toss the salad gently to ensure all the ingredients are well coated with lemon juice and olive oil.
- Taste and adjust the seasoning if necessary. Add more salt, pepper, lemon juice, or olive oil as desired.
- Let the salad sit for at least 15-20 minutes before serving. This will allow the flavors to meld together and the cauliflower slightly soften.
- Serve and Enjoy!

PICKLED SLAW

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Dill Pickle Juice	⅓ Cup	Dried Dill	1 Tsp.
Olive Oil	1½ Tbsp.	Salt	¼ Tsp.
Dijon Mustard	1 Tsp.	Shredded Cabbage	1 (14 Oz) Bag
Garlic Powder	1 Tsp.	Dill Pickles, Chopped	½ Cup (About 4 Spears)

PREPARATION

- In a large mixing bowl, whisk together the dill pickle juice, olive oil, Dijon mustard, garlic powder, dried dill, and salt. This mixture will form the flavorful dressing for your pickled slaw.
- Add the shredded cabbage to the bowl. You can use pre-packaged shredded cabbage or shred your own using a knife or a food processor.
- Add the chopped dill pickles to the bowl. The pickles will contribute extra crunch and a tangy flavor to the slaw.
- Toss the cabbage and pickles with the dressing until well-coated. Make sure the dressing is evenly distributed throughout the slaw.
- Let the pickled slaw refrigerate overnight before serving. This will allow the flavors to meld and the cabbage to slightly soften.
- Give the slaw a final toss before serving to ensure all the ingredients are combined and coated with the dressing.
- Enjoy!

CAULIFLOWER MASHED

INGREDIENTS

- 1 Pkg. Ideal Protein Mushroom Soup
- 1 pinch of Salt
- 1 pinch of Pepper
- 1 head of fresh Cauliflower
- 1 Tsp. of Onion Powder
- 1 Tsp. fresh or roasted Garlic
- 1 Tsp. of chopped Scallions

PREPARATION

1. Steam or boil Cauliflower until it is very soft.
2. Drain.
3. Add Onion, Garlic and Ideal Protein Soup Mix.
4. Mash and mix well.
5. Season with Salt, Pepper and Scallions.
6. Serve Hot and Enjoy!
7. Phase Approved: Phases 1-3

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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

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CAULIFLOWER TABBOULEH SALAD

INGREDIENTS

- 1 pound riced cauliflower
- 1/2 cup finely chopped fresh cilantro
- 1/2 cup finely chopped fresh mint
- 1/2 cup finely chopped fresh flat-leaf parsley
- 1/4 cup extra-virgin olive oil
- Pinch of crushed red pepper
- 6 scallions, finely chopped
- 4 Persian cucumbers, chopped
- 3 radishes, thinly sliced
- 1 lemon, juiced (about 1/4 cup)
- 1/2 red onion, finely chopped
- Kosher salt and freshly ground black pepper

PREPARATION

1. Put the riced cauliflower in a medium microwave-safe bowl. Cover and microwave on high until tender, about 3 minutes.
2. Let cool, then drain.
3. Mix the cauliflower with the cilantro, mint, parsley, olive oil, crushed red pepper, scallions, cucumbers, radishes, lemon juice and onions in a large bowl. Season with salt and pepper.
4. Serve and enjoy!

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CEVICHE

INGREDIENTS

- 8 oz of Cod or Tilapia
- 7 Limes
- 1/2 cup of Red Onions
- 1/2 cup of Red Chili Pepper or Red Serrano Pepper
- A dash of chopped Cilantro
- 1/2 cup of Yellow Pepper
- 1/2 cup of Celery
- 8 Garlic Cloves, Chopped
- Salt and pepper to taste

PREPARATION

1. Cut your chosen fish in small even squares
2. Cut the peppers and celery in tiny squares
3. Squeeze the limes in a deep small bowl
4. Mix the peppers and celery with the cilantro, garlic, the fish and lime juice
5. Toss and mix well with a pinch of salt and black pepper
6. Slice the onions and cover the fish with them
7. Let marinate in the refrigerator for an hour
8. Serve & enjoy!

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CHAYOTE AND ZUCCHINI SQUASH SALAD

INGREDIENTS

ITEM	QUANTITY
Chayote	3
Zucchinis	3 Small
Lime	3
Salt	1 Tsp.

PREPARATION

- Cut the chayotes in half lengthwise and the zucchini sliced thinly
- Bring a pot of salted water to a boil.
- Add the chayote slices to the boiling water and cook for 5 minutes.
- After 5 minutes, add the zucchini slices to the pot and cook for an additional 2 minutes.
- Drain the vegetables and let them cool.
- In a large bowl, mix the cooled chayote, zucchini thinly sliced with salt, and juice of lime.
- Serve as a salad or side dish.
- Enjoy your Chayote and Zucchini Squash Salad!

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CHEESY GARLIC ROASTED RADISHES

INGREDIENTS

- 2 lbs Radishes – trimmed and quartered
- 2 garlic cloves – pressed
- 2 tbsp. avocado oil
- Salt – to taste
- 2 tbsp. parsley – minced and separated
- 1 cup Ideal Protein Cheddar Cheese Sauce

PREPARATION

1. Preheat the oven to 450°F.
2. Mix quartered radishes with oil and 1 tbsp. of minced parsley.
3. Roast radishes for 30-35 minutes until the edges brown.
4. Pull out the baking sheet and sprinkle the pressed garlic across the pan.
5. Top the radishes with Ideal Protein Cheddar Cheese Sauce and return to the oven for about 1-2 minutes.
6. Garnish with the remaining parsley.
7. Serve and enjoy.

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CHILI CAPER MARINADE

INGREDIENTS

- 1 red chili - deseeded and finely chopped
- 1 garlic clove - finely chopped
- 1tbsp. small capers
- 2 tbsp. fresh - chopped parsley
- ½ lemon - juiced
- 1 tbsp. extra-virgin olive oil

PREPARATION

1. Mix the chili, garlic, capers, parsley, lemon juice and oil in a small bowl.
2. Enjoy with BBQ Meat Ball Kabobs, Grilled Mahi Mahi, or Grilled Tofu Kabobs.

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CHILI LIME JICAMA STICKS

INGREDIENTS

- 2 pounds jicama – peeled and cut into 1/4-inch sticks
- 1/4 fresh lime juice from 1 lime
- 1 tbsp. chopped fresh cilantro
- 1/4 tsp. red pepper flakes
- Fine sea salt – to taste
- Freshly ground black pepper – to taste
- Chipotle powder – to taste

PREPARATION

1. Combine the jicama, lime juice, cilantro, and red pepper flakes in a large bowl and toss until well-incorporated.
2. Place the dressed jicama on a large platter and season with salt, pepper, and chipotle powder.
3. Serve immediately.
4. Enjoy!

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CHIMICHURRI CILANTRO

INGREDIENTS

- ½ cup fresh cilantro – finely chopped
- ½ cup fresh parsley – finely chopped
- 2 garlic – minced
- ¼ cup red onions
- ½ tsp. kosher salt
- ½ tsp. ground black pepper
- ½ tsp. smoked paprika or regular paprika is fine too
- 1 tbsp. red pepper flakes
- ½ cup olive oil extra virgin
- 3 tbsp. apple cider vinegar

PREPARATION

1. Chop the herbs, garlic, and onions and place them in a large bowl. Add salt and pepper, paprika, and red pepper flakes.
2. Now, add in the oil and apple cider vinegar and stir well until well combined.
3. Cover and refrigerate until ready to serve.
4. Enjoy!

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CHOWDER ROLLS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
IP Chicken Chowder Mix	1 pkg	Sea Salt	To Taste
Egg Whites	2 Egg	Thyme	1/2 Tsp.
Baking Soda	1/2 Tsp.	Chives	1 Tbsp.
Sage	1/8 Tsp.		
Garlic Powder	1/2 Tsp.		

PREPARATION

- Preheat your oven to 375°F.
- In a large mixing bowl, whisk the egg whites until frothy but not stiff.
- Then add IP chicken chowder mix, baking soda, dried sage, garlic powder, sea salt, and dried thyme in the bowl. Mix well to combine all the ingredients.
- Using a spoon or a cookie scoop, drop small mounds of the mixture onto a baking sheet lined with parchment paper.
- Bake the chowder rolls for 12-15 minutes until they are golden brown and crispy on the outside, and soft and fluffy on the inside.
- Once baked, remove the chowder rolls from the oven and let them cool for a few minutes before serving.
- Serve the chowder rolls as a side dish or as a snack.

COLLARD GREENS WITH MUSHROOMS

INGREDIENTS

- ¾ cup low-sodium vegetable broth
- ¾ tsp. smoked paprika
- ¼ tsp. ground cumin
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- 2 tbsp. olive oil
- 1 (5 oz) package sliced shiitake mushrooms – coarsely chopped
- 4 cloves garlic – minced
- 1 (16 oz) package chopped collard greens
- 2 tbsp. cider vinegar
- 1 tsp. hot sauce
- ½ tsp. ground pepper

PREPARATION

1. Combine broth, paprika, cumin, salt, and crushed red pepper in a small saucepan and bring to a simmer. Cook for 1 minute then set aside but keep warm.
2. Heat oil in a large pot over medium-high heat.
3. Add mushrooms and garlic and cook, keep stirring frequently until browned and tender, for about 4 to 6 minutes.Add 2 Tbsp. of the broth mixture to the pan and cook. Scrape the bottom of the pan to loosen any browned bits, for 1 minute more.
4. Stir in collard greens, a few handfuls at a time.
5. Cook for about 10 minutes. Keep stirring frequently, and gradually add the broth mixture, a few tablespoons at a time, until the greens are tender and the broth mixture is incorporated.
6. Reduce heat to medium if the mixture starts to boil too vigorously.
7. Stir in vinegar, hot sauce, and pepper and cook for 1 minute.
8. Serve and enjoy!

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CRAB CEVICHE

INGREDIENTS

- 1/2 cup finely chopped tomato seeded
- 1/4 cup finely diced red onion
- 1 serrano pepper seeds removed and diced
- 2 tbsp. lemon juice
- 2 tbsp. lime juice
- 1/4 tsp. salt
- 8 oz. lump crab meat picked over for shells
- 1/4 cup chopped fresh cilantro
- 1 avocado diced (*for Maintenance only*)

PREPARATION

1. Combine tomato, red onion, pepper, lemon juice, lime juice, salt, and crab meat together in a bowl and mix well.
2. Cover and leave in refrigerator for at least 2 hours.
3. Remove from the refrigerator and gently mix in the cilantro (and avocado).
4. Serve with Ideal Protein Dorados.

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CREAMY CELERY SEED DRESSING RECIPE

INGREDIENTS

ITEM	QUANTITY
Truvia sweetener	⅔ cup
Dry mustard	1 teaspoon
Salt	1 teaspoon
Dry onion flakes	1 Tablespoon
Celery seed	1 teaspoon
Vegetable oil	1 cup
White distilled vinegar	½ cup

PREPARATION

- Combine dry ingredients in a pint jar.
- Add vegetable oil and vinegar.
- Stir with a spoon and then place the lid on tight. Shake until creamy.

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CRISPY TURNIP FRIES

INGREDIENTS

- 2 cups of Turnips
- 2 tsp. Olive Oil
- 1 tsp. Garlic Powder
- 1/2 tsp. Paprika
- Pam Spray

PREPARATION

1. Preheat oven to 425 degrees.
2. Line a baking sheet with a piece of aluminum foil and lightly spray with Pam.
3. Peel the turnips, cut into French fry-sized sticks.
4. Place into a large bowl and toss with Olive Oil to coat.
5. Mix in the garlic powder, paprika and other spices that you like. Try to evenly coat your fries.
6. Spread out onto the prepared baking sheet.
7. Bake in preheated oven until the outside is crispy and the inside is tender, about 20 minutes.
8. Serve immediately! You can use “Walden Farms Ketchup”.

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CUCUMBER SALSA

INGREDIENTS

- 1 large English cucumber – peeled, seeded, and diced (about 2 cups diced)
- 2/3 cup red onions – diced
- 2 Roma tomatoes – seeded and diced
- 1 Jalapeno – seeded and diced
- 1 heaping tsp. fresh garlic – minced
- 1 tbsp. olive oil
- 1 – 1/2 tbsp. fresh lime juice
- 1/4 tsp. ground cumin
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper – freshly ground
- 1 tbsp. fresh cilantro – chopped
- Ideal Protein Dorados or Jalapeno Cheddar Crisps (to serve with)

PREPARATION

1. Place all ingredients in a medium bowl and stir to coat evenly.
2. Serve with Tortilla Chips and enjoy!

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EASY CRAB SALAD

INGREDIENTS

- 1 lb lump crab meat – picked clean of shells
- 1/3 cup apple cider vinegar
- 1/4 cup sweet onion, finely diced
- 1/4 cup olive oil
- 1 tsp. lemon juice
- 1 tsp. kosher salt
- 1/4 tsp. black pepper
- Tabasco sauce (optional)

PREPARATION

1. Stir all ingredients, except the hot sauce, together in a bowl. Cover and leave in the refrigerator for at least 45 minutes, up to overnight.
2. Check seasoning before serving and adjust if needed.
3. Serve over salad or in lettuce cups.
4. Bon Appétit.

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EASY JALAPENO LIME MARINADE

INGREDIENTS

- Juice and Zest from 1 lime (about 1/4 cup)
- 1/4 cup olive oil
- 1 tbsp. garlic – minced
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. cumin
- 1/4 tbsp. salt
- 1/4 tsp. pepper
- 2 tbsp. green onions – chopped
- 1 fresh Jalapeño – seeded and diced (or 2 tbsp. pickled Jalapeños)

PREPARATION

1. Combine lime juice, zest, olive oil, minced garlic, Worcestershire sauce, salt, pepper and cumin in a bowl.
2. Add the chopped green onions and seeded Jalapeño to the marinade and stir well.
3. Pour the marinade over the meat or vegetables and let chill 30 minutes to 4 hours for the best flavor.
4. Enjoy the amazing flavors.

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EGG SALAD

INGREDIENTS

- 3 tsp. light olive oil
- 1 tsp. apple cider vinegar
- ¼ tsp. salt
- A pinch of black pepper
- 3 hard-boiled eggs

PREPARATION

1. Add the oil, vinegar, salt, and pepper to a small jar and shake until they are well combined.
2. Peel the egg shells and put them in a mixing bowl then mash using a fork.
3. Pour on the vinaigrette and stir to combine.
4. Then add salt and pepper to taste.
5. Add to approved veggies and enjoy.

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FAIL-PROOF HOMEMADE MAYONNAISE

INGREDIENTS

- 1 large egg at room temperature
- 1 tbsp. Dijon mustard
- 1 tbsp. white vinegar
- 1/4 tsp. kosher salt or to taste
- 1 cup neutral flavored oil - grapeseed, safflower or canola
- 1 tsp. fresh lemon juice - optional

PREPARATION

1. Add egg to the smaller food processor bowl and process for 20 seconds.
2. Then add the mustard, vinegar, and salt and process for another 20 seconds.
3. Scrape the sides and bottom of the bowl. Turn the food processor on and slowly add about a quarter of the oil in tiny drops.
4. Once the mixture begins to thicken and emulsify, you can slowly pour a very thin stream of oil instead of drops.
5. Once all of the oil has been added, scrape the bottom and sides of the bowl. Process for another extra 10 seconds. Taste and add salt, lemon juice or extra vinegar.
6. If the mayo seems thin, slowly stream in more oil with the processor running. Store covered in the refrigerator up to a week. Enjoy!

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FLUFFY POTATO ROLLS

INGREDIENTS

- 1 pkg Ideal Protein Potato Puree
- 2 Egg Whites
- 1/2 tsp Baking Powder
- 1/8 tsp Baking Soda
- I Can't Believe It's Not Butter Spray
- Pinch of Sage (to taste)
- Pinch of Garlic (to taste)
- Pinch of Sea Salt (to taste)
- Pinch of Thyme (to taste)
- Pinch of Chives (to taste)

PREPARATION

1. Preheat oven to 400 degrees.
2. Beat egg whites until foamy, but not stiff.
3. Add in Ideal Protein Potato Puree packet, herbs, sea salt, baking powder, & baking soda. Mix well.
4. Spray a cupcake pan with PAM.
5. Spoon batter into cupcake pan, filling up each hole about 1/2 to 3/4 full.
6. Spray top of each roll with "I Can't Believe It's Not Butter." (optional)
7. Bake for 9-10 minutes (or until golden bread consistency).
8. Serve and enjoy!

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FRIED CAPERS

INGREDIENTS

- Jarred capers in brine
- Vegetable or olive oil to fill small saucepan 1/8 inch deep

PREPARATION

1. Pour oil into a small saucepan to 1/8 inch deep.
2. Heat oil until shimmering or 350F.
3. Drain capers and dry on paper towels or kitchen towel.
4. Add capers to pan without overcrowding, in batches if making a large quantity.
5. Fry until golden brown, about 2-3 minutes.
6. Carefully remove capers from oil with a slotted spoon and drain on paper towel.
7. Let rest a few minutes before using. If making ahead, they can stay uncovered at room temperature for several hours.
8. To store, keep in covered container at room temperature for several days.

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FRIED GARLIC CHIPS

INGREDIENTS

- ¼ cup olive oil (or grapeseed oil if you want the true flavor of garlic)
- 3-4 large garlic cloves – peeled and very thinly sliced

PREPARATION

1. Add garlic slices in cold oil and then heat it up.
2. Once the oil stops bubbling around the edges and the garlic slices turn slightly golden, turn off the oven immediately or the slices will burn out.
3. Place garlic slices on a paper towel to soak up the extra moisture.
4. Top over salad, cauliflower rice, etc. and enjoy.

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GARLIC JALAPENO SAUCE

INGREDIENTS

- 1 cup approved mayonnaise
- ½ cup cilantro – snipped & chopped fine
- 2 jalapenos – cleaned, deseeded & chopped
- 2 tbsp. garlic powder – can start with less
- 1 tbsp. apple cider vinegar
- 1 tbsp. water
- ¾ tsp. sea salt
- ¾ tsp. ground coriander

PREPARATION

1. In a medium bowl, whisk all ingredients together.
2. Leave in refrigerator until ready to serve.
3. The flavors will develop more as it chills.
4. Serve as dip, drizzle or dressing.

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GREEN BEANS & MUSHROOMS WITH TANGY SOY DRESSING

INGREDIENTS

- 300g French green beans - trimmed
- 100g small white mushroom - halved
- 20g pack chives - chopped
- 5 tbsp. soy sauce
- 1 tbsp. grated fresh root ginger
- 1 garlic clove, crushed with a knife
- 2 tbsp. lemon juice
- 5 tbsp. extra-virgin olive oil

PREPARATION

1. Boil the beans in salted water for about 5-7 minutes and then drain and submerge in a bowl of iced water.
2. Pat dry with a tea towel and tip into a bowl along with mushrooms and chives.
3. Add the rest of the ingredients into a small jar and shake well to combine. Pour it over the beans and toss gently.
4. Pack in a covered container and refrigerate.
5. Serve with your favorite meal.
6. Enjoy!

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GRILLED TOMATOES

INGREDIENTS

- 8 tomatoes - halved lengthwise
- 1 tbsp. olive oil
- 2 cloves garlic - minced, or to taste
- 1 tsp. salt and ground black pepper - to taste

PREPARATION

1. Preheat a grill for medium-high heat and lightly oil the grate.
2. Drizzle the olive oil over the cut sides of the tomatoes, and sprinkle with garlic, salt, and black pepper.
3. Place the tomatoes, cut sides up, onto the preheated grill and grill until the tomatoes start to sizzle and show blackened grill marks - for about about 4 minutes.
4. Flip the tomatoes over and grill until the garlic turns golden brown - about 3 more minutes.
5. Enjoy!

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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.

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HORSERADISH DRESSING

INGREDIENTS

- ⅓ cup white vinegar
- 2 tbsp. prepared horseradish
- 2 cloves garlic, minced
- 1 tbsp. minced scallions, the green part
- 1 pinch crushed red pepper flakes
- 1½ tsp. sea salt
- ½ cup extra virgin olive oil

PREPARATION

1. Combine all ingredients, except the olive oil, in a bowl and whisk to combine. Slowly drizzle in the olive oil while whisking.
2. Store leftovers in a sealed container in the fridge for up to 2 weeks.
3. Enjoy!

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HOT MUSTARD SAUCE

INGREDIENTS

ITEM	QUANTITY
Mustard	1/4 Cup
Apple Cider Vinegar	1 Tbsp.
Garlic clove *(minced)*	1
Lemon juice *(fresh)*	2 Tbsp.
Ideal Protein maple syrup	2 Tbsp.
Cayenne pepper	1/2 Tbsp.

PREPARATION

- Prepare the dressing ingredients: Mustard, rice wine vinegar, minced garlic, fresh lemon juice, Ideal Protein maple syrup, and cayenne pepper.
- Mix all the ingredients in a small bowl.
- Whisk the mixture until it's smooth, then serve either at room temperature or chilled.

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ITALIAN CHICKEN PASTA SALAD

INGREDIENTS

- 2 packets of Ideal Protein Rotini Pasta
- 1 tbsp. olive oil for sauce + 1 tbsp.
- 1 tbsp. lemon juice
- 1 tbsp. apple cider vinegar
- 1/2 tbsp. Italian seasoning
- 1 tsp. lemon zest
- 1/4 tsp. salt - or to taste
- 1/4 tsp. pepper - or to taste
- 1/8 tsp. cayenne pepper - optional and to taste
- 1/2 lb. boneless skinless chicken breasts - diced into bite-sized pieces
- 1/2 cup Roma tomatoes - diced
- 1/2 cup fresh basil leaves - sliced thinly
- 1/2 cup cucumber - peeled and diced
- 1/4 cup grated parmesan cheese (For Maintenance only)

PREPARATION

1. Cook IP Rotini according to package directions, drain, place in a large bowl, and set aside.
2. In a medium bowl or large measuring cup, add 2 tbsp. olive oil, lemon juice, apple cider vinegar, Italian seasoning, lemon zest, salt, pepper, and whisk to combine. Set sauce aside.
3. In a large skillet, add 1 tbsp. olive oil, add chicken and season with salt and pepper to taste, and cook over medium-high heat for about 5 minutes. Flip intermittently so all sides cook evenly. Cooking time may vary based on thickness of chicken breasts and sizes of pieces. It should be cooked about 90% through.
4. Add the sauce. Allow it to bubble at a medium-fast boil for about 3 to 4 minutes or until sauce has reduced some and chicken is cooked through.
5. Stir sauce and flip chicken intermittently throughout. Add chicken and remaining liquid to the pasta bowl.
6. Add the tomatoes, basil, cucumber, cheese, and toss gently to combine. Taste and check for seasoning balance and make any necessary adjustments before serving.
7. Enjoy!

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ITALIAN TUNA PASTA SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ideal Protein Rotini	2 packages	Freshly Cracked Pepper	¼ Tsp.
Olive Oil	½ Tbsp.	Onion White or Red, Diced	½ Cup
Distilled White Vinegar	1 Tbsp.	Cucumber, Dried	½ Cup
Salt	1 Tsp.	Halved Cherry Tomatoes	½ Cup
Lemon Juice	1 Tbsp.	Sweet Pepper, Diced	½ Cup
Garlic Cloves, Minced	1	Tuna Preferably Albacore, Drained & Flaked	1 Can
Basil, Dried	1½ Tsp.	Cheese for Maintenance	1½ Cup
Thyme, Dried	½ Tsp.		

PREPARATION

- Cook the pasta according to package instructions until al dente. Drain and set aside to cool.
- In a small bowl, whisk together the olive oil, white vinegar, salt, lemon juice, minced garlic, dried basil, dried thyme, and cracked pepper. Set aside.
- In a large mixing bowl, combine the cooled pasta, diced sweet onion, diced cucumber, halved cherry tomatoes, diced sweet pepper, and flaked tuna.
- Pour the prepared dressing over the pasta and tuna mixture. Toss gently to coat all the ingredients with the dressing.
- Taste and adjust the seasonings if needed.
- Cover the bowl and refrigerate for at least 1 hour to allow the flavors to blend together.
- Before serving, give the pasta salad a good stir. If desired, garnish with additional grated cheese.
- Enjoy!

JALAPENO CORNBREAD

INGREDIENTS

- 1 packet Ideal Protein Chicken Chowder Mix
- 1 tsp. Baking Powder
- 2 tsp. Jalapeno Olive Oil
- 4 tbsp. water or 1 egg white
- ½ cup Jalapeno – diced (optional)

PREPARATION

1. Preheat oven to 350°F
2. Combine Chicken Chowder and baking powder
3. Combine 2 tsp. Olive Oil with water and whisk together to mix
4. Add in the diced Jalapeno
5. Spread batter onto a smooth iron skillet or use muffin tins to make muffins.
6. Bake for 15-20 mins.
7. Let cool off. Enjoy!

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JALAPENO & GARLIC SAUCE

INGREDIENTS

- 5 cloves garlic roughly minced
- 3 jalapeno sliced
- ¼ cup corn oil
- 1 tbsp. soy sauce

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PREPARATION

1. Roughly chop garlic and slice jalapeno. Take out the seeds to make it less spicy.
2. Heat up pan to high for a few minutes until you see smoke. Now add 1/4 cup corn oil or avocado oil.
3. Once its really hot, turn off the fire and add garlic immediately.
4. Once garlic turns golden, add jalapeno and cook for 30 seconds.
5. Add soy sauce and mix together.
6. Pair with noodles, rice, eggs, chicken, or ramen. Enjoy!

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KOREAN SPICY DIPPING SAUCE

INGREDIENTS

- 1/3 cup soy sauce
- 1/3 cup white vinegar
- 1 tbsp. sesame oil
- 1 tbsp. kochukaru or chile pepper flakes
- 1 tbsp. thinly sliced scallions
- 1 tsp. finely chopped garlic

PREPARATION

1. Add all ingredients in a medium bowl and mix them well.
2. Enjoy with IP Chips, Turnip Fries or Air-fryer Shrimps.

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LEMON APPLE CIDER VINAIGRETTE

INGREDIENTS

ITEM	QUANTITY
Juice Of Lemon	1
Apple Cider Vinegar	1 Tbsp.
Avocado Oil or Olive Oil	2 Tbsp.
Stevia	2 Drops

PREPARATION

- In a small bowl, whisk together the lemon juice, apple cider vinegar, and stevia.
- While whisking, slowly pour in the avocado oil or olive oil until the vinaigrette is emulsified and well combined.
- Taste and adjust seasoning as needed, adding more stevia for sweetness or more lemon juice for acidity.
- Serve the vinaigrette immediately or store it in an airtight container in the refrigerator for up to 1 week.
- Shake well before using. Enjoy!

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LEMON CHARRED BROCCOLINI

INGREDIENTS

ITEM	QUANTITY
Fresh Broccolini, Woody Ends Trimmed	1 lb.
Olive Oil	¼ Cup
Small Lemon	1
Fresh Basil, Finely Chopped	1 Tbsp.
Sea Salt	½ Tsp.
Ground Black Pepper	½ Tsp.

PREPARATION

- Preheat your grill or stovetop grill pan to medium-high heat.
- In a large bowl, toss the broccolini with olive oil until evenly coated.
- Cut the lemon in half and squeeze the juice from one half over the broccolini. Set the other half aside for later.
- Sprinkle the chopped basil, sea salt, and ground black pepper over the broccolini. Toss to evenly distribute the seasonings.
- Place the broccolini on the preheated grill or grill pan. Cook for about 3-5 minutes per side, or until charred and tender-crisp.
- While the broccolini is cooking, take the reserved lemon half and cut it into thin slices.
- Once the broccolini is done, remove it from the grill or grill pan and transfer it to a serving platter.
- Garnish the broccolini with the lemon slices.
- Enjoy!

LEMON GARLIC SALAD DRESSING

INGREDIENTS

- 1 small clove Garlic
- Salad greens
- 1 tbsp. Lemon juice, fresh
- 1/4 tsp. Mustard, dry ground
- 1/4 tsp. Black pepper, freshly ground
- 1/2 tsp. Sea salt, fine
- 2 tbsp. Olive oil (or lemon-infused olive oil), extra-virgin

PREPARATION

1. Peel and mince the garlic.
2. If making a salad in the next few hours, put the garlic in a large salad bowl. If making the dressing ahead of time, then put the garlic in a sealable jar.
3. Add in the lemon juice, lemon zest, salt, pepper, and mustard.
4. Whisk to combine everything or seal and shake the jar. Then, whisk in the olive oil.
5. Taste and adjust salt and pepper to taste. If the dressing is too zingy, add more olive oil and salt to soften the flavor.
6. If the dressing is prepared in the salad bowl, then just add the greens to the bowl and toss.
7. Enjoy!

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LOW-CARB BROCCOLI TOTS

INGREDIENTS

- 1 medium heads broccoli cut into florets
- 0.25 cup small diced onion
- 0.25 cup small diced yellow bell pepper
- 0.5 egg + 1 egg white
- 0.25 cup finely ground IP croutons
- 0.5 tablespoon fresh chopped parsley
- Salt and ground fresh pepper to taste
- Cooking spray or olive oil

PREPARATION

1. Preheat oven to 375°F.
2. Grease a nonstick baking sheet with cooking spray or olive oil.
3. In a large pot, bring water to a boil and add salt, broccoli florets and cook until it is tender. For about 3-5 minutes.
4. Drain water and blend florets in the food processor for a few seconds.
5. Transfer blended mix to a kitchen towel and wring out. You need to squeeze out water as much as you can.
6. In a medium bowl, add all the ingredients and mix well to combine.
7. Spoon about 1 or 2 tbsp. of the mixture and make a tot shape using your hands.
8. Place them on the prepared baking sheet and repeat the process for remaining broccoli mixture. The tots should be set 1 inch.
9. Bake for about 20-25 minutes. Turn them and bake for 20 minutes more or until crispy.
10. Serve with any approved dipping sauce of choice.
11. Enjoy!

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LOW CARB KETCHUP

INGREDIENTS

- 1 tbsp. olive oil
- 1 pressed garlic clove
- 2 tbsp. tomato paste
- 1/3 cup white vinegar
- 1 tsp. salt
- 1 bay leaf
- 1 tsp. paprika powder
- 1 tsp. coriander seed
- ½ tsp. cloves
- ½ tsp. ground black pepper
- 1 pinch cayenne pepper
- 14 oz. canned whole tomatoes
- Approved mayo

PREPARATION

1. Fry garlic and tomato paste in oil for a couple of minutes over medium heat in a nonstick saucepan.
2. Add vinegar, bay leaves, spices and canned tomatoes. Stir and simmer for a couple of more minutes.
3. Lower the heat and simmer over low heat for 20 minutes. Remove the bay leaves.
4. Puree the ketchup with an immersion blender or blend in a mixer until smooth.
5. Taste and adjust flavor as needed by adding salt, black pepper or vinegar as needed.
6. Let simmer longer over low heat for a thicker consistency.
7. Store in the fridge for 1-2 weeks. Enjoy!

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MUSHROOM PIZZA BITES

INGREDIENTS

- 12 button mushrooms – clean & remove stems
- ½ lb. Italian chicken sausage
- 1 egg white
- ¼ -½ cup no added sugar marinara sauce

PREPARATION

1. Preheat grill.
2. Place mushrooms stem side up on a plate.
3. In a bowl, add Italian chicken sausage with egg white and combine it well all together.
4. Make tablespoon-sized balls of the meat mixture and plop them into the cap of the mushrooms.
5. Place on the top rack of grill and cook for about 8-10 minutes or until sausage is cooked through.
6. Top each mushroom sausage cap with pizza/marinara sauce (hot or cold)!
7. Serve with a toothpick and enjoy!

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MUSTARD-SHALLOT VINAIGRETTE

INGREDIENTS

- 1 shallot - minced
- 2 tbsp. white wine vinegar
- 2 heaping tsp. Dijon mustard
- ¼ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 cup extra-virgin olive oil - more to taste

PREPARATION

1. Take a container with tight lid, bets if a glass jar, and combine shallot, vinegar and mustard in it. Now close tightly and shake well to mix.
2. Add salt and pepper, and shake again.
3. Add olive oil 1/3 cup at a time, shaking very well after each time oil is added, until smooth and emulsified (wrap a kitchen towel around the container to prevent the mix from leaking).
4. Taste and add more olive oil, 1/4 cup at a time if the dressing is too tart.
5. Use immediately or can be refrigerated for up to 3 weeks.
6. Remove from refrigerator 30 minutes before using to allow it to liquefy. Shake well before serving.
7. Serve and enjoy!

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PESTO SAUCE

INGREDIENTS

- 1 Ideal Protein Broccoli and Cheese Soup Mix
- 1 cup of fresh Basil Leaves
- 2 Garlic cloves
- 1 pinch of Ideal Salt or Sea Salt
- 1 pinch of Black Pepper
- 4 oz. of Water
- 2 tsp. of Olive Oil

PREPARATION

1. Combine basil and garlic in a food processor or blender, and pulse until coarsely chopped.
2. Add the oil, water and Ideal Protein Broccoli and Cheese soup mix
3. Process until fully incorporated and smooth
4. Season with Salt & Pepper.
5. Serve over Zucchini noodles & Enjoy!
6. Phase Approved: Phases 1-3

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QUICK TOMATO VINAIGRETTE

INGREDIENTS

- 1 small or ½ medium tomato (4 ounces), about ½ cup roughly chopped
- ½ cup extra virgin olive oil
- 1 tbsp. white wine vinegar
- 1 tbsp. Dijon mustard
- ¼ to ½ tsp. kosher salt

PREPARATION

1. Roughly chop the tomato, remove the white cores but keeping the seeds. Add to a blender with the olive oil, white wine vinegar, Dijon mustard, and ¼ teaspoon of the kosher salt.
2. Blend mix until creamy. Taste and add another ¼ teaspoon kosher salt if necessary.
3. Store in refrigerator for up to 1 week.
4. Add on your favorite dish and enjoy!

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RADISH SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Thinly Sliced Radishes	2 Cups	Olive Oil	2 Tbsp.
Thinly Sliced Cucumber	1 Cup	White Vinegar	1 Tbsp.
Thinly Sliced Red Onion	1 Cup	Salt	1/2 Tsp.
Fresh Minced Dill	1 Tbsp.	Pepper	1/4 Tsp.
Minced Garlic	1 Clove		

PREPARATION

- In a large mixing bowl, add the thinly sliced radishes, cucumber, fresh minced dill, minced garlic, and red onion. Mix it well to combine.
- In a separate small bowl, whisk together the olive oil, white vinegar, salt, and pepper.
- Pour the dressing over the radish salad, and toss well to coat all the vegetables.
- Let the salad marinate for at least 5 minutes before serving, to allow the flavors to meld together.
- The Radish Salad is ready to Serve.
- Enjoy!

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ROASTED EGGPLANT SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Eggplant	2	Cumin	1½ Tsp.
Halved Cherry Tomatoes	2 Cup	Oregano	1 Tsp.
Leek, Finely Diced	1	Paprika	1 Tsp.
Garlic Cloves, Minced	3	Coriander	½ Tsp.
Extra Virgin Olive Oil	¼ Cup	Sumac	1½ Tsp.
Salt	½ Tsp.	Parsley, Chopped	3 Tbsp.

PREPARATION

- Preheat your oven to 400°F (200°C).
- Cut the eggplant into small cubes and place the cubed eggplant on a baking sheet lined with parchment paper.
- Drizzle with olive oil and sprinkle with salt. Toss to coat the eggplant evenly with the oil and salt.
- Roast the eggplant in the preheated oven for about 25-30 minutes, or until it becomes tender and slightly golden brown. Remove from the oven and let it cool.
- In a large bowl, combine the roasted eggplant, halved cherry tomatoes, diced leek, minced garlic, and the remaining tablespoon of olive oil. Mix well.
- In a small bowl, whisk together the salt, cumin, dried oregano, paprika, coriander, and sumac. Sprinkle this spice mixture over the eggplant mixture and toss to coat everything evenly.
- Let the flavors blend by allowing the salad to marinate at room temperature for about 15-20 minutes.
- Garnish the salad with freshly chopped parsley just before serving.
- Enjoy!

ROASTED GARLIC LEMON BROCCOLI

INGREDIENTS

- 2 heads broccoli, separated into florets
- 2 tsp. extra-virgin olive oil
- 1 tsp. sea salt
- ½ tsp. ground black pepper
- 1 clove garlic, minced
- ½ tsp. lemon juice

PREPARATION

1. Preheat oven to 400°F
2. Mix broccoli florets with extra virgin olive oil, sea salt, pepper, and garlic in a large bowl. Spread out the coated broccoli in an even layer on a baking sheet.
3. Bake florets in the preheated oven until florets are tender enough to pierce the stems with a fork – for 15 to 20 minutes.
4. Transfer to a serving platter and squeeze lemon juice liberally over broccoli before serving.
5. Enjoy!

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ROASTED GARLIC MASHED TURNIPS

50 Mins

INGREDIENTS

- 1 garlic head
- 1 tbsp. olive oil
- 3 lb turnips, peeled and quartered
- ¼ cup olive oil
- Salt – to taste
- Crushed black pepper – to taste

PREPARATION

1. Preheat oven to 350°F.
2. Peel off the outer layers of the garlic head and slice the entire head in half lengthwise.
3. Place the garlic halves with the cut side up on top of a sheet of aluminum foil. Pour 1 tbsp. olive oil across the cloves and completely wrap the foil around the garlic.
4. Bake in the oven for 35-40 minutes – or until fragrant.
5. While the garlic is roasting, place quartered turnips into a pot and cover with water. Cover the pot with a lid and bring to a boil. Let turnips boil until fork-tender, for about 25 minutes.
6. Remove turnips from the pot with a slotted spoon and transfer them to a food processor or blender.
7. Add the roasted garlic and process them together until smooth.
8. With the mash blending, pour in olive oil and season with salt and crushed black pepper to taste.
9. Makes 6 servings. Serve hot and enjoy!

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ROASTED RED PEPPER DIP

INGREDIENTS

- 1 16oz. jar rosted red bell peppers
- 1/4 tsp. salt
- 1/4 cup extra virgin olive oil
- Fine sea salt – to taste
- Freshly cracked pepper – to taste
- Red pepper flakes (optional) – crushed
- Bakery bread or crostini for dipping
- 2 roasted garlic cloves

PREPARATION

1. Drain the jarred roasted red peppers and remove seeds.
2. Purée the roasted red peppers and garlic cloves using a blender or an immersion blender. Once smooth, purée in the olive oil.
3. Top with a drizzle of olive oil, fine sea salt, fresh cracked black pepper, and crushed red pepper flakes.
4. Serve at room temperature. Dip your favorite IP dorados.

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RUTABAGA HASH BROWNS

INGREDIENTS

- 1 medium rutabaga – peeled
- 2 small shallots – thinly sliced
- 1 clove garlic – minced
- 1 Scallion – finely chopped
- 1 tbsp. olive oil

PREPARATION

1. Cut rutabaga into chunks and move to the food processor with the shredding attachment. You can use a hand grater alternatively.
2. Heat olive oil in a large skillet (cast iron is great).
3. Put the scallions and garlic into the hot skillet and saute for 1 minute.
4. Add the shredded rutabaga and stir well. Let cook without touching for a minute or so.
5. Stir again and let cook without touching. Continue to do this for about 7 minutes until the mixture is golden.
6. Serve and enjoy!

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SAUTÉED ZUCCHINI RIBBONS WITH LEMON AND GARLIC

INGREDIENTS

- 2 tbsp. olive oil
- 2-3 large cloves of garlic
- 1/4 tsp. chili flakes - adjust to taste
- 2-3 medium zucchini - ribboned with a peeler
- 1 Lemon zest
- 1/4-1/2 tsp. sea salt - more to taste
- A squeeze of lemon juice
- Black pepper to taste

PREPARATION

1. Sauté garlic and red pepper flakes for 1 minute on medium heat until just softening.
2. Add zucchini ribbons and cook for 1-2 minutes more - until just slightly wilted.
3. Add in lemon zest and sea salt and mix gently.
4. Add a squeeze of lemon juice and a few grinds of black pepper.
5. Optional garnish - basil and cherry tomatoes.
6. Enjoy!

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SHALLOT MUSTARD TOMATO SALAD

INGREDIENTS

ITEM	QUANTITY
White Wine Vinegar	3 tbsp
Virgin Olive Oil	3 tbsp
Dijon Mustard	1 tsp
Shallot, Minced	1
Capers, Chopped	2 tsp
Beefsteak Tomatoes Or 5 Vine-ripened (cut into slices)	3
Coarse Salt	To Taste
Ground Pepper	To Taste

PREPARATION

- Tomatoes cut into slices and Arrange the tomato slices on a large serving plate.
- In a small bowl, whisk together the Dijon mustard, olive oil, white wine vinegar, Capers, and a pinch of salt and pepper until well combined.
- Drizzle the dressing over the tomato slices.
- Scatter the shallot minced over the top of the tomatoes.
- Enjoy!

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SHEET PAN ROASTED VEGETABLES

INGREDIENTS

ITEM	QUANTITY
zucchini, peeled and chopped	8
eggplant, peeled and diced	1
cherry tomatoes	16
shallots, sliced	2
red bell pepper, sliced	1
yellow bell pepper, sliced	1
olive oil	½ Cup

ITEM	QUANTITY
dried rosemary	1 tsp
dried thyme	1 tsp.
bay leaves, crushed	2
dried oregano	1 tsp.
garlic, minced	2 cloves
fresh lemon juice	2 tbsp.
grated lemon zest	1 tsp
salt and pepper	To taste

PREPARATION

- In a large bowl mix the zucchini, eggplant, tomatoes, shallots, and peppers with the oil, rosemary, thyme, bay leaves, oregano, garlic, lemon juice, lemon zest, salt, and pepper. Leave it Overnight.
- Preheat oven to 400 degrees F (200 degrees C).
- On a large roasting pan, roast the vegetables for 20 minutes until the edges of some of the vegetables are starting to crisp.
- Remove from the oven and stir for another 20 minutes.
- Again put it on to oven at 200 degrees F and stir until vegetables are tender.
- Serve hot and enjoy !

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SPAGHETTI SQUASH HASH BROWNS

INGREDIENTS

- 1 lb Steamed Spaghetti Squash
- 1 tbsp. avocado oil
- ½ tsp. garlic powder
- 1 tsp. paprika
- Pepper to taste
- Salt to taste

PREPARATION

1. Chop steamed spaghetti squash so that the strands aren't too long. Mix spaghetti squash with garlic powder, paprika, salt, and pepper.
2. In a skillet, on medium-low heat, heat up 1 tbsp. oil. Coat the pan well to prevent sticking.
3. Scoop the spaghetti squash mix in 1/4 cup portions onto the pan and flatten out using a spatula. May have to cook in batches.
4. Cook on low heat and slow to prevent burning. Each side should take about 5 minutes.
5. Serve along with your favorite breakfast.
6. Enjoy!

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SPAGHETTI SQUASH TOTS

INGREDIENTS

- 1 medium spaghetti squash
- 1 medium green onion thinly sliced (both white and green parts)
- 1/2 tsp. salt
- 1/4 tsp. black pepper

PREPARATION

1. Preheat the oven to 425°F and spray 24 count mini muffin tins with olive oil cooking spray.
2. Prick squash multiple times with a fork and place on a microwave safe plate.
3. Cook in microwave on high for 7-8 minutes or until slightly soft. Remove and let cool.
4. Halve the squash lengthwise and scrape out the seeds.
5. Using a fork, remove the spaghetti squash strands and discard the skins. Then, place the squash on a large clean kitchen towel and roll up the towel and wring out as much moisture as possible from the squash.
6. Place squash in a large bowl and run a sharp knife thru the bowl a few times to cut the squash strands into smaller pieces.
7. Now add the scallions, salt and pepper to the squash and stir to blend well.
8. Use an ice cream scoop or spoon and drop the mixture into mini muffin cups to filling each about half full. Flatten down with your fingers.
9. After filling all cups, spray the surfaces of each tot lightly with olive oil spray and place the tin in the oven for 10 minutes.
10. After 10 minutes, remove the tin from the oven. Tots should be golden brown on the bottom. Now flip each tot over carefully and spray again lightly with cooking spray. Return to the oven for an additional 10 minutes.
11. Take out of the oven and allow the tin to cool off on a rack for 5 minutes. Invert to release the tots.
12. Dust the tots with salt to taste. Serve warm and enjoy.

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SPICY DIPPING SAUCE

INGREDIENTS

- 1 ¼ cups approved mayonnaise
- ¼ cup grainy mustard
- 1 tbsp. paprika
- 2 tsp. prepared horseradish
- 2 tsp. pickle juice
- 3 drops hot sauce (optional)

PREPARATION

1. Add all of the ingredients to a small mixing bowl and stir until well combined.
2. Store in a sealed glass container in the fridge for up to 3 days or serve immediately.
3. Serve alongside onion rings, chicken, fries, vegetables, etc.
4. Enjoy!

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SPICY GRILLED OKRA

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Fresh Okra	2 lb.	Chili Powder	1 Tsp.
Olive Oil	2 Tbsp.	Garlic Powder	½ Tsp.
Salt	1 Tsp.	Cumin	½ Tsp.
Smoked Paprika	1 Tsp.		

PREPARATION

- Preheat your grill to medium-high heat.
- Rinse the okra under cold water and pat them dry with a paper towel. Trim off the stem ends of the okra.
- In a large bowl, combine olive oil, salt, smoked paprika, chili powder, garlic powder, and cumin. Mix well to make a spice mixture.
- Add the okra to the bowl with the spice mixture. Toss the okra gently to coat them evenly with the spices.
- Place the coated okra onto skewers or a grill basket, making sure to leave some space between each okra for even grilling.
- Place the okra on the preheated grill and cook for about 4-5 minutes per side, or until the okra is tender and lightly charred.
- Remove the grilled okra from the grill and transfer it to a serving platter.
- Serve the Spicy Grilled Okra as a side dish or snack.
- Enjoy!

SPICY SALMON CUCUMBER BOATS

INGREDIENTS

ITEM	QUANTITY
Smoked Salmon	6 oz.
Approved mayonnaise	1 tbsp.
minced cilantro	1 tbsp.
Sriracha	1tsp.
Persian cucumbers	3 small
Salt and pepper	To Taste
Sesame seeds	2 tbsp.
Shredded carrot	1/4 cup
Minced cilantro	1 tsp.

PREPARATION

- Begin by slicing the cucumber in half lengthwise. Using a spoon, scoop out the seeds and flesh from the center of each half to create a hollow boat.
- Cut the salmon into small pieces and season with salt and pepper.
- In a small bowl, whisk together the mayonnaise, sriracha sauce, honey, sesame seed, salt, and pepper until well combined.
- Add the salmon pieces to the bowl and toss with the spicy mayonnaise, and carrot until evenly coated.
- Stuff the salmon mixture into the cucumber boats.
- Garnish with sliced cilantro, and sesame seeds, if desired.
- Serve immediately and enjoy your delicious and healthy Spicy Salmon Cucumber Boats!

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SPICY SEARED HEARTS OF PALM ROUNDS

INGREDIENTS

- 1 14-ounce can of heart of palm - drained and sliced into 1/2-inch rounds
- Few tbsp. of seasoning blend - of choice
- 1 tsp. of olive oil

PREPARATION

1. Add the seasoning blend to a small bowl.
2. Dip Heart of Palm rounds into the spices, flip so both sides are coated.
3. Lay on a tray or plate.
4. Coat a frying pan with oil to get a thin layer. Heat up the pan over medium heat. Carefully arrange the rounds on the hot pan.
5. Cook on each side 1-2 minutes, until lightly browned.
6. Transfer to serving platter or use as desired. Serve and enjoy!

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SQUASH RIBBON SALAD

INGREDIENTS

ITEM	QUANTITY
Zucchini	1 pound
Yellow Squash	1 pound
Arugula	3 cups
Fresh flat-leaf parsley leaves	1 cups
Fresh Lemon juice	2 tbsp.
Virgin Olive Oil	1 ½ tbsp.
Salt and Pepper	To taste

PREPARATION

- Zucchini and Yellow Squash Cut into thin ribbon-like strips using a vegetable cutter.
- Combine sliced zucchini and squash with arugula and parsley leaves in a mixing bowl.
- Drizzle the mixture with freshly squeezed lemon juice, virgin olive oil.
- Add salt and pepper to taste
- Toss everything together until the vegetables and greens are evenly coated.
- Squash Ribbon Salad is ready to serve.

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STUFFED CHICKEN SALAD CUCUMBER BOATS

INGREDIENTS

- 1 cooked chicken breast - shredded
- 4 pickling cucumbers
- ⅓ cup approved mayonnaise
- ¼ cup celery - chopped
- 1 tsp. lemon juice
- 2 tbsp. green onions - chopped
- ½ tsp. garlic powder
- Salt and pepper - to taste
- Chopped parsley - for garnish

PREPARATION

1. Slice cucumbers in half lengthwise and deseed and scoop out the centers using a spoon.
2. Take a mixing bowl and combine the chicken, mayonnaise, celery, lemon juice, green onions, garlic powder and salt and pepper to taste. Stir to combine well and make chicken salad.
3. Fill the cucumbers with the chicken salad mixture.
4. Top with chopped parsley for garnish.
5. Serve and enjoy!

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STUFFED GRAPE LEAVES

INGREDIENTS

- About 20 fresh grape leaves
- ½ lb raw ground beef
- ½ cups raw cauliflower rice
- 1/8 cup fresh mint, roughly chopped
- 1/8 cup fresh dill, roughly chopped
- ½ tsp. sea salt
- ½ tsp. freshly ground pepper
- 1 cups chicken broth, vegetable broth, or water
- 1½ lemon

PREPARATION

1. Blanch the grape leaves.
2. In a large bowl, add the ground beef, cauliflower rice, fresh herbs, salt, and pepper. Mix well to combine.
3. Lay the grape leaf shiny side down.
4. Put about 1-2 tablespoons of filling generously in the center of the leaf.
5. Fold up once, then fold the sides toward the center, continue rolling the sides in until you reach the end.
6. Finished rolls should be approximately 1½ inches to 2 inches long, depending on the size of the leaf.
7. Line the bottom of a large pan with several grape leaves. This keeps them from sticking or scorching when cooking. Place the wraps, seam side down into the pot. When the bottom layer is completed start a second layer on top of the first.
8. Pour a cup of broth or water into the pan, so it reaches about halfway up the bottom layer of wraps.
9. Squeeze the juice from ½ a lemon over the top of all the rolls. Then take one lemon and cut it into slices and lay those on top. Save the remaining lemon for serving. Finally, place a heavy, heat-resistant plate on top of the wraps to prevent them from unrolling.
10. Cover the pan with a lid and bring the liquid to a boil. Reduce the heat to simmer and allow them to cook slowly for 20 minutes. Add more liquid if necessary, as they cook.
11. Wraps are done when they can easily be pierced with a fork and the rice is fully cooked.
12. Remove from the heat, drain off excess liquid and serve with fresh lemons and feta cheese.
13. Can be served warm, at room temperature or cool.

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SUMMER CUCUMBER JICAMA SALAD

INGREDIENTS

- 1 large cucumber
- ¼ Jicama – peeled and cut into matchsticks
- 1 lemon – zested
- ½ lemon – juiced
- 12 oz white cherry tomatoes – quartered

PREPARATION

1. Peel cucumber while alternating rows so that thin green strips of peel are left.
2. Slice cucumber into thin rounds.
3. Stir cucumber, jicama, lemon zest, and lemon juice together in a bowl until salad is evenly mixed.
4. Gently fold tomatoes into salad.
5. Serve and enjoy!

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SUMMER SHRIMP SALAD

INGREDIENTS

- 1 ¼ lbs. raw shrimp (21-25 count) – peeled and deveined
- ¼ cup extra-virgin olive oil
- 10 sprigs fresh thyme
- 4 cloves garlic – crushed
- ¼ tsp. salt
- ¼ tsp. ground pepper
- ¼ cup lemon juice
- 1 medium English cucumber – diced
- 3 large heirloom tomatoes – chopped
- ½ cup chopped fresh basil – plus more for garnish

PREPARATION

1. Preheat oven to 350°F.
2. Toss shrimp with oil, thyme and garlic on a rimmed baking sheet. Sprinkle with salt and pepper.
3. Bake until the shrimp are pink and firm, for about 8 to 10 minutes.
4. Transfer the shrimp to a large bowl and discard thyme and garlic.
5. Add lemon juice and stir well to coat. Then gently stir in cucumber, tomatoes and basil.
6. Arrange the shrimp and vegetables in a serving bowl.
7. Serve drizzled with any dressing left in the bowl and garnish with more basil. Enjoy!

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TANGY CABBAGE AND JALAPEÑO SLAW

INGREDIENTS

- 1/3 cup apple cider vinegar
- 3 tbsp. canola or vegetable oil
- 1 tbsp. Dijon mustard
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 3 cups shredded red cabbage (about 6 oz.)
- 1 medium jalapeño – seeded and julienned

PREPARATION

1. Whisk well the vinegar, oil, mustard, salt, and pepper together in a large bowl.
2. Add the cabbage and jalapeño and toss well to coat evenly.
3. Cover and refrigerate for at least 30 minutes or overnight.
4. Taste and season with more salt and pepper as needed before serving.
5. Enjoy!

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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!

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TUNA CUCUMBER TOMATO SALAD

INGREDIENTS

- 1 tomato - seeds removed, chopped
- 1 small cucumber - thinly sliced and chopped
- 1/2 of a red onion - chopped
- 2 tbsp. fresh parsley - chopped
- 3 oz. package tuna
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- Salt and pepper - to taste

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PREPARATION

1. Add tomatoes, cucumber, onion, parsley and tuna to a bowl and stir to combine.
2. Pour in olive oil and lemon juice.
3. Sprinkle salt and pepper to taste and stir.
4. Serve immediately or chill for later serving. Enjoy!

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TURKEY AND ZUCCHINI SKILLET

INGREDIENTS

- 8 Ounce Ground turkey
- 3 Cloves Garlic – chopped
- 1 Leek – chopped
- 2 Cups Zucchini – chopped
- 1 Can of diced tomatoes
- 1 Tbsp. Italian seasoning
- ½ Tbsp. Olive oil
- Salt and Pepper – to taste
- Optional topping – Red pepper flakes

PREPARATION

1. Heat up a large non-stick skillet over medium heat and add oil. Once the olive oil is hot, stir in leek and garlic along with a pinch of salt. Let them cook for 2 minutes.
2. Set all the veggies to one side of the pan and then using a wooden or rubber spatula, stir in ground turkey and break into small pieces. Season the turkey with salt and pepper.
3. Once the turkey loses its pink color, start combining the ground turkey with the leek and garlic.
4. Add in zucchini, oregano, a little more salt and pepper, and tomatoes. Give it a good mix and allow everything to simmer for 15-30 minutes. Keep simmering depending on how soft you like your zucchini.
5. Serve over a bed of spaghetti squash or cauliflower rice etc., and top with red pepper flakes (Optional)
6. Enjoy!

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WARM ZUCCHINI SALAD WITH BALSAMIC DRESSING

INGREDIENTS

- 2 tbsp. olive oil
- 4 zucchini small
- 1-2 grilled red peppers from a jar
- 5-6 cherry tomatoes red and yellow
- 80g or 1/2 cup Italian marinated mushrooms (Antipasti)
- 1 clove garlic - crushed
- 5-6 leaves Fresh basil or 1 tsp. dried
- 1 tbsp. Ideal Protein Balsamic Dressing
- Salt and Pepper to taste

PREPARATION

1. Slice the zucchini ¼ inch thick, sprinkle them with salt and pan fry them in olive oil on medium heat for 2-3 minutes on each side until golden. Alternatively you can broil them in the oven for 2-3 minutes on each side.
2. Remove the zucchini from the pan and place them in the salad bowl. Squeeze 1 garlic clove directly over the zucchini and tear a few basil leaves into the salad bowl to allow the warm zucchini absorb the flavors.
3. Slice the grilled peppers and tomatoes and add them to the salad bowl.
4. Now, mix in the mushrooms and drizzle a tablespoon of balsamic vinegar. Mix everything carefully without mashing up your delicate vegetables.
5. Taste and add more salt and pepper if needed. Enjoy!

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ZESTY MINI BELL PEPPER SALAD

INGREDIENTS

ITEM	QUANTITY
Sweet Multi-colored Mini Bell Pepper	1 lb.
Medium Sweet Onion or Purple Onion, Thinly Sliced	½
Fresh Dill, Chopped	2 Tbsp.
White Vinegar or Fresh Lemon Juice	2½ Tbsp.
Extra Virgin Olive Oil	3 Tbsp.
Garlic Salt	To Taste
Black Pepper	To Taste

PREPARATION

- In a large bowl, combine the sliced mini bell peppers, thinly sliced onion, and chopped fresh dill.
- In a small bowl, whisk together the white vinegar/fresh lemon juice, extra virgin olive oil, garlic salt, and black pepper until well combined.
- Pour the dressing over the mini bell pepper mixture and toss to coat the vegetables evenly. Add more garlic salt to taste if desired.
- You can serve the salad right away or refrigerate until ready to serve. It even tastes great after being refrigerated overnight.
- Enjoy the vibrant colors and zesty flavors of this delicious salad!

ZUCCHINI LOAF

INGREDIENTS

- 4 Ideal Protein Maple Oatmeal Packet
- 4 Egg - beaten
- 2 tsp. Baking Powder
- Salt
- 4 tsp. of Stevia
- 5 tsp. Cinnamon
- 2 cup of Zucchini, finely grated (squeeze out excess water)

PREPARATION

1. Preheat oven to 385°F.
2. Beat the egg in a bowl.
3. Add Maple Oatmeal, baking powder, salt, Stevia, cinnamon, and zucchini.
4. Mix and gradually add water until you have a batter consistency.
5. Pour in to a loaf tin and bake for 20 minutes.
6. Serve & Enjoy!

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ZUCCHINI SALAD

INGREDIENTS

- 1 lbs. zucchini
- 1 tbsp. olive oil
- Salt and pepper
- 1½ oz. (¾ cup) celery stalks – finely sliced
- 1 oz. (9 tbsp.) scallions – chopped
- ½ cup approved mayonnaise
- 1 tbsp. fresh chives – finely chopped
- ¼ tbsp. Dijon mustard

PREPARATION

1. Peel and cut the zucchini into about half an inch pieces thick.
2. Use a spoon to remove the seeds.
3. Place in a colander and add a sprinkle of salt then leave for 5-10 minutes. Then cautiously press out the water.
4. Fry the cubes in oil for a couple of minutes over medium heat. Should not brown but slightly soften. Set aside to cool.
5. Mix the other ingredients in a large bowl and then add the zucchini once it's cool.
6. Coat zucchini cubes well with the ingredients.
7. Serve and enjoy!

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AIR FRYER CHICKEN FAJITAS

INGREDIENTS

- 1 lb boneless, skinless chicken breast
- 1 green bell pepper
- 1 red bell pepper
- 1 tbsp. chili powder
- 1 tsp. salt
- 1 tsp. cumin
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- ¼ tsp. cayenne pepper
- ¼ tsp. sugar
- 3 tbsp. vegetable oil

PREPARATION

1. Slice chicken breast into ¼ inch thick slices. Slice peppers. Place it all in a large bowl.
2. In a small dish, combine chili powder, cumin, onion powder, garlic powder, salt, cayenne and sugar. Whisk it all together.
3. Pour 3 tablespoons of vegetable oil into bowl with meat and vegetables and toss to coat. Sprinkle the seasoning mix and continue to toss to coat everything well.
4. Preheat air fryer for 5 minutes at 380°F.
5. Add everything to the air fryer basket or tray and air fry at 380°F for 15-18 minutes. Mix everything every few minutes to evenly cook.
6. When done, the juices at the bottom of the air fryer basket or tray can be mixed in with fajitas before serving.
7. Serve and enjoy!

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AIR FRYER GREEN BEANS

INGREDIENTS

- 1 lb. fresh green beans
- 1 ½ tbsp. minced garlic
- 1-2 tsp. sage leaves chopped
- 2 tbsp. light olive oil
- 1-2 tbsp. seasoned salt

PREPARATION

1. Preheat Air Fryer to 400 degrees for 5 minutes
2. Mix green beans with light olive oil, garlic, sage, and seasoned salt
3. Air fry for 8 minutes at 400 degrees
4. Pause cooking halfway through and shake the basket, cook last 4 minutes
5. Plate & enjoy! (4-servings) Phase 1-3 allowed

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AIR FRYER MUSHROOMS

INGREDIENTS

- 4 large Portobello mushrooms
- 1 tbsp. low sodium soy sauce
- 1 tbsp. oil
- Pinch garlic salt

PREPARATION

1. Clean the mushrooms under slowly running water. Gently rub to remove dirt from caps.
2. Put mushrooms in a bowl. Add soy sauce, oil, and garlic salt.
3. Gently move the bowl from side to side to help coat the mushrooms.
4. Now, place mushrooms in air fryer basket, top side down to help retain moisture during cooking.
5. Cook at 350°F for 9 to 11 minutes and flip over when 2 minutes left in cook time.
6. Slice and serve. Enjoy!

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AIR FRYER ROASTED CHERRY TOMATOES

INGREDIENTS

- 1 pint cherry tomatoes
- 1 tbsp. olive oil
- ½ - 1 tsp. sea salt

PREPARATION

1. Preheat the air fryer to 400°F.
2. Cut the tomatoes in half or quarters.
3. Mix with olive oil and ½ tsp. sea salt.
4. Place on the cooking pan or in the Air Fryer basket in a layer.
5. Fry for 10 minutes and toss halfway through if needed.
6. Serve with pasta or on crusty bread or in dips or soups or salads.

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ARUGULA SALAD WITH LEMON DRESSING AND GRILLED CHICKEN

INGREDIENTS

- 3 7oz grilled chicken breast
- 1½ tbsp. Walden Farms Pancake Syrup
- ⅓ cup freshly squeezed lemon juice
- 2½ tbsp. olive oil
- Salt and pepper – to taste
- 3 cups arugula
- 10-15 grape tomatoes – halved if desired

PREPARATION

1. For the dressing, microwave the pancake syrup in a small microwave-safe bowl for 10 seconds. Add the lemon juice, olive oil, and a sprinkle of salt and pepper to it and whisk together.
2. Combine arugula and tomatoes in a large salad bowl.
3. Pour salad dressing over the salad.
4. Toss well to combine.
5. Top with grilled chicken.
6. Serve and enjoy!

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BACON-WRAPPED ASPARAGUS

INGREDIENTS

- 2 cups of Asparagus spears, trimmed
- 8 Oz. of Canadian Bacon
- 2 tsp. Olive Oil
- Pinch of freshly ground Black Pepper

PREPARATION

1. Preheat oven to 425 degrees.
2. Arrange the asparagus spears on a baking sheet.
3. Drizzle the Olive Oil over them and turn to coat.
4. Season with the black pepper.
5. Cut the Canadian Bacon in halves.
6. Wrap a single asparagus spear lengthwise with Canadian Bacon.
7. Roast until the asparagus is tender when pierced with a fork and the Canadian Bacon is crisp (10 - 12 minutes).
8. Serve warm & enjoy!
9. Phase Approved: Phases 1-3

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BALSAMIC TOMATO SALAD

INGREDIENTS

- 2 lb. mixed ripe tomatoes – different shapes and colors
- Sea salt
- Freshly ground black pepper
- Handful fresh oregano stems – young green
- 8 to 10 whole fresh basil leaves
- ¼ cup Ideal Protein Balsamic Dressing
- ¾ cup Extra Virgin olive oil
- 1 clove garlic
- 1 pinch red pepper flakes

PREPARATION

1. Put the tomatoes into a colander and season with a good pinch of sea salt. Coat the cut surfaces well with the salt.
2. Leave for 20 to 30 minutes and then rinse gently and thoroughly with cool water and turn out onto paper toweling to drain a bit.
3. Add fresh oregano, balsamic dressing, extra-virgin olive oil, the garlic, the black pepper, and the red pepper flakes in a blender and make a smooth mix.
4. Transfer the dried tomatoes into a large bowl and pour the balsamic dressing mix over the tomatoes. Toss well then cover with plastic wrap and let sit for some hours.
5. Enjoy the mazing aroma and flavors!

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BLANCHED GREEN BEANS

INGREDIENTS

ITEM	QUANTITY
Green Beans, Trimmed	8 Oz
Salt	To Taste
Extra Virgin Olive Oil	1 Tbsp.
Garlic Cloves, Minced	2
Black Pepper	To Taste

PREPARATION

- Bring a large pot of water to a boil and add 1 tsp. salt.
- Add the green beans to the boiling water and cook for 2-3 minutes.
- Drain the green beans and pat them dry with a clean kitchen towel.
- Heat the olive oil in a large skillet over medium heat.
- Add the minced garlic and cook for 1-2 minutes or until fragrant.
- Add the green beans to the skillet and sauté for 1-2 minutes or until heated through.
- Season with black pepper to taste.
- Serve hot as a side dish. Enjoy!

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BUFFALO STYLE GREEN BEANS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	4 Tsp.	Garlic, Minced	2 Cloves
Worcestershire Sauce	1 Tbsp.	Green Snap Beans, Trimmed	3/4 lb
Lemon Juice	1 Tbsp.	Black Pepper	To Taste
Hot Pepper Sauce	2 Tsp.	Table Salt	To Taste
Plum Tomatoes, Diced	2		

PREPARATION

- Fill a large pot with water and bring it to a boil. Add the trimmed green snap beans to the boiling water, and cook for 2-3 minutes, until they are slightly tender. Drain the green snap beans and set them aside.
- In a large mixing bowl, combine the olive oil, Worcestershire sauce, lemon juice, hot pepper sauce, minced garlic, black pepper, and table salt. Mix well to combine all the ingredients.
- Add the cooked green snap beans to the mixing bowl, and toss them with the sauce mixture until they are well coated.
- Heat a large skillet over medium-high heat. Once heated, add the coated green snap beans to the skillet and cook them for 5-7 minutes, stirring occasionally, until they are slightly charred and crispy.
- Once cooked, remove the skillet from heat and transfer the green snap beans to a serving dish.
- Top the green snap beans with the diced plum tomatoes and serve immediately as a spicy and flavorful side dish.

Herbed Eggplant Dip (Baba Ganoush)

Ingredients

- 6-ounce eggplant – sliced lengthwise
- 2 tbsp of fresh Italian Parsley
- 4 tsp of olive oil
- ¼ tsp dried red chilies
- 1 tbsp fresh chopped mint
- ½ tsp of fresh oregano
- 1 tbsp lemon juice
- ½ tsp of salt

Preparation

1.Preheat the oven to 350 degrees and line a baking sheet with parchment paper.

2.Place eggplant sliced side face down on a baking sheet.

3.Bake for an hour and let cool.

4.Scoop out eggplant flesh and place in a food processor, blender.

5.Now add the fresh herbs, lemon juice, salt, oil, and chilies.

6.Puree until smooth.

7.Serve with fresh veggies or IP Chips, or your favorite hand-made flatbread or cracker.

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Hot and Tangy BBQ Sauce

Ingredients

- 1 cup of pure tomato paste
- 1 tbsp. of Apple Cider Vinegar
- 1 tbsp. lemon juice
- 1 tsp. onion powder
- 1 large garlic clove – pressed
- 1 tsp. of smoked paprika
- 1/8 tsp. of cayenne pepper
- 1/8 tsp. of ground cloves
- 1 – 2 tsp. of stevia
- 1 tbsp. of Braggs Liquid Amino
- A dash or 2 of Tabasco or your favorite hot sauce

Preparation

1.Add all ingredients to a blender and blend until nice and smooth.

2.Store in a glass container or jar.

3.Serve and enjoy!

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Ideal Protein Queso Dip

Ingredients

- 1 packet of Ideal Protein Cheese Sauce
- 2 tbsp. fresh Pico De Gallo
- ½ tbsp. diced pickled Jalapeno

Preparation

1.Cook the cheese sauce as per the directions.

2.Once the cheese sauce is ready, stir in jalapeno and Pico De Gallo.

3.Serve and enjoy!

NOTE: Use the Ideal Protein Doritos or fresh veggies to dip.

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Ideal Protein Salsa

Ingredients

- 1 cup Tomato
- 1 cup Red pepper
- 1 cup Cucumber
- 1/4 cup Red onion – finely diced
- 1/4 Cilantro – minced
- 2 tsp Lemon juice
- 1 Jalapeno Pepper – minced
- 2 tsp Ideal Salt

Preparation

1.Dice tomato, cucumber, and red pepper
2.Mix all ingredients together
3.Refrigerate the mix for at least 2 hours so that the flavors combine
4.Serve with Ideal Protein Nacho, Sweet Chilli, Ranch Dorados

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Ideal Protein Stuffing Mix

Ingredients

- 2 packet Ideal Protein Garlic Croutons
- 1 cup of celery – chopped
- 1 tsp. olive oil
- ¼ tsp. baking powder
EVOO spray
- ½ tsp. paprika
- ¼ tsp. IP salt
- 1 cup of onions – chopped
- ½ tsp. poultry seasoning
- ¼ c fat-free, low sodium chicken broth
- 1 pinch of garlic powder
- 1 pinch of thyme
- 1 pinch of basil

Preparation

1.In a pan, add olive oil on medium and sauté celery.

2.Add the poultry seasoning, salt, pepper (to taste), onions, thyme, basil, garlic, and paprika and keep stirring.

3.Stir in your Ideal Protein Garlic Croutons until evenly coated.

4.Mix chicken broth well to moisten.

5.Set down to chill and let the croutons absorb the broth.

6.Place in a Pyrex or casserole dish and bake at 350° for 10 mins (this doesn't caramelize your onions).

7.Once cool, serve and enjoy.

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Marinated Cucumber Salad

Ingredients

- 2 medium-sized cucumbers – sliced very thin (4 cups)
- 1 sweet onion – sliced very thin
- 1/2 cup apple cider vinegar
- 1/2 cup water
- 1/2 lemon – juiced
- 1 teaspoon chili flakes
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

Preparation

1. Mix apple cider vinegar, water, lemon juice, chili flakes, salt, and black pepper together to make the marinade.
2. Add cucumbers and onions to the marinade.
3. Leave marinate in refrigerator overnight.
4. Serve and enjoy!

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Mushrooms with Leek Sauté

Ingredients

2 tbsp. Olive oil
2 lb. mushrooms (button or cremini) – sliced
Salt – to taste

2 leeks – sliced crosswise and rinsed well
1 tbsp. chopped fresh tarragon

Preparation

1.Add olive oil in a large skillet over medium heat.
2.Add mushrooms and sprinkle with ½ tsp. salt. Cook, while stirring occasionally, until mushrooms release water and the pan begins to dry out again. For about 10-15 minutes.
3.Add sliced leeks and cook for 2-3 minutes or until they soften a bit. Keep stirring.
4.Add tarragon and stir until the fragrance spread.
5.Serve warm and enjoy!

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Overnight Kale Salad

Ingredients

- 2 bunches of kale (curly or dinosaur)
- 1 cup Jicama (julienne cut)- 1 tbsp Ideal Protein Maple Syrup - 3 tbsp Apple Cider Vinegar- 1 tbsp extra virgin olive oil
- 2 tbsp shallot – minced- 1/8 tsp black pepper

- For maintenance: 1/4 cup of Pecorino Romano
- For maintenance: 2 tbsp Pine Nuts

Preparation

1.Whisk vinegar, Shallot, Olive oil, Maple Syrup, salt, pepper in a bowl
2.Add kale to the dressing mix
3.Coast kale evenly, the kale should wilt down to its half volume
4.Put the salad in a lidded container
5.Leave in the refrigerator overnight
6.Serve in four portion
7.Sprinkle the Jicama julienne on top
8. Enjoy!

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Roasted Garlic Dressing

Ingredients

- 2 tbsp. French shallots – chopped
1- /3 cup Apple Cider Vinegar
- 1 tsp. Dijon Mustard
- 1/2 tsp. Salt
- Pinch of white pepper
- 1 egg white
- 6 cloves garlic
- 1 cup Olive Oil

Preparation

1.Roast garlic in a 360-degree oven until softened and lightly browned (for about 20 minutes)

2.Then, in a blender, blend all ingredients except olive oil

3.While blender is running, add oil in a thin stream until emulsified

4.Done! Serve Roasted Garlic Dressing immediately

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Smashed Brussels Sprouts

Ingredients

- 2 lb whole Brussels sprouts – ends trimmed
- 2 tbsp. extra virgin olive oil
- 2½ tsp. kosher salt divided
- ¼ tsp. ground pepper
- Pinch of red pepper flakes – optional
- 3 tbsp. finely grated Parmesan (for Maintenance only)
- Juice of 1 small lemon – optional

Preparation

1.Place racks in the center and upper third of your oven and preheat oven to 425°F.

2.Fill a saucepan large enough to comfortably hold the brussels sprouts with water and bring it to a boil. Add 2 tsp. of salt to the water. While the water comes to a boil, prepare an ice bath.

3.Add Brussels sprouts to the boiling salted water and cook until the sprouts are tender, for about 10 minutes.

4.Drain the Brussels sprouts, then plunge immediately into the ice bath. Let the cool off for 1 minute and then place the Brussels sprouts on a layer of paper towels and lightly pat dry.

5.Transfer the Brussels sprouts to the center of a large, rimmed baking sheet. Drizzle with the oil, and sprinkle with the remaining ½ tsp. salt, black pepper, and red pepper flakes (if using). Toss to coat, then spread into an even layer.

6.Use the base of a drinking glass or coffee mug and gently but firmly press on each sprout to flatten it into a disk that is about ½ -inch thick.

7.Bake the Brussels sprouts for 15 minutes and then remove them from the oven and carefully flip.

8.Sprinkle the Parmesan (if using) over the top, then return the sprouts to the oven and continue baking until they are crisp on the outside and the cheese is golden for about 5 to 10 more minutes.

9.For a crispier top, transfer the pan to the upper rack and turn the oven to broil. Let broil for 2 to 3 minutes but watch carefully so that the Brussels sprouts do not burn.

10.Remove from the oven and squeeze the lemon juice over the top (if using).

11.Store Brussels sprouts in an airtight, freezer-safe storage container in the freezer for up to 3 months. Let thaw overnight in the refrigerator before reheating.

12.Serve and enjoy!

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Tangy Rhubarb Slaw

Ingredients

- 1 cup of sliced rhubarb
- 2 cups of sliced cabbage
- 1 cup of shredded kohlrabi
- 1 cup of apple cider vinegar
- 2 garlic cloves minced
- 2 tbsp. splenda or stevia
- ¼ cup of fresh ginger – peeled and diced
- 2 tsp. red pepper flakes
- 3 tsp. mustard seeds
- ½ tsp. salt
- 1 tsp. pepper
- 4 tsp. olive oil

Preparation

1.Combine vinegar, salt, pepper, swerve, ginger, garlic, red pepper flakes, and mustard seeds in a saucepan and boil.

2.Pour heated mixture over rhubarb, let cool, and store in the fridge overnight.

3. In a large bowl add cabbage, kohlrabi, and oil.

4. Drain rhubarb reserving ¼ cup of the brine and add the ¼ cup of brine and rhubarb to the bowl tossing well.

5. Sprinkle additional salt and pepper and toss again.

6. Cover and refrigerate until cabbage and kohlrabi soften.

7. Serve and enjoy!

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Winter Tabbouleh

Ingredients

- One large head of broccoli with stems – chopped coarsely
- 3 medium Roma tomatoes – chopped finely
- English cucumber – peeled and chopped finely
- 3 green onions – chopped finely
- 1 cup loosely packed fresh flat-leaf parsley leaves – chopped finely
- ½ cup loosely packed fresh mint leaves – chopped finely
- 1 pinch ground allspice
- 1 pinch ground cinnamon
- 1/4 cup fresh lime juice
- 1/4 cup extra virgin olive oil
- 1 garlic clove – crushed
- 1 small lime – cut into wedges

Preparation

1.Process the broccoli including the stems until finely chopped.

2.Transfer to a large bowl and mix in tomatoes, cucumber, green onions, parsley, and mint

3.For the dressing, combine allspice, cinnamon, juice, and half the oil in a small bowl and season to taste

4.Drizzle dressing over salad

5.Divide salad into separate bowls and serve with lime wedges

6.Bon Appetit!

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Zucchini Rotini Salad

Ingredients

- 1 packet Ideal Protein Rotini
- 1 cup Zucchini – cut in thin pieces and desired shape
- Fresh dill
- 1/2 cup red onion – thin slice or cube
- 1/2 cup red peppers – thin slice or cube
- 2 tsp. olive oil – plain or infused

Preparation

1.Mix all the vegetables with the lemon juice and allow to marinate in the fridge until zucchini gets desired tenderness (1-2 hours or overnight)

2.Follow the directions on the rotini packet to cook it and let it cool

3.Add cooled Rotini to the vegetables and olive oil and toss the dill.

4. Enjoy!

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Air Fryer Brussels Sprouts

Ingredients

- 3/4 - 1 lb Brussel Sprouts
- 3 - 4 tsp Olive Oil
- 1/2 tsp Salt

Preparation

1.Cut off the stems, cut in half vertically, and remove any tough leaves.
2.Rinse and shake dry.
3.Once Brussels sprouts are prepared, place them in a plastic zip-lock bag.
4.Pour olive oil and salt over the Brussels sprouts.
5.Seal bag and mix together thoroughly.
6.Preheat the air fryer to 390° for 5 minutes.
7.Add Brussels sprouts to the air fryer basket.
8.Set temp to 390° and the timer for approximately 15 minutes.
9.During the cooking process, remove the basket and shake.
10.Sprouts are done when leaves are crispy and centers are tender.
11.Serve and enjoy!

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Cheesy Cauliflower Buffalo Dip

Ingredients

- 1 1/2 cups of cauliflower florets
- 2 – 4 garlic clove
- 2 tbsp. hot sauce
- 1 tbsp. apple cider vinegar
- 1 tsp. paprika
- 1/2 tsp. pepper
- 1/4 tsp. salt
- 2 tsp. oil – optional
- 1 packet Ideal Protein Cheddar Cheese Sauce Mix
- 1/2 cup water
- Red pepper flakes for garnish

Preparation

1.Preheat oven to 350°F.
2.Roast cauliflower florets and garlic cloves for 40 minutes.
3.Remove cauliflower and garlic from the oven.
4.Place cauliflower in a blender and add hot sauce, apple cider vinegar, paprika, pepper, sea salt, oil, cheese sauce packet, and water.
5.Blend until smooth.
6.If a creamier dip is desired, add water by the tablespoon blending each time.
7.Add more hot sauce if extra heat is desired.
8.Garnish with red pepper flakes and serve.

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Chili Eggplant

Ingredients

- 1 large eggplant
- 1/2 red onion – finely chopped
- 1 fresh long chili, sliced long and thinly
- 1 tbsp. lemon thyme leaves
- 1 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 tsp. ground sumac

Preparation

1.Preheat oven to 350°F

2.Pierce the eggplant with a fork and place it on an oven tray

3.Bake for 30 minutes or until it's tender

4.Once cool enough, peel and chop coarsely

5.Place in a bowl and season with red onion, chili, lemon thyme leaves

6.In another bowl, mix together olive oil, lemon juice, ground sumac, and pour over the eggplant mix

7.Toss and combine well

8.Serve and enjoy!

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Cilantro, Caper and Lime Dressing

Ingredients

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

Preparation

1.Place the garlic, mustard, lime juice/rind and vinegar in a bowl and mix together.

2.Slowly pour in the olive oil. Keep whisking constantly until well emulsified.

3.Stir in the capers and cilantro and season with black pepper.

4. Serve!

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Collard Greens

Ingredients

- 1 bunch of collard greens – washed
- Olive oil (8 tsp. for 4 servings)
- ¼ tsp. sea salt
- ¼ cup Apple Cider Vinegar
- 6-8 chopped sun-dried tomatoes
- 1-3 cloves of raw garlic – minced
- 1 tsp. red pepper flakes
- ½ tsp. black pepper

Preparation

1.De-stem and chop the collard greens.

2.Easy way to de-stem collard greens: Fold them in half lengthwise along the stem with the darker green side down and then pull up the stem until it comes off and you're left mostly with leaf.

3.Easy way to chop the collards: Stack a few leaves, roll them up into a cigar shape and cut through the collard cylinder, making strips.

4.Place strips in a large bowl and pour olive oil on collard strips and sprinkle salt. Massage the oil and salt into the strips with your hands until all pieces are well coated.

5.Whisk together apple cider vinegar, sun-dried tomatoes, onions, garlic, red pepper flakes, and ground pepper.

6.Pour apple cider vinegar dressing over the collard green strips and let marinate in the refrigerator for at least 3-4 hours. Leaving overnight is best.

7.Serve and enjoy!

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Ginger Shallot Sauce

Ingredients

3-4 shallots/scallions/spring onions – green and white part thinly sliced
2 tbsp. finely grated ginger
¼ tsp. IP salt
5 tbsp. olive oil or grapeseed oil

Preparation

1.Combine and mix ingredients in a bowl.
2.Set aside for 20 minutes.
3.It will sweat and release more liquid.
4.Place in a container and top over your favorite salad or meal recipe.
5. Enjoy!

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CAULIFLOWER BREAD STICKS

INGREDIENTS

- 1 head of cauliflower
- - 1 tablespoon of oregano
- - ½ tablespoon of basil
- - 1 tablespoon onion powder
- ½ tsp red pepper flakes
- - 2 eggs
- - Salt and pepper to taste

PREPARATION

1. You can put the whole head of cauliflower in a microwave-safe dish and put it in the microwave for 10 min and then remove and put in a food processor until smooth.
2. Alternatively, you can put the cauliflower in the food processor first until you get a rice consistency and then put it in a microwave-safe dish and put it in the microwave for 10 min.
3. Let the cauliflower cool slightly and then place in the refrigerator until cooled completely.
4. Once cooled, mix the rest of the ingredients in the cauliflower.
5. Grease a cookie sheet and place cauliflower on it.
6. Use your hands and pat down cauliflower until it is about ½ in thick.
7. Place in an oven set for 425°F for about 25 min or until slightly brown.
8. Remove from the oven and turn to broil at 500°F.
9. Cut your cauliflower in the desired sticks you want and flip over.
10. Place back in the oven until both sides are brown and desired crispness
11. Enjoy!

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MEDITERRANEAN STYLE CHICKEN SALAD

INGREDIENTS

- ⅓ cup extra virgin olive oil
- Zest of 1 lemon
- Juice of 1 to 2 lemons
- 1 to 2 garlic cloves - minced
- 3 tsp. Dijon mustard
- 1 tsp. sumac
- ½ tsp. paprika
- 12 ounces cooked chicken - shredded
- 1 to 2 shallots - chopped
- 2 celery stalks - chopped
- 1 to 2 ounces sundried tomatoes - chopped
- 1 cup fresh Italian parsley - chopped
- Salt and pepper

PREPARATION

1. In a small bowl, add olive oil, lemon zest, lemon juice, garlic, Dijon mustard, sumac, paprika and whisk to combine and prepare dressing.
2. In a large mixing bowl, mix the chicken, shallots, celery, sundried tomatoes, parsley. Season with a good pinch of kosher salt and black pepper.
3. Pour dressing over the chicken salad and toss to combine.
4. To get the best flavor, cover and refrigerate for 30 minutes to 1 hour before serving.
5. Makes 6 servings. Enjoy!

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EASY STEAMED BROCCOLI WITH GARLIC AND LEMON

INGREDIENTS

ITEM	QUANTITY
Raw broccoli (*cut into florets*)	5 cups
Extra-virgin olive oil	1 tbsp.
Garlic (*Chopped*)	1 tbsp.
Lemon juice	1½ tsp.
Lemon zest	½ tsp.
Salt	¼ tsp.
Freshly ground pepper	To taste

PREPARATION

- Bring 1 to 2 inches of water to a boil in a large saucepan fitted with a steamer attachment. Add broccoli, cover and steam until crisp tender, 3 ½ to 4 1/2 minutes.
- Meanwhile, heat oil and garlic in a medium skillet over medium heat, stirring occasionally. Cook until the garlic is fragrant and just starting to brown, 30 to 90 seconds. Scrape garlic mixture into a large bowl. Immediately add lemon juice. Add lemon zest, salt and pepper.
- Stir broccoli into the lemon mixture and stir to coat.
- Serve hot.

FAIL-PROOF HOMEMADE MAYONNAISE

INGREDIENTS

- 1 large egg at room temperature
- 1 tbsp. Dijon mustard
- 1 tbsp. white vinegar
- 1/4 tsp. kosher salt or to taste
- 1 cup neutral flavored oil - grapeseed, safflower or canola
- 1 tsp. fresh lemon juice - optional

PREPARATION

1. Add egg to the smaller food processor bowl and process for 20 seconds.
2. Then add the mustard, vinegar, and salt and process for another 20 seconds.
3. Scrape the sides and bottom of the bowl. Turn the food processor on and slowly add about a quarter of the oil in tiny drops.
4. Once the mixture begins to thicken and emulsify, you can slowly pour a very thin stream of oil instead of drops.
5. Once all of the oil has been added, scrape the bottom and sides of the bowl. Process for another extra 10 seconds. Taste and add salt, lemon juice or extra vinegar.
6. If the mayo seems thin, slowly stream in more oil with the processor running. Store covered in the refrigerator up to a week. Enjoy!

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GREEN BEAN AND TOMATO SALAD

INGREDIENTS

- 1 lb. string beans
- 6 ripe tomatoes
- 1 tbsp. Dijon mustard
- 2 tbsp. white vinegar
- 4 tbsp. finely chopped shallots or green onions
- 1 tbsp. finely chopped garlic
- 4 tbsp. olive oil
- 4 tbsp. coarsely chopped basil
- Salt
- Freshly ground pepper

PREPARATION

1. Trim ends of beans and leave them whole.
2. Drop beans into a saucepan with salted boiling water.
3. Cook until crisp tender, about 3 to 5 minutes according to the size of the beans.
4. Do not overcook. Drain and let cool.
5. Cut away the core of each tomato, and cut it into wedges.
6. In a salad bowl, add mustard, vinegar, shallots, garlic, oil, salt and pepper and blend with a wire whisk. Add beans and tomatoes, toss well.
7. Sprinkle with basil.
8. Serve an enjoy!

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GREEN BEANS WITH MUSTARD VINAIGRETTE

INGREDIENTS

- Salt
- 2 lbs green beans – trimmed
- 3 tbsp. white wine vinegar
- 2 shallots – thinly sliced
- 3 tbsp. dijon mustard
- 1/3 cup extra-virgin olive oil
- Freshly ground pepper

PREPARATION

1. Add salt to water, place in a large pot and bring to boil. Add the green beans and cook until just tender – for 2 to 3 minutes.
2. Transfer to a bowl of ice water and push the beans down to submerge them. Let cool completely for about 5 minutes, then drain the water and pat dry.
3. Meanwhile, whisk the vinegar and 1 tbsp. salt in a large bowl. Add the shallots and stir to coat. Let sit until the green beans are cooled down.
4. Whisk the mustard into the shallot mixture. Gradually add the olive oil, whisking constantly, until smooth and thick.
5. Add the green beans and toss to coat.
6. Season with salt and pepper. Enjoy!

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Roasted Mini Peppers

Ingredients

- 2 cups mini peppers (8 oz)
- 1 tbsp. extra virgin olive oil
- ½ tbsp. kosher salt
- ¼ tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- 2 tbsp. grated Parmesan Cheese (For Maintenance only)

Preparation

1. Preheat your oven to 400°F and line a large rimmed baking sheet with foil.
2. Cut the mini peppers in half lengthwise. You can leave the stem if you wish. The larger mini peppers might have some seeds and membranes, so remove those with your fingers.
3. Place the mini peppers in a large bowl and toss them with olive oil, salt, pepper, garlic powder, oregano and Parmesan.
4. Set the seasoned mini peppers in a single layer on the prepared baking sheet.
5. Bake until tender, for 20-30 minutes.
6. Serve immediately and enjoy!

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ROASTED EGGPLANT SPREAD

INGREDIENTS

- 1 medium eggplant - peeled
- 2 red bell peppers - seeded
- 1 red leek - chopped
- 2 garlic cloves - minced
- 3 tbsp. olive oil
- 1½ tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 1 tbsp. tomato paste

PREPARATION

1. Preheat the oven to 400°F.
2. Cut the eggplant and bell pepper into 1-inch cubes. Chop the leeks. Place them in a large bowl with the garlic, olive oil, salt, and pepper.
3. Spread them on a baking sheet and roast for 45 minutes or until the vegetables are lightly browned and soft. Toss once during cooking.
4. Let cool off slightly.
5. Place the vegetables in a food processor fitted with a steel blade and add the tomato paste. Pulse for 3 or 4 times.
6. Taste for salt and pepper. Enjoy!

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SAUTÉED ZUCCHINI RIBBONS WITH LEMON AND GARLIC

INGREDIENTS

- 2 tbsp. olive oil
- 2-3 large cloves of garlic
- 1/4 tsp. chili flakes - adjust to taste
- 2-3 medium zucchini - ribboned with a peeler
- 1 Lemon zest
- 1/4-1/2 tsp. sea salt - more to taste
- A squeeze of lemon juice
- Black pepper to taste

PREPARATION

1. Sauté garlic and red pepper flakes for 1 minute on medium heat until just softening.
2. Add zucchini ribbons and cook for 1-2 minutes more - until just slightly wilted.
3. Add in lemon zest and sea salt and mix gently.
4. Add a squeeze of lemon juice and a few grinds of black pepper.
5. Optional garnish - basil and cherry tomatoes.
6. Enjoy!

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AIR FRYER CURRY CAULIFLOWER

INGREDIENTS

- 1 large head cauliflower
- 3 tbsp. avocado oil
- 2 tbsp. soy sauce
- 2 tsp. sriracha – optional
- 1 tsp. garlic powder
- 1 1/2 tsp. curry powder
- ¼ tsp. black pepper
- Sea salt to taste

PREPARATION

1. In a small bowl or measuring cup, stir together the avocado oil, soy sauce, sriracha, garlic powder, curry powder, black pepper, and sea salt until well-combined.
2. Rinse the cauliflower well under water and pat dry with paper towels.
3. Use a sharp knife to chop the head of cauliflower into small florets. Discard the thick stems and transfer florets to a large mixing bowl.
4. Pour the seasoned oil mix over cauliflower and toss everything to coast florets well.
5. Preheat the air fryer to 375°F and transfer cauliflower to the air fryer basket. Make a single layer for best results.
6. Fry for 7-10 minutes or until the cauliflower is crispy and has reached your desired level of doneness.
7. Serve and enjoy!

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AIR FRYER ROASTED CHERRY TOMATOES

INGREDIENTS

- 1 pint cherry tomatoes
- 1 tbsp. olive oil
- ½ - 1 tsp. sea salt

PREPARATION

1. Preheat the air fryer to 400°F.
2. Cut the tomatoes in half or quarters.
3. Mix with olive oil and ½ tsp. sea salt.
4. Place on the cooking pan or in the Air Fryer basket in a layer.
5. Fry for 10 minutes and toss halfway through if needed.
6. Serve with pasta or on crusty bread or in dips or soups or salads.

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APPLE CIDER VINEGAR SAUTÉED SPINACH

INGREDIENTS

- 2 cup spinach
- 1/4 tsp. Apple Cider Vinegar
- 1/4 tsp. Olive or Avocado Oil

PREPARATION

1. Heat up a medium saucepan over medium-high heat and add the oil.
2. Then add the spinach and just as it begins to soften (1-2 minutes), pour in the ACV and mix.
3. Remove from the heat and sprinkle with salt if desired.
4. Serve.

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DESSERTS *and* SNACKS

SOY SACUSE EGGS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Large Eggs	4
soy sauce	5 Tbsp.
Chinese Five Spice	1 Tbsp.

PREPARATION

- Bring a pot of water to a boil and gently add the eggs. Boil for 7-8 minutes for soft-boiled or 10 minutes for hard-boiled.
- Transfer the eggs to an ice bath and let them cool for a few minutes. Peel the shells.
- In a bowl, mix soy sauce and chinese five spice.
- Add the peeled eggs to the mixture and let them marinate for at least 1 hour (or overnight for deeper flavor).
- Slice and serve. Enjoy!

CRANBERRY OATMEAL COOKIES

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cranberry Oatmeal Packet	1	Enough Water for Cookie Dough Texture	
Sea Salt	¼ Tsp.		
Splenda or Stevia	1 Packet		
A Sprinkle of Cinnamon	To Taste		
Baking Powder	1 Tsp.		
Egg White	1		

PREPARATION

- Preheat your oven to 350°F (175°C).
- Line a baking sheet with parchment paper or lightly grease it.
- In a mixing bowl, combine the cranberry oatmeal packet, sea salt, Splenda or Stevia, cinnamon, and baking powder. Mix these dry ingredients well to ensure even distribution.
- Add the egg white to the dry mixture and stir to combine. Gradually add water, a little at a time, stirring until the mixture reaches a cookie dough consistency.
- Using a spoon or your hands, form the dough into small balls and place them on the prepared baking sheet.
- Flatten each ball slightly with the back of a spoon or your fingers, as they will not spread much during baking.
- Place the baking sheet in the preheated oven and bake for about 10-12 minutes, or until the edges of the cookies are slightly golden.
- Remove the cookies from the oven and let them cool on the baking sheet for a few minutes.
- Enjoy!

ICE CREAM

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Ice	½ Cup
IP Vanilla Ready-made Drink	1
Very Cold Water	½ Cup
IP Vanilla Pudding Mix	1 Pkt.
Sweet Leaf Stevia Extract (Flavor of Choice)	2 Droppers

PREPARATION

- In the blender, combine the ice, IP Vanilla Ready-made Drink, and very cold water. (Ice crushing capable blender)
- Blend these ingredients until the ice is thoroughly crushed and the mixture is smooth.
- Add Sweet Leaf Stevia Extract. You can choose any flavor you like to add a unique twist to your ice cream.
- Blend again until all the ingredients are well combined and the mixture is smooth.
- Pour the mixture into a freezer-safe container. Freeze for about 2-4 hours, or until it reaches your desired ice cream consistency.
- Enjoy!

CARAMEL APPLE CRISP MUFFIN BREAD

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
IP Apple Oatmeal	1	Vanilla,	½ Tsp.
IP Crispy Cereal	1	IP Vanilla Pre-made Shake,	¼ Cup.
Baking Soda.	2 Tsp.	Caramel Dip	1 Tsp.
Egg White	2		
Skim Milk	1 Tsp.		
Extra Virgin Olive Oil	2 Tsp.		

PREPARATION

- Preheat your oven to 350°F (175°C). Grease a loaf pan or line it with parchment paper.
- In a large bowl, crush the IP Crispy Cereal into smaller pieces. Add the packet of IP Apple Oatmeal and baking soda. Mix well to combine.
- In another bowl, whisk together the egg whites, skim milk, extra virgin olive oil, and vanilla extract until well combined.
- Pour the wet ingredients into the dry ingredients. Stir until just combined. Be careful not to overmix.
- Gently fold in the IP Vanilla Pre-made Shake into the batter until evenly distributed.
- Pour the batter into the prepared loaf pan. Smooth the top with a spatula.
- Drizzle the teaspoon of caramel dip over the top of the batter. Use a knife or a skewer to swirl the caramel gently into the batter, creating a marbled effect.
- Bake in the preheated oven for about 30-35 minutes, or until a toothpick inserted into the center of the bread comes out clean.
- Enjoy!

CHOCOLATE CHIP CARAMEL MUFFINS

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Ideal Protein Caramel Mug Cake	2 Pkt.
Baking Powder	½ Tsp.
Vanilla Extract	½ Tsp.
Cinnamon	½ Tsp.
Egg	1
Water	½ Cup

PREPARATION

- Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or grease the cups.
- In a mixing bowl, combine the Caramel Mug Cake packets, baking powder, vanilla extract, and ground cinnamon. Stir well to mix the dry ingredients.
- Crack in the egg and pour in the water. Mix until all ingredients are fully combined and you have a smooth batter.
- Divide the batter evenly among the muffin cups, filling each about two-thirds full.
- Place the muffin tin in the preheated oven. Bake for about 15-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
- Once baked, remove the muffins from the oven and let them cool in the pan for a few minutes.
- Transfer the muffins to a wire rack to cool completely. Enjoy!

VANILLA AND CHOCOLATE COCONUT MOUSSE

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Vanilla Pudding Mix	1 pkt.	Coconut or Chocolate Extract	1 tsp.
Chocolaty Coconut Bar	1	Gelatine	1 tbsp.
Water	¾ cup	Finely Grated Jicama (Remove all excess moisture)	½ cup
Egg Yolks	2		
Coconut Davinci	2 oz.		

PREPARATION

- In a mixing bowl, combine the vanilla pudding mix and water. Whisk together until the mixture is smooth and well combined.
- In a separate bowl, place 1 tsp. of gelatine and allow it to bloom in 2 tbsp. of cold water.
- Heat the bloomed gelatine in the microwave for about 10-15 seconds or until it's completely dissolved. Make sure not to boil it.
- Add the dissolved gelatine, egg yolks, and coconut davinci syrup into the vanilla pudding mixture. Mix well until everything is fully incorporated.
- Stir in coconut or chocolate extract for an added layer of flavor.
- Gently fold of finely grated jicama, which will provide a pleasant crunch to the mousse. Ensure that you've removed all excess moisture from the jicama.
- Break up the Chocolaty Coconut Bar into small pieces and melt it. This can be done in a microwave or on the stovetop using a double boiler.
- Once melted, fold the Chocolaty Coconut Bar into the vanilla mousse mixture.
- Pour the combined mousse into individual serving glasses
- Chill the mousse in the refrigerator for a few hours until it has set.
- Enjoy!

IDEAL PROTEIN PUDDING CAKES

SERVING SIZE

1

INGREDIENTS

ITEM	QUANTITY
Egg Whites	2
Vanilla Extract With No Corn or Sugar Syrup	1 Tsp.
Water	2 Oz.
Ideal Protein Pudding Packet	1

PREPARATION

- Preheat your oven to 350°F (180°C).
- In a bowl, combine the contents of the Ideal Protein Pudding Packet with the water. Stir well to create a smooth pudding mixture.
- In a separate clean, dry bowl, whisk the egg whites until they form stiff peaks.
- Gently fold the vanilla extract into the egg whites.
- Carefully fold the prepared pudding mixture into the egg-white mixture. Gently mix until well combined.
- Divide the mixture into one or more lightly greased ramekins or oven-safe dishes.
- Place the ramekins in the oven and bake for approximately 20-25 minutes or until the pudding cakes are set and the tops are lightly browned.
- Remove from the oven and allow to cool for a few minutes. Serve and Enjoy!

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TURNIP CHIPS

INGREDIENTS

ITEM	QUANTITY
Medium Turnips	3
Olive Oil	3 Tbsp.
Salt	1 Tsp.
Cayenne Pepper	½ Tsp.
Garlic Powder	½ Tsp.

PREPARATION

- Preheat your oven to 375°F (190°C).
- Wash and peel the medium turnips. Using a sharp knife or a mandoline slicer, thinly slice the turnips into rounds. You can also cut them into matchsticks if you prefer a different shape.
- Place the turnip slices in a large bowl. Drizzle with olive oil, ensuring each slice is lightly coated. Toss the turnips to evenly distribute the oil.
- Sprinkle salt over the turnip slices to your taste. Be cautious with salt, as you can always add more later.
- Add a dash of garlic powder for a savory flavor. This complements the turnips' natural taste.
- Arrange the seasoned turnip slices in a single layer on a baking sheet. Place them in the preheated oven.
- Bake for about 15-20 minutes or until the turnip chips turn golden brown and crispy.
- Once done, remove the turnip chips from the oven and let them cool for a few minutes. They will become crispier as they cool.
- Enjoy!

CRISPY CHOCOLATE

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Ideal Protein Dark Chocolate Pudding Mix	1 Packet
Ideal Protein Crispy Cereal	1 Packet
Water	6 Oz.

PREPARATION

- In a mixing bowl, combine the Ideal Protein Dark Chocolate Pudding Mix with water.
- Stir well until you have a smooth, creamy chocolate pudding. Let it sit for a few minutes to allow it to thicken.
- Once the pudding has thickened, gently fold in the Ideal Protein Crispy Cereal. Stir until the cereal is evenly coated with the chocolate pudding.
- Using your hands, shape the mixture into the desired shape of your crispy chocolate.
- Place them on a plate or tray lined with parchment paper.
- Place the formed crispy chocolates in the refrigerator for at least 30 minutes to allow them to set and firm up.
- Enjoy!

RASPBERRY GUMMY BEARS

SERVING SIZE

3

INGREDIENTS

ITEM	QUANTITY
IP Jello	3 Pakets
Unflavored Gelatin	1 paket
Water	⅓ Cup

PREPARATION

- Spray a paper towel with nonstick cooking spray, then rub it lightly around the bear cavities in the mold, to coat them with a thin layer of oil.
- In a small bowl, combine both types of gelatin with cold water. Whisk them together thoroughly.
- Allow the mixture to sit at room temperature for 10 minutes to allow the gelatin to absorb the water and soften.
- Microwave the gelatin mixture for 30 seconds, then remove and stir well.
- Repeat this process in 30-second intervals until the mixture is completely liquefied.
- Carefully pour the liquefied gelatin into the bear-shaped cavities of the mold.
- Place the mold in the refrigerator and let it set for approximately 20 minutes.
- To remove the gummy bears, gently push the sides of each bear away from the edges and toward the center. Then, lift them up and out of the molds.
- This recipe yields approximately 28 small gummy bears, divided into 3 servings.

BBQ CAULIFLOWER BITES

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
4 cups Cauliflower Florets	4 Cups
Olive Oil	½ Tbsp.
Salt	To Taste
Pepper	To Taste
BBQ Sauce (Approved Bbq Sauce)	¾ cup

PREPARATION

- Preheat oven to 450°F (232°C).
- Wash the cauliflower florets and dry them thoroughly. It's important to remove excess moisture to ensure they get crispy in the oven.
- In a large mixing bowl, combine the cauliflower florets, olive oil, salt, and pepper. Toss the cauliflower well to ensure the seasoning and oil are evenly distributed.
- Spread the seasoned cauliflower florets out in a single layer on a baking sheet. Make sure they are not crowded.
- Place the baking sheet in the preheated oven and roast for about 20-25 minutes, or until the cauliflower begins to turn golden brown and becomes tender.
- Remove the cauliflower from the oven and transfer it back to the mixing bowl.
- Pour the BBQ sauce over the roasted cauliflower and toss until the cauliflower is evenly coated in the delicious sauce.
- Place the BBQ-coated cauliflower back onto the baking sheet and return it to the oven for an additional 5-10 minutes. This step allows the BBQ sauce to caramelize and stick to the cauliflower.
- Once the BBQ cauliflower bites are hot and slightly crispy with a sticky BBQ glaze, remove them from the oven.
- Enjoy!

COOKIES AND CREAM PUDDING

SERVING SIZE

2

INGREDIENTS

ITEM	QUANTITY
Ideal Protein Chocolate Pudding Mix	1 Packet
Water (as per package instructions)	
Crushed Ideal Protein Crispy Cereal	1 Packet

PREPARATION

- Prepare the Ideal Protein Chocolate Pudding Mix according to the package instructions with a specific amount of water.
- Once the chocolate pudding is ready and still in its liquid form, it's time to layer your dessert.
- Start by adding a layer of the crushed Ideal Protein Crispy Cereal to the bottom of a serving glass or bowl.
- Pour a portion of the prepared chocolate pudding over the layer of crushed cereal.
- Continue layering by adding another layer of crushed cereal, followed by more chocolate pudding.
- Finish your dessert with a final layer of crushed cereal on top.
- Place your Cookies and Cream Pudding dessert in the refrigerator to chill for at least 30 minutes.
- Enjoy!

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HERBED TURKEY BURGERS WITH ZUCCHINI BUNS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Organic Lean Turkey Meat	10 oz.	Olive Oil Spray	
Fresh Oregano Chopped	2 tbsp.	Salt And Pepper	To Taste
Garlic Cloves, Minced	2	IP Friendly Toppings	
Zucchini Slices	4 Thick		

PREPARATION

- Preheat a grill or stovetop grill pan over medium heat.
- In a mixing bowl, combine the ground organic lean turkey meat, chopped fresh oregano, minced garlic, and a pinch of salt and pepper. Mix well to distribute the herbs and seasonings throughout the turkey meat evenly.
- Divide the turkey mixture into four portions and shape them into burger patties.
- Lightly coat the zucchini slices with olive oil spray on both sides. Season the slices with a touch of salt and pepper.
- Place the turkey burger patties on the preheated grill. Cook the patties for about 4-5 minutes on each side, or until they are cooked through.
- While the turkey burgers are grilling, place the zucchini slices on the grill.
- Grill the zucchini slices for about 2-3 minutes on each side, or until they are tender and have grill marks.
- Once the turkey burgers and zucchini slices are cooked, assemble the burgers by using two grilled zucchini slices as the "buns." Place a cooked turkey patty in between the zucchini slices.
- Top the turkey burgers with your preferred IP friendly toppings, such as tomato, onion, avocado, or any other approved toppings
- Enjoy!

CRISPY SHRIMP BURGERS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Raw Shrimp, Peeled And Deveined	1 Lb.	Onion Powder	1 Tsp.
Garlic Cloves	2	Cayenne Pepper	1/16 Tsp.
Cilantro	⅛ Cup	Ideal Protein Croutons, Crushed	½ Cup
Kosher Salt	1 Tsp.	Egg, Lightly Beaten	1
Paprika	1 Tsp.	Oil	½ Tbsp.

PREPARATION

- Take the shrimp chop it coarsely and place in a bowl.
- In a food processor, add minced garlic, chopped cilantro, kosher salt, paprika, onion powder, cayenne pepper, and the chopped shrimp. Pulse to create a chunky paste.
- Transfer the shrimp mixture to a mixing bowl and add the crushed Ideal Protein Croutons. Mix well to combine.
- Add the lightly beaten egg to the shrimp mixture. This will help bind the ingredients together and create a cohesive mixture.
- Divide the mixture into equal portions and shape them into burger patties.
- Heat a skillet or frying pan over medium heat and add oil for cooking.
- Enjoy!

THAI COCONUT DESSERT

INGREDIENTS

ITEM	QUANTITY
Ideal Protein Vanilla Pudding	1 Packet
Miracle Noodle Rice	¼
Coconut Extract	1 Tsp
Sea Salt	¼ tsp.
Splenda	1 Packet

PREPARATION

- Prepare the Ideal Protein Vanilla Pudding Mix according to the package instructions. This usually involves mixing the contents of the packet with a specific amount of water.
- Once the pudding is prepared, add the coconut extract and sea salt. Stir well to combine and infuse the coconut flavor.
- In a separate pot, cook the Miracle Noodle Rice according to the package instructions. These noodles are typically precooked and just need to be heated up. Drain them well.
- Combine the cooked Miracle Noodle Rice with the coconut-infused pudding mixture. Mix gently to evenly distribute the rice.
- Transfer the Thai Coconut Dessert mixture into individual serving bowls or glasses.
- If desired, you can refrigerate the Thai Coconut Dessert for a little while to allow the flavors to meld and the dessert to chill.
- Enjoy!

MINT CHOCOLATE CHIP ICE CREAM

INGREDIENTS

ITEM	QUANTITY
IP Vanilla Pudding Packet	1
Water	5 oz.
Mint Extract	1 tsp.
Walden Farms Chocolate Syrup	3 tbsp.

PREPARATION

- In a mixing bowl, combine the IP Vanilla Pudding Packet and water. Mix well until the pudding mixture is smooth and well combined.
- Add the mint extract to the pudding mixture and stir until the mint flavor is evenly distributed.
- Drizzle in the Walden Farms Chocolate Syrup.
- Transfer the mint chocolate chip ice cream to an airtight container, smoothing the top with a spatula.
- Place the container in the freezer for at least 2-3 hours, or until it is firm and scoopable.
- Enjoy!

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CHAYOTE CINNAMON "APPLE" SAUCE

INGREDIENTS

- 2 Chayote squash
- 1 quart water
- 1 tsp. cinnamon
- 1/4 tsp. EZ Sweetz Stevia

PREPARATION

1. Dice unpeeled squash.
2. Add to water in a medium saucepan and cover. Let simmer for 45 minutes until very tender. Allow cooling.
3. Drain squash and place into a blender.
4. Add cinnamon and sweetener.
5. Puree or mash to get a chunkier texture.
6. Use as a topping for pancakes and waffles. Serve and enjoy!

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Chocolate Caramel Cake

Ingredients

- 1 IP Chocolate Pudding
- 1 IP Chocolaty Caramel Mug Cake
- 1 tsp. baking soda
- 1 packet of Splenda or Stevia
- 1/3 cup liquid egg whites
- 2 tsp. olive oil
- 2 tbsp. water
- 2 tbsp. Walden Farms Chocolate or Caramel Syrup
- Cooking spray

Preparation

1.Preheat oven to 350°F

2.Combine all ingredients in a bowl.

3.Add the liquid ingredients and mix well.

4.Spray a muffin tin or a small cake pan/loaf pan.

5.Bake for 10-12 minutes.

6.Top with Walden Farms Chocolate or Caramel Syrup.

Enjoy!

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Chocolate Chip Cookies

Ingredients

1 packet IP chocolate chip pancake mix
1 tbsp. of each of the following ingredients:
Olive oil
Baking powder
Egg white
Stevia
Vanilla extract
IP vanilla drink mix

Preparation

1.In a mixing bowl combine all ingredients. Start with the dry ingredients.
2.Line a baking sheet with parchment paper and spoon the mixture onto the sheet. Leave about 2 inches of space between each scoop.
3.Bake for 10 minutes at 350 °F.
4.Remove from oven and let cool off.
5. Enjoy!

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CHOCOLATE CHIP MUFFIN

INGREDIENTS

- 1 Ideal Protein Chocolate Chip Pancake Mix
- 1 tsp. Olive Oil
- 1 tsp. Baking Powder
- A splash of Vanilla Extract
- 1 ounce of Water
- PAM Spray
- 1 pinch Ground Cinnamon

PREPARATION

1. Preheat the oven to 350 degrees.
2. In a bowl, mix all the ingredients, except the PAM Spray.
3. Spray PAM on a muffin pan or souffle cup.
4. Pour mixture into muffin pan or souffle cup.
5. Bake for 15 minutes.
6. Let cool for about 2 minutes.
7. Serve and Enjoy!
8. Phase Approved: Phases 1-3, Servings: 1

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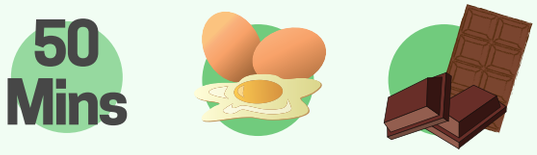
CHOCOLATE COCONUT CAKE



INGREDIENTS

- 1 Packet Ideal Protein Chocolate Drink Mix
- 1 Ideal Protein Chocolate Coconut Bar
- ½ Egg
- ½ cup Finely Grated Zucchini
- ¼ tsp. Baking Powder
- 1/8 tsp. Baking Soda
- 2 tsp. Grapeseed Oil
- 3 tbsp. Walden Farms Maple Syrup

PREPARATION

1. Take a medium bowl, add the Ideal Protein Chocolate drink mix, ¼ tsp. baking powder, ⅛ tsp. baking soda and mix well.
2. In a separate bowl, beat ½ of a whole egg, add 2 tsp. grapeseed oil, 2 tbsp. Walden Farms Maple Syrup, and ½ cup of finely grated zucchini.
3. Mix well and squeeze excess water out before adding to bowl.
4. Next, add wet ingredients to the dry ingredients in bowl and combine until you have a nice smooth batter.
5. Preheat oven to 350°F and line a small baking dish with parchment paper or spray with nonstick spray.
6. Bake for 20 minutes then remove from oven and let cool before icing.
7. **For Icing**: Finely chop the Chocolate Coconut Bar into small pieces and defrost in the microwave for 30 seconds. Then, add 1-2 tbsp. of Walden Farms Maple Syrup and stir. Repeat defrosting for an additional thirty seconds and again stir until smooth and glossy. When the cake has fully cooled off, spread icing evenly over the cake. Serve and enjoy!

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CHOCOLATE PEANUT BUTTER ICE CREAM SAMMIE

INGREDIENTS

- 1 Ideal Protein Brownie
- 1 tbsp. Walden Farms Chocolate Peanut Spread
- 1 tbsp. Walden Farms Marshmallow Cream

PREPARATION

1. Cut IP Brownie in half so you have 2 equal squares
2. With a sharp thin knife, butterfly the 2 halves so you have 4 equal pieces
3. Whip Chocolate Peanut Spread & Marshmallow Cream in a bowl
4. Spread the mixture on 2 of the brownie halves & place the other 2 on top to make a sandwich
5. Leave in refrigerator for 20 minutes
6. Take out the sammies & ENJOY!

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Chocolate Zucchini Cookies

Ingredients

1 packet IP Crispy Cereal
1 packet IP Chocolate Drink Mix
2 Egg whites
2 cups of shredded Zucchini
1 tsp. Baking Soda

1 ½ tsp. Olive oil
1 packet Splenda or Stevia
A dash of Cinnamon
A dash of Sea Salt
1 tsp. Vanilla Extract

Preparation

1.Preheat oven to 350°F
2.Use a rolling pin to crush the IP Crispy Cereal – this can be done while cereal is in unopened pack
3.Mix all ingredients together except zucchini until thoroughly mixed
4.Shred zucchini and make sure to dry off using a paper towel
5.Add shredded zucchini to the mixture
6.Take a non-stick muffin pan and spray with non-stick spray
7.Evenly add mixture – should make 10-12 cookies
8.Place in an oven for 12-15 minutes
9.Let cool – serve and enjoy each bite!

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Chocolate Zucchini Pie Square

Ingredients

- Ideal Protein Chocolate Shake
- 2 egg whites
- 1/8 tsp. Ideal Protein salt
- 1/4 tsp. baking powder
- 1 cup zucchini
- 1/4 tsp. Cinnamon
- 1/8 tsp. ground ginger
- 1/8 tsp. ground nutmeg
- 1/16 tsp. ground All Spice
- 1 packet of Stevia sweetener
- Olive Oil Pam Spray

Preparation

1.In a medium mixing bowl, place IP Chocolate Shake, egg white, salt, baking powder, Cinnamon, ground ginger, ground nutmeg, ground All Spice, and Stevia and whisk together.

2.Shred the peeled zucchini with a cheese grater onto a piece of paper towel.

3.Once finished grating, place another paper towel on top of the zucchini shreds to absorb the moisture/juice.

4.Add shredded zucchini to the mixture and mix all together.

5.Keep adding water gradually to get a pancake mix like consistency.

6.Pre-heat oven to 350°F, spray Olive Oil Pam Spray over rectangular cake pans.

7.Pour the mixture into the cake pan.

8.Once baked to perfection, remove from oven and let cool.

9.Once cooled, cut into squares.

10.Serve and enjoy!

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Cinnamon Tapioca Pudding

Ingredients

- 2 packets of Ideal Protein Vanilla Pudding
- 1 packet Miracle Rice
- 2 – 4 packets of Stevia
- 1 tbsp. of Vanilla Extract
- 1 dash of Cinnamon

Preparation

1.Put the miracle rice in a strainer and rinse

2.Prepare the Ideal Protein Vanilla Pudding packets as directed in the instructions

3.Combine the Vanilla Pudding with Miracle Rice

4.Add Stevia as per your taste

5.Add a little Vanilla Extract as per your taste

6.Add Cinnamon to taste and stir

7.Pour into two Dessert dishes and leave in the refrigerator for 2 to 3 hours

8.Take out of the refrigerator and serve with a dash of Cinnamon garnishing

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CRISPY CEREAL COOKIES

INGREDIENTS

- 1 IP Crispy Cereal
- 1 tbsp. Walden Farms Chocolate/Maple syrup
- 1 egg white
- 1 pinch of salt
- 1/2 packet Splenda
- 1/4 tsp. baking powder

PREPARATION

1. Preheat oven to 350°F.
2. Mix together all ingredients in a bowl including the Walden Farms syrup.
3. Drop individual cookie sized portions onto a nonstick cookie sheet.
4. Bake for 10 to 15 minutes.
5. Sprinkle a little cinnamon on top and serve.

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DARK CHOCOLATE AND ORANGE CUPCAKES

INGREDIENTS

- 1 Ideal Protein dark chocolate pudding mix (dry)
- 1 Ideal Protein Plain or Chocolate Chip Pancake Mix
- 2 tsp. baking powder
- ⅓ cup liquid egg whites
- 1 tbsp. skimmed milk
- 1 tsp. olive oil
- 2 tbsp. Walden Farms Maple Syrup
- 1 tbsp. water
- 1 Ideal Protein Orange Wafer

PREPARATION

1. Preheat oven to 350°F
2. In a medium bowl, mix together the dry ingredients.
3. Add in liquid ingredients and stir to mix.
4. Chop or crush the orange wafer bars in small chunks, fold into batter.
5. Coat muffin tins with cooking spray.
6. Spoon batter in to make 6 muffins.
7. Bake 12-13 minutes
8. Let cool off and serve.

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Ideal Protein Apple Danish Recipe

Ingredients

- 2 packets Ideal Protein apple oatmeal
- 2 eggs
- 1 tsp. baking powder
- 1 packet Stevia (or the sweetener allowed by coach)
- ½ tsp. cinnamon
- ½ – 1 cup grated zucchini
- 2 tbsp. Walden Farms Apple Butter

Preparation

1.Beat eggs in a glass bowl or measuring cup
2.Add the rest of the ingredients except Apple Butter and use a spatula to combine until mixed.
3.Divide evenly among a 6 count whoopie pan and flatten the batter.
4.Using a spoon, make a small well or indentation in the middle of each one.
5.Bake at 350°F for 10 minutes.
6.Before serving, fill each depression with 1 tsp. Apple Butter.
7. Enjoy!

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IDEAL PROTEIN BIRTHDAY CAKE

INGREDIENTS

- 6 tbsp. Egg white
- 1 Ideal Protein Plain Pancake Mix
- 1 Ideal Protein Cappuccino Drink Mix
- 2 tbsp. Splenda or Stevia
- 1.5 tsp. baking powder
- 4 tsp. olive oil
- 1 tsp. Vanilla
- 2 tsp. Unsweetened baking cocoa powder
- 1 tbsp. Walden Farms Chocolate Syrup

PREPARATION

1. Preheat oven to 350°F. Spray two 4 inch round baking dishes with Pam Spray and set aside.
2. Mix your IP Plain Pancake Mix, Cappuccino Drink Mix, splenda/stevia, unsweetened cocoa (if using) and baking powder in a bowl. Set aside.
3. Take a medium sized bowl, whisk the egg whites until frothy.
4. Add olive oil and whisk again.
5. Add 1 tsp. of vanilla.
6. Spoon in 1/3 of dry mixture and mix until all the dry mixture has been incorporated.
7. Pour the batter onto sprayed dishes.
8. Bake for 10-12 mins or until the top spring back. Do not over bake.
9. Decorate with Walden farms Chocolate Syrup or Ideal Protein Frosting.
10. Sprinkle over Walden Farms Caramel Syrup and/or crumbled IP Chocolate Soy Puffs. HBD!

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IDEAL PROTEIN CHOCOLATE FROSTING

INGREDIENTS

- 2 Egg white
- Pinch of salt
- 1 tbsp. approved sweetener
- Ideal Protein Chocolate Pudding

PREPARATION

1. Whisk the Egg whites until peaks form and then add salt and sweeteners.
2. Mix and then add pudding mix. Mix until totally incorporated.
3. Use as you would any other icing or frosting.
4. Enjoy!

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Ideal Protein Cream Filled Puffs

Ingredients

- Ideal Protein Potato Puree
- Ideal Protein Vanilla Pudding
- Water
- 2 eggs
- 1/2 tsp. Vanilla extract
- 1/4 tsp. Sea Salt
- 1/8 tsp. baking powder
- Pam Spray

Preparation

1.Preheat oven to 400°F
2.Mix the Ideal Protein Vanilla Pudding with 4 oz. of water and leave in the refrigerator
3.Beat egg whites until foamy but make sure they are not stiff
4.Mix in the Potato Puree, Sea Salt, Baking Powder, and Vanilla Extract
5.Take a cupcake pan and spray Pam
6.Use a spoon to fill cupcake pan holes with batter. Fill holes to about 1/2 or 3/4.
7.Bake for 10-11 minutes or until it's golden with a bread consistency.
8.Take out and let it cool for 30-40 seconds
9.Use a knife to make a hole in the rolls to make room for the fillings.
10.Use a turkey baster to pour the Ideal Protein Pudding in the rolls.
11.Serve and enjoy.

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IDEAL PROTEIN DARK CHOCOLATE SMOOTHIE

INGREDIENTS

ITEM	QUANTITY
IP Dark Pudding Mix	1 Pkt.
Water or Cold Brewed Coffee	1 Cup
Ice Cubes	1 Cup
Stevia or Monk Fruit, Optional	To Taste

PREPARATION

- In a blender, combine the IP Dark Pudding Mix, water or cold brewed coffee, and ice cubes.
- Blend on high speed until all the ingredients are well combined and the mixture is smooth and creamy.
- Taste the smoothie and sweeten it with stevia or monk fruit, if desired.
- Continue blending for a few more seconds to incorporate the sweetener.
- Pour the dark chocolate smoothie into a glass and serve immediately.
- Enjoy your delicious and refreshing Dark Chocolate Smoothie!

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Ideal Protein Eggnog

Ingredients

- 1 Ideal Protein Vanilla Pudding Mix
- Sugar-free eggnog syrup
- 2 Splenda packets
- 4 eggs – divided
- 1 oz milk
- 1/4 tbsp. cinnamon (optional)
- 7 oz water

Preparation

1.In a bowl, beat the egg yolks until they lighten in color.
2.Gradually add Splenda and continue to beat until dissolved. Set aside.
3.Mix the IP vanilla pudding with water and milk.
4.Take a medium saucepan over high heat and combine prepared pudding mix with nutmeg and cinnamon, and bring it to boil. Keep stirring occasionally.
5.Remove pudding mix from heat and gradually add the hot mixture into the egg and Splenda mixture.
6.Once mixed, return everything to the pot and cook until the mixture reaches 160°F.
7.Pour mix into a medium mixing bowl, and set in the refrigerator to chill.
8.In a separate medium mixing bowl, beat the egg whites to soft peaks.
9.With the mixer running gradually, add the sugar-free eggnog syrup.
10.Whisk the egg whites into the chilled mixture.
11.Serve and enjoy!

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Flavorful Gummies

Ingredients

- 1 Ideal Protein water enhancer (Any flavor can be used
- exotic fruit, lemon, tangerine, or raspberry lemonade)
- 2.5 tbsp. of unflavored gelatin
- 3/4 cup of water

Preparation

1.Heat water on medium heat and add ingredients.

2.Mix until consistency is smooth and gelatin has dissolved.

3.Pour mixture into gummy bear molds, using a dropper or teaspoon can make it easier.

4.Leave in refrigerate for 30 minutes to an hour.

5. Enjoy!

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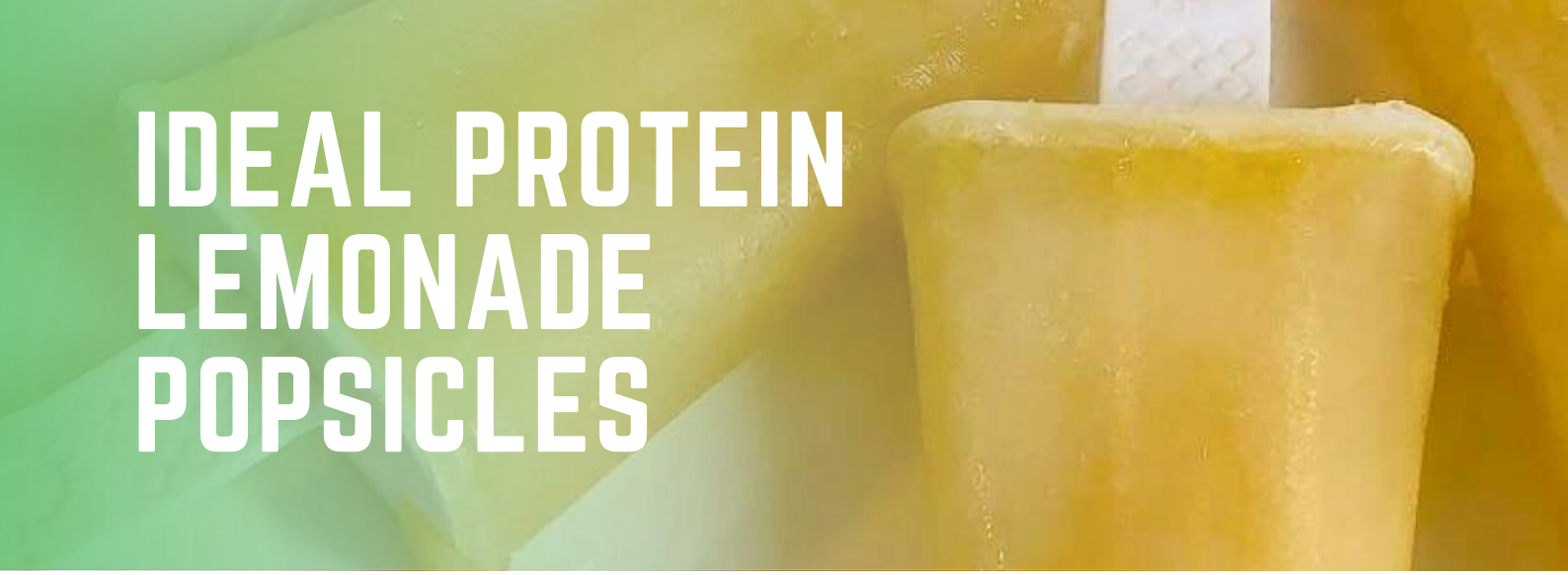

IDEAL PROTEIN LEMONADE POPSICLES

INGREDIENTS

ITEM	QUANTITY
IP Lemonade Water Enhancer	1 Packet
Water	2 Cup
Popsicle Molds	

PREPARATION

- In a pitcher or container, combine the IP Lemonade Water Enhancer with 2 cups of water. Stir well until the water enhancer is fully dissolved.
- Pour the lemonade mixture into popsicle molds, leaving a little space at the top for expansion.
- Place the popsicle molds in the freezer and let them freeze for about 1-2 hours or until they start to set.
- Insert popsicle sticks into the partially frozen popsicles. If your popsicle molds come with built-in sticks, skip this step.
- Return the popsicles to the freezer and let them freeze completely for at least 4-6 hours or overnight.
- Once fully frozen, remove the popsicles from the molds by running them under warm water for a few seconds to loosen them.
- Serve the lemonade popsicles immediately and enjoy!

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IDEAL PROTEIN MUG CAKE MUFFINS

INGREDIENTS

- 4 packets of Ideal Protein Caramel Mug Cake
- 1 tsp. of baking powder
- 2 eggs
- 1 cup of water

PREPARATION

1. Pre-heat oven to 350°F.
2. Take a bowl and mix together the Caramel Mug Cake packets with the baking powder.
3. Stir in the eggs until mixed.
4. Add water and combine well to make batter.
5. Spray muffin pan with some nonstick spray.
6. Pour the batter into the muffin tray a little over half way to them to raise while they bake.
7. Bake for 12-15 minutes or until the muffins are golden brown.
8. Remove from oven and enjoy!

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IDEAL PROTEIN RASPBERRY SORBET

INGREDIENTS

ITEM	QUANTITY
IP Raspberry Jelly Mix	1
Water	1½ Cups
Ice Cube	½ Cup

PREPARATION

- In a blender, add the IP Raspberry Jelly Mix and water. Blend until well combined.
- Add the ice cubes and continue blending until the mixture becomes smooth and creamy.
- Pour the mixture into a container and freeze for at least 3-4 hours or until the sorbet is firm.
- Serve and enjoy!

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IDEAL PROTEIN S'MORE COOKIES

INGREDIENTS

- 1 packet IP Crispy Cereal
- 1 packet IP S'more Drink Mix
- 2 Egg whites
- 2 cups of shredded Zucchini
- 1 tsp. Baking Soda
- 1 ½ tsp. Olive oil
- 1 packet Splenda or Stevia
- A dash of Cinnamon
- A dash of Sea Salt
- 1 tsp. Vanilla Extract

PREPARATION

1. Preheat oven to 350°F.
2. Use a rolling pin to crush the IP Crispy Cereal – you can do this while cereal is in unopened pack.
3. Mix all ingredients together except zucchini until thoroughly mixed.
4. Shred zucchini and make sure to dry off using a paper towel.
5. Add shredded zucchini to the mixture.
6. Take a non-stick muffin pan and spray with non-stick spray.
7. Evenly add mixture – should make 10-12 cookies.
8. Place in an oven for 12-15 minutes.
9. Let cool. Enjoy!

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CHOCOLATE RASPBERRY DELIGHT

INGREDIENTS

- 1 Ideal Protein Dark Chocolate Pudding
- 1 Ideal Protein Raspberry Jello
- 1/2 Splenda Packet
- 2 tbsp. Walden Farms Marshmallow Fluff
- Water

PREPARATION

1. Prepare IP raspberry jello by pouring it into 4.5oz of water and shaking well.
2. Pour the raspberry jello mix into 2 dessert cups (for two portions) and leave in the refrigerator for 30 minutes.
3. Prepare IP Dark Chocolate Pudding by adding it to 5oz water.
4. Now add 1/2 of the Splenda packet.
5. Take out the Raspberry Jello and pour the chocolate mix over jello.
6. Top with Walden Farms Marshmallow Fluff and enjoy!

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RASPBERRY SHORTCAKES

INGREDIENTS

- 1 Ideal Protein Apple Oatmeal
- 1 Ideal Protein Vanilla Pudding
- ½ Ideal Protein Raspberry Jello
- 1 egg
- 1 tsp. baking powder

PREPARATION

Shortcakes

1. Mix IP Apple Oatmeal with water, egg and 1 tsp. baking powder.
2. Distribute into 6 muffin cups. Silicone does best.
3. Set oven to 350°F and bake for 10 mins.
4. Break apart into bite-sized pieces.

Toppings

1. Mix the IP Vanilla Pudding, IP Raspberry Jello, and water in a bowl and mix until smooth.
2. Top over cake and let sit in the refrigerator overnight for best taste.
3. Enjoy!

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Key Lime Tarts

Ingredients

- 4 + 1 packets of True Lime flavoring (approx. 1 level teaspoon)
- A little Splenda or Stevia to taste
- 1 packet of Ideal Protein Vanilla Pudding
- 1 packet of Ideal Protein Maple Oatmeal
- 1 egg white
- Mini-muffin baking tin
- Non-stick spray

Preparing the filling

1.Dissolve one teaspoon of True Lime flavoring in approx. 3 oz. of water.
2.Add a little Stevia or Splenda to taste. The taste should be sweet but tart.
3.Add the contents of one Ideal Protein Vanilla pudding and mix well until smooth. No lumps.
4.The consistency should be thicker than your normal pudding.
5.Cover and refrigerate.

Preparing the crust

1.Preheat the oven at 350° F
2.Mix 1 packet of Ideal Protein Maple Oatmeal with the egg white and 1-1 ½ oz (30-45 ml) of water, just enough for a stiff but manageable dough to form.
3.Lightly coat your muffin tins with non-stick spray.
4.Moisten your hands (if you don't, the 'dough' will stick to your fingers) and form little balls using approx. 2-3 teaspoons of dough.
5.Place one dough ball in each baking cup.
6.Press dough down as thinly as possible across the bottom and the sides forming a little 'cup' (the dough will "poof" a little during baking).
7.Bake for approx. 5 minutes or longer, if necessary.
8.For crispy tart shells, remove them from the muffin tin and place them upside down on top of the tin and bake for a few more minutes until golden brown.
9.If the cup cake shells are too thick, don't bother as they will be too hard.
10.Cool on a wire rack.
11.Take key lime filling out of the refrigerator and stir in the last packet of True Lime flavoring to give you an extra tangy flavor.
12.Enjoy through Ideal Protein phase 1 to 3.

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NON-RESTRICTED BROWNIES

INGREDIENTS

- 1 Ideal Protein Chocolate Drink Mix
- 1 Ideal Protein Chocolate Pudding
- 2 Egg Whites
- 1 oz. of Skim Milk
- 2 tsp. of Olive Oil
- 1/4 tsp. of Sea Salt
- 1/2 tsp. of Vanilla Extract
- Waldens Farms Chocolate Dip - for topping

PREPARATION

1. Preheat oven to 350 degrees.
2. Mix all ingredients with a fork (use a large bowl so that you don't spill).
3. Spray a container with PAM.
4. Pour the mix.
5. Cook for 15 minutes. Cut in half and let it cool.
6. Top with Walden Farms Chocolate Dip and ENJOY!

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OATMEAL CHOCOLATE COOKIES

INGREDIENTS

- 1 Ideal Protein oatmeal packet
- 1 Ideal Protein chocolate pudding packet
- 1/4 tsp. sea salt
- 1 tsp. Splenda or Stevia
- A sprinkle of cinnamon – to taste
- 1 tsp. baking powder
- 1 egg white
- 1 tsp. vanilla extract

PREPARATION

1. In a bowl , take just enough water to prepare dough and combine dry ingredients. Afterwards, add the liquid ingredients to reach a cookie dough texture.
2. Spray cookie sheet lightly with Pam olive oil spray and place 10 cookies on sheet at a time.
3. Bake at 325°F for about 6-9 minutes or until desired degree of moisture is achieved.
4. Test center of the cookie with toothpick to see if baked all right.
5. Enjoy!

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Pie Crust

Ingredients

- 1 packet Ideal Protein Maple Oatmeal
- 1 packet Ideal Protein Pancake mix
- 1 egg white
- 3-5 tbsp. of cold Water

Preparation

1.Preheat oven to 350°F and spray an 8-inch pie plate with non-stick baking spray.

2.Take a small mixing bowl and combine Ideal Protein Oatmeal and Pancake Mix.

3.Add egg white and water and beat to create a thick paste.

4.Use a wet rubber spatula to spread the crust mixture to cover the inside of the pie plate.

5.Bake for about 10-15 minutes or until golden brown and crispy.

6.Cool and Fill with favorite Ideal Protein pudding mix and enjoy!

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PINA COLADA POPSICLE

INGREDIENTS

- 1 packet Ideal Protein Pina Colada Drink Mix
- 1 packet Ideal Protein Vanilla Pudding Mix
- 10 ounce cold water

PREPARATION

1. Add all ingredients to a shaker cup.
2. Shake well and pour into popsicle molds.
3. Leave to freeze until solid.
4. Enjoy!

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RASPBERRY CHOCOLATE CHUNK COOKIES

INGREDIENTS

- 1 Ideal Protein Oatmeal packet
- ½ a packet of crushed Ideal Protein Raspberry chocolate cluster
- ¼ tsp. sea salt
- 1 packet of Splenda or Stevia
- 1 tsp. baking powder
- 1 egg white
- 1 tsp. vanilla extract
- Enough water for cookie dough texture

PREPARATION

1. Combine the dry ingredients and then add the last 3 liquid ingredients to get a cookie dough texture.
2. Spray a cookie sheet lightly with Pam olive oil spray and place 10 cookies on the sheet.
3. Bake at 325°F for about 6-9 minutes or until desired degree of moisture.
4. Test the center of cookie with toothpick to see if they are baked properly.
5. Enjoy!

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S'MORES BROWNIES

INGREDIENTS

- 1 Ideal Protein S'Mores Drink Mix
- 1 Ideal Protein Chocolate Pudding
- 2 Egg Whites
- 1 oz. of Skim Milk
- 2 tsp. of Olive Oil
- 1/4 tsp. of Sea Salt
- 1/2 tsp. of Vanilla Extract
- Walden Farms Chocolate Dip for topping

PREPARATION

1. Preheat oven to 350°F.
2. Mix all ingredients with a fork (use a large bowl so that you don't spill).
3. Spray a desired container with PAM.
4. Pour the mix.
5. Cook for 15 minutes. Cut in half and let it cool.
6. Top with Walden Farms Chocolate Dip and ENJOY!

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Vanilla Cappuccino Dessert

Ingredients

- 1 package of Ideal Protein Diet Vanilla Pudding
- 1 Yogurt Peanut Crunch Bar
- Ideal Protein Cappuccino Drink powder
- Ideal Protein Cocoa Drink

Preparation

1.Prepare 1 package of Ideal Protein Vanilla Pudding and set aside
2.Crumble 1 Yogurt Peanut Crunch Bar
3.Mix into the pudding
4.Stir mix 1/2 of unprepared Ideal Protein Cappuccino Drink powder
5.Place it in a dessert bowl
6.Sprinkle some cinnamon and 2 tsp of Ideal Protein Cocoa Drink
7. Enjoy!

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WILDBERRY YOGURT ICE CREAM

INGREDIENTS

- 1 packet of Ideal Protein Wildberry Yogurt Drink Mix
- 1 oz. of milk
- 2 tsp. of Walden Farms Raspberry Spread
- 1½ oz. of water
- ½ tsp. of vanilla extract
- 4 oz. of green tea

PREPARATION

1. Combine milk, water, green tea, and vanilla in a blender and mix well.
2. Add in cinnamon and the Ideal Protein Wildberry Yogurt Mix and blend until creamy.
3. Stir in while ribboning Walden Farms Raspberry Spread.
4. Pour mixture into ice cube tray.
5. Freeze mixture.
6. Once frozen, add cubes to a blender and mix to desired consistency.
7. Serve and enjoy.

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Apple Spice Cake

Ingredients

- 1 packet Ideal Protein Apple Oatmeal
- 1/2 tsp. baking powder
- 2 tsp. approved granular Sweetener
- 2 tsp. Apple Pie Spice
- 1 egg and 1 egg white beaten
- 1 ounce milk
- 1 cup fine grated Jicama or Chayote squash – squeeze and pat out moisture

<u>Apple Pie Spice Ingredients</u>

- 4 tbsp. ground cinnamon
- 1 tbsp. allspice
- 2 tsp. nutmeg
- 1 ½ tsp. ginger
- ½ tsp. cardamom
- ¼ tsp. ground cloves

Preparation

1.Take Ideal Protein Apple Oatmeal, baking powder, Sweetener, Apple Pie Spice in a bowl and combine.
2.Add beaten egg and milk and whisk well to mix.
3.Fold in your choice of grated vegetables.
4.Spray a baking dish and pour batter into 6-8 inch thickness
5.Bake at 350°F for 50 minute to 1 hour.
6.Brush with IP maple syrup and sprinkle over some more Apple Pie Spice to garnish.
7.Serve and enjoy!

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Baked Zucchini Apple Spice

Ingredients

- 1 large zucchini (Cut into circles, then cut in half to make thin apple slices)
- 1/4 cup lemon juice
- 1 pinch salt
- 1 full droplet of Stevia Clear or two packets of Stevia.
- 1 tsp or more Apple Pie Spice
- 1 tsp vanilla extract

Preparation

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.
3.Midway through cooking the zucchini, add in the spices, sweetener, and vanilla. You can use more than 1 tsp of the spice if you like it strong.
4.If making just the apples, lightly spray a glass pie pan with cooking spray or "I Can't Believe It's Not Butter" spray.
5.Lay down the zucchini pies like a pie.
6.Drizzle over the top any extra lemon juice.
7.Bake in the oven at 400°F (205°C) for 15-30 minutes until done. (taste at 15 min. Less time is crisp apple. More time is soft apple)

Making your own Apple Pie Spice

1.1/2 teaspoon ground cinnamon
2.1/4 teaspoons ground nutmeg
3.1/8 teaspoon ground allspice
4. 1/8 teaspoon finely ground cardamom
5. Approved for Phase 1 to 3

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Blueberry Upside Down Cake

Ingredients

- 1 packet Ideal Protein Blueberry Muffin Mix
- 2 tbsp Ideal Protein Maple Syrup
- 1 egg
- 1/8 tsp baking soda
- 1/4 tsp baking powder
- 1 oz milk (or half & half)
- 2 tsp grapeseed oil

Preparation

1.Separate egg white from yolk
2.Preheat oven to 350°F
3.Use a strainer to sift out blueberries from the muffin mix
4.Add baking soda and baking powder to the separated muffin mix
5.Add blueberries and maple syrup to a small bowl and let them soak for at least 30 minutes
6.Take the egg white in a small deep bowl and beat it until soft peaks form – set it aside
7.Mix egg yolk, oil, milk together and whisk them well
8.Add the egg yolk mix to the blueberry powder mix and blend until smooth
9.Fold the egg batter into a smooth batter
10.Take a small baking dish and spray non stick spray at the bottom
11.Add blueberry and syrup to the baking dish
12.Gently pour batter on top of the blueberries with a spoon
13.Bake for 25 minutes
14.Let it cool for 15 minutes and then invert onto a plate to finish cooling

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CARAMEL CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1 Packet Ideal Protein Caramel chocolate mug cake
- 1/4 tsp. Baking Powder
- 1 packet Stevia sweetener
- 1 tsp. Vanilla Extract
- 1 tsp. Extra Virgin Olive Oil
- 1.5 oz. Water

PREPARATION

1. Add all ingredients in a bowl and combine well.
2. Using a spoon, mix until you have a well blended cookie dough batter.
3. Line a cookie sheet with parchment paper or spray with cooking spray.
4. Spoon equal amounts of the cookie dough onto your cookie sheet.
5. Then use a cooking spray greased spoon & flatten the cookie dough balls down to the size of a thin mint cookie.
6. Bake for 10 minutes at 350°F.
7. Should make 6 cookies. Enjoy!

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CAULIFLOWER RICE PUDDING

INGREDIENTS

- 1 tsp. gelatin with ¼ cup water
- 1 Ideal Protein Vanilla Pudding
- 6 oz. water
- 2 Cups of riced cauliflower – cooked
- 1-2 pkt. Truvia
- 1 tsp. Vanilla extract
- Cinnamon & nutmeg – to taste

PREPARATION

1. Mix gelatin with water, add pudding, cauliflower and flavorings (use any extract flavorings you like – maple, orange, strawberry etc.)
2. Mix well and put in refrigerator till set.
3. Sprinkle a dash of cinnamon or nutmeg or top.
4. Serve and enjoy!

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CHAI PUDDING

INGREDIENTS

- 1 Ideal Protein Diet Vanilla pudding
- 5 oz Chai tea (you can also try green tea, jasmine, rose tea, lemon, hibiscus flower, Earl Grey, orange flower, lemon grass, rosemary etc.)

PREPARATION

1. Brew a strong cup (5 oz) of Chai tea.
2. Let it chill.
3. Mix the content of 1 Ideal Protein Vanilla Pudding with the chilled Chai tea.
4. Shake vigorously in a sealed jar till bubbly.
5. Enjoy!

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BLUEBERRY MUFFINS

INGREDIENTS

- 1 Ideal Protein Blueberry Pancake Mix
- 1 Olive Oil
- 1 Baking Powder
- A splash of Vanilla Extract
- 1 ounce of Water
- PAM Spray
- 1 pinch Ground

PREPARATION

1. Preheat the oven to 350°F.
2. Mix all the ingredients in a bowl, except the PAM Spray.
3. Spray PAM on a muffin pan or souffle cup.
4. Pour mixture into muffin pan or souffle cup.
5. Bake for 15 minutes.
6. Allow cooling for about 2 minutes.
7. Enjoy!

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BREADLESS AIR FRYER FRESH CUCUMBERS.

INGREDIENTS

ITEM	QUANTITY
Cucumber (fresh)	1
Olive Oil	2 Tbsp.
Herbs de Provence (can use other herbs as well)	2 Tbsp.
Bell Pepper (powdered)	2 Tbsp.

PREPARATION

- Cut the cucumber into small pieces.
- Put the cucumber in a bowl and add olive oil and spices (Herbs de Provence and Powdered Bell Pepper).
- Mix the ingredients with your hands.
- Put the cucumber pieces in the air fryer without covering each other.
- Cook in the air fryer for 8 minutes at 400°F/200°C. Check the cucumbers during cooking and adjust the time if needed. Serve when done.

BRUSSELS SPROUT CHIPS

INGREDIENTS

- 1lb. brussels sprouts
- 2 tbsp. olive oil
- 1/4 tsp. salt
- 1 tsp. cumin
- 1/2 tsp. smoked paprika
- 1/4 tsp. chili powder

PREPARATION

1. Preheat the oven to 300°F
2. Remove the leaves off of the Brussels sprouts – cut into the center of each to hollow out the stem. You should have about 4 cups of leaves.
3. Place the leaves in a bowl, add in the olive oil and spices and toss well to make sure all leaves are evenly coated.
4. Lay the leaves out on a baking sheet, trying to ensure that they all face downwards.
5. Bake in the oven for approximately 8 minutes. If any are browning too quickly, then remove them and continue to bake for another 5 to 7 minutes until they are all crispy and golden.
6. Serve warm and enjoy!

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BUFFALO EGGPLANT FRIES

INGREDIENTS

- 1 large regular eggplant
- ½ cup vegan buffalo sauce
- 3.5 cups crushed buffalo puffs
- 1 tbsp. onion powder
- ¼ tsp. salt

PREPARATION

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper. Brush the paper lightly with oil.
2. Peel the eggplants and cut in half lengthwise and then slice into fry size pieces. Set aside.
3. In a large bowl, add buffalo sauce.
4. Now, place the crushed buffalo puffs, onion powder and salt in another large bowl
5. Place the eggplant fries in the buffalo sauce bowl and mix well to coat.
6. Coat the eggplant in the crushed buffalo puffs by pressing each piece lightly with hands. The breadcrumbs should stick well to each piece.
7. Arrange pieces on the lined baking sheet in one single layer.
8. Bake for 25 minutes or until the eggplant is tender and the coating turns golden and crispy.
9. Serve and enjoy!

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CAJUN STEAK BITES

INGREDIENTS

- 1 lb. steak – cut into bite sized pieces
- 2 tsp. Cajun seasoning
- 1 tsp. dried thyme
- 1 tsp. smoked paprika
- ¼ tsp. cayenne pepper – optional if you like it hot
- 1 tbsp. canola oil

PREPARATION

1. Mix the seasoning by blending paprika, thyme and cayenne
2. Toss steak bites into seasoning blend to coating all sides.
3. Heat up oil in cast iron skillet over medium heat.
4. Add the seasoned steak bites to skillet, make sure not to to crowd it.
5. Cook for 1-1.5 minutes and then turn. Cook an additional 1-1.5 minutes, depending on your desired steak temperature and thickness of steak.
6. Remove immediately and serve warm.

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CANDIED SWEET RADISH CHIPS

INGREDIENTS

- 2 cups of Radishes
- 2 tsp. of olive oil
- 2 tbsp. Walden Farms Maple Syrup
- 1 Splenda packet
- 3 tsp. cinnamon powder

PREPARATION

1. Preheat oven to 350°F.
2. Slice the radishes about ¼ inches thick and place in a microwave-safe bowl.
3. Microwave the radishes for about 30 seconds to soften up. Drain off remaining liquids.
4. Combine olive oil, Maple Syrup, Splenda, and cinnamon powder in a bowl.
5. Coat radishes with the mix.
6. Spread parchment paper over a baking sheet and lay the radishes over it.
7. Bake for about 15 mins and then flip over and bake for another 12 minutes.
8. Remove from oven when crispy. Serve and enjoy!

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CAPPUCCINO SCONE

INGREDIENTS

- 1 packet Ideal Protein Crispy Cereal - crushed
- 1 packet Ideal Protein Cappuccino Drink Mix
- 2 egg whites
- ½ cup water
- 1 tsp. baking powder
- 2 tsp. Olive oil
- 1 tsp. Walden Farms Caramel Syrup
- Cinnamon - for topping

PREPARATION

1. Combine all ingredients in a bowl.
2. Wait a few minutes to let the batter become thicker.
3. Spray a pie pan with Pam Spray and divide batter into 12 equal portions.
4. Preheat oven to 350°F and bake batter for 12-15 minutes.
5. Remove from pan to cool down.
6. You can also prepare cake by baking at 350°F for 14 minutes.
7. Serve and enjoy!

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CAPPUCCINO ZUCCHINI COOKIES

INGREDIENTS

- 1 packet IP Crispy Cereal
- 1 packet IP Cappuccino Drink Mix
- 2 Egg whites
- 2 cups of shredded Zucchini
- 1 tsp. Baking Soda
- 1 ½ tsp. Olive oil
- 1 packet Splenda or Stevia
- A dash of Cinnamon
- A dash of Sea Salt
- 1 tsp. Vanilla Extract

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PREPARATION

1. Preheat oven to 350°F.
2. Use a rolling pin to crush the IP Crispy Cereal – this can be done while cereal is in unopened pack.
3. Mix all ingredients together except zucchini until thoroughly mixed.
4. Shred zucchini and make sure to dry off using a paper towel.
5. Add shredded zucchini to the mixture.
6. Take a non-stick muffin pan and spray with non-stick spray.
7. Evenly add mixture – should make 10-12 cookies.
8. Place in an oven for 12-15 minutes.
9. Let cool – serve and enjoy!

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CHARRED PICKLE

INGREDIENTS

- 1 thin pickle

PREPARATION

1. Heat up your broiler.
2. Remove 1 thin pickle from a jar and place on pan.
3. Set the pan under the broiler and don't touch it until the pickle chars. Takes about 5 minutes. Flip over once if you like.
4. Enjoy with steak, sausages, and chops.

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CHICKEN ZUCCHINI POPPERS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Chicken	1 lb	Kosher Salt	1/2 Tsp.
Medium Zucchini Squash, Grated	2	Fresh Black Pepper	¼ Tsp
Garlic Cloves, Minced	2	Olive Oil	2 Tsp.
Fresh Chives, Chopped	2 Tbsp.		

PREPARATION

- In a mixing bowl, combine the ground chicken, grated zucchini, minced garlic, chopped chives, kosher salt, and black pepper. Mix well to combine.
- Using a tablespoon or cookie scoop, form the chicken mixture into small balls or patties.
- In a large skillet over medium-high heat, heat the olive oil.
- Add the chicken poppers to the skillet and cook for 2-3 minutes on each side, until browned.
- Transfer the browned chicken poppers to the lined baking sheet and bake in the preheated oven to 400°F for 10-12 minutes, or until cooked through.
- Once cooked, remove the chicken poppers from the oven and let them rest for a few minutes before serving.
- Serve the Chicken Zucchini Poppers with the sauce for dipping. Enjoy!

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CHILLED GARLIC SOY CUCUMBERS

INGREDIENTS

- 2 large seedless cucumbers – sliced into 1/2-inch thick rounds
- ⅔ cup low sodium soy sauce
- 1 tsp. sesame oil
- 5-6 cloves garlic, minced
- ½ tbsp. approved granulated sweetener

PREPARATION

1. Place cucumber rounds in a large plastic bag.
2. Whisk together soy sauce, sesame oil, garlic, and sweetener.
3. Pour mixture over the cucumbers in the plastic bag. Seal the plastic bag tightly and shake the bag around, making sure to coat all the cucumbers.
4. Leave in the refrigerator for minimum of 12 hours. If you are able to, give the bag a shake every so often. Definitely give it a good shake before serving.
5. Serve mixture over lettuce leaves with desired toppings.
6. Wrap lettuce and serve.

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CHOCOLATE SCONE

INGREDIENTS

- 1 packet Ideal Protein Crispy Cereal – crushed
- 1 packet Ideal Protein Chocolate Drink Mix (Try Vanilla Drink Mix or Cappuccino Drink Mix if desired)
- 2 egg whites
- 1/2 cup water
- 1 tsp. baking powder
- 2 tsp. Olive oil
- 1 tsp. Walden Farms Caramel Syrup
- Cinnamon – for topping

PREPARATION

1. Combine all ingredients in a bowl.
2. Wait a few minutes to let the batter become thicker.
3. Spray a pie pan with Pam Spray and divide batter into 12 equal portions.
4. Preheat oven to 350°F and bake batter for 12-15 minutes.
5. Remove from pan to cool down.
6. You can also prepare cake by baking at 350°F for 14 minutes.
7. Serve and enjoy!

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CRAB-STUFFED CUCUMBER CUPS

INGREDIENTS

ITEM	QUANTITY
Long English Cucumber	1
Crab Meat or Well-drained Canned	1 Cup
Red Bell Pepper, Finely Chopped	¼ Cup
Jalapeno Pepper, Finely Minced	2 Tsp.
Cilantro, Finely Chopped (For Garnish)	2 Tsp.
Approved Mayonnaise or Vegan Mayonnaise	1 Tbsp.
Sea Salt And Pepper	To Taste

PREPARATION

- Start by preparing the cucumber. Wash it thoroughly and trim off the ends. Cut the cucumber into 2-inch thick slices.
- Using a small spoon or melon baller, gently scoop out the seeds and some flesh from the center of each cucumber slice, creating a hollow cup-like shape. Make sure not to scoop all the way to the bottom.
- Let the chicken marinate for at least 30 minutes or up to 2 hours in the refrigerator.
- In a mixing bowl, combine the crab meat, red bell pepper, jalapeno pepper, approved mayonnaise or vegan mayonnaise, sea salt, and pepper. Mix well until all the ingredients are evenly combined.
- Spoon the crab mixture into the hollowed cucumber cups, filling them generously.
- Garnish with freshly chopped cilantro.
- Arrange the stuffed cucumber cups on a serving platter.
- Serve immediately as an appetizer or light snack.
- Enjoy!

CRANBERRY OATMEAL BISCUITS

INGREDIENTS

- 2 pkg Ideal Protein Cranberry Oatmeal
- 1 pinch Baking Soda
- 1 pinch of Ideal Salt or Sea Salt
- 3-4 oz. of Water

PREPARATION

1. Preheat oven to 400°F.
2. Beat the egg and mix well with Cranberry Oatmeal.
3. Now add water to thin the batter, until scoopable but not runny.
4. Place parchment paper on a cookie sheet.
5. Spoon mixture into desired size of biscuits.
6. Bake for about 10 minutes or until golden color.
7. Serve & Enjoy!

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CRISPY CHOCOLATE BARK

INGREDIENTS

- 1 Ideal Protein Chocolate Pudding
- Water
- Vanilla Extract
- Sweetener (optional) Stevia or Splenda
- 5 Ice Cubes

PREPARATION

1. In a blender, combine the 5 ice cubes, about 4-6oz of water and the Ideal Protein Chocolate Pudding Mix. (Milk Chocolate, Dark Chocolate or Vanilla)
2. Add a dash of Vanilla extract to taste and sweetener if desired.
3. Blend well until you have a smoothie consistency.
4. Serve and Enjoy!
5. Phase Approved: Phases 1-3, Servings: 1

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CRISPY WILD BERRY COOKIES

INGREDIENTS

ITEM	QUANTITY
Berry Smoothie mix	1 packet
IP Crispy Cereal	1
Walden Farms Chocolate/Maple syrup	1 tbsp.
Egg white	1
Salt	1 pinch
Splenda	1/2 packet
Baking powder	1/4 tsp.

PREPARATION

- Preheat oven to 350°F.
- Mix together all ingredients in a bowl including the Walden Farms syrup.
- Drop individual cookie sized portions onto a nonstick cookie sheet.
- Bake for 10 to 15 minutes.
- Sprinkle a little cinnamon on top and serve.

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IDEAL PROTEIN GINGERSNAP COOKIES

INGREDIENTS

- 1 pkg. Ideal Protein Crispy Cereal
- 1/4 tsp. baking Powder
- 1/2 pkg. splenda
- 1 egg white
- 1 tsp. Walden Farms Maple Syrup
- 1 pinch of salt
- Ginger – to taste
- Cinnamon – to taste
- Cloves – to taste
- Nutmeg – to taste
- Cayenne pepper – to taste

PREPARATION

1. Preheat oven to 350°F and line a cookie sheet with parchment paper.
2. In a small bowl, mix all ingredients together to make batter.
3. Drop cookie batter on to parchment paper and bake for 10-15 minutes.
4. If desired, take out of the oven and sprinkle extra spices on top.
5. Serve and enjoy!

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IDEAL PROTEIN OATMEAL COOKIES

INGREDIENTS

- 1 Ideal Protein Oatmeal packet
- 1/4 tsp. sea salt
- 1 packet of Splenda or Stevia
- A sprinkle of cinnamon – to taste
- 1 tsp. baking powder
- 1 egg white
- 1 tsp. vanilla extract
- Enough water for cookie dough texture

PREPARATION

1. Combine dry ingredients and then add the last 3 liquid ingredients to get a cookie dough texture.
2. Spray cookie sheet lightly with Pam olive oil spray and place 10 cookies on the sheet.
3. Bake at 325°F for about 6-9 minutes or until desired degree of moisture.
4. Test center of cookie with toothpick to see if they are baked properly.
5. Enjoy!

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IDEAL PROTEIN ZUCCHINI APPLE CRISP

INGREDIENTS

- 2 cups zucchini – sliced
- 2 packets Splenda
- 1 lemon – juiced
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 Walden Farms Pancake Syrup
- 1 Ideal Protein Apple Cinnamon Soy Puffs
- 1 "I Can't Believe It's Not Butter" spray

PREPARATION

1. Peel zucchini and cut in half length-wise. Cut lengths into fairly thin apple-like slices.
2. In a large bowl, toss zucchini with Splenda, lemon juice, cinnamon, nutmeg and syrup. Be sure to coat all pieces.
3. Put zucchini back into a 9×9 baking dish. Crush the IP Soy Puffs in the bag.
4. Sprinkle over zucchini and top with "I Can't Believe It's Not Butter" spray.
5. Bake at 350°F for 40-45 minutes.
6. Take out of oven and let cool off. Enjoy!

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KOHLRABI FRIES

INGREDIENTS

- 1 large kohlrabi – peeled
- 1 tbsp. extra virgin olive oil
- 3 tsp. smoked paprika
- Fine sea salt
- Ground pepper

PREPARATION

1. Preheat the oven to 425°F.
2. Trim the kohlrabi into thin french fry shaped slices
3. Spread the kohlrabi slices out on a baking tray
4. Drizzle over the olive oil, sprinkle smoked paprika, and season with salt and pepper, generously. Toss well to coat thoroughly.
5. Bake in the oven for 10-15 minutes and then flip over. Bake for another 10-15 minutes or until browned, flipping every 5 minutes if necessary.
6. Serve warm and enjoy!

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NO BAKE PROTEIN BALLS

INGREDIENTS

- 1 Packet Ideal Protein Chocolate Caramel Mug Cake
- 2 Tbsp. of water

PREPARATION

1. Mix together, roll into mini balls
2. Place on parchment paper and freeze for 30-60 minutes
3. Store in a covered container in fridge or freezer until ready to eat. Grab and go! Enjoy!

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OATMEAL SMORE COOKIES

INGREDIENTS

- 1 Ideal Protein oatmeal packet
- Ideal Protein S'mores Cocoa Drink Mix
- 1/4 tsp. sea salt
- 1 tsp. Splenda or Stevia
- A sprinkle of cinnamon – to taste
- 1 tsp. baking powder
- 1 egg white
- 1 tsp. vanilla extract

PREPARATION

1. In a bowl, take just enough water to prepare dough and combine dry ingredients. Afterwards, add the liquid ingredients to reach a cookie dough texture.
2. Spray the cookie sheet lightly with Pam olive oil spray and place 10 cookies on sheet at a time.
3. Bake at 325°F for about 6-9 minutes or until desired degree of moisture is achieved.
4. Test center of the cookie with toothpick to see if baked properly.
5. Enjoy!

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PERFECT FRIED TOFU

INGREDIENTS

ITEM	QUANTITY
Extra Firm Tofu	1 Block
Soy Sauce	3 tbsp.
Konjac Powder	3 tbsp.
Garlic Powder	3 tbsp.
Olive Oil	3 tsp.
Salt	To Taste

PREPARATION

- Drain the tofu and pat it dry with paper towels. Cut the tofu into 1-inch cubes or slices of your desired size.
- In a large bowl, mix together the tofu slices, soy sauce, konjac powder, garlic powder, and a pinch of salt on top and gently stir to coat.
- Heat the olive oil in a non-stick skillet over medium-high heat. Once the oil is hot, add the tofu in a single layer, making sure not to overcrowd the pan.
- Cook the tofu for 3-4 minutes on each side or until golden brown and crispy.
- Using a slotted spatula, transfer the fried tofu to a plate lined with paper towels to drain off any excess oil.
- Serve hot and crispy fried tofu, Enjoy!

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PICKLED OKRA

INGREDIENTS

- 2 lbs. okra - choose small tender pods
- 3 cloves garlic peeled
- 3 tsp. canning salt
- 3 tsp. dill seed
- ¾ tsp. whole peppercorns
- 1½ cups white vinegar 5% acidity
- 1½ cups water

PREPARATION

1. Prepare jars, rings and lids as per standard canning procedure.
2. Into the sterile jars, pack as many pods of okra as possible with the tips pointing upward.
3. In each jar, add 1 whole garlic clove, 1 teaspoon of canning salt, 1 teaspoon of dill seed and 1/4 teaspoon of whole peppercorns.
4. Finish packing the jars as much as possible with additional okra, tips down, fitting the pods in tightly. Don't crush the okra.
5. Bring the vinegar and water to a boil and fill jars with it to within 1/4 inch of the rim.
6. Place lids and rings on jars and process in a boiling water bath for 10 minutes.
7. Remove jars from the canner and allow them to cool completely.
8. Let the pickles sit for 4-6 weeks to achieve the best flavor. Enjoy!

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RADISH & TURNIP HASH WITH FRIED EGGS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Small Turnips	3	Kosher Salt	¼ Tsp.
Radishes, Peeled and Grated	4	Black Pepper	To Taste
Small Leek, Washed And Trimmed	1	Eggs	4
Small Scallions, Diced	1	Parsley, Minced	1 Tbsp.
Olive Oil	2 Tbsp.		

PREPARATION

- Heat the olive oil in a large skillet over medium heat. Add the grated turnips, grated radishes, chopped leek, and diced scallions.
- Season with salt and black pepper, and stir to combine. Cook for about 8-10 minutes, stirring occasionally, until the vegetables are softened and lightly browned.
- In a separate skillet, heat the remaining tablespoon of olive oil over medium-high heat.
- Crack the eggs into the skillet and cook until the whites are set and the yolks are cooked to your desired doneness.
- Divide the hash onto two plates and top each with a fried egg.
- Sprinkle with minced parsley and serve hot.
- Enjoy your Radish and Turnip Hash with Fried Eggs!

SALMON BITES

INGREDIENTS

- 12-16 ounces of salmon filet
- ½ tsp garlic salt
- ½ tsp pepper
- 2 tsp olive oil
- ½ cup green onion sliced thin
- ½ cup red pepper diced
- 1 packet Ideal Protein chips breadcrumbs (jalapeno recommended)
- 2 large eggs lightly beaten
- 2 tbsp whole food mayo
- 2 tsp soy seasoning
- 1 garlic clove minced
- ¼ cup fresh parsley minced
- 1 tbsp fresh dill chopped - or 1tsp dried
- ¼ tsp salt
- ½ tsp pepper
- 1 tsp paprika

PREPARATION

1. Preheat oven to 400°F - 425°F
2. Pat dry salmon filets
3. Place them on a parchment-lined baking sheet
4. Sprinkle some garlic salt and pepper
5. Bake uncovered for 10-15 minutes
6. A thinner filet will cook faster
7. Remove from oven and cover with foil
8. Let the filets rest and cool for 15 minutes.
9. Add 2 tsp olive oil, onion and red pepper in a skillet
10. Sauté until soft and golden
11. Remove from heat
12. In a large bowl, flake in the cool salmon, sautéed onion and pepper, Ideal Protein chips breadcrumbs, mayo, eggs, soy seasoning, minced garlic, salt, pepper, paprika, dill, and parsley
13. Stir well to combine
14. Shape into 1.5 inches wide and 1 inch thick bites
15. Cook the salmon bites in a nonstick skillet over medium heat for 3 to 4 minutes on each side.

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SPINACH BITES

INGREDIENTS

- 1 Ideal Protein BBQ Crisps
- 1 Large Egg
- Pam Spray
- 1/4 tsp. Salt
- 1 pinch of Nutmeg
- 2 cups of chopped Spinach (steamed)
- 1 pinch of Chives
- 1 pinch of Thyme
- 1/2 tsp. Garlic Powder
- 1 pinch of Oregano

PREPARATION

1. Preheat oven to 450 degrees.
2. Crush the Ideal Protein BBQ Crisps into a coarse powder.
3. In a bowl, mix all ingredients except the Pam Spray.
4. Spray a cookie sheet with Pam Spray.
5. Form mix into 2 inch balls and place on the cookie sheet.
6. Bake for 15 minutes or until firm.
7. Serve with Walden Farms Honey Mustard if desired and Enjoy!
8. Phase Approved: Phases 1-3

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TUNA PICKLE BOATS

INGREDIENTS

- 5-6 dill pickles
- 1 can light flaked tuna
- 1/4 cup approved mayo
- 1 tbsp. fresh dill + more for garnish
- Salt - to taste
- Pepper - to taste

PREPARATION

1. Cut the pickles length-wise in half.
2. Using a spoon, seed all of the pickles and discard them.
3. Drain tuna and put in a small bowl.
4. Add mayo, dill, salt & pepper and mix with a fork.
5. Spoon the tuna into the boats.
6. Garnish with dill, and enjoy!

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WILD BERRY PANCAKES

INGREDIENTS

ITEM	QUANTITY
IP Wild Berry Smoothie Mix	1 Packet
Egg Whites	2
Baking Powder	½ Tsp.
Ideal Protein Syrup	

PREPARATION

- In a mixing bowl, combine the IP Wild Berry Smoothie Mix packet, egg whites, and baking powder.
- Stir the mixture until well combined. If the batter is too thick, you can add a little Ideal Protein Syrup to achieve the desired consistency.
- Preheat a non-stick skillet or griddle over medium heat.
- Spoon a portion of the batter onto the preheated skillet, using approximately 1/4 cup for each pancake.
- Cook the pancakes for 2-3 minutes on one side, or until bubbles start to form on the surface.
- Flip the pancakes and cook for an additional 1-2 minutes on the other side or until golden brown.
- Repeat the process with the remaining batter until all the pancakes are cooked. Enjoy!

AIR-FRIED OYSTER MUSHROOMS

INGREDIENTS

- 2 cups oyster mushrooms - rinsed well, and patted dry
- 1 garlic clove - minced
- 1 tbsp. tamari
- 1 tsp. avocado oil (optional)
- 2 tsp. of sesame seeds or furikake (optional, for garnish)

PREPARATION

1. Add mushrooms to a bowl and toss with garlic, tamari, and avocado oil.
2. Air fry at 360°F for 10-15 minutes, keep shaking and stirring about halfway through.
3. Remove mushrooms from the air fryer and transfer to plate.
4. Top with sesame seeds or furikake for garnish.
5. Serve and enjoy!

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AIR FRYER CHICKEN BITES

INGREDIENTS

- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp. dried thyme
- 1.25 lb. boneless - skinless chicken

PREPARATION

1. Take a large bowl and combine the olive oil, apple cider vinegar, salt, garlic powder, paprika and dried thyme in it.
2. Cut the chicken into 1-1.5 inch cubes.
3. Add the chicken in the spice mix bowl.
4. Coat the chicken well.
5. Add the chicken cubes to the air fryer basket and cook at 375°F for 10 minutes.
6. After 7 minutes, flip the chicken.
7. Continue to cook for 3 more minutes.
8. Serve warm with Ideal Protein BBQ Sauce and enjoy!

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AIR FRYER STEAK BITES

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Steak, Sirloin, Chopped Into Cubes	1 lb	Paprika	¼ Tsp
Olive Oil	1 Tbsp.	Sea Salt	To Taste
Low Sodium Soy Sauce	2 Tsp.	Black Pepper	To Taste
Garlic Powder	1 Tsp		

PREPARATION

- Preheat your air fryer to 400°F
- In a mixing bowl, combine the chopped sirloin steak, olive oil, low sodium soy sauce, garlic powder, paprika, sea salt, and black pepper. Mix well to coat all the steak cubes.
- Once the air fryer is preheated, add the steak cubes to the air fryer, making sure they are not crowded and have room to cook evenly.
- Air fry the steak cubes for 8-10 minutes, flipping them halfway through until they are cooked to your desired level of doneness.
- Once the steak cubes are cooked remove them from the air fryer.
- Serve the steak cubes hot as a snack or appetize

Crispy Green Beans

Ingredients

- 1 to 2 cup fresh green beans
- Egg whites
- Salt
- 1 packet Ideal Protein Salt and Vinegar Crisps – pulse until - crumbs

Preparation

1.Put green beans into egg whites, pour them into a ziplock bag.

2.Pour the crumbled IP crisps into the bag, seal and shake.

3.Spray baking sheet with nonstick spray.

4.Lay the beans on the sheet.

5.Bake at 450° for approx. 20-30 minutes, until beans are crunchy.

6.Serve and enjoy!

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Crispy Jicama Chips

Ingredients

1 medium jicama
2 tbsp. fresh lime juice
Pinch of Cayenne pepper
Pinch of salt
Dried parsley – for garnish

Preparation

1.Preheat oven to 250°F.
2.Line 2 baking sheets with parchment paper and lightly grease with oil or use a silicone mat.
3.Peel and thinly slice jicama – preferably using a mandolin for uniform size.
4.Place jicama chips in a bowl and carefully toss them with lime juice, cayenne pepper, and salt.
5.Place jicama slices on the baking sheet in a single layer.
6.Bake for 30 minutes and then turn them over and bake for another 30 minutes, or until edges turn up and are golden and crispy.
7.Transfer jicama chips to a cooling rack to cool off. Let them further crisp up
8.Garnish with parsley leaves and serve with your favorite dip or vegan yogurt. Enjoy!

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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!

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Gourmet Sandwich Pockets

Ingredients

- 1 Ideal Protein Pancake Mix (any)
- 2 pinches of Ideal Protein salt
- 1/8 tsp dried basil
- 75 - 100 ml water

<u>Dressing</u>
- 1 tbsp olive oil
- 1 tbsp vinegar
- 1/2 tsp dried basil
- 1 clove of garlic

Preparation

1.Preheat the oven to 350°F Suggested filling: _____
2.Mix all ingredients together Shredded lettuce
3.Make a semi-thick batterDiced tomatoes
4.Pour onto a non-stick pie plateCucumber
5.Cook around 20 minutesSlivered green
6.Remove from the ovenpeppers etc.
7.Let completely cool (≈15 minutes)
8.Slice down the middle to make into halves
9.Open pockets just like a pita bread

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Healthy Breakfast Sausage

Ingredients

- 1 lb ground chicken breast
- 1 tsp. kosher salt
- ½ tsp. black pepper
- ½ tsp. ground sage
- ½ tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. ground nutmeg
- ¼ -½ tsp. red pepper flakes
- 1 tsp. approved granular brown sugar substitute

Preparation

1.In a medium bowl, mix together all spices.

2.Add in the ground chicken and mix spices through the meat using a spatula. Try not to overmix.

3.Refrigerate at least an hour, but overnight for best results.

4.Divide into 12 ¼-inch thick patties, each one about 2 rounded tablespoons.

COOKING ON STOVETOP

1.Take a large skillet and spritz with cooking spray. Sear the patties over medium-high heat for about 1-2 minutes per side.

2.Add 3 tablespoons of water to the skillet to deglaze.

3.Flip the patties around in the liquid until it is completely absorbed into the meat. This will add color and moisture to the sausage.

4.Serve warm and enjoy.

COOKING IN AIR-FRYER

1.Preheat air fryer to 400F.

2.Spritz both sides of the patties with cooking spray and add a single layer to the air fryer basket. You may need to cook in batches.

3.Cook for 8-10 minutes and flip halfway through.

4.Serve warm!

FREEZING THE SAUSAGE

1.Let patties cool off completely and then arrange in a single player on a cookie sheet.

2.Cover with plastic wrap or tin foil.

3.Leave cookie sheet in the freezer until the patties are frozen through, for about an hour. Remove frozen patties from the cookie sheet and place frozen patties in a freezer bag.

4.Reheat in the microwave for 20-30 seconds, or air fry at 350°F for 5-7 minutes.

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Ideal Protein Chili Cheese Fries

Ingredients

- 1 packet Ideal Protein Vegetable Chili
- 1 packet Ideal Protein Cheese Sauce
- 1 large Jicama (Turnip or Rutabaga can do as well)

Preparation

1.Cut your Jicama into fry-like strips, if the Jicama is big enough you will end up with about four cups of it (i.e. your daily veggies amount)

2.Season Jicama and then soak it in Olive Oil for 30 minutes in the fridge

3.While letting your Jicama soak, preheat your oven to 375°

4.Once the Jicama soaks, put it on a sprayed baking sheet and put in the oven for 30 minutes

5.After 30 minutes, check your Jicama and flip if necessary.

6.Keep it in the oven until you have the desired texture. Longer baking yields less "Apple Texture."

7.While the Jicama is getting ready, prepare vegetable chili and cheese sauce

8.You can add an ounce of milk to make the cheese sauce creamier and let simmer for a little longer than it says in the directions

9.Now take your Jicama out of the oven, pour Ideal Protein Vegetable Chili over the fries, and then coat with the Cheese Sauce.

10. Enjoy!

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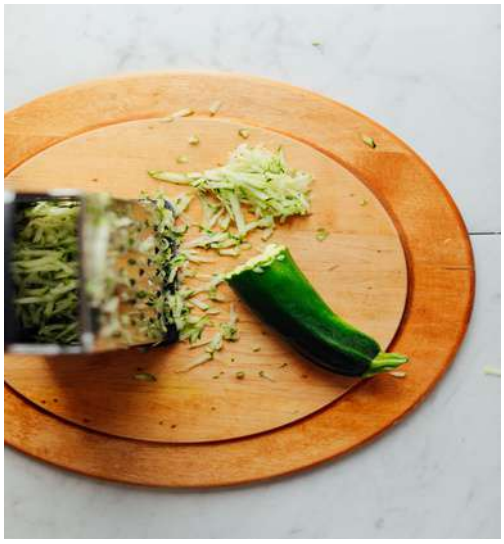
Choco-Chip Zucchini Bread

Ingredients

- 2 cups of shredded Zucchini
- 1 Ideal Protein Chocolate Chip Pancake - 1 large egg
- 1/2 tsp. of baking powder
- PAM spray
- 1 tsp. pf ground cinnamon
- 1 tsp. of ground nutmeg
- 1 Splenda packet
- 1 tsp. of vanilla extract
- 1/4 tsp. pf baking soda



Preparation

1. Preheat oven to 375 degrees
2. In a medium size bowl, combine all the ingredients together 3. Spray a small bread Pyrex or oven safe bowl
4. Gently pour the mixture into the Pyrex, making sure you spread if evenly
5. Bake for 25-30 minutes or until mixture isn't watery in the middle.
6. Plate & enjoy! Phase 1-3 allowed.
7. Counts as 2 cups of veggies & 1 Ideal Protein

IP Cinnamon Rolls

Ingredients

1 packet Ideal Protein pancake mix
Ideal Protein maple syrup
1 packet IP vanilla drink mix
8 tbsp. water
1 tsp. Cinnamon

Preparation

1.Combine IP pancake mix and 3 tbsp. water and stir to mix well
2.Take a flat-bottomed, microwave-safe container and spray with cooking spray.
3.Spread the pancake mix at the bottom and let it sit while you prepare the filling.
4.Combine the vanilla mix, cinnamon, and 4 tbsp. (¼ cup) of water. It should be a little thinner than frosting, so you can use a little more water to get the desired consistency.
5.Microwave the pancake for a minute.
6.Flip the pancake onto a plate and spread the cinnamon mix on the top. Roll it up.
7.Cut the roll into slices. You can also make sandwich if desired.
8.Microwave the pancake for a minute.
9.Makes 2 servings. Enjoy!

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Jicama Home Fries

Ingredients

- 1 cup Jicama – diced into small cubes
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 green bell pepper
- 1/2 red bell pepper
- 1/4 red onion

Baking & Spices

- 1/2 tsp paprika – smoked
- 1/4 tsp sea salt

Preparation

1.Take a non-stick skillet, heat it, and place diced jicama and 1 tbsp of olive oil in it
2.Let it saute for 1-2 minutes
3.Pour 1 tbsp water and cover with a lid
4.Leave it for 5-7 minutes over medium heat to soften
5.Add a little more oil
6.Add the onions and bell peppers into the skillet
7.Saute for about 5 minutes or until the jicama becomes light brown
8.Now mix the seasonings and saute to your preferred crispiness
9.Serve and enjoy!

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OATMEAL BISCUITS

INGREDIENTS

- 2 pkg Ideal Protein Maple Oatmeal
- 1 pinch Baking Soda
- 1 pinch of Ideal Salt or Sea Salt
- 1 large Egg
- 3-4 ounces of Water

PREPARATION

1. Preheat oven to 400 degrees.
2. Beat egg then mix with Ideal Protein Maple Oatmeal, mix well.
3. Add water to turn into thinner batter (until scoopable, but not runny).
4. Place parchment paper on a cookie sheet.
5. Spoon mixture into desired size of biscuits.
6. Bake for about 10 minutes or until golden.
7. Serve & Enjoy!
8. Makes 2 servings.

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Roasted Radishes

Ingredients

- 2 cups of radishes – cut in halves
- A pinch of black pepper
- Pam spray
- 1 tbsp olive oil
- 1/2 tsp turmeric
- 1/4 tsp Ideal salt or Sea Salt
- 1 tsp minced rosemary
- 1/2 tsp mustard powder

Preparation

1.Preheat the oven to 425°F
2.Spray a baking sheet with Pam spray
3.Mix all the ingredients in a bowl, and toss well
4.Spread the radishes on the baking sheet in a single layer
5.Roast for 30-40 minutes – make sure to flip occasionally so they cook well
6.Once the radishes become wrinkled and soft, remove from oven
7.Serve and enjoy!

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Rosemary Roasted Eggplant

Ingredients

- 2 large eggplants
- 1-2 tbsp. olive oil
- 1 tsp. salt
- dried rosemary

Preparation

1.Slice the eggplants in half and then use a knife to cut deep diagonal lines from one side to the other and then cut diagonal lines the other way so they intersect each other.

2.Sprinkle salt all over the tops and squeeze the eggplants on either side to open up the diagonal grooves. Get some more salt into the grooves but don't use too much – around 1 tsp. in total is enough.

3.Leave the eggplants lying face up for about 30 minutes to let the salt draw excess moisture and bitterness out.

4.After 30 minutes, squeeze off the excess water and use a paper towel to blot and remove excess salt.

5.Brush with olive oil and sprinkle some dried rosemary. Place the eggplants face down on a parchment-lined baking tray.

6.Bake the eggplants in the oven for around 60 minutes at 400°F.

7.Once the eggplants look sort of collapsed, they are ready.

8.Take out from the oven and let it cool down for around 15-20 minutes. Use a spatula to flip them over and serve with an extra sprinkle of dried rosemary spice.

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Tiramisu Donuts

Ingredients

- 1 IP cappuccino drink mix – dry
- 1 IP chocolate chip pancake mix – dry
- 1 tsp. baking powder
- 1 tsp. sugar-free sweetener – granular
- 1/3 cup liquid egg whites
- 2 tsp. olive oil
- 2 tbsp. Walden Farms chocolate syrup
- 2 tbsp. cold coffee
- ½ tsp. brandy extract, sugar-free (optional)
- Cooking spray

Preparation

1.Preheat oven to 350°F.

2.In a medium bowl, mix together the dry ingredients.

3.Add liquid ingredients and stir to mix.

4.Spray a donut pan with cooking spray and then spoon batter into pan, making 6 donuts.

5.Bake for 8 minutes.

6.Serve and enjoy!

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Zucchini Fritters

Ingredients

2 tbsp. of Olive Oil
3 cups zucchini – grated
1 cup onion – diced
2 eggs

1 packet IP Potato Puree
1 tsp. baking powder
½ tsp. chili powder
½ tsp. salt
¼ tsp. pepper

Preparation

1.Pour the olive oil in a skillet so that it's quarter-inch deep and turn the heat to medium.
2.Meantime, combine the zucchini, onion, and eggs in a large bowl.
3.Give the mixture a good stir to combine and gets all frothy.
4.Stir and combine the IP potato puree, baking powder, ½ tsp. of chili powder, salt, and pepper in a small mixing bowl.
5.Add the dry ingredients to the zucchini mixture and fold it all together.
6.Dip a spoon in the batter and then dip in oil to see if it's ready. If the oil bubbles in contact with the batter, it's hot enough.
7.Drop batter into the oil with the heaping tablespoon (you should be able to fry about six fritters at a time). Cook for 2-3 minutes each side.
8.Once the centers are firm, remove the fritters from the skillet and let them drain on a dinner plate lined with a paper towel.
9.You can also bake instead of frying. Simply bake at 375° for 7 mins on each side.
10.Serve and Enjoy!

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Apple Rhubarb Crumble

Ingredients

- 1 Ideal Protein Apple Flavoured Oatmeal Mix
- 6 cups frozen rhubarb
- 2 tsp cinnamon
- 3 tsp vanilla extract
- 4 tsp Stevia
- Dash of salt
- 1 oz. water

Preparation

1.Preheat oven to 400°F and grease a mini pie dish.
2.Place a medium-sized pot over medium heat.
3.Add rhubarb and cook until tender – keep stirring frequently.
4.Add cinnamon, vanilla, and salt and stir well.
5.Once cooked, add stevia and stir to make sure it mixes in and dissolves completely.
6.Spoon 1 cup of rhubarb compote into the pie dish and freeze the remaining.
7.Open Ideal Protein Apple Oatmeal and mix with 1 oz. of water and stir with a fork just until moist.
8.Crumble it over compote and spritz with "I can't believe it's not butter" to brown.
9.Bake for 20 to 30 minutes until brown and bubbles are seen.
10.Allow cooling for 10 minutes. Serve and enjoy!

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Baked Cucumber Chips

Ingredients

2 medium cucumbers or 3 small ones
1 tbsp. Olive Oil or Avocado oil
2 tsp. Apple Cider Vinegar or Vinegar of choice
½ tsp. sea salt or to taste

Preparation

1.Cut cucumbers into very thin slices. Using a mandoline slicer will give the best results.
2.Use a paper towel to remove excess moisture from slices.
3.Put cucumber slices in a large bowl and toss with oil, vinegar, and salt.
4.If using a dehydrator: Place slices on trays and dry at 125-135°F for 10-12 hours or until crispy.
5.If using an oven: Place slices on a parchment-lined baking tray and dry at 175°F for 3-4 hours or until crispy.
6.Let slices cool before serving.
7.Once cool, serve and enjoy.

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Baked Okra Chips

Ingredients

1 lb fresh- okra
- 1 tbsp. white vinegar
- 1 tbsp. olive oil
- ½ tsp. kosher salt
- ¼ tsp. garlic powder

Preparation

1.Preheat the oven to 500°F.
2.Rinse the okra and slice each pod lengthwise.
3.Place the sliced okra in a large bowl with enough water to completely cover then add the vinegar and mix well.
4.Let stand for 15 minutes, stirring every 5 minutes. Then drain and rinse the sliced okra. Pat dry with paper towels.
5.Place the prepared okra in a large bowl and drizzle over the olive oil, sprinkle in the salt and garlic powder. Toss until all pods are coated evenly with the oil and seasonings.
6.Put the seasoned okra on a foil-lined baking sheet. Bake for 20 minutes, turning halfway through the cooking time.
7.Remove from the oven and lower the temperature to 170°F.
8.When the oven has cooled to 170, return the pan to the oven and prop the door open.
9.Continue to bake for 2-3 hours or until crisp.
10.Remove from the oven and cool for at least 30 minutes.
11.May be stored at room temp for 2-3 days. Enjoy!

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Blueberry Cloud Biscuits

Ingredients

- 1 Blueberry Muffin Mix packet
- 1 tsp. baking powder
- 4 tbsp. cold water
- 1 tbsp. Walden Farms Blueberry Syrup
- 8 tbsp. Liquid Egg Whites

Preparation

1.Preheat oven to 375°F.

2.Whip egg whites using an electric hand mixer to make a stiff velvety texture.

3.Add in the rest of the ingredients and gently fold to combine.

4.Use a ½ cup to scoop the batter onto 2 parchment paper-lined baking sheets (should make 8). Leave plenty of room between scoops to rise and expand.

5.Bake for 12 minutes.

6.Serve and Savor!

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Buffalo Chicken Celery Sticks

Ingredients

- 2 cups of shredded chicken (can use leftover chicken, rotisserie chicken, or canned one too)
- 1/4 cup Walden Farms or Homemade mayo
- 1/2 teaspoon garlic powder
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 3 tbsp. buffalo wing sauce
- 6 celery stalks cut in half (12 total)
- Chopped chives for garnish

Preparation

1. Mix the chicken, mayonnaise, garlic powder, salt, pepper, and buffalo wing sauce together in a bowl.
2. Fill each celery stalk with the chicken filling and garnish with chopped chives.
3. Serve and enjoy!

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Chocolate Chip Cookie Dough Bites

Ingredients

- Ideal Protein Chocolate Caramel Mug Cake
- 1 egg
- 1-2 tbsp water
- 1/2 teaspoon baking powder

Preparation

1.Preheat oven to 350°F
2.Add all of the ingredients into a small bowl
3.Stir them together with a fork until combined well
4.Divide mixture into 10-12 bite-size molds
5.Bake for 6-7 minutes
6.Serve, taste, and enjoy!

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CRANBERRY OATMEAL BISCUITS

INGREDIENTS

- 2 pkg Ideal Protein Cranberry Oatmeal
- 1 pinch Baking Soda
- 1 pinch of Ideal Salt or Sea Salt
- 3-4 oz. of Water

PREPARATION

1. Preheat oven to 400°F.
2. Beat the egg and mix well with Cranberry Oatmeal.
3. Now add water to thin the batter, until scoopable but not runny.
4. Place parchment paper on a cookie sheet.
5. Spoon mixture into desired size of biscuits.
6. Bake for about 10 minutes or until golden color.
7. Serve & Enjoy!

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ZUCCHINI APPLE PIE

INGREDIENTS

- Ideal Protein Apple Cinnamon Puffs packet
- 4 cups of Zucchini
- 1 tsp Cinnamon
- 3 tbsp Walden Farms Apple Butter

PREPARATION

1. Peel zucchini
2. Slice zucchini into 1/4 inch slices
3. Place zucchini slices in a large bowl
4. Microwave Walden Farms Apple Butter for a short time to soften it
5. Add to these ingredients
6. Add the liquid ingredients to the zucchini and mix very well
7. Place mixture in a pie pan
8. Crush Ideal Protein Apple & Cinnamon Puffs
9. Spread the puffs as the top layer of the "pie"
10. Bake it uncovered for 30 to 45 minutes at 350°F
11. Make sure the pie does not burn

Serve and enjoy

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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

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WILDBERRY MUFFINS

INGREDIENTS

- 1 Ideal Protein Crispy Cereal, crushed
- 1 Ideal Protein Wild berry Yogurt drink
- ¼ tsp. baking powder
- 1 egg – beaten
- ¼ cup water
- 1 packet stevia
- ⅛ tsp. cinnamon

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PREPARATION

1. Preheat oven to 350°F.
2. Line a mini muffin pan with liners or spray with nonstick cooking spray.
3. In a medium bowl, mix IP cereal with baking powder. Add wildberry yogurt drink, egg, and water and mix carefully until muffin consistency is reached – add more water if necessary.
4. Do not over mix.
5. Spoon batter into muffin tins.
6. Sprinkle stevia and cinnamon on the top.
7. Bake for approximately 10 minutes until golden brown.
8. Let cool and enjoy!

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VANILLA COOKIES

INGREDIENTS

- 1 packet of Ideal Protein Crispy Cereal - crushed
- 1 packet of Ideal Protein Vanilla Drink mix
- 2 egg whites
- ½ cup water
- 1 tsp. baking powder
- 2 tsp. olive oil
- 1 tsp. Walden farms caramel syrup

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PREPARATION

1. Preheat oven to 350°F
2. Combine all ingredients in a bowl and let sit for three minutes to thicken.
3. Divide into 12 equal portions.
4. Use a pan, such as a whoopee pan, and spray with pam.
5. Bake 12-15 minutes.
6. Remove from pan and let cool for five minutes.
7. You can also use this recipe for a cake, baking at 350°F for 14 minutes

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BUFFALO EGGPLANT FRIES

INGREDIENTS

- 1 large regular eggplant
- ½ cup vegan buffalo sauce
- 3.5 cups crushed buffalo puffs
- 1 tbsp. onion powder
- ¼ tsp. salt

PREPARATION

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper. Brush the paper lightly with oil.
2. Peel the eggplants and cut in half lengthwise and then slice into fry size pieces. Set aside.
3. In a large bowl, add buffalo sauce.
4. Now, place the crushed buffalo puffs, onion powder and salt in another large bowl
5. Place the eggplant fries in the buffalo sauce bowl and mix well to coat.
6. Coat the eggplant in the crushed buffalo puffs by pressing each piece lightly with hands. The breadcrumbs should stick well to each piece.
7. Arrange pieces on the lined baking sheet in one single layer.
8. Bake for 25 minutes or until the eggplant is tender and the coating turns golden and crispy.
9. Serve and enjoy!

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Yummy Zucchini Chips

Ingredients

- 3 medium zucchini, sliced into ¼ inch chips
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 1 teaspoon sea salt, pepper to taste
- For Phase 3 you can add 2 oz. of grated parmesan cheese

Preparation

1. Preheat the oven to 450°F.
2. Toss zucchini slices with lemon juice, olive oil, salt, and pepper.
3. Spread out in a single layer on a jelly roll pan.
4. Roast 7 minutes.
5. Turn zucchini over. Roast another 7 – 8 minutes.
6. Approved for Phase 1 – 3

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Roasted Buffalo Cauliflower Bites

Ingredients

1 head of cauliflower
– 5 tbsp. olive oil
- 1 tsp. extra virgin olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika
1 tsp. chili powder
- 1/2 tsp. kosher salt
- 2 tbsp. of your favorite hot wing sauce

Preparation

1. Wash the cauliflower head and break it up into small florets
2. Preheat oven to 425°F
3. Pour some olive oil into cauliflower florets and mix well
4. Mix garlic powder, paprika, chili powder, and salt in a small bowl
5. Add this spice mixture over the cauliflower florets and mix well
6. Make sure all the florets are coated in the spices
7. Put the cauliflowers on a rimmed baking sheet
8. Roast for 20 minutes
9. Add wing sauce and serve
10. You add your favorite blue cheese dressing for dipping
11. Makes about 2 cups
12. Enjoy!

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AIR FRYER CHICKEN BITES

INGREDIENTS

- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp. dried thyme
- 1.25 lb. boneless - skinless chicken

PREPARATION

1. Take a large bowl and combine the olive oil, apple cider vinegar, salt, garlic powder, paprika and dried thyme in it.
2. Cut the chicken into 1-1.5 inch cubes.
3. Add the chicken in the spice mix bowl.
4. Coat the chicken well.
5. Add the chicken cubes to the air fryer basket and cook at 375°F for 10 minutes.
6. After 7 minutes, flip the chicken.
7. Continue to cook for 3 more minutes.
8. Serve warm with Ideal Protein BBQ Sauce and enjoy!

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AIR FRYER EGGPLANT CHIPS

INGREDIENTS

- 1 large eggplant – sliced into ¼-inch rounds
- ½ tsp. Garlic Powder
- ½ tsp. Chili Powder
- ½ tsp. dried Oregano
- ½ tsp. Salt
- 1 tbsp. Olive oil

PREPARATION

1. Mix together the garlic powder, chili powder, oregano, and salt.
2. In a large bowl, add the eggplant slices, olive oil and the prepared spice mix.
3. Toss well to coat each eggplant slice with the spice mix.
4. Lightly spray the air fryer basket with olive oil spray and arrange the eggplant slices in a single layer in the air fryer basket.
5. Air fry at 330°F for 20-25 minutes. Flip the eggplant slices once, till they are slightly crispy.
6. Place the eggplant slices on a wire rack to cool down. They will continue to crisp up as they cool down.
7. Repeat process with the remaining slices. Enjoy!

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ARUGULA PESTO

INGREDIENTS

ITEM	QUANTITY
Baby Arugula	4 Cups
Garlic	2 Cloves
Sea Salt	1 Tsp
Juice Of Lemon	½
Olive Oil	⅓ Cup

PREPARATION

- Rinse and dry the arugula leaves with paper towels.
- Add the arugula, garlic, sea salt, and juice of lemon to a food processor or blender and pulse until the ingredients are coarsely chopped.
- Slowly pour in the olive oil while the food processor is running, until the pesto achieves the required consistency.
- Taste and adjust the seasoning if necessary. Add more salt or lemon juice to taste.
- Use the pesto immediately or store it in an airtight container in the refrigerator for up to 1 week.

DRINKS

IDEAL PROTEIN PEANUT BUTTER VANILLA SMOOTHIE

INGREDIENTS

ITEM	QUANTITY
Ideal Protein Peanut Butter Bar	1
Ideal Protein Vanilla Smoothie Mix	1 Packet
Water	1 Cup
Ice cubes (Optional)	
Sugar-free sweetener (stevia or monk fruit), Optional	To Taste

PREPARATION

- Start by unwrapping the Ideal Protein Peanut Butter Bar and breaking it into smaller pieces.
- In a blender or shaker bottle, combine the broken Peanut Butter Bar pieces with the packet of Ideal Protein Vanilla Smoothie Mix.
- Add 1 cup of water to the blender or shaker bottle.
- If desired, you can also add some ice cubes to the blender to make the smoothie colder and more refreshing.
- Blend or shake the mixture until all the ingredients are well combined and the smoothie reaches your desired consistency.
- Taste the smoothie and if you prefer it sweeter, you can add a sugar-free sweetener like stevia or monk fruit to taste.
- Pour the IP Peanut Butter Vanilla Smoothie into a glass and enjoy!

IDEAL PROTEIN PEACH MANGO ICED TEA

INGREDIENTS

ITEM	QUANTITY
Ideal Protein Peach Mango Drink Mix	1 Packet
Cold Brewed Tea (Unsweetened)	
Ice Cubes	
Fresh Mint Leaves For Garnish, Optional	

PREPARATION

- In a bowl, combine cold brewed tea and the Ideal Protein Peach Mango Drink Mix.
- Fill a glass with ice cubes to the desired level.
- Pour the Peach Mango Iced Tea mixture over the ice cubes in each glass.
- If desired, garnish the glass with fresh mint leaves for added freshness and aroma.
- Enjoy!

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IP MANGOSTEEN MOCKTAIL

INGREDIENTS

- 1 Ideal Protein Mangosteen Water Enhancer
- Soda water with no added-sugar

PREPARATION

1. Take soda water in a glass.
2. Pour IP Mangosteen water enhancer into the soda and mix with a spoon.
3. Enjoy!

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MOSCOW MULE MOCKTAIL

INGREDIENTS

- 1½ cups crushed ice
- 1 cup Zevia Ginger Ale
- 4 tbsp. juice of limes
- ⅓ cup club soda or sparkling water
- Fresh mint – for garnish
- 2 lime wedges – for garnish

PREPARATION

1. Fill up 2/3 of two copper mule mugs with ice.
2. Top with ginger ale, lime juice, and club soda.
3. Stir to combine.
4. Garnish with mint and lime wedges.
5. Enjoy immediately.

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STRAWBERRY SHAKE

INGREDIENTS

ITEM	QUANTITY
Strawberry Cheese Cake	1
Ounces of Water	8
Vanilla Extract	
Sweetener (optional) Stevia or Splenda	
Ice Cubes	5

PREPARATION

- In a blender, combine the 5 ice cubes, about 8oz of water and the strawberry cheese cake.
- Add a dash of Vanilla extract to taste and sweetener if desired.
- Blend well until you have a smoothie consistency.
- Serve and Enjoy!
- Phase Approved: Phases 1-3

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SUGAR FREE VANILLA SYRUP

INGREDIENTS

- 1 cup water
- 1 cup Approved sweetener
- 2 tsp. vanilla flavoring or extract

PREPARATION

1. In a saucepan, add water and sweetener and cook on medium heat until syrup has thickened. Don't boil it – just keep it on a low simmer for about 15-20 minutes.
2. Remove syrup from heat and add vanilla extract.
3. Mix for a minute and transfer to a heat safe container. Allow cooling in the fridge or at room temperature and cover with a lid.
4. Add to coffee drinks or smoothies. Enjoy!

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Tropical Fruit Punch

Ingredients

- 1 packet Ideal Protein BCAA
- 1 bottle Sparkling Ice Water
- Coconut Flavored (or whichever flavor you like)
- Water
- Ice
- Lemon / Lime (optional)

Preparation

1.Mix BCAA with 3 ounces of plain water
2.Add 4 ounces of Coconut Sparkling Ice Flavored Water
3. Stir
4.Serve over ice with optional lemon or lime
5.Alternatively, mix with ice in a blender before serving

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Basil Lemonade

Ingredients

- 1 Ideal Protein Lemon Water Enhancer packet
- 3/4 Cup Basil, packed fresh leaves
- 2 Cups Sparkling or regular water
- Fresh lemon slices

Preparation

1.Pour Lemon Water Enhancer packet into water and stir well
2.Cut the basil leaves in half to release flavor
3.Put basil leaves onto the solution so it diffuses
4.Leave it in the refrigerator to chill for sometime
5.Serve with a fresh lemon slice garnish
6.Note: The longer the solution sits and chills, the more flavorful it becomes

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BLACK CHERRY LEMON SPRITZER

INGREDIENTS

- 1/2 Ideal Protein Black Cherry Water Enhancer
- 1/2 lemon
- 3-4 ice cubes
- 1 can Zevia Ginger Ale

PREPARATION

1. Add all ingredients in a blender and mix well.
2. Pour in a glass and add 1-2 more ice cubes if desired.
3. Enjoy!

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CHOCOLATE MILKSHAKE

INGREDIENTS

- Ideal Protein Dark Chocolate Pudding Mix
- Ideal Protein Crispy Cereal
- 1 Tbsp Instant Coffee
- 6 oz of water
- 2 Splenda packets

PREPARATION

1. Mix IP Dark Chocolate Pudding mix with IP Crispy Cereal, coffee and 6oz of water.
2. Cover a cookie sheet or large pyrex dish with parchment paper.
3. Pour mixture on top of the parchment paper, spreading well to form a thin layer of chocolate and crispies.
4. Freeze for 30-40 minutes.
5. Take out of the freezer and break into half.
6. Break each half into smaller pieces and save in a container.
7. Phase Approved: Phases 1-3

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GINGER GREEN TEA MOCKTAIL

INGREDIENTS

- 3 oz. chilled green tea
- 3 oz. Zevia Ginger Ale
- 1 lemon

PREPARATION

1. Combine green tea, Zevia Ginger Ale, a squeeze of lemon with ice in a glass
2. Garnish with a slice of lemon!
3. Sip and enjoy!

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Ideal Protein Eggnog

Ingredients

- 1 Ideal Protein Vanilla Pudding Mix
- Sugar-free eggnog syrup
- 2 Splenda packets
- 4 eggs – divided
- 1 oz milk
- 1/4 tbsp. cinnamon (optional)
- 7 oz water

Preparation

1.In a bowl, beat the egg yolks until they lighten in color.
2.Gradually add Splenda and continue to beat until dissolved. Set aside.
3.Mix the IP vanilla pudding with water and milk.
4.Take a medium saucepan over high heat and combine prepared pudding mix with nutmeg and cinnamon, and bring it to boil. Keep stirring occasionally.
5.Remove pudding mix from heat and gradually add the hot mixture into the egg and Splenda mixture.
6.Once mixed, return everything to the pot and cook until the mixture reaches 160°F.
7.Pour mix into a medium mixing bowl, and set in the refrigerator to chill.
8.In a separate medium mixing bowl, beat the egg whites to soft peaks.
9.With the mixer running gradually, add the sugar-free eggnog syrup.
10.Whisk the egg whites into the chilled mixture.
11.Serve and enjoy!

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Ideal Protein Mimosa

Ingredients

- Ideal Protein Orange Drink Mix (dry)
- 8 ounces seltzer water

Preparation

1. Mix both ingredients together
2. Put in a glass
3. Serve and enjoy

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Bon Appétit

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