

CEVICHE

2 lbs Shrimp

1/2 lb of white fish (you can use just fish, just shrimp or a combination of both)

3 large limes

1 lemon small

1 medium tomato, diced

Smash up or finely chop the garlic and mix with the salt. Place the egg white and mustard in a bowl and whisk. Then slowly start to add your olive oil bit by bit. Once you've blended in a quarter of the olive oil, start to add the rest in larger amounts. Then add the garlic and lemon juice, along with any optional extra flavors you desire such as basil, fennel tops or dill. To finish, season to taste with the sea salt, freshly ground black pepper and lemon juice.

Yield: 4-5 servings

5-INGREDIENT LEMON PEPPER SALMON

1 tablespoon olive oil

4 (5 ounce) salmon fillets

Sea Salt to taste

Lemon pepper seasoning to taste

1/4 cup vinegar

Heat oil in a large skillet over medium-high heat. Season both sides of salmon fillets with salt and lemon pepper. Add to hot skillet and cook until browned, about 2 minutes per side. Add vinegar to skillet and reduce heat to a simmer. Continually spoon liquid over fish and cook until vinegar is thick and syrupy and salmon is cooked through, about 2 more minutes for medium, longer for well done. Serve immediately.

Yield: 1 serving

MEATLOAF

5 ounces lean ground beef

1 small foil loaf pan

Seasonings of choice (sea salt, pepper, garlic powder, onion powder, whatever else desired)

Try adding one of Walden Farms dressings, such as Hickory BBQ Sauce, Asian Sauce - you can either add BBQ sauce to meat or to the top of loaf toward the end of cooking

Season meat. Preheat oven to 350°. Put meat into loaf pan. Using a wooden spoon, punch holes into the loaf, from top to bottom. Bake for 15 minutes. Pour off any juice that has collected. Bake another 15 minutes. Check to see if cooked through and through. Pour desired sauce over top of

loaf and into holes. Increase oven temp to 400° and make for another 5-10 minutes to brown further.

Yield: 1 serving

TOMATO AND MEAT SAUCE

1 lb lean ground meat
Roma tomatoes, diced
Onions, diced
Celery, diced
Bell pepper, diced
Celery, diced
Garlic, minced
Seasonings—sea salt, pepper, basil, oregano

Sauté vegetables until soft; add tomatoes. Add seasonings. Cook the tomato mixture down until you have about 2 cups of the mixture left. Season ground meat with sea salt, pepper, etc. Brown. Add to tomato mixture. This made about 3 cups of mixture and should be counted as enough for 3 meals. Can be served over steamed cauliflower and zucchini.

Yield: 3 servings

IDEAL TURKEY GOULASH

2 tsp. olive oil
1 1/2 c cubed turnips
1-2 TBL Walden Farms Caesar
5oz. ground turkey (lean, or use your preference of the approved protein meat source)
1 clove garlic
1/4 c chopped onion
1/4c chopped bell pepper
1/2 T. paprika
1/4tsp cumin
1/4 tsp marjoram
Black Pepper
1/4 c water
1/2 T DILL
1/2 T. flat-leaf parsley

Boil water & cook turnips until soft (fork test). Drain and set aside. Heat skillet over high heat & add olive oil and ground turkey. Cook for 2 minutes while breaking up the meat. Add garlic, onions, bell pepper and seasonings except dill and parsley. Cook for approximately 4 minutes, then add water & Caesar dressing. Bring to a bubble, reduce heat to low, and add turnips, dill & parsley. Cook for 1-2 minutes.

Yield: 1 serving

5-INGREDIENT LEMON PEPPER SALMON

*1 tablespoon olive oil
4 (5 ounce) salmon fillets
Sea Salt to taste
Lemon pepper seasoning to taste
1/4 cup vinegar*

Heat oil in a large skillet over medium-high heat. Season both sides of salmon fillets with salt and lemon pepper. Add to hot skillet and cook until browned, about 2 minutes per side. Add vinegar to skillet and reduce heat to a simmer. Continually spoon liquid over fish and cook until vinegar is thick and syrupy and salmon is cooked through, about 2 more minutes for medium, longer for well done. Serve immediately.

Yield: 4 servings

CROCK-POT MEAL FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Equivalent to 3 Ideal Protein foods

*3 Ideal Protein soups (Chicken and/or Leek and/or Mushroom)
30 oz of low-fat broth (chicken, beef or vegetable)
2-3 cups of your choice of hearty vegetables cut up in 1-inch chunks (zucchini, leeks, garlic, green beans, celery, asparagus tips, mushrooms, turnip)
16 oz of lean meats or poultry, cut up in 1-inch chunks
Fresh or powdered garlic, to taste
Sea salt
Ground pepper
Your choice of spice(s) and herbs (oregano, thyme, basil, rosemary, sage, hot peppers, etc.)*

Pour 30 oz of your choice of low fat broth in a blender. Add the contents of all three Ideal Protein soups of your choice. Blend until smooth. Pour into a Crock-pot. Add your choice of meat and vegetables. Spice up as you please. Simmer over low heat for 4-6 hours until the meat is so tender it falls apart at the touch of your fork.

Great for leftovers or to share with your entire family.

Yield: 6 servings

IDEAL BBQ CHICKEN

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

6 boneless skinless chicken breasts
3 tbsp Dijon or Creole mustard
2 packets of Splenda or Stevia
1 tsp Chef Paul Prudhomme's Blackened Steak Magic¹
¼ tsp poultry seasoning
1 tsp olive or grape seed oil
¼ tsp natural sea salt
½ tsp Louisiana Brand hot sauce
Zipper seal large 1 gal. bag

Place all of the spice ingredients into the zipper seal disposable bag and mix with your hands by massaging the outside of the zipper seal bag. Add your chicken and massage the spice mix into and all over the chicken breasts and let sit in the bag. Fire up the BBQ and get it good and hot so that chicken will be seared when it is placed on the grill. Sear the first side and when you turn it to sear the second side cut your heat down and cook slow until just done (no pink). (It works in the oven too). The chicken will be tender and juicy.

Yield: 6 servings

MANDARIN CHICKEN BALLS

FOR ALL STAGES ON IDEAL DIET PROTOCOL

Prepare 1 package of Ideal Protein Orange Pancake according to the instructions. Cut up 2 chicken breast into medium sized cubes. Cook chicken in olive oil until cooked thoroughly. Roll each chicken piece in the pancake batter until completely covered. Return chicken to the skillet to cook batter around the chicken. Serve with your favorite veggies from selected list/

Note: Can add brown rice if you are on stage 4.

Yield: 2 servings

PIG CANDY² VARIATION

3 pork tenderloins cut into ¾" slices
2 tbsp Apple Cider Vinegar
2 tsp of Splenda or Stevia
1 tsp Chef Paul Prudhomme's Blackened Steak Magic

¹ Blackened Steak Magic is a Cajun seasoning created by famous Cajun chef Paul Prudhomme. It's used on hamburgers or in meat loaf. Substitute for normal use of salt, pepper and other herbs & spices called for in a recipe.

² aka "Brown Sugar Bacon"

¼ tsp poultry seasoning
¼ tsp nutmeg
1 tsp olive or grape seed oil
¼ tsp natural sea salt
½ tsp Louisiana Brand hot sauce
Zipper seal large 1 gal. bag

Place all of the spice ingredients into the zipper seal disposable bag and mix with your hands by massaging the outside of the zipper seal bag. Add your pork and massage the spice mix into and all over the slices and let sit in the bag. Fire up the BBQ and get it good and hot so that the pork will be seared when it is placed on the grill. Sear the first side and when you turn it to sear the second side cut your heat down and cook slow until just done (no pink). You will see why we call it “Pig Candy.”

Yield: 2 servings of protein

PORTOBELLO BURGERS

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL (WITHOUT REGULAR CHEESE)

2 Portobello mushrooms around the same size
Lean ground Turkey or beef
Your favorite spice
Walden Farms ketchup
Mustard
Lettuce

Take the stems off your mushrooms and clean them. Brush with olive oil and fresh garlic. Grill mushrooms. Take lean ground meat and add spices that are low sodium and low carb. Mix your spices and hamburger together. Make patties 5 ounces each and grill either on the barbecue or in the oven. Take your mushrooms and pat them with paper towel so they aren't so moist. Put the burger in between two mushrooms and voila you have a burger and no bread. You can dress the burger with low-carb ketchup. You can also use mustard which is low in sodium, carbs and fat.

SHEPHERD'S PIE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

1 whole cauliflower
1 package of your favorite Ideal Protein soup
1 pound of lean ground beef/turkey
3 garlic cloves
½ cup of leeks
½ tsp sea salt
1 tsp rosemary

1 small, fresh tomato – diced

Cook cauliflower until soft enough to mash. Make 1 package of your favorite Ideal Protein soup with only 100 ml of water. Pour soup over cauliflower and blend or mash really well. Set aside. In a skillet, brown lean ground beef/turkey. Add garlic cloves, leeks, sea salt, rosemary, and tomato. Cook until brown. Place turkey or beef mixture in the bottom of a baking pan or a casserole dish and press down firmly. Place cauliflower mixture on top of the turkey or beef mixture and press down firmly. Bake in the oven 350° for 20 minutes.

Yield: 3 servings

SHRIMP-SALTY & SPICY STYLE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

2 1/4 lb small shrimp, uncooked and in the shell

4 generous pinches of sea salt

6 generous pinches of mixed spices (fennel, coriander, cumin and chili) lightly crushed

Leave the shells on the shrimp if you wish. Remove the shrimp heads. Get a nonstick wok or frying pan very hot, and then add the sea salt and spices. Toast and toss around for about 30 seconds before adding the shrimp. Add shrimp and shake vigorously and toss. The salt and spices will stick and encrust themselves to the shrimp. After a minute or two the shrimp will have cooked, changed their color and should be very tasty and crunchy. You can eat them with the shells on or off.

STUFFED CHILI PEPPERS

2 cups of celery, green peppers and mushrooms chopped coarsely or finely, as you prefer

1 Ideal Protein Vegetable Chili

Sea salt

Seasonings of your choice

1 large fresh green pepper

Drizzle a little olive oil in a stir fry pan. Add chunks of celery, green pepper and mushrooms and stir fry till ‘al dente’ Season with sea salt and your favorite seasonings. I recommend an organic Mexican Fiesta blend made with dehydrated chili peppers, dehydrated onion, tomato powder, paprika, cumin, dehydrated garlic, cilantro, oregano, red pepper and lemon peel. Meanwhile, cook the vegetable chili as directed on packet. When both are cooked to perfection, mix them together. Cut the top off of a green pepper that you’ve cleaned out and stuff it with the mixture. Put the bell pepper in a 350 °F oven and bake for about 25 minutes.

Stage IV Variation: Add cooked lentils or red kidney beans and/or cooked ground white poultry meat.

Yield: 1 Ideal Protein portion

TACO SALAD

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

2 cups of celery, green peppers and mushrooms chopped coarsely or finely, as you wish

1 Ideal Protein Vegetable Chili

Sea salt

Seasonings of your choice

One portion of your favorite greens

Fresh tomato salsa

Fresh raw red onion, chopped

Fresh lemon and lime, optional

Hot sauce, optional

Drizzle a little olive oil in a pan. Add chunks of celery, green pepper and mushrooms and stir fry till 'al dente' Season with sea salt and your favorite seasonings. I recommend the organic Mexican Fiesta seasonings, a blend made of dehydrated chili peppers, dehydrated onion, tomato powder, paprika, cumin, dehydrated garlic, cilantro, oregano, red pepper and lemon peel. Meanwhile, cook the vegetable chili as directed on packet. When both are cooked to perfection, mix them together and place over a bed of your favorite greens. Top with fresh tomato salsa, more chopped raw red onion, a splash of lemon or lime and hot sauce, if you like. Delicious!

Yield: 1 Ideal Protein portion

IDEAL BREAKFAST BURRITOS FOR FOUR

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

This is a 3 step process, but so worth it!

STEP 1: Make one package of the Ideal Plain Crepe. Set aside.

STEP 2: Make one package of the Vegetable Chili using only ½ of the water required. Set aside.

STEP 3: Mix one package of the Fine Herb & Cheese Omelet. Add your favorite veggies such as:

2 mushrooms

1 stalk of celery

¼ of a green pepper

¼ cup of leeks

8 spinach leaves

2 gloves of garlic

½ tsp of sea salt

1. Cut all veggies into small pieces and cook in a skillet over medium heat with 1 tbsp of olive oil.
2. Add in omelet package and scramble until cooked and mixed well with veggies.
3. Add in the chili mixture and mix well.
4. Set mixture aside.
5. Heat up a flat grill with 1 tbsp of olive oil.
6. Pour ½ of the Crepe batter on the grill keeping it thin enough to roll.
7. Once one side is cooked, very gently flip it and cook the other side.
8. Once the Crepe batter is cooked, place ½ of the egg and chili mixture in the center.
9. Bring the edges together – creating a roll.
10. Cut in half and serve half to each person. Top with homemade salsa or hot sauce.

Yield: 4 servings

RUBBED PORK TENDERLOIN WITH ROASTED TOMATO SAUCE

Preparation: 10 minutes

Cooking: 40 minutes

Sauce:

*8 ripe, plum tomatoes, stems removed
 1 jalapeno, stem removed and seeded
 1/2 cup tightly packed fresh basil leaves
 1/3 cup roughly chopped French shallots
 1/4 cup tightly packed fresh cilantro leaves
 1 Tablespoon fresh lime juice
 2 teaspoons minced garlic
 Salt
 Freshly ground black pepper*

Rub:

*1 teaspoon paprika
 1 teaspoon Splenda or Stevia
 1 teaspoon salt
 1/2 teaspoon chili powder
 1/2 teaspoon freshly ground black pepper
 1/4 teaspoon ground allspice
 1 large or 2 small pork tenderloins, about 1 pound total
 Extra virgin olive oil*

Sauce: Grill the tomatoes and jalapeno over direct high heat until black and blistered in spots. The tomatoes will take 4 to 6 minutes and the jalapeno will take 2 to 3 minutes. Put the tomatoes and jalapeno in a food processor along with the other sauce ingredients, including salt and pepper to taste, and process until smooth. Transfer the sauce to a medium saucepan and bring to a boil.

Reduce to a simmer and allow to cook until the sauce has thickened slightly, 5 to 10 minutes, stirring occasionally.

Rub: in a small bowl combine the rub ingredients and crush them together with your fingertips. Trim excess fat and silver skin from the tenderloins. Lightly brush or spray the tenderloins with olive oil. Spread the rub all over the tenderloin and press the spices into the surface of the meat. Grill the tenderloins over direct medium heat until the centers are barely pink, 15 to 20 minutes, turning once halfway through grilling time. Remove it from the grill and cover loosely with foil. Allow to rest for about 5 minutes before slicing. Serve warm with the sauce.

The truth is, the rub in this recipe is so good that the meat doesn't even need a sauce, but if tomatoes are in season, whip up this cooked salsa for a colorful flourish. Fire-roast the vegetables over direct high heat, then cook the meat over direct medium heat.

Yield: 4 servings; calories, 319; fat: 14 grams; protein: 27 grams; carbohydrates: 13

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 46. Print

TANDOORI-STYLE CHICKEN (BBQ)

Preparation: 15 minutes

Marinating Time: 24 hours

Cooking: 45 to 60 minutes

Marinade:

16 oz. plain yogurt 0% fat

1 Tablespoon grated ginger root

2 cloves garlic, minced

2 teaspoons paprika

1 1/2 teaspoons ground cinnamon

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon ground cloves

2 1/2 pounds bone-in chicken pieces (breasts, thighs, or drumsticks)

1 medium cucumber, sliced

Marinade: in a medium bowl, whisk together all marinade ingredients. Rinse chicken and pat dry. Place chicken pieces in a Ziploc bag set into a deep bowl. Pour marinade over chicken and close bag. Marinate in the refrigerator overnight, turning bag occasionally to distribute marinade. Remove chicken from bag, reserving marinade. Set barbecue to medium-low heat. Place chicken pieces, bone side down, in center of cooking grate. Grill 45 to 60 minutes or until chicken is

tender and juices run clear, brushing with reserved marinade during the last 15 minutes of grilling time. Serve with sliced cucumber.

Tandoori is a mixture of spices commonly used in Indian cuisine. It is a fine red-brown powder. It has a very rich and subtle taste, which gets enhanced when cooked. It is not very spicy (less than chilli powder or curry for instance) and very aromatic. Ingredients used to make tandoori may vary in number and proportion but it is normally made with the following spices: mild pepper, paprika, garlic, chili pepper, thyme, cilantro, salt, cumin, black pepper, celery, caraway, rosemary, clove, bay leaves, and cinnamon.

Yield: 6 servings; 291 Calories, 15grams fat, 24 grams protein, and 8 grams carbohydrates per serving

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 43. Print

GINGER AND CORIANDER SKEWERED STEAKS (BBQ OR OVEN)

Preparation: 15 minutes

Marinating Time: minimum 1 hour

Cooking: 10 minutes

8 x 2 oz tenderloin steaks, 1-inch thick

4 green onions

2 Tablespoons fresh lime juice

1/3 cup olive oil

2 Tablespoons grated onion

2 Tablespoons fresh grated ginger root

1 clove garlic, crushed

1 teaspoon red pepper flakes

1 teaspoon ground coriander

1 teaspoon turmeric

salt, to taste

Place 2 steaks side by side on a tray. Push one skewer diagonally through both steaks. Push a second skewer diagonally, in the opposite direction to the first skewer, to secure the 2 steaks together, forming a cross with the 2 skewers. Thread half of a green onion on to the pointed end of each of the skewers. Repeat with remaining steaks, skewers, and green onions. Combine lime juice, olive oil, onion, ginger, garlic, red pepper flakes, coriander, turmeric and salt in a bowl. Pour mixture over skewered steaks. Cover and refrigerate for at least 1 hour.

Grilling instructions: On barbecue, grill over medium-high heat for 3 minutes per side for rare, 4 minutes per side for medium rare, 6 minutes per side for well done.

In oven, preheat broiler. Broil for 3 minutes per side for rare, 4 minutes per side for medium rare, 6 minutes per side for well done.

Skewer and marinate steaks up to 8 hours in advance. Cover and refrigerate. For a complete meal, serve these brochettes with a vegetarian chop suey. It is so easy to stir-fry some vegetables! And for the sauce, simply add the reserved marinade of the brochettes that you will have boiled beforehand. And make sure vegetables remain crispy-they are so much tastier and more nutritious that way!

Yield: 4 servings; 321 calories, 14 grams fat, 22 grams protein, and 7 grams carbohydrates per serving

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 28. Print

GOURMET SANDWICH POCKETS

Equivalent to 1 Ideal Protein Serving

Pocket:

1 packet of Ideal Protein Orange Pancake

2 pinches of sea salt

1/8 teaspoon dried basil

75-100 milliliters water

Suggested Filling: shredded lettuce, diced tomatoes, cucumber, slivered green peppers, etc.

Dressing:

1 Tablespoon olive oil

1 Tablespoon vinegar

1/2 teaspoon dried basil

1 clove of garlic

You can drizzle a little olive oil over the garnish and spices of your choice, if you prefer.

Preheat oven to 350° F. Mix all together to a semi-thick batter. Pour onto a non-stick pie plate or spray a regular pan with Pam. Cook for 20 to 22 minutes. Remove from oven and let completely cool (approximately 15 minutes). Slice down the middle, make into halves. Open pockets the same as pita bread.

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 64. Print

PANTRY PORK CHOPS

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Marinating & Waiting Time: 60 minutes

Servings: 4

Marinade

1/4 cup plus 1 Tablespoon fresh lemon juice

3 Tablespoons soy sauce

1 Tablespoon extra-virgin olive oil

1/2 teaspoon Splenda or Stevia

1 clove garlic, minced

1 teaspoon fresh ginger, grated

1/2 teaspoon chopped fresh rosemary

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 pork rib chops, about 1 1/4 inch thick each

Marinade: in a medium bowl whisk together the marinade ingredients. Place the chops in a large plastic bag (Ziploc) and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, place in a bowl, and refrigerate for 20 to 30 minutes. Remove the chops from the bag and discard the marinade. Allow to stand at room temperature for 20 to 30 minutes before grilling. Sear the chops over direct high heat for 6 minutes, turning once halfway through searing time. Continue grilling over indirect medium heat until the juices run clear, 6 to 8 minutes. Season with salt and pepper.

(Indirect barbeque cooking: the indirect method is similar to roasting, but with the added benefits of that grilled texture, flavor, and appearance that you can't get from an oven. Heat rises, reflects off the lid and inside surfaces of the grill, and slowly cooks the food evenly on all sides. The circulating heat works much like a convection oven, so there's no need to turn the food. Use the indirect method for foods that require 25 minutes or more of grilling time. Examples include roasts, ribs, whole chickens, turkeys, and other large cuts of meat, as well as delicate fish fillets. To grill by the indirect method on a gas grill, preheat the grill with all burners on high. Then adjust the burners on each side of the food to the temperature noted in the recipe and turn off the burner(s) directly below the food. For best results, place roasts, poultry, or large cuts of meat on a roasting rack set inside a disposable heavy-gauge foil pan. For longer cooking times, add water to the foil pan to keep drippings from burning.)

Yield: 4 servings; 342 calories, 16 grams fat, 25 grams protein, and 7 grams carbohydrates per serving

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 46. Print

CHILI STUFFED ZUCCHINI

1 Zucchini - moderate to large size

2-4 Packets of Ideal Protein Vegetable Chili

Cut Zucchini in half, and leave slightly hollowed out portion face up in baking dish. Slowly pre-cook the Chili till fully hydrated on stove. Fill hollowed out portions of Zucchini and bake in the oven at 350° till Zucchini is soft.

Yield 2-3 meals



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