

IDEAL PROTEIN HOLIDAY RECIPES

PUMPKIN SPICE LATTE

8- 12 oz hot water
1 bag Black tea
1 IP Vanilla Premix drink
¼ tsp Pumpkin Pies Spice, or to taste
1 cinnamon stick
Cinnamon or nutmeg for garnish

Steep tea bag, pumpkin spice and cinnamon stick in hot water to desired strength, usually 2-6 minutes. Remove tea bag. Stir in IP Premix Vanilla. Garnish with a dusting of cinnamon or nutmeg.

IP SPICED CHAI TEA

Ingredients:
8-12 Ounces Water
1 Bengal Spice Tea Bag
1 Cinnamon Stick (Optional)
1-4 Oz. IP Ready-Made Vanilla (To Flavor)
1-2 teaspoons WF Marshmallow Dip

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

Mashed “Potatoes”-(Phases 1-4)

(Chicken Soup)

Ingredients:
1 head of fresh cauliflower
Onion powder, to taste
Garlic powder, to taste
Sea salt, to taste
1/2 to 1 packet of Ideal Protein Leek Soup or Ideal Protein Chicken Soup

Preparation:

Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and 1/2 of any of the soup mixes, or more, to taste. Mash well and serve steaming hot.

DEVEILED EGGS

Hard Boiled Eggs – Cut in Half

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

Optional – Garnish with a sprinkle of Paprika

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Oven Roasted Vegetables- with Maple Dressing (Phases 1-4)

1 medium zucchini, sliced
1 medium red pepper, diced
1 pound fresh asparagus, cut into pieces
1 red onion, sliced
Fresh mushrooms
3 Tablespoons olive oil

Salt and pepper, Mrs. Dash, or other seasonings

Heat oven to 450 degrees. Place all ingredients in a bowl with a lid; toss to coat. Place vegetables in a large roasting pan in a single layer. Bake for 30 minutes, stirring occasionally until veggies are lightly browned and tender. 2 cup servings: 170 calories, 5 grams protein, 15 grams carbohydrates

Maple Dressing-(Phases 1-4)

1/2 cup soy sauce
1/2 cup cider vinegar
1/2 cup Ideal Protein maple syrup
2 Tablespoons Splenda or Stevia
2 Tablespoons Dijon mustard
1 small clove garlic
1/2 teaspoon ginger, finely chopped
salt and fresh ground pepper, to taste
1/2 cup canola or olive oil

In a blender, mix all ingredients together. Slowly drizzle in the oil, blending constantly, until thickened. Adjust the seasonings to taste. Serve maple vinaigrette at room temperature.

CRANBERRY RELISH

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

Ingredients:

1 cup water
1 cup fresh whole cranberries
4 celery sticks chopped
1 cup chives chopped
1 cup chopped zucchini
6 mint leafs
1 tsp Orange zest
1 IP Raspberry Jelly packet
3 tsp Walden Farms Raspberry Jelly
1 tsp Stevia or other sweetener

Boil the cranberries in the 1 cup of water for about 5 min. Pour the water off into a cup should be about 5 oz. of liquid and still warm. Put the IP Raspberry Jelly Packet into it and mix well. Pour into a bowl and put in the icebox to setup. Chop together cranberries, celery, chives, zucchini, mint leafs and orange zest chop in a food processor or by hand. Mix in with Stevia and Walden Farms Raspberry Jelly into the Jelly mix cooling in the icebox add the cranberries and the vegetables and mix together. Let cool in bowl and then serve with celery sticks..

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SAUCE / GRAVY

Pour 6.5 oz. (200 ml) of hot (not boiling) water into a bowl. Add one packet of Ideal Protein Chicken Soup or Leek Soup and mix with a mixer or hand mixer. Serve over vegetables and/or meat. Add more or less water depending on how thick you prefer the sauce.

STUFFING

Ingredients:

2 cups of your favorite vegetables chopped up in food processor
1 cup of diced mushrooms
3 egg whites
1 tsp Poultry Seasoning
1 tsp Redmond's Real Salt and fresh ground black pepper to taste
8 – 16 oz. water
1 -2 TBS Braggs or Trader Jo's 21 seasoning

IP packets:

1 – Chicken Soup
1 – Oatmeal

Optional Seasoning:

Rosemary, Basil, Thyme and/or Garlic

Prepare Oatmeal Biscuits:

Beat 1 egg white then stir the IP Oatmeal packet until mixed thoroughly. Add 2oz. water until batter is thin and spoon able – but not runny. You may want to add a tsp of poultry seasoning or other seasoning of your choice. Spoon batter onto a non-stick baking sheet and bake at 400 for about 10 min. or until golden brown. Once biscuits are cooled tear up and let dry out an hour or two.

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

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GREEN BEAN CASSEROLE

Ingredients:

3 Packets IP Mushroom Soup

12 Oz. Veggie Broth (The water for the soup) 1 ••• teaspoon Bragg Liquid Aminos

2 Containers of sliced mushrooms ••• teaspoon ground black pepper
teaspoon Real Salt (Mix of Onion & Garlic)

3-5 cloves of garlic (minced)

1-2 teaspoons Olive Oil 8 cups cooked cut green beans

••• Red Onion

••• teaspoon Onion Powder

1 teaspoon Fresh or spice Dill

TIP: 2 bags (16 to 20 ounces) frozen green beans, 4 packages (9 ounces each) frozen green beans or about 3 pounds fresh green beans. Slice Onion into rings and spread minced garlic, some salt, and dill with olive oil over onions. Bake in oven for 15 minutes at 300 (just to soften them) If using fresh green beans slightly steam for 3-5 minutes to soften. Soup Mix – Stir the soup, veggie broth &/or water, Braggs, black pepper, beans, other spices, some mushroom slices – mix in blender. In 3-quart casserole dish mix the green beans, mushrooms, and soup mix. Then top off with the rings of slightly cooked red onions. Bake at 350°F for 30 minutes or until the bean mixture is hot and bubbling. Ready to serve.

Optional – Mix before serving.

CUSTARD

Ingredients:

2 Butterscotch IP Puddings

2 Vanilla IP Puddings

1 Egg White

Dash of Real Salt

Pumpkin Pie Spice & Nutmeg (To Taste)

Bake 20 minutes 350 Degrees / Chill

PUMPKIN PARFAIR

2 IP Vanilla (or Butterscotch) pudding packets

One can of pumpkin (NOT PUMPKIN PIE FILLING)

1-2t Pumpkin Pie spice

Mix one of the Pudding packets with 1/3C pumpkin and 1-2tsp pumpkin pie spice. Make the other packet according to IP directions****.

Layer the Pumpkin Pudding and the Vanilla (or butterscotch) Pudding in a tall glass. Top with Vanilla Pudding and pumpkin pie spice sprinkles.

Chill in refrigerator for at least an hour, serve and enjoy.

*****you may want to reserve 1/4 of the vanilla pudding mix to make into a topping that is more stiff. To do this just add a small amount of water to the vanilla mix and stir quickly. You will get a pudding that is more like frosting that can be an extra treat on top of your parfait! =)

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