

EGG SALAD

6 hard boiled eggs
2 Tablespoons mustard
1-2 teaspoons Dill Pickle juice

Dice eggs in bowl; add mustard and dill pickle juice. Stir and enjoy.

FAJITA SALAD

5 oz of chicken or lean flank steak (or a combination of both, or 7 oz shrimp)
Homemade marinade
½ C Onions, sliced
½ C Bell pepper, sliced into strips
Iceberg lettuce, shredded (or lettuce of choice)
Homemade salsa

Slice chicken and/or beef into strips. Make a marinade of olive oil, splash of Steen's vinegar (to taste), sea salt, pepper, oregano, basil, garlic powder (any other seasonings to taste), lime juice, hot sauce (optional), cilantro. Marinade meat or shrimp in a Ziploc bag for at least 1 hour if possible.

Grill meat or shrimp on grill. Grill onions and bell pepper. Top lettuce with meat, grilled vegetables and 1 C salsa. Season to taste.

JAMMIN' VINAIGRETTE

¼ cup cane vinegar
¼ cup water
½ cup extra light olive oil
1 tsp sea salt
½ tsp black pepper
½ tsp paprika
2 large smashed garlic cloves
Mix all together and pour over a salad.

SEAFOOD SALAD

Preparation Time: 15 minutes
Marinating Time: About 4-6 hours

Salad:
½ red onion, finely chopped
2 celery stalks, finely chopped

1 sweet green pepper, diced
1 pollock pack, in chunks
2 big handfuls cooked shrimps
Other cooked or smoked fish that you like, in chunks
Sea salt and pepper, to taste
A pinch of garlic powder
1 Tablespoon dried parsley
1 Tablespoon dried dill

Dressing:

1/3 cup olive oil
1 Tablespoon Dijon mustard
2 Tablespoons fresh lemon juice or apple cider vinegar
2 green onions, finely chopped
1/2 celery stalk, finely chopped
salt and pepper, to taste

In a large bowl or a salad bowl, mix salad ingredients. In a small bowl, mix all dressing ingredients. Stir dressing in salad and let marinate in the refrigerator for a few hours so that the aromas mix well. Serve chilled over a bed of leaf lettuce.

(Seafood quantities are not precise but this will allow you to adjust depending on your preferences. So if you are a big fan of pollock, be generous! And don't hesitate to ask your fish vendor for advice.

Preparation: 20 minutes

Cooking: 12 minutes

RED AND GREEN SALAD

Preparation: 15 minutes

Cooking: 15 minutes

Dressing:

1 teaspoon Dijon mustard
1/2 teaspoon Splenda or Stevia
1 Tablespoon lemon juice
2 Tablespoons rice vinegar
1 teaspoon dried mint
1 teaspoon dried thyme
3 Tablespoons olive oil
salt and white pepper to taste

Salad:

4 cups red leaf lettuce, washed and torn up

1/2 red onion, sliced very thin
10 radishes, sliced very thin
1 cucumber, diced
2 stalks celery, sliced

In a small bowl, mix dressing ingredients together. In a salad bowl, combine lettuce, onion, radishes, cucumber and celery. Add dressing to salad and toss to coat all ingredients. Serve immediately.

If you have fresh herbs handy, replace dried mint and thyme with 1 Tablespoon each fresh mint and thyme. You could also garnish your salad with alfalfa sprouts or other kinds of sprouts or shoots (snow peas, mustard or radish shoots, among others), which you will find in the fresh vegetables section of your grocery store. These sprouts are not only delicious; they are also very healthy! Serve this salad with a barbequed beef flank steak or Ideal Protein leek soup.

Yield: 4 servings, 89 calories, 3 grams fat, 5 grams protein, and 6 grams carbohydrates per serving

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 24. Print

SPICY BEEF FLANK STEAK WITH FRESH CUCUMBER SALAD

Preparation: 20 minutes
 Marinating Time: 2 hours
 Cooking: 10 minutes

Marinade:

1/2 cup extra virgin olive oil
1/4 cup rice vinegar
4 cloves garlic, crushed with the skin
1 teaspoon cumin
1/2 bunch of thyme
2 teaspoons crushed black pepper
2 peppers, finely chopped
2 bay leaves
2 x 1 pound of beef flank steak
salt and pepper

Cucumber Salad:

2 cucumbers cut in big chunks 1/2 inch x 1/2 inch
10 mint leaves, chopped
1/4 onion, finely cut
1/4 cup olive oil
juice of 1 lemon

salt and pepper

In a large Ziploc bag, mix all marinade ingredients and set aside. Make shallow incisions in the steak so the marinade penetrates more. Let marinate in the refrigerator for at least 2 hours. In a large salad bowl, mix all cucumber salad ingredients, 30 minutes before serving. Preheat barbeque at high temperature. Put steak on hot grill to seer. Season to taste. Grill for about 5 minutes on each side. Serve steak rare or pinkish. Don't overcook flank steak-it would get a bit stiff.

Yield: 6 servings, 356 calories, 14 grams fat, 22 grams protein, and 5 grams carbohydrates per serving

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes: Spring/Summer*. Vol. 1. Le Groupe Quadriscan, n.d. 24

MUSTARD AND VINEGAR SALAD DRESSING FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

This will dress many a salad.

*6 tbsp olive oil
2 tbsp low Glycemic Dijon mustard
2 tbsp white or cider vinegar
1 level tsp sea salt
1 level tsp freshly ground black pepper*

Put all ingredients in a Mason or jam jar. Shake like mad and dress your salad with 1 – 1 1/2 tbsp.

Delicious! This will keep in the fridge for about a week or so.

OLIVE OIL & LEMON JUICE DRESSING FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

This will dress many a salad.

*2 tbsp fresh lemon juice
5 tbsp olive oil
sea salt and freshly ground black pepper, to taste*

Put all ingredients in a Mason or jam jar and shake. Dress your salad with 1 – 1 1/2 tbsp. This will keep its taste in the fridge for a couple of days.

RASPBERRY DASH SALAD DRESSING

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

1 packet of Ideal Protein Raspberry Gelatin
½ Bottle of Mrs. Dash “Garlic and Herb” Salt-Free Seasoning Blend
½ tsp Sea Salt
1 tablespoon of your favorite olive oil

Mix the Packet of Ideal Protein Raspberry gelatin into half of a bottle of Mrs. Dash and add in the Sea Salt and shake it all up.

Note: Put the other half bottle of Mrs. Dash in a small zip lock bag to use later.

Now toss and sprinkle in the combined Raspberry Dash dressing and enjoy! (I keep a premixed dressing shaker with me to take into restaurants.)

Drizzle or spray the olive oil over a salad and toss.

Now that you know how crazy good it tastes, try experimenting...

I've added in other flavors of Mrs. Dash (Chipotle really adds zest!). Create a dipping sauce by mixing in (small amounts of) lemon juice and the olive oil ahead of time. After a while, the gelatin sets up and settles to the bottom, so stir the mixture up as you dip. It makes little globs, bursting with flavor which sticks loosely to what you are dipping. (Celery never tasted so good!)

SALAD SAUCE FOR 1

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

In a small sealable container (Lock and Lock works great) add:

About a tablespoon of white vinegar
2 tsp Sucralose, Stevia or Xylitol
A few grinds of fresh pepper
Squeeze of lemon juice
A little dash of extra virgin olive oil – ½ tsp is plenty

Shake well and pour over your salad as a dressing just before you eat it.

THAI DRESSING

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

4 tbsp fresh lime juice
3 tbsp olive oil
1 tbsp sesame seed oil

*1 tbsp light soy sauce
 a good pinch of Splenda
 1 tbsp fresh ginger, peeled and finely chopped
 1/2 clove of garlic, finely chopped
 1 fresh red chili, seeded and finely sliced
 1 large handful of fresh cilantro and basil, chopped*

Directions: Mix all together and pour over a salad.

POPPY SEED SALAD DRESSING

*1/4 cup soy sauce
 1 lemon, juiced
 3 cloves garlic, minced
 3 tablespoons minced fresh ginger root
 1 teaspoon prepared Dijon-style mustard
 2 teaspoons Splenda
 Ground black pepper and poppy seeds to taste*

Directions: Mix all together and pour over a salad.

JAPANESE GINGER SALAD DRESSING

*1/4 cup soy sauce
 1 lemon, juiced
 3 cloves garlic, minced
 3 tablespoons minced fresh ginger root
 1 teaspoon prepared Dijon-style mustard
 2 teaspoons Splenda
 Ground black pepper to taste*

Directions: Mix all together and pour over a salad.

TANGY GINGER LIME SALAD DRESSING

*2 tablespoons minced garlic
 2 tablespoons grated fresh ginger root
 2 teaspoons sesame oil
 1 teaspoon chili oil
 1/3 cup fresh lime juice
 1/4 cup rice vinegar
 1/4 teaspoon onion powder*

Combine soy sauce, garlic, ginger, sesame oil, chili oil, lime juice, vinegar and onion powder in

a blender. Process until evenly combined. Chill before serving.

ENDIVE WITH THYME, GARLIC & OLIVE OIL FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

4 servings
4 (Belgium) endives
3 Tbs. of your best extra virgin olive oil
1 clove of garlic, peeled and finely chopped
1/3 cup of fresh thyme
sea salt and freshly ground pepper
1/2 cup lemon juice

Preheat oven to 450 F. Remove any discolored outer leaves from the Belgium endive if need be. Cut in half lengthwise, and then quarter each half. In a hot pan fry the endive with the olive oil, garlic, thyme and seasonings for about 4 minutes. Add the lemon juice and allow it to sizzle. Then pour it all into a dish, cover with aluminum foil and bake for 10 minutes. Then remove the foil and bake for a further 10 minutes. Taste and correct your seasonings and serve.

ROASTED GARLIC DRESSING

2 Tablespoons French shallots, chopped
1/3 cup apple cider vinegar
1 teaspoon Dijon mustard
1/2 teaspoon salt
pinch white pepper
1 egg white
6 cloves garlic, roasted in a 360 degree oven until softened and lightly browned (about 20 minutes)
1 cup olive oil

In a blender, blend all ingredients except oil. While blender is running, add oil in a thin stream until emulsified. Serve roasted garlic vinaigrette immediately.

FRESH HERB DRESSING

1/4 cup rice vinegar
2 Tablespoons fresh basil leaves
1 Tablespoon fresh oregano leaves
1/2 teaspoon fresh rosemary leaves
1 small clove garlic
1/2 teaspoon Splenda or Stevia
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

1/2 cup olive oil

In a blender add rice vinegar, fresh basil, oregano and rosemary leaves, garlic, Splenda or Stevia, salt, and pepper. Blend 10 to 15 seconds until all the herbs and garlic are finely minced. Gradually add the olive oil and continue blending for 10 to 15 seconds or until everything is mixed well.

-Makes about 2/3 cup.

TOMATO DRESSING

1/2 cup tomatoes, chopped

2 Tablespoons white vinegar

1/2 teaspoon dried basil

1/2 teaspoon dried thyme

1/2 teaspoon Dijon mustard

In a blender, blend tomatoes, vinegar, basil, thyme, and mustard until well combined. To store, transfer to a jar with a tight-fitting lid and refrigerate for up to 2 days. Shake well before serving tomato vinaigrette.

LEMON-CHIVE DRESSING

1/4 cup canola or olive oil

2 Tablespoons chopped fresh chives or green onions

1/2 teaspoon grated lemon rind

2 Tablespoons lemon juice

1 Tablespoon Dijon mustard

1 small clove garlic, minced

1/4 teaspoon each salt and pepper

In small bowl, whisk together oil, chives, lemon rind and juice, mustard, garlic, salt and pepper.

-Serve with torn mixed salad greens.

CILANTRO, CAPER AND LIME DRESSING

1 clove garlic, finely chopped

1 1/2 teaspoon whole grain mustard

2 limes, finely grated rind and juice

1 Tablespoon rice vinegar

1/4 cup olive oil

1 teaspoon capers

3 Tablespoons fresh cilantro, chopped

Freshly ground black pepper, to taste

Place the garlic, mustard, lime, rind, juice, and vinegar in a bowl and mix together. Slowly pour in the oil, whisking constantly, until well emulsified. Stir in the capers and cilantro. Season with black pepper, to taste.

-Makes about 1 cup.

LIGHT DRESSING

2 Tablespoons water

1 Tablespoon apple cider vinegar

1 clove garlic, minced

2 teaspoons Dijon mustard

pinch each salt and pepper

2 Tablespoons extra-virgin olive oil

In a small bowl, whisk together water, vinegar, garlic, mustard, salt and pepper; gradually whisk in olive oil.

-Makes about 1/3 cup.

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 54. Print.

GINGER DRESSING

2 Tablespoons rice or cider vinegar

1 Tablespoon grated gingerroot

1/3 cup olive oil

1 Tablespoon soy sauce

1/4 teaspoon each Splenda or Stevia, salt and pepper

1/4 teaspoon hot pepper sauce

Mix vinegar with ginger and let stand for 2 minutes. Strain into bowl, press to extract liquid. Whisk in oil, soy sauce, Splenda, salt, pepper, and hot pepper sauce.

CORIANDER DRESSING

1/4 cup canola or olive oil

3 Tablespoons lime juice

2 Tablespoons chopped fresh coriander

1/2 teaspoon each ground cumin and salt

1/4 teaspoon pepper

In small bowl, whisk together all ingredients.

APPLE CIDER DRESSING

1 1/2 teaspoon Dijon mustard
1 1/2 teaspoon Splenda or Stevia
1/4 teaspoon salt
1/4 teaspoon fresh ground black pepper
1/3 cup apple cider vinegar
1 Tablespoon chopped parsley
2/3 cup canola or olive oil

Whisk mustard, Splenda, salt, pepper, vinegar, and chopped parsley together in a bowl. Slowly drizzle in the oil, whisking constantly, until thickened. Adjust the seasonings to taste. Store covered in the refrigerator for up to 2 days. Bring apple cider vinaigrette to room temperature before using.

MAPLE DRESSING

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.

Source: Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes: Spring/Summer*. Vol. 1. Le Groupe Quadriscan, n.d. 81-82