

CRISPY CRUMBLE DELIGHT

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL
(LIMITED PORTIONS THOUGH)

1. Prepare 1 package of Ideal Protein Chocolate Pudding. Set aside.
2. Prepare 1 package of Ideal Protein Butterscotch Pudding. Set aside.
3. Cut up 2 Chocolate & Raspberry Crunch Bars and crumble well..
4. Mix the 2 bars together.

Take 4 dessert dishes and layer each one as follows:

1. 2 tbsp of Chocolate Pudding
2. Sprinkle 1 tbsp of the bar mixture over it
3. 1 tbsp of Butterscotch Pudding
4. Sprinkle 1 tbsp of the bar mixture over it
5. 2 tbsp of Chocolate Pudding
6. Sprinkle 1 tbsp of bar mixture over it
7. 2 tbsp of Butterscotch Pudding
8. Sprinkle 1 tbsp of the bar mixture over it

Sprinkle a little bit of cinnamon over the top of each one and refrigerate until ready to eat.

Yield: 4 "Restricted" intakes

DECADENT PUDDING

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Stir two or three teaspoons of Ideal Protein Cappuccino Drink into the normal Ideal Protein Chocolate Pudding to get a wonderfully rich mocha flavor found in finer chocolates. It tastes as close to a candy bar as Ideal dieters can get without cheating. You can also stir two or three teaspoons of the Ideal Protein Cappuccino Drink into the Ideal Protein Vanilla Pudding to add a rich mocha "twist."

DREAMSICLE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Equivalent to 2 Ideal Protein foods

1 Ideal Protein Peach Mango Drink

1 Ideal Protein Vanilla Pudding

Water and ice

Pour 16-20 oz (480 – 600 ml) of cold water in a blender. Add the contents of the two Ideal Protein packets, ice and blend until frothy and thick. Pour into popsicle molds and freeze. Makes a delicious summer treat!

Yield: Dependent on what popsicle mold you use

EXOTIC TEAHOUSE CHAI PUDDING

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Equivalent to 1 Ideal Protein food

Spice up your vanilla pudding by brewing a strong cup (5 oz) of Chai tea, preferably decaffeinated. Then, let it chill. Mix the content of 1 Ideal Protein Vanilla pudding with the chilled Chai tea, instead of water. Shake vigorously in a sealed jar till bubbly. Enjoy!

Explore the endless possibilities of aromas: green tea, jasmine, rose tea, lemon, hibiscus flower, Earl Grey, orange flower, lemon grass, rosemary, etc.

Note: Be sure to drink 2 additional 8 oz glasses of water above & beyond half your body weight for every cup of Tea or coffee.

Yield: 1 serving

FRUIT SMOOTHIE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

*1 packet of Ideal Protein Peach Mango Drink
1 packet of Ideal Protein Wild Berry Yogurt Drink
Ice and Water*

Combine the Peach Mango Drink and Wild Berry Yogurt Drink in a blender with desired amount of ice and water. Puree until well blended. Counts as two Ideal Protein Food Packets, so divide it in half and save some for another time or share with others.

Yield: 1 serving

IDEAL CHOCOLATE MOUSSE

STAGES 3 OR 4 OF IDEAL DIET PROTOCOL

*1 Packet Ideal Protein Chocolate Pudding
2 tbsp Extra Brut Dark Cocoa Powder (Cocoa Berry is best or Dutch Process)
3 tsp. Splenda or Stevia
1 tbsp decaf freeze dried coffee*

8 oz water

Place the following in a container you can shake vigorously in this order:

Add Splenda
Add coffee
Add cocoa powder
Add pudding package

Seal the container and shake vigorously. It will mix quickly.

Let the sealed container sit for at least 5 to 10 minutes to absorb the water and then enjoy. It should be very thick or stiff. You can also set spoonfuls of the mix on parchment paper and freeze them for Ice truffles. Just dust with cocoa when frozen.

KEY LIME TARTS

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL
(LIMIT 2 TARTS FOR STAGE 1 & 2)

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 cups

Non-stick spray

2 egg whites for meringue

For the filling: Dissolve one teaspoon of True Lime flavoring in approx. 3 oz. of water. Add a little Stevia or Splenda to taste. The taste should be sweet but tart. Add the contents of one Ideal Protein Vanilla pudding and mix well until smooth. No lumps. The consistency will be thicker than your normal pudding. Cover and refrigerate.

For the crust: Pre-heat the oven at 350 F. 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. Lightly coat your muffin tins with non-stick spray. 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. Place one dough ball in each baking cup. 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). Bake for approx. 5 minutes or longer, if necessary. 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. If the cup cake shells are too thick, don't bother as they will be too hard. Cool on a wire rack.

Take key lime filling out of the refrigerator and stir in the last packet of True Lime flavoring to give you're filling an extra tangy Florida key lime bite.

For the meringue: Beat two egg whites until stiff peaks form. Fill 'pastry' shells till not quite full. Garnish with a small dollop of meringue and a paper-thin slice of fresh lime.

Yield: about 6 tarts or 2 Ideal protein food portions

LEMON MERINGUE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Mix one cup of boiling water for one package of Lemon Carb Free Jell-O. Mix one cup of cold water with the Ideal Protein Vanilla Pudding. Once pudding is mixed, add it to the hot Jell-O. Cover and refrigerate until set. It will make a large portion that can be eaten throughout the day. It is still only one protein packet! Enjoy!

Chocolate Pudding is great with cherry, strawberry, and raspberry! Butterscotch Pudding is great with Orange Carb Free Jell-O.

LEMON MERINGUE PIE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL (ONLY 1 SLICE FOR STAGE 1 & 2 DIETERS)

Mix Lemon Meringue as above, but allow it to set just enough so that it isn't "runny." For a "pie" – mix Ideal Protein Maple Oatmeal with just enough water to make cookie-like dough. Add a hint of cinnamon spice. Add in 1/4 tsp of baking powder. Pour into small oven-safe bowl. Bake in oven or toaster oven for 7 min. Let cool completely. After "pie" has cooled, pour "almost set" Lemon Meringue over top of pie. Let set again in fridge. Cut into slices. This counts towards two Ideal Protein meals!

MALTED ICE CREAM

FOR STAGE 1 OR 2 DIETERS SUBSTITUTE SKIM MILK FOR SOY MILK

You can make this Malted Ice cream in many different flavors and varieties depending on which Ideal Protein products are your favorite or you feel like having that day. You can use any of the following Ideal Protein products: Chocolate Drink, Cappuccino, Yogurt, Peach Mango Drink, Vanilla Pudding, Butterscotch Pudding, or Raspberry Jell-O.

1 Packet Ideal Protein Chocolate Drink mix

1 ounce skim milk (or 1%)

1 pack Sucralose (or your choice of sweetener)

2 tablespoons Walden Farms Chocolate Syrup (or any sugar-free/carb-free brand)

3 cups ice cubes

First add 1 ounce of skim milk into the blender then pour in the 2 tablespoons of Walden Farms Chocolate Syrup. Start blending this on low speed and then add 1 packet of Ideal Chocolate Drink. Put the blender on high speed and start gradually adding the ice cubes until your malted gets really, really thick.

MANGO SUNRISE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Mix the Raspberry Jell-O and the Peach Mango Drink in a bowl. Refrigerate until solid. It will separate into 3 'Sunrise' colors. It's delicious enough to serve to guests!

Yield: 2 protein foods

RASPBERRY CREAM

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

1 Ideal Protein Raspberry Jell-O packet

1 Ideal Protein Wild Berry Yogurt Drink packet

10 oz warm water

In a shaker cup or tightly closed bottle add 10 oz of warm water. Then add one Raspberry Jell-O packet and Wild Berry Yogurt Drink packet. Shake very well and divide into two snacks or meals. Refrigerate for 30 to 45 minutes.

Yield: 2 servings

RASPBERRY JAM

Make one packet of Ideal Protein Raspberry Gelatin as shown on instructions and let it set. Once set, remove from container and place in a medium sized mixing bowl. Add ½ tsp cinnamon and 3 tbsp Ideal Protein Peach Mango Drink (already prepared) to the Raspberry Gelatin. Cut up the gelatin and add the cinnamon. Add the prepared Peach Mango Drink. Sprinkle in the cinnamon. Blend well and serve over an approved Ideal Protein muffin recipe.

RICE PUDDING

STAGE 4 ONLY

1 packet Ideal Protein Vanilla Pudding

1/2 head large cauliflower

3 tablespoons Torani's French Vanilla Syrup

Cinnamon – a little sprinkle

1 1/2 cup Splenda (or sweetener of your choice)
2 tbsp Walden Farms Pancake Syrup
2 packets Knox Gelatin
4 ounces hot water

Cook the cauliflower and mash it up but leave some small chunks and make sure you get all the water out of it.

Mix the French vanilla, pancake syrup, and cinnamon into the mashed cauliflower. Pour in 4 ounces of hot water in your blender on low speed (be careful not to let the water jump up and burn you) and add 2 packets of Knox Gelatin so it will dissolve. Blend it on low speed until everything is dissolved. Add the Splenda into the blender until dissolved. Then add this liquid mixture to the cauliflower mixture and fold it together. Put it in a bowl and put it in your refrigerator to get cold so it will get hard. A little hint... after you add everything together, taste it with a spoon and see if you need to add anything. If you want it sweeter, add more Splenda. If you want more of a vanilla flavor, add some more French vanilla or pancake syrup. Remember; when it gets cold the flavors also become more pronounced.

Yield: 2 servings

VANILLA CAPPUCCINO DESSERT

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Equivalent to 1.5+ Ideal Protein foods with 1/2 being a restricted.

1. Prepare 1 package of Ideal Protein Vanilla Pudding. Set aside.
2. Crumble 1 White Choco Cinnamon Bar and mix into the pudding.
3. Stir in 1/2 package of unprepared Ideal Protein Cappuccino Drink powder.
4. Place in 2 dessert bowls and sprinkle with cinnamon and 2 tsp of Ideal Protein Cocoa Drink.

YUMMY CUPCAKES

FOR PHASE 3 OR 4 OF THE IDEAL DIET PROTOCOL

Equivalent to 3 Ideal Protein foods

2 Ideal Protein Chocolate pancake
1 Ideal Protein Butterscotch Pudding
1 egg white
1/2 cup (125 ml) rolled oats

Mix the ingredients into a bowl with 1 cup of water. Pour into 6 cupcake paper liners. Bake for 20 minutes at 325 F.

Yield: 6 cupcakes

CINNAMON MOCHACCINO

*1 packet of Ideal Protein Cappuccino Drink
1/2 teaspoon instant coffee
1/8 teaspoon cocoa powder
A dash of cinnamon
6 ounces water (more if you want it less creamy)*

Pour cold water into a shaker and add all the other ingredients. Shake well until completely dissolved and enjoy a scrumptious shake.

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 76. Print

SALSA

*1 green pepper (red) 1c
1-2 tomatoes, chopped 1 C
1/2 diced cucumber 1/2 C
1/2 minced red onion 1/4 C
1/4 cilantro, chopped 1/4 C
1 T lemon juice
1 jalapeño pepper minced (small pepper)
2 tsp sea salt
Mix together, refrigerate.*

CHOCOLATE RASPBERRY DESSERT FOR ALL STAGES ON THE IDEAL DIET PROTOCOL

Prepare one Ideal Protein Chocolate Cake in the oven or Microwave as directed. Remove and let cool. Poke holes in cake with a fork. Mix up an Ideal Protein Raspberry Gelatin as directed and pour it into the holes.

Place in the refrigerator until set.

Yield: 2 proteins, 1 being restricted

OATMEAL COOKIES

FOR ALL STAGES ON THE IDEAL DIET PROTOCOL

1 Ideal Protein oatmeal packet
1 Ideal Protein butterscotch or chocolate pudding packet
1/8 cup rolled oats
1/4 teaspoon sea salt
1 teaspoon Splenda or Stevia
a sprinkle of cinnamon, to taste
1 teaspoon baking powder
1 egg white
1 teaspoon vanilla
just enough water to get a cookie dough texture

Combine dry ingredients, then add the last 3 liquid ingredients to reach a cookie dough texture. Spray cookie sheet lightly with Pam olive oil spray and place 10 cookies on sheet. Bake at 325 degrees Fahrenheit for 5-10 minutes or until desired degree of moisture. Test center of cookie with toothpick to see if baked.

Yield: 2 restricted proteins