

# *Ideal Weight*

LLC



## **Delicious Recipes for any Phase!**

### **Oatmeal Zucchini Muffins**

1 package of IP Maple Oatmeal  
1 egg - beaten  
1/2 tsp baking powder  
Pinch of sea salt  
1 packet of Stevia  
1-1/2 tsp cinnamon  
1/2-3/4 of small zucchini finely grated (squeeze out excess juice)  
2-3 oz water

Beat the egg in a bowl. Add Maple Oatmeal, baking powder, sea salt, Stevia, cinnamon, and zucchini. Mix and gradually add water until you have a good batter. Bake at 385°F (200°C) for 20 minutes. Makes 3 regular muffins or 12-bite size.

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### **Cinnamon Maple Oatmeal Muffins**

(Makes 4 muffins - 2 Ideal Weight Diet meals)

1 package IP Plain Pancake  
1 package IP Maple Oatmeal  
1/4 tsp baking soda  
1/4 tsp baking powder  
1/4 tsp cinnamon  
Pinch salt  
1 package Stevia  
1 egg white  
3-4 oz water

Preheat oven to 350°F (175°C). Mix dry ingredients together. Combine wet ingredients and add to dry ingredients. Mix until batter is smooth. Fill 4 non-stick muffin tins approximately 2/3 full. There should be enough batter for 4 muffins (2 Ideal Weigh meals). Bake for 15-20 minutes. These are delicious served warm from the oven with a little bit of Walden Farms sugar-free syrup for dipping! Yummy!

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### **Ideal Weight Fruit Smoothie**

1 packet of IP Peach Mango Drink  
1 packet of IP Wildberry Yogurt Drink  
Ice and Water

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

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### **"Pigs" in a Blanket**

Slice 1 piece of pork or steak into 1" strips and fry with mushrooms and peppers (strips). Mix one package of IP Plain crepe and combine in a blender with garlic, sea salt, pepper and fresh dill. Pour in ice cream scoop size on a pan (makes 5-6) and bake at 350°F for 10 minutes and remove from oven. Using a spatula flip each piece, place strip of meat, mushrooms, and peppers in the middle and fold in sides. Hold with a toothpick and place back in oven for 5 minutes. Add other veggies if you wish. Enjoy!

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### **Strawberry Shortcake**

Mix 1 pack of IP Maple Oatmeal with water, 1 egg, and 1 tsp of baking powder. Separate into 6 muffin cups (a silicone pan works best) and bake for 10 minutes. Break apart in to bite size pieces and place in 2 bowls (makes 2 treats). Top with topping (below).

Topping:

Mix 1 package of IP Vanilla Pudding with water and 1/2 a package of sugar-free strawberry Jell-O flavor. Mix until smooth. Tastes best if pudding with Jell-O sits in the fridge overnight.

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### **Mini Seasoned Flatbread (Makes approx 30 mini flatbread)**

1 package of IP plain crepe  
6 oz of water  
1 tbsp of dried or fresh dill  
1/2 tsp of sea salt  
1 tsp of cayenne pepper (optional)

Preheat oven to 350°F. Mix all ingredients together in a shaker to blend perfectly. Shake often to keep a consistent mixture. Use a nonstick muffin pan and add 1 tsp of mixture in each cup. Cook in oven for 12 - 15 min. or until cooked & crispy. For thicker mini flatbreads use 1 tbsp. Top with IP vegetable chili, beef stew, or spaghetti. Could also be used to replace chip cravings if really crispy.

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### **Chocolate Dip: (IP Cocoa)**

1 packet of IP Cocoa Drink  
40-60 ml of water (just enough to mix powder)

Shake cocoa mixture in small Mason Jar. (Do not use warm water). Mixture will be very thick and some powder may stick to sides of jar. Let stand in fridge until flatbread is finished

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### **Wafers: (IP Plain Crepe)**

1 packet of IP Plain Crepe

2.5 oz. of water  
Cinnamon

Mix plain crepe with water until medium thick consistency. Preheat toaster oven/oven to 350°F. Take small shallow pan and place parchment paper on pan; spray a very light amount of Olive Oil Spray over paper. Lightly sprinkle cinnamon over paper and pour flatbread onto parchment paper and leave in oven for 12-15 min. Remove from oven and slice into 2" squares.

Take the cut pieces of Flatbread, spread with Cocoa mixture. Place Walden Farms marshmallow cream over chocolate covered piece. YUMMY! Enjoy!

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### **Cinnamon Bun Pancake**

1 pkg. IP Plain Crepe  
Cinnamon and Stevia to taste  
1 pkg. IP Vanilla Pudding

Make up a package of the IP Plain Crepe, using enough water to make it slightly runny. Spoon into a nonstick skillet. Sprinkle the top with a mixture of cinnamon and Stevia (amount depends on how much you like cinnamon!) Make up the vanilla pudding with extra water, (and possible an extra dash of Stevia) so it's runny enough to pour, but not too thin. Pour over the pancake. If you miss cinnamon buns, this really is yummy!

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### **Smashed Zucchini Paste**

2 - 4 servings

This is really good stuffed inside the IP Plain Crepe! Or you can cook the IP leek, chicken, or mushroom soup by pan frying it flat in a nonstick pan then baking it in the oven. Delicious!

2 tbsp olive oil  
1 clove of garlic, finely chopped  
1 small dried red chili, crumbled  
3-4 small zucchini, unevenly sliced  
sea salt and ground black pepper to taste  
1/4 cup of fresh mint, chopped  
juice of 1 lemon

Put 1/2 (1 tbsp) the olive oil in a non-stick pan and fry your garlic and chilies for a couple of minutes. Throw in the zucchini and stir them around to coat. Turn the heat down slightly and put a lid on the pan. Give the pan a shake and stir every 5 minutes for 35 minutes. This will prevent the zucchini from sticking and the lid will ensure that there is moisture in the pan. When the zucchini is really soft with some chunky pieces and the rest almost pulped, remove from the heat and taste. Season accordingly. At this point add the rest of the olive oil to loosen. Add your chopped mint and lemon juice.

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## **Shrimp - Salty and Spicy style**

6-8 servings

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, 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. Fantastic!

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## **The best crunchiest salad - Thai style**

Bean, Alfalfa or Brussels sprouts  
Finely sliced green and red peppers  
Baby spinach  
Finely sliced and seeded red or green chilies  
Arugula  
Sliced scallions  
Peeled, seeded and sliced cucumbers  
Finely sliced Nappa or Red and Savoy cabbage  
snow peas  
Mint, basil and coriander (cilantro)  
Any combination of the above ingredients are great, or anything else you fancy that goes in a nice crunchy salad. Toss together with the Thai dressing (see below).

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## **Thai Dressing**

This will dress many a salad.

4 tbsp fresh lime juice  
3 tbsp olive oil  
1 tbsp sesame seed oil  
1 tbsp light soy sauce  
a good pinch of Stevia  
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

Mix all together and pour over the above Thai style salad.

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### **Mustard and Vinegar Salad Dressing**

This will dress many a salad

6 tbsp olive oil  
2 tbsp Dijon mustard (Walden Farms honey Dijon works too)  
2 tbsp white or apple cider vinegar  
1 level tsp sea salt  
1 level tsp freshly ground black pepper

Put all ingredients in a jam jar. Shake like mad and dress your salad with 1 - 1 1/2 tbsp. Delicious! My mouth is watering just thinking about it. This will keep in the fridge for about a week or so.

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### **Olive Oil and Lemon Juice Dressing**

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 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. This one is my favorite!

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### **Endive with thyme, garlic and olive oil**

4 servings

4 Belgium endives  
3 good glugs 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 degrees F. Remove any discolored outer leaves from the Belgium endive if need be. Cut in half lengthwise, 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.

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## **Baked mushrooms studded with garlic, rubbed with olive oil and pounded thyme**

4 servings

1/3 cup of fresh thyme, leaves picked from stems  
a pinch of dried chili  
2 cloves of garlic, peeled and finely sliced  
juice of 1 lemon  
6 good glugs of extra virgin olive oil  
4-8 large flat field mushrooms (such as crimini, portobello and shitake)  
sea salt and freshly ground black pepper

Preheat the oven to 425 degrees F. Pound your thyme, chili and a little of the garlic in a shaker. Squeeze in the lemon juice and add the olive oil. With your hand or a brush, rub the mushrooms all over with this mixture. Make sure all the flavored oil is used up. Tightly pack the mushrooms together, bottom side up, in an ovenproof dish or roasting pan, and with a knife make 2-3 slits randomly over each mushroom. Insert a slice of the remaining garlic into each slit. Dot some olive oil over the mushrooms, season and bake for around 15-25 minutes - cooking time depends on the size of the mushrooms. Cook until they are soft, slightly colored and juicy. Taste one to see, continue cooking if need be. You can also use these as a topping to your favorite salad.

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## **Garlic Aioli**

8 servings

Aioli is a French sauce made by mixing lemon, eggs, garlic, and olive oil into a smooth, creamy mixture resembling mayonnaise. It originates from Provençal cuisine, where it is served with meat, fish, and vegetables, and the distinctive garlicky sauce has also been adopted by other nations to add zest to otherwise ordinary foods. If you love garlic and you miss mayo, you will love this!

1 clove of garlic, peeled  
1 tsp sea salt  
1 large egg yolk or 1 large egg white  
1 tsp Ideal Weigh approved Dijon mustard  
1 cup extra virgin olive oil  
approx. 1 cup olive oil  
lemon juice to taste  
sea salt and freshly ground black pepper

Smash up or finely chop the garlic and mix with the salt. Place the egg yolk 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.

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## **Cinnamon Clove Pancake**

Using 1 packet of IP Plain Crepe add:

1/4 tsp baking powder  
1-2 tbsp Stevia depending on your taste  
1/2 tsp cinnamon or 2 shakes  
1/4 tsp of crushed cloves (crush with back of spoon) for more bite, don't crush as much

Stir dry ingredients together and add enough water to make a pancake batter - not too runny. Even the batter tastes good! Add a dash of vanilla. Heat a non stick pan, add a bit of oil and cook on medium heat until golden on both sides. Serve hot with a tbsp of Walden Farms sugar-free syrup.

It's delicious! It feels like Christmas! The clove flavor lingers in your mouth long after you're done! You can also make it into little pancakes and dip in syrup. The next best thing to hot cookies!

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## **Breaded Zucchini**

Using 1/4 pack of the IP Plain Crepe, dry mix (for one serving or a whole package for 4 servings). Add sea salt and garlic powder (hot spice optional). Wash and cube zucchini and add to dry mix and shake, meanwhile heat nonstick pan with a bit of garlic flavored olive oil, add zucchini and cook until golden careful not to burn. You'll feel like you are eating pub food, delicious!

Dip in IP chicken, mushroom, or leek soup! Can be made ahead and then reheated in hot pan or broiler, also good for eggplant, fish or chicken you can vary your spices. Enjoy!

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## **Oatmeal Wildberry Muffins**

Grease a mini muffin pan with oil and mix 1 pack IP Maple Oatmeal with 1/4 teaspoon of baking powder. Add 1 pack of IP Wildberry Yogurt, add 1 beaten egg, and add 1/4 cup of water or until muffin consistency mix carefully. Spoon into pan until 3/4 full then bake at 350°F until golden brown for about 10 minutes.

Eat alone and get bursts of berry in your mouth, or use a IP Vanilla Pudding or Walden Farms jam for a topping. Kids love them especially if they get to help! Cheaper than easy bake oven foods and better for you! Makes 6 small muffins, the whole tray would be 1 treat (2 protein or 3 if you have icing). So, if you ate 2 at a time it would be 1/3 of a treat.

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## **Ideal Weight Chocolate Pudding Rolls**

Add enough water to the IP Chocolate Pancake for pancake consistency. You will want it to be a bit runny to create a thin pancake (crepe). Cook on both sides. Let cool. Meanwhile, mix IP pudding flavor of your choice. Once pancake is cool, spread a layer of IP pudding over top. Take short end of pancake and roll it up, like a "jelly roll." You can enjoy it right away or, wrap with saran wrap. This will hold the shape until you are ready to eat it.

For entertaining, once the roll has taken shape, you can cut it into small pieces (finger food) and place on a lovely platter. Your guests will love them and you can tell them they won't gain an ounce!

Special Topping: Add just enough water to the IP Cocoa Drink to make a thick "sauce." Drizzle over Ideal Weigh Chocolate Pudding Rolls!

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### **Ideal Weight Lemon Meringue**

Mix one cup of boiling water for one package of Lemon Sugar-Free Jello. Mix one cup of cold water with the IP Vanilla Pudding. Once pudding is mixed, add it to the hot Jello. 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 is great with cherry, strawberry, and raspberry! There are a lot of yummy possibilities! Butterscotch Pudding is great with Orange Sugar-Free Jello.

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### **Ideal Weight Lemon Meringue "Pie"**

Mix IP Lemon Meringue as above, but allow it to set just enough so that it isn't "runny." For a "pie" - mix IP Maple Oatmeal with just enough water to make a 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 Weigh Diet meals!

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### **Portobello Burgers**

2 Portobello mushrooms around the same size  
Lean ground hamburger  
Your favorite spice  
Walden Farms Ketchup  
Mustard  
Lettuce  
Veggie cheese

Take the stems off your mushrooms and clean them. Brush with olive oil and fresh garlic. Grill mushrooms. Take lean ground beef and add spices that are low sodium and low carb. I use a lot of pepper but use whatever you prefer. Mix your spices and hamburger together. Make patties 5 ounces each and grill either on the barbecue or in the oven. I use an indoor grill so the fat drains off. Take your mushrooms and pat them with paper towel so they aren't so moist. Put one slice of cheese on patties and put the burger in between two mushrooms and voila you have a burger and no bread.

You can dress the burger with Walden Farms ketchup. You can also use mustard which is low in sodium, carbs and fat. The superstore also carries veggie cheese which has one carb per slice and you would swear it was real cheese. I recommend having asparagus with this meal. It feels like fries and burgers but so very healthy for you! This is a really good and satisfying meal.

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## Raspberry Cream

- 1 IP Raspberry Gelatin packet
- 1 IP Wildberry Drink packet
- 10 oz warm water

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

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## Ideal Weight Raspberry Jam

1. Make one package of IP Raspberry Gelatin as shown on instructions and let it set.
2. Once set, remove from container and place in a medium sized mixing bowl.
3. Add the following ingredients to the prepared Raspberry Gelatin:

- ½ tsp cinnamon
- 3 tbsp IP Peach Mango Drink (already prepared)

1. Cut up the gelatin and add the cinnamon.
  2. Add the prepared Peach Mango Drink.
  3. Sprinkle in the cinnamon.
  4. Blend well and serve over a muffin (or toast in Stage 4).
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## Crispy Crumble Delight

This is a great tasting treat!

1. Prepare 1 package of IP Chocolate Pudding. Set aside.
2. Prepare 1 package of IP Butterscotch Pudding. Set aside.
3. Cut up 1 Chocolate & Raspberry Crunch Bar and crumble well.
4. Cut up 1 Caramel Nut Bar and crumble well.
5. 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.

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## Vanilla Cappuccino Dessert

1. Prepare 1 package of IP Vanilla Pudding. Set aside.
  2. Crumble 1 Vanilla Nut Bar and mix into the pudding.
  3. Stir in ½ package of unprepared IP Cappuccino Drink powder.
  4. Place in 2 dessert bowls and sprinkle with cinnamon and 2 tsp of IP Cocoa Drink.
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## Mandarin Chicken Balls

Prepare 1 package of IP Orange Pancake according to the instructions.

1. Cut up 1 chicken breast into medium sized cubes.
2. Cook chicken in olive oil until cooked thoroughly.
3. Roll each chicken piece in the pancake batter until completely covered.
4. Return chicken to the skillet to cook batter around the chicken.

Top with Sweet ~N~ Sour Catechin sauce and serve with your favorite veggies (or brown rice if you are on stage 4).

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## Sheppard's Pie

1. Cook one whole cauliflower until soft enough to mash.
  2. Make 1 package of your favorite IP soup with only 100 ml of water.
  3. Pour soup over cauliflower and blend or mash really well. Set aside.
  4. In a skillet, brown 1 lb. of lean ground beef. Add the following:
    - 3 garlic cloves
    - 1/2 cup of leeks
    - 1/2 tsp sea salt
    - 1 tsp rosemary
    - 3 medium, fresh tomatoes - diced
  5. Cook hamburger mixture until brown.
  6. Place hamburger mixture in the bottom of a baking pan or a casserole dish and press down firmly.
  7. Place cauliflower mixture on top of the hamburger mixture and press down firmly.
  8. Bake in the oven for 20 minutes.
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## Ideal Weight Breakfast Burritos for Four

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

### STEP 1:

Make one package of the IP Orange Pancake. 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 IP Fine Herbs Omelet. Add your favorite veggies. Here are some ideas:

- 2 mushrooms
- 1 stalk of celery
- ¼ of a red or 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 pancake 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 pancake 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.

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## Paula's Creamy Caesar Dressing

- 1 egg
- 2 large cloves garlic (crushed)
- 2 tbsp lemon juice
- 1 tbsp Worcestershire sauce
- 1 cup oil (grape seed oil)
- Pepper to taste (a couple shakes)

Put all ingredients (except oil) in blender. Begin to pour oil in slowly and turn on blender. Continue pouring oil in slowly while blending until complete. Keep in refrigerator. Use 1 tbsp on salad or as a dip for vegetables.

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## Life with Ideal Weight Chocolate

Make a IP Chocolate Pancake, cut into pieces and put in a bowl or dish. Make a IP Chocolate Pudding and spread on top of the pancakes. Make a IP Vanilla Pudding and spread on top of the chocolate pudding. Cut up a half of a Caramel Nut Bar into small pieces and sprinkle on top. Divide into 4. It makes 4 Ideal Weight meals or snacks. On stage 3 or 4, you can replace the Vanilla Pudding with some low-fat Coolwhip. Real tasty dessert!

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## Chocolate Mocha Pudding

1 packet of IP Chocolate Pudding  
5 oz. of chilled coffee

Blend normally. You can make a little extra coffee every morning to refrigerate for this snack at night.

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## Decadent Pudding

Stir two or three teaspoons of IP Cappuccino Drink into the normal IP Chocolate Pudding to get a wonderfully rich mocha flavor found in finer chocolates. It tastes as close to a candy bar as Ideal Weight dieters can get without cheating.

You can also stir two or three teaspoons of the IP Cappuccino Drink into the IP Vanilla Pudding recipe to add a rich mocha "twist".

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## Mango Sunrise

Mix the IP Raspberry Jello 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!

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## Raspberry Dash Salad Dressing

½ teaspoon of IP Raspberry Jello  
½ teaspoon of Mrs. Dash "Garlic and Herb" Salt-Free Seasoning Blend  
1 tablespoon of your favorite olive oil

Stir together the Raspberry Jello and the "Garlic and Herb" Seasoning. Drizzle the olive oil over a salad and toss. Now toss and sprinkle in the combined Raspberry Dash dressing and enjoy! (I keep a premixed dressing shaker with me to take into restaurants.)

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!)

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## Tarragon Drizzle

2/3 c of olive oil  
1/3 c of cider vinegar  
2 tbsp of Dijon mustard  
2 tbsp fresh tarragon chopped up  
2 tbsp chopped fresh green onions or shallots  
sea salt  
fresh pepper

Put in a glass jar and shake! It lasts for a few days but do not refrigerate. Use on hot veggies or salad. For a sweeter variation add Stevia (make sure to measure everything out accordingly) Delicious! It's especially good on green beans or broccoli.

## A Great Veggie Omelet

First take some celery, scallions, broccoli, and sauté them in a non stick pan until they are at the desired consistency and when almost done, add some fresh mushrooms. Then add some tomato but don't cook the tomato too long. When this mixture is done, add some garlic powder, onion powder and then put a little Walden Farms balsamic dressing in it (you can leave this out but it gives it a better flavor.) Then add some raw onions and put it aside for now.

Then add hot water (10 ounces) to a blender and add the IP Fine Herb and Cheese Omelet packet. Add garlic powder (1 tablespoon), onion powder (2 tablespoon), minced onions (3 tablespoons), and baking powder (1 big teaspoon), 1 packet of Stevia and blend for a minute.

Take some spray olive oil and spray a little on a non stick pan and cook it covered on medium heat on one side and then flip it over and cook it on the other side and wow, you'll have made a huge omelet.

Then take the veggies and put them on top of the omelet. Fold it over and enjoy a huge and delicious tasting veggie omelet.

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## Salad Sauce for 1

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

About a tablespoon of cider vinegar  
2 pkgs Stevia  
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. Very tasty

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## Chocolate Raspberry Dessert

Prepare one IP Chocolate Pancake in the oven as directed. Remove from oven and let cool. Poke holes in cake with a fork. Mix up a IP Raspberry Jelly as directed and pour it into the holes. Place in the refrigerator until set. Mmmmm good!

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## **Ideal Weight Ice Cream Malted**

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

1 Packet IP Cocoa Drink  
1 ounce skim milk  
1 cup Stevia  
2 tablespoons Walden Farms Chocolate Syrup  
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 IP Cocoa Drink. Put the blender on high speed and start gradually adding the ice cubes until your malted gets really, really thick.

YUMYYYYYYY ICE CREAM MALTED!!!!

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## **Chicken Chow Mein**

Steam 2 cups of chicken (leg or breast) and then add sea salt and pepper or any spices you like.

Steam 4 cups of vegetables till crunchy then add sea salt and pepper, broccoli, celery, onion or green onion, cabbage or bok choy, bean sprouts and zucchini. Then add all of this to the chicken.

Then mix up a packet of any IP soup and add to above mixture. Divide into 2 meals. Now you also have a cooked meal for tomorrow. Since this has only half a packet of soup mixture per serving you can also have a half packet of pudding or a couple of muffins with your dinner.

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## **Zucchini pancakes**

1 IP Maple Oatmeal packet  
2-3 egg whites  
2 small to medium zucchinis - shredded  
salt and pepper to taste  
onion/garlic (optional)

Combine and cook like pancakes. Pretty tasty!

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## Chinese Pancakes

IP Fine Herb & Cheese Omelet packet  
Favorite veggies (Bok Choy, Broccoli, Cabbage, zucchini, etc)  
1 clove garlic  
1 inch piece ginger, grated  
Fennel seed  
Soy bean sprouts  
Pre-cooked salad shrimp  
Tamari sauce

Chop and combine veggies, ginger and shrimp in a ziploc steamer bag, steam for a minute or two.

Prepare Omelet packet and either:

add garlic to pan and make very thin, crepe-like omelets, spoon the veggies onto, roll, and drizzle with tamari

or

(best if you have omelet rings) put steamed veggies into a bowl, add the Omelet mixture (may need to add a few egg whites), lightly sauté the garlic, and add mixture, (all of it if cooking for 1, or may divide into smaller, pancake-size portions (if you have omelet rings as mentioned). Drizzle with Tamari.

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## BBQ Chicken a la Jean-Guy

6 boneless skinless chicken breasts  
3 tbsp Dijon or Creole mustard  
2 packets of Stevia  
1 tsp Paul Prudhome's Blackened Steak Magic  
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.

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### **Pig Candy Variation**

3 pork tenderloins cut into  $\frac{3}{4}$  " slices  
2 tbsp Cider Vinegar  
2 packets of Stevia  
1 tsp Paul Prudhome's Blackened Steak Magic  
 $\frac{1}{4}$  tsp poultry seasoning  
 $\frac{1}{4}$  tsp nutmeg  
1 tsp olive or grape seed oil  
 $\frac{1}{4}$  tsp natural sea salt  
 $\frac{1}{2}$  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 I call it "Pig Candy."

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### **Veggie Variation**

$\frac{3}{4}$  " slices of Zucchini, fennel bulb, portobello mushrooms  
Whole white button mushrooms or 2" squares of green pepper  
1 tbsp cider vinegar  
2 packets of Stevia  
1 tsp Paul Prudhome's Vegetable Magic  
1- $\frac{1}{2}$  tsp olive or grape seed oil  
 $\frac{1}{4}$  tsp natural sea salt  
 $\frac{1}{2}$  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 veggies and massage the spice mix into and all over the slices and let sit in the bag. Fire up the BBQ on medium to medium-high so that veggies will get good grill marks when they are placed on the grill. Seriously yummy! Great to add to hot and cold salads.

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## IP Key Lime Tarts

Yield: Yield: approx. 6 tarts or 2 IP protein food portions

4 + 1 packets of True Lime flavoring (approx. 1 level teaspoon)  
A little Stevia to taste  
1 packet of IP Vanilla Pudding  
1 packet of IP 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 to taste. The taste should be sweet but tart. Add the contents of one IP 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 IP 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 fat-free 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 your 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 tiny slice of paper-thin slice of fresh lime.

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## Stuffed Chili Peppers

Yield: 1 IP portion

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

**Phase IV Variations:** Add cooked lentils or red kidney beans and/or cooked ground white poultry meat.

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## Taco Salad

Yield: 1 IP portion

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

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## Chili Biscuits, Chili Pizza, Chili Tostadas and Chili Pakoras

*Very satisfying when you want something to chew that is savory, not sweet. Let your imagination run wild with different herbs. Form the 'dough' into tiny biscuits the size of little nuggets: great for snacks during a movie or a game.*

### Chili Biscuits

Yield: 4 biscuits, equivalent to 2 IP food portions

- 1 IP Maple Oatmeal (preferably sweetened)
- 1 IP Vegetable Chili
- ¼ teaspoon baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- ¼ teaspoon of dried Italian herbs (basil, oregano, marjoram, garlic, etc.)

Preheat the oven at 350° F. Blend all ingredients together until the water is absorbed and all the dry ingredients are equally distributed. Spoon mixture onto a non-stick baking sheet into four (4) mounds, at least two inches apart. Bake at 350° F for 22 minutes. Test the biscuits with a toothpick to make sure they are not too moist. Remove from the oven and cool. These biscuits are very chewy, moist not dry, surprisingly filling and oh, so delicious!

**Variations:** Experiment with other spices for different tastes and aromas.

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### Chili Pizza

Yield: 2 medium pizzas, equivalent to 2 IP food portions

- 1 IP Maple Oatmeal
- 1 IP Vegetable Chili
- ¼ teaspoon baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- ¼ teaspoon of dried Italian herbs (basil, oregano, marjoram, hot peppers, garlic)
- Fresh garlic
- Select vegetables, sliced thin

Preheat the oven at 350° F. Blend the contents of the oatmeal and the chili together with the baking powder, baking soda, hot water, virgin olive oil and dried herbs until the water is absorbed and all the dry ingredients are equally distributed. Rub fresh garlic directly onto a non-stick baking sheet. Spoon mixture into two pizza rounds and flatten out. Bake at 350° F for 15 minutes. Remove from the oven. Garnish with thinly sliced mushrooms, eggplant, green peppers or any other vegetables of your choice from the select vegetable list. Return to the oven or broiler, just long enough to roast the vegetables to taste. Remove from the oven and enjoy!

**Stage IV variations:** Top with shredded low fat cheese and/or chicken.

## Chili Tostadas

Yield: 2 medium tostadas, equivalent to 2 IP food portions

- 1 IP Maple Oatmeal
- 1 IP Vegetable Chili
- ¼ teaspoon baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- ¼ teaspoon of dried Mexican herbs (coriander, basil, oregano, dried peppers, garlic and crushed cumin which gives it a nice 'smoky' flavor)
- Shredded lettuce
- 1 tablespoon fresh cilantro, shredded
- 1 tablespoon fresh tomatoes or fresh salsa
- Chopped onion (raw) or green onion
- Fresh lime

Preheat the oven at 350° F. Blend the contents of the oatmeal and chili together with the baking powder, baking soda, hot water, virgin olive oil and herbs together until all the water is absorbed and the dry ingredients are equally distributed. Rub fresh garlic directly onto a non-stick baking sheet. Spoon mixture into two (2) tostadas. Bake at 350° F for 15 minutes. Remove from the oven and garnish with shredded lettuce, 1 tablespoon of chopped fresh cilantro, 1 tablespoon of fresh or canned tomatoes, chopped onion or green onions. Sprinkle a splash of fresh lime and serve while still hot!

Stage IV variations: Top tostadas with chicken or beef strips, ceviche (a form of Mexican sushi 'cooked' in fresh lime juice), shrimp or lobster and plain low-fat yogurt in lieu of sour cream. Substitute lettuce for shredded cabbage and fresh shredded radish when making fish tostadas. Delicious!

## Chili Pakoras

- Yield: 4 biscuits, equivalent to 2 IP food portions
- 1 IP Maple Oatmeal
- 1 IP Vegetable Chili
- ¼ teaspoon baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- ¼ teaspoon of dried Indian herbs (chili peppers, cumin, turmeric, fenugreek, ginger, coriander, garam masala, coriander, mint, curries, etc.)
- Slightly cooked vegetables of your choice from the select list: cauliflower, mushrooms, zucchini, crushed garlic, etc.)

Preheat the oven at 350° F. Blend all ingredients together, even the vegetables, until a sort of dough is formed. Spoon four (4) pakoras onto the non-stick baking sheet. Bake in the oven for 25 minutes. Test with a toothpick to make sure they are not too moist. Remove from the oven and serve warm.

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## Creamy & Delicious Spinach Soup

- 1 bag of baby spinach, cleaned (any size)
- Sea salt
- Garlic powder, to taste
- Onion powder, to taste
- 1 tablespoon of dried dill weed, optional
- ½ to 1 packet of IP Leek soup or IP Chicken soup

Bring 3 cups of sea salted water to boil then turn off the heat. Immediately immerse the baby spinach in the water till completely wilted. Quickly drain the water from spinach and rinse under cold water to preserve the spinach's bright green color then squeeze all the excess water.

Make your IP soup as you would usually by adding hot water minus 2 ounces of water. Pour half or more of the hot soup mixture into a blender and add 1/2 of the cooked spinach. Add the seasonings. Blend well till smooth and creamy. Transfer the remaining spinach to a large soup bowl and cover with the warm spinach cream. Enjoy!

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## Ideal Weight Mashed 'Potatoes'

- 1 head of fresh cauliflower
- Onion powder
- Garlic powder
- Sea salt, to taste
- ½ to 1 packet of IP Leek soup, Chicken soup, or Mushroom soup

Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and ½ of any of the soup mixes, or more, to taste. Mash well and serve steaming hot.

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## Crockpot Meal

Equivalent to 3 IP foods

- 3 IP soups (Chicken and/or Leek and/or Mushroom)
- 30 oz of low-fat/low-sodium 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 IP soups of your choice. Blend until smooth. Pour into a crockpot. 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.

Note: This meal would count for a Phase I supper and a nighttime snack combined.

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## Chinese Broccoli Soup

Equivalent to 1 IP food. Yield: 4 portions

- 1 IP Leek Soup
- 4 cups of water
- chicken or vegetable broth cube or powder, to taste
- 1 head of Chinese broccoli
- Fresh ground pepper
- Fresh chopped chives

Boil water in a pot. Add salt. Blanch broccoli, bottoms down, in boiling water for one or two minute(s) only, for maximum taste and color (and greater enzyme goodness). Drain and immerse in ice cold water to preserve the bright green color. In a blender, pour 2 cups of cold water, the contents of one (1) IP Leek soup packet and the broccoli. Blend for one whole minute till smooth. Dissolve bouillon powder or cube in 2 cups of boiling water and add to broccoli soup. Serve hot or cold or as an aspic. Garnish with fresh ground pepper and chopped chives. Enjoy!

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## Dreamsicle

(Equivalent to 2 IP foods)

- 1 IP Peach Mango Drink
- 1 IP Vanilla Pudding
- Water and ice

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

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## Creamed Cabbage

(Equivalent to 2 IP foods. Yield: 2 generous servings)

Sauté garlic until lightly golden. Add shredded cabbage, enough for two generous servings. Cover and cook down over medium heat until the cabbage is tender and has deepened in color. Remove from heat.

Mix 1 envelop of IP Leek soup with 2/3 cup of water. Dissolve completely until smooth. Warm it up on the stove or in your microwave. Stir into the cabbage and serve at once, warm.

This is a great way to "cream" any of the veggies from the list of recommended vegetables. It would also be great with leeks.

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## Exotic Teahouse Chai Pudding

(Equivalent to 1 IP food. Yield: 1 serving)

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 IP 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.

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## Oatmeal Biscuits

(Equivalent to 2 IP foods. Yield: approx. 12 biscuits)

- 2 packets of IP Maple Oatmeal
- 1 large egg white
- 1-2 ounces of water

Beat egg then stir into oatmeal until mixed thoroughly. Add water to thin batter until spoonable – but not runny. Spoon onto non-stick baking sheet and bake about 10 minutes at 400°F (205°C) or until golden.

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## Gourmet Sandwich Pockets

(Equivalent to 1 IP food. Yield: 1 serving)

- 1 IP Orange Pancake
- 2 pinches salt
- 1/8 tsp dried basil
- 75 - 100 ml water



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

**Suggested filling:** Shredded lettuce, diced tomatoes, cucumber, slivered green peppers, etc.

**Toss filling with delicious dressing:**

- 1 tbsp olive oil
- 1 tbsp vinegar
- 1/2 tsp dried basil
- 1 clove of garlic

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

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## Vegetarian Florets

**(Equivalent to 1 IP food. Yield: 1 serving)**

- ½ cup of leeks sliced in thin circles
- ½ cup (125 ml) broccoli florets
- ½ cup (125 ml) cauliflower florets
- 1 small onion, chopped
- 1 IP Leek Soup



Sauté the leeks 2 to 3 minutes in a drizzle of olive oil over medium heat in a non-stick pan. Add the broccoli and cauliflower florets and continue to sauté 3 to 5 minutes. Mix the leek soup into a ½ cup of water, room temperature. Dissolve any lumps before adding to the vegetables. Simmer for 2 minutes and serve.

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## Yummy Cupcakes

**(Equivalent to 3 IP foods. Yield: 6 cupcakes)**

2 packets IP Chocolate Pancake

- 2 IP Chocolate pancake
- 1 IP Butterscotch Pudding
- 1 egg white
- ½ cup (125 ml) rolled oats (Stage IV variation only)



Mix the ingredients into a bowl with 1 cup of water. Bake for 20 minutes at 325°F (165°C).

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## ButterChoc Beauties

- 2 packets of IP Chocolate Pancake
- 1 packet IP Butterscotch Pudding
- ¼ cup (60 ml) rolled oats
- ½ tsp. (2.5 ml) baking powder
- 2 packets Stevia
- Pinch of sea salt
- Sprinkle of cinnamon
- 4 oz (125 ml) cold water
- 1 egg white
- ¼ tsp (60 ml) vanilla

Line muffin tin with wax paper. Mix dry ingredients, add water, egg white and vanilla. Bake at 350°F (175°C) for 20 minutes.

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## For a little variety, enjoy the IP packets with these delicious recipes:

### **Cocoa Drink:**

**Smoothie:** Place 6.5 oz. (200 ml) of ice cubes in a blender. Add 6 oz. (180 ml) of lactose free milk or cold water and one packet of IP Cocoa Drink. Blend until smooth.

### **Peach-Mango Drink:**

**Smoothie:** Place 6.5 oz. (200 ml) of ice cubes in a blender. Add 6 oz. (180 ml) of lactose free milk or very cold water and one packet of IP Peach-Mango Drink. Blend until smooth.

**Popsicle:** Pour 6.5 oz. (200 ml) of water into a shaker. Add one packet of IP Peach-Mango Drink and shake until completely dissolved. Place in the freezer until frozen. Put more or less water depending on how sweet you prefer the popsicles.

### **Chocolate Cake:**

**Pancake:** Pour one egg white and 1 oz. (30 ml) of cold water into a shaker and shake well. Add one packet of IP Chocolate Pancake mix and shake well until completely dissolved. In a non-stick frying pan, cook on medium for about 30 seconds on each side or desired texture. Top with IP or Walden Farms sugar-free syrup or your choice of IP Pudding.

### **Butterscotch or Chocolate Pudding:**

**Smooth, delicious drink:** Pour 10 oz. (300 ml) of very cold water into a shaker and add one packet of IP Butterscotch Pudding or Chocolate Pudding. Shake well until completely dissolved and enjoy a scrumptious shake.

**Ice cream:** Pour 5 oz. (150 ml) of cold water into a shaker. Add one packet of IP Butterscotch, Chocolate, Lemon, Banana, or Vanilla pudding. Seal the shaker tightly and shake well until completely dissolved. Place the shaker in the freezer for 30 minutes or until desired texture.

### **Chicken, Mushroom, or Leek Soup:**

**Sauce:** Pour 6.5 oz. (200 ml) of hot (not boiling) water into a bowl. Add one packet of IP Chicken, Leek, or Mushroom 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.