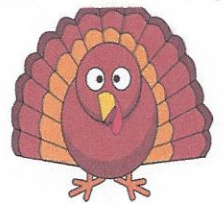


IDEAL PROTEIN PHASE 1 FRIENDLY THANKSGIVING RECIPES



APPETIZERS

Deviled Eggs

Ingredients:

Hard Boiled Eggs
Walden Farms mayo
Ideal Protein Salt
Mustard
Optional - Paprika

Directions:

Cut Eggs in half
Mix the yokes with Walden Farms – Mayo, a pinch of Ideal Protein Salt and Mustard (To Taste). Mix and spoon back into the egg halves.
Optional – Garnish with a sprinkle of Paprika

Asparagus Guacamole

Ingredients:

12 spears cooked asparagus chopped
1 can chopped green chilies
1/2 can jalapenos
1/2 C. onion (sweet)
Dash nutmeg
1-2 cloves garlic
2 tsp olive oil
1/2 lemon squeezed
Salt & pepper to taste

Directions:

Mix all ingredients together and blend or puree to desired consistency. This appetizer is great as a dip for veggies or using the Ideal Protein Garlic and Herb Crisps

Crispy Kale Snacks

Ingredients:

1 (8 1/2 ounce) bunch kale
Olive oil flavored cooking spray
Lemon pepper seasoning
1/2 teaspoon sea salt

Directions:

Preheat stove to 350. 2. Remove and discard stems from the kale and tear leaves into large pieces. 3. Wash kale and spin dry and drain. 4. Arrange kale on a large baking sheet coated with cooking spray; coat kale with cooking spray. 5. Place pan on bottom oven rack and immediately reduce oven temperature to 300. Bake for 20 minutes or until kale is crisp and dark green. Do not overcook or the leaves will turn brown. 6. Transfer kale to a large plate lined with paper towels. Sprinkle with lemon pepper and salt.

Eggplant Dip

Ingredients:

1 medium eggplant (peeled and chopped)
1/2 poblano pepper
1 lemon (juiced)
1 tsp. sea salt (you can add more if you wish)
1 Tbsp. fresh oregano or 1 tsp dried oregano
2 Tbsp. olive oil
2 Tbsp. parsley
1/2 tsp. cumin powder
2 garlic cloves (minced)

Directions:

1. In a large pan over medium heat, add 1 tbsp. of olive oil. 2. Add Eggplant and saute until starting to soften through (about 10 minutes). 3. Turn heat up to medium high. Add poblano pepper and garlic. Saute an additional 3 minutes. 4. Turn off the heat and let cool slightly. 5. Transfer to a food processor with remaining ingredients and pulse until desired consistency is achieved.

Spinach Stuffed Mushrooms

Ingredients:

1 cup steamed spinach
8 large whole fresh white button mushrooms
1 bunch of green onions, finely chopped
3 tsp butter flavored grape seed oil
1/4 tsp. nutmeg
salt and pepper to taste

Directions:

Spray baking pan with Pam. Preheat oven to 350. Place chopped spinach and rinse in strainer and press out water. Wash mushrooms and chop stems and set aside caps. Saute mushrooms and green onions in the 3 tsp of grape seed oil. Add spinach and cook for 1 minute. Mix well until all moisture is evaporated. Add nutmeg, salt and pepper. Fill caps with spinach mix. Place in baking dish sprayed with Pam. Add 1/4 c. water and bake for 20 minutes.

Buffalo Chicken Meatballs

Makes approx. 35

Ingredients:

2 lbs Ground Chicken Breast

1 /2 cup finely grated zucchini (approx. 1 medium, grated on the finest side... of a box grater)

1/2 cup grated celery

½ cup grated onion

1 teaspoon garlic powder

1 1/4 teaspoons sea salt

3 egg whites, beaten

Olive oil cooking spray

1 cup of your favorite wing sauce such as Frank's Red Hot

Walden Farms Blue Cheese Dressing, for dipping

Diced Green Onions or chopped fresh parsley for Garnish

Directions:

Preheat oven to 350°F.

In a large bowl, combine chicken, vegetables, spices beaten egg whites and 2 tsp wing sauce. Gently mix by hand the ingredients. Do not squeeze or over mix.

Spray a baking sheet with olive oil cooking spray. Scoop meat mixture into 2 tbsp sized portions. Roll portion gently between palms to form a smooth ball. Place on baking sheet.

Bake meatballs on center rack for 15 minutes. Remove meatballs from oven. Pour wing sauce in a bowl and transfer meatballs to the bowl and toss to coat. Let the meatballs sit in the sauce while you raise the oven temperature to 450°F.

Drain the moisture and wipe the grease from the baking sheet. Apply a fresh coat of olive oil spray.

When oven has reached 450°F, give meatballs another toss in the bowl, then transfer, sauce and all to the baking sheet.

Bake, on the top rack of the oven for 12-15 minutes.

*Serve with green onions or chopped fresh parsley

*Serve with Walden Farms blue cheese dressing for dipping.

SIDE DISHES:

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.

GREEN BEAN CASSEROLE

INGREDIENTS:

- 4 cups of green beans
- 2 Ideal Protein Soups, Mushroom or Chicken
- 1 tsp low sodium soy sauce or Bragg's liquid aminos
- dash of pepper
- rosemary (optional)
- Ideal Protein Garlic and herb crisps crushed

DIRECTIONS:

- Combine soup, soy sauce, black pepper, and beans in a 1 1/2 – quart casserole dish.
- Bake at 350 degrees for 25 minutes or until bean mixture is hot and bubbling.
Stir the mixture. Sprinkle with crushed garlic and herb crisps. Bake for 5 minutes or until golden brown.

MAPLE GLAZED BRUSSEL SPROUTS

INGREDIENTS:

- 1 pound brussel sprouts
- 1/3 cup of Walden Farms Maple Syrup
- 1-2 tablespoons of Olive Oil
- 1 Tsp Sea Salt
- 1/4 tsp black pepper

DIRECTIONS:

- Bring a pot of water and 1 tsp of salt to a boil.
- Trim the outermost leaves from the brussel sprouts and drop them in boiling water until fork tender.
- Drain then and drop in cold water to shock and cool. Cut brussel sprouts in half.
- Add olive oil to saute pan and warm. Add brussel sprouts and then drizzle Walden Farms Maple Syrup over the sprouts.
- Season with salt and pepper before serving

MASHED CAULIFLOWER

INGREDIENTS:

- 1 head of fresh cauliflower
- Onion Powder
- Garlic powder
- Sea Salt to taste
- chicken boullion powder to taste
- chive or parsley for garnish

DIRECTIONS:

- Steam or boil cauliflower until it is very soft. Drain the water and add your preferred seasonings. Mash well, garnish with parsley or chives and serve steaming hot.
- **Variation:** Combine a Packet of Ideal Protein Chicken or Leek Soup in with the Cauliflower for a complete meal!

CAULIFLOWER SOUP

INGREDIENTS:

- 1 large head cauliflower – chopped
- 2 cloves garlic chopped
- 1/2 c green onion
- 3-4 cups water
- 1 cup of chicken broth
- salt and pepper to taste

DIRECTIONS:

- In a 5 quart saucepan sautee garlic and green onion in olive oil until softened. Add water and chicken broth.
- Cover and simmer until vegetables are tender (about 20 minutes.)
- Puree with an immersion blender or regular blender until smooth. Serve and enjoy! See optional garnish below.
- **Optional Garnish:** Save some of the cauliflower crumbles and brown in a little bit of olive oil. Put on top of soup before serving. You can also add chopped chives or black pepper.

HERB AND GARLIC DINNER ROLLS

INGREDIENTS:

- 1 Ideal Protein Potato Puree Packet
- 2 egg whites
- 1/2 tsp baking powder
- 1/8 tsp baking soda
- 1/4 tsp fresh rosemary
- 1/4 tsp fresh chopped chives
- 1/4 tsp garlic minced

DIRECTIONS:

- Preheat oven to 350 degrees.
- Whip eggs and add all ingredients.
- Spray a muffin tin with olive oil spray and pour mixture half way full in 5 tins.
- Bake in oven 8-10 minutes.

IDEAL STUFFING

INGREDIENTS:

- 1 Ideal Protein Southwest Cheese Curl Packet
- 1 cup of chopped celery
- 1/4 teaspoon of baking powder
- 1 tsp of olive oil
- 1/2 cup of chopped green onions
- 1/2 tsp poultry seasoning
- 1/4 tsp paprika
- 1/4 tsp sea salt
- 1/4 cup of low sodium fat free chicken broth
- 1 pinch of thyme
- 1 pinch of basil
- 1 pinch of garlic powder

DIRECTIONS:

- Sautee celery in olive oil.
- Add the poultry seasoning, salt, pepper to taste, onions, thyme, basil, garlic and paprika. Stir well.
- Stir in Ideal protein Southwest Cheese Curls until coated evenly.
- Add chicken broth to moisten stuffing.
- Let Cheese Curls soak up broth.
- Bake in a Pyrex or casserole dish at 350 for 10-15 minutes. Cool and serve!
- You can add additional vegetables to the recipe including zucchini and mushrooms!

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
- Walden Farms Caramel Syrup if desired

Directions:

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.
4. If making just the apples, lightly spray a glass pie pan with cooking spray. Lay down the zucchini pies like a pie. Drizzle over the top any extra lemon juice.
5. Bake in oven at 400 degrees F (205 degrees C) for 15-30 minutes until done. (taste at 15 min. Less time is crisp apple. More time is soft apple)
6. Top with Walden Farms Caramel Syrup if desired.

Make your own apple pie spice:

- 1/2 teaspoon ground cinnamon
- 1/4 teaspoons ground nutmeg
- 1/8 teaspoon ground allspice
- 1/8 teaspoon finely ground cardamom

DESSERTS

PUMPKIN PIE TARTS

INGREDIENTS:

- 1 Packet IP Crispy Cereal, crushed
- 1 Packet IP Maple Oatmeal
- 1 egg white
- 1 whole egg
- 1 oz water
- 1 packet IP Vanilla Pudding
- 2 Tbsp pumpkin pie spice

DIRECTIONS:

- Preheat oven to 350. Lightly spray silicone or paper muffin liners with olive oil.
- In a bowl mix Crispy Cereal, Maple Oatmeal, egg white and 1 oz of water. Moisten finger tips and form 2+ tsp dough balls. Press balls into liners forming little cups. Bake 5-10 minutes or just until brown.
- Prepare Vanilla IP pudding with 4 oz of water. Mix in 2 tsp of pumpkin pie spice and one egg. Mix until smooth. Pour into shells and put back in oven. Bake approximately 15 mins or when they stop jiggling and are slightly brown on top.
- Chill in refrigerator for at least one hour. Top with Walden Farm's Marshmallow Cream if desired.

PUMPKIN SPICE LATTE

INGREDIENTS:

- 1 Ideal Protein Vanilla Ready Made Drink
- Dash of pumpkin pie spice
- Sugar Free pumpkin pie flavored syrup
- 6-8 ounces of brewed coffee

DIRECTIONS:

- Fill mug with desired amount of coffee. If you prefer a coffee free treat then omit coffee.
- Frother Directions: If you want to get fancy you can use a milk frother. Pour ready made in frother and add a dash of the pumpkin pie spice and a small shot of sugar free flavored syrup! Froth until it reaches desired temperature and froth. Pour on top of coffee and garnish with pumpkin pie spice!
- If you don't have a frother, you can mix vanilla ready made directly with coffee and stir in pumpkin pie spice a flavored syrup. Warm in microwave if necessary!

PUMPKIN CARAMEL MUG CAKE

Ingredients:

1 IP pancake mix, dry
2 T. Walden Farms caramel syrup
¼ tsp. pumpkin pie spice
1 T. + 1 tsp. water

Directions:

1. Place all ingredients in a standard size coffee mug; stir to mix.
2. Microwave 50 seconds, turn over onto a plate after baking. (You may need to run a knife around the edges of the cake to loosen from the mug, no need for cooking spray.)
3. Serve drizzled with Walden Farms pancake syrup or more caramel syrup.

Servings: 1 unrestricted

TIP: This is a very good mug cake, they are challenging to make w/o getting dry and tough. Having said that, eat this cake as soon as you take it out of the microwave as it will begin to get dry and tough over time.

PUMPKIN BREAD

INGREDIENTS:

1 IDEAL PROTEIN CRISPY CEREAL
2 EGG WHITES
½ TEASPOON BAKING POWDER
1 PACKET SPLENDA OR STEVIA

PUMPKIN SPICE TO TASTE (BE SURE IT DOESN'T CONTAIN SUGAR)

DIRECTIONS:

PREHEAT OVEN TO 350°. BEAT THE EGG WHITES IN A BOWL. CRUSH THE CEREAL AND BEAT IN WITH THE EGG WHITES. ADD PUMPKIN SPICE, SPLENDA OR STEVIA AND BAKING POWDER. WAIT ABOUT 2 MINUTES TO ALLOW THE BAKING POWDER TO WORK. THEN MIX WELL UNTIL IT FORMS A BATTER. SPRAY A PIE PLATE WITH NON-STICKING COOKING SPRAY AND SPREAD BATTER EVENLY. BAKE IN THE OVEN FOR 12-15 MINUTES OR UNTIL GOLDEN BROWN.

MERINGUE COOKIES

(makes 1 dozen)

Ingredients:

2 egg whites
1/8 teaspoon cream of tartar
1/2 teaspoon vanilla extract
1/2 cup baking Splenda

Directions:

Preheat oven to 300 degrees F (150 degrees C). Combine egg whites, cream of tartar, and vanilla. Beat until the whites form soft peaks. Slowly add splenda; beat until stiff-peaks form, and mixture becomes glossy. Drop mixture by teaspoonfuls on to a greased cookie sheet. Bake for 20 minutes.