

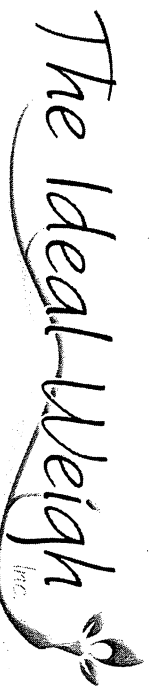


Chocolate Peanut Butter Smoothie

- 1/4 C coffee (*I use left over cool coffee*)
- 8 ice cubes
- 2 Tbl Walden Farms Peanut Butter
- 2 packets Stevia
- 1 Ideal Protein Chocolate Premix

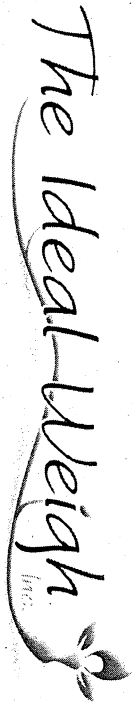
Blend in Bullet (or blender).
Yum Yum!

Dee Boos / Jenna Van Veldhuizen



Quick Stir-Fry

Saute minced garlic and ginger with coconut oil until fragrant.
Add vegetables and soy sauce and cook until crisp tender.
Top with cooked chicken or beef for a hearty dinner.

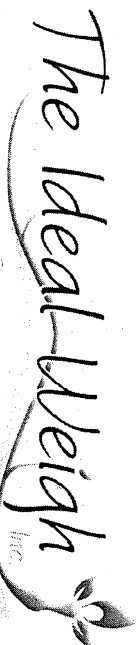


Teriyaki Dressing

- 1/4 C apple cider vinegar
- 1 Tbs water
- 3/4 C olive oil
- 1 Tbs plus 1/2 tsp soy sauce
- 1 Tbs plus 1/2 tsp Stevia

Shake/mix together. Makes several servings. Phase 1,
2, 3 limited to 2T per day. Enjoy.

Jenna Van Veldhuizen

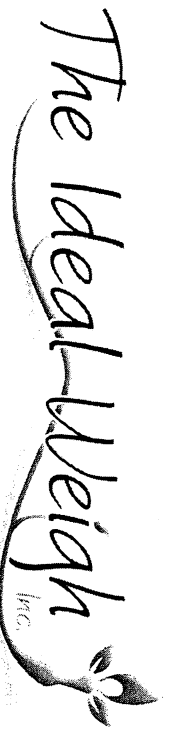


Karamel Kat *(by Katherine Narigon)*

- 1/4 C ice
- 1 T Walden Farms Caramel Dip
- 1 Ideal Weigh Vanilla Drink (cold)
- 1/4 C Coffee (preferably cold)

Blend and Enjoy!
Variation: cut up and add a protein bar

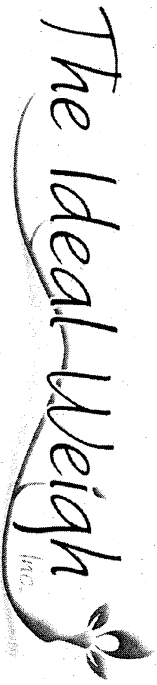
One of our favorite treats here in the office



Broccoli Cauliflower Salad

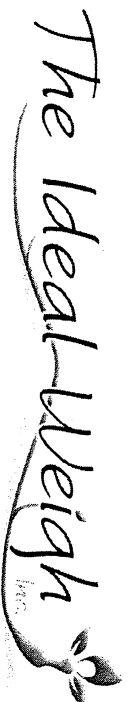
- | | |
|---|--------------------------------------|
| 1 head of cauliflower | Dressing for the Salad: |
| 1-2 heads of broccoli | 1/2 cup-1 cup Walden Farms Ranch |
| 1 cup dried celery | 1/2 cup Walden Farms Honey Dijon |
| 1 cup diced green pepper | 2 T vinegar |
| 1/2 of a red pepper diced | 1/2 cup Walden Farms Ranch Dip |
| 1/2 of a red onion diced | 5 small packets of Splenda or Stevia |
| 2 green onions chopped small | 1 tsp Ms Dash |
| Toss all vegetables together and chill. | 1 tsp dill weed |

Mix with the chilled vegetables!



Tuna Wrap

Canned tuna
Mix with Walden Farms Honey Dijon dressing, finely chopped dill pickles, onion. Place mixture in a large Romaine lettuce leaf or two and eat like a wrap!



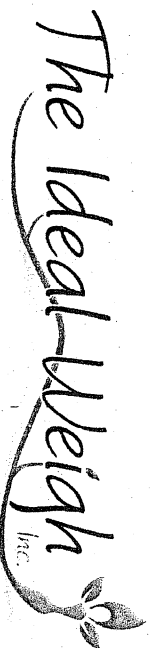
Chocolate Mousse

- 1 pack Ideal Protein Chocolate Pudding
- 2 oz. water
- 2 lg Tbs of Walden Farms Carmel

Mix with spoon, then slowly with mixer.

Variations: chocolate pudding with chocolate syrup, or chocolate pudding with marshmallow

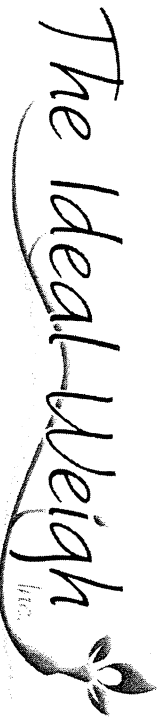
Dee Boos



Bean Sprout Medley

Cook asparagus, green beans, broccoli, and cauliflower to desired taste. Combine bean sprouts. Add garlic salt, sea salt, pepper and/or Soya sauce as desired.

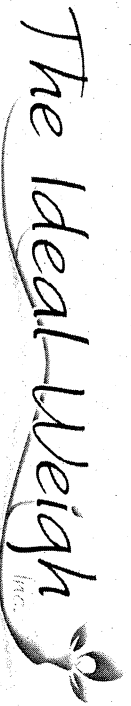
Variations: add onion and green pepper or tomatoes



Zucchini Stir Fry (Veggies)

Put a tiny bit of the coconut oil in a pan and sauté the following:

- Zucchini
 - Sliced mushrooms
 - Red/orange/yellow peppers—diced (only a couple tablespoons)
 - Coriander
 - Sea Salt/Pepper
 - Garlic
- A "Rent A Chef" seasoning Chipotle (found at the meat counter at Hy Vee-spicy and delicious!)

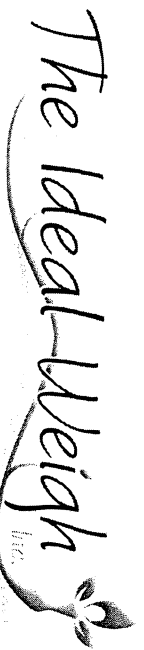


Chicken Salad

- 1 sm can chicken meat, drained
- 2 Tbs Honey Dijon mustard
- 1/2—1 Tbs minced garlic
- 1/2—1 Tbs minced onion
- Sea salt to taste
- Chopped dill pickle to taste

Mix together with spoon. Yum Yum!

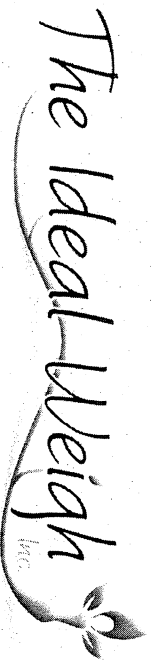
Dee Boos



Jazzed up Ranch

Mix to taste:

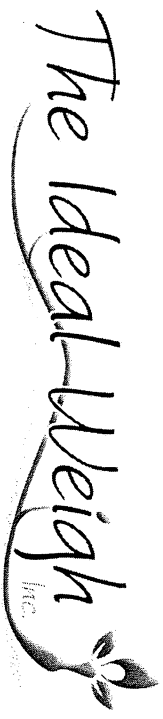
- Walden Farms Ranch dressing
- Cilantro
- Coriander
- Pepper/Sea Salt
- Tabasco



Meatloaf

- 1 lb hamburger
- 1/2 green pepper
- 1/2 onion
- Celery
- 1 pack of Ideal Protein Plain Crepe
- 1 pack of Ideal Protein Mushroom Soup
- 1/2 tsp sea salt
- Little bit of salsa over the top

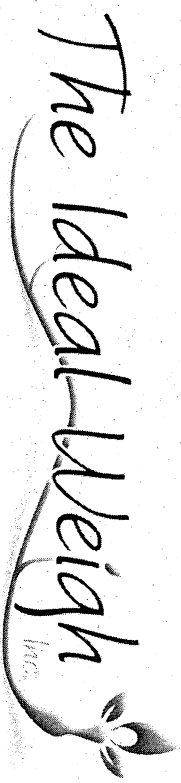
Microwave 12 minutes



Cucumber Salad

- 1 tsp olive oil
- 1 tsp freshly squeezed lemon juice
- 1 T apple cider vinegar
- 2 tsp Stevia or Splenda
- 1/8 tsp black pepper
- 2 T minced scallions
- 2 T finely chopped celery
- 1 large radish finely chopped
- 1/4 cup finely chopped cucumber

Whisk oil, lemon juice, sweetner, and pepper in small bowl. Place remaining ingredients in a large bowl, toss mixture. Chill for 30 minutes.



Mini Muffins

35 mL cold water, mix with 1 pack of Ideal Protein Chocolate Crepe & Muffin mix
 Put in small muffin tins
 Bake 350 degrees for 10 min OR put in microwave safe cup for 45 seconds
 Top with an Ideal Protein pudding of your choice (chocolate, vanilla, butter-scotch, lemon, banana)

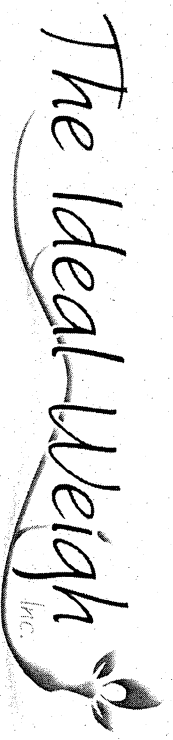
**For variation try this using the Ideal Protein Orange Crepe mix in place of the Chocolate Crepe mix



Goulash-Makes 4 servings

Presented to The Ideal Weigh from Judith Omer

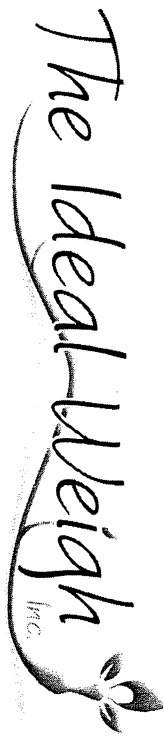
- 1 lb ground sirloin
 - Dash of sea salt and pepper
 - 4 to 5 celery stalks with leaves, chopped
 - 1/2 can water
 - 1/2 onion chopped
 - 1/2 tsp garlic powder
 - 1 can 28oz of petite-cut tomatoes
 - 1/2 pkg coleslaw mix (no carrots if possible!)
1. Brown sirloin, onion, salt, pepper, and garlic powder in a pan.
 2. Add celery and cook until tender
 3. Add tomatoes and water, bring to a boil
 4. Add coleslaw and cook until tender



Spicy Shrimp

Take as many shrimp as you are allowed, put in a pan with a dab of coconut oil and spice with the "Rent A Chef" Chipotle seasoning (found at the meat counter at Hy Vee).

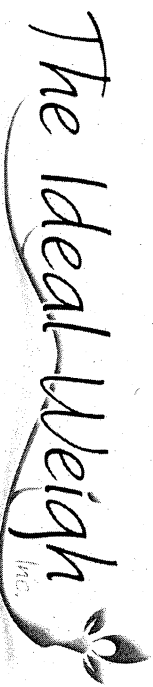
That's it! It is spicy, easy, and delicious!



Broccoli Cauliflower Salad

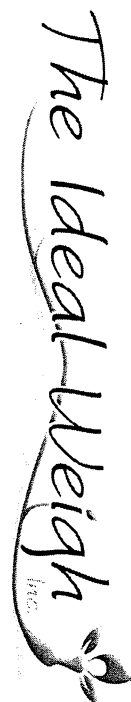
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| 1 head of cauliflower | Dressing for the Salad: |
| 1-2 heads of broccoli | 1/2 cup-1 cup Walden Farms Ranch |
| 1 cup dried celery | 1/2 cup Walden Farms Honey Dijon |
| 1 cup diced green pepper | 2 T vinegar |
| 1/2 of a red pepper diced | 1/2 cup Walden Farms Ranch Dip |
| 1/2 of a red onion diced | 5 small packets of Splenda or Stevia |
| 2 green onions chopped small | 1 tsp Ms Dash |
| Toss all vegetables together and chill. | 1 tsp dill weed |

Mix with the chilled vegetables!



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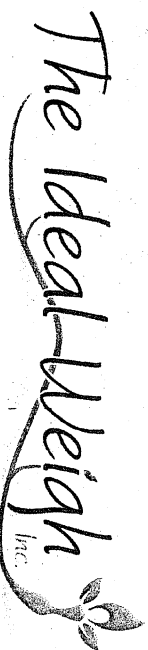
Chocolate Mousse

- 1 pack Ideal Protein Chocolate Pudding
- 2 oz. water
- 2 lg Tbs of Walden Farms Carmel

Mix with spoon, then slowly with mixer.

Variations: chocolate pudding with chocolate syrup, or chocolate pudding with marshmallow

Dee Boos



Bear Sprout Medley

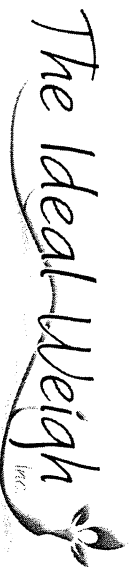
Cook asparagus, green beans, broccoli, and cauliflower to desired taste. Combine bear sprouts. Add garlic salt, sea salt, pepper and/or Soy sauce as desired.

Variations: add onion and green pepper or tomatoes



Chicken Soup (Makes 4 servings) Presented to The Ideal Weigh from Judith Omer

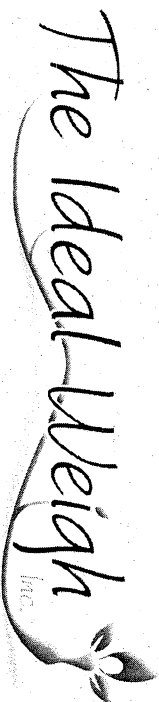
- 1/2 chicken breast with bone (skinned and fat removed)
 - 1 tsp sea salt
 - 1 cup leek
 - 3 to 4 celery stalks with leaves (chopped)
 - 1/2 tsp poultry seasoning
 - 1/2 cup chopped spinach
 - 3 to 4 Bok Choy stalks (chopped)
 - 4 cups water
 - 2 crushed cloves of garlic (or to taste)
 - Onion (chopped)
 - 2 T parsley (fresh or dry)
 - 2 chicken bullion cubes
 - 1 cup broccoli stems (peeled and sliced)
 - Dash of pepper
1. Cook chicken, water, salt, and garlic approx 1/5 hrs. Cool, remove meat from bone, chop, return meat to pot.
 2. Add remaining ingredients
 3. Cook until vegetables are tender (feel free to add more water, sea salt, and pepper as needed)
 4. Optional: add additional vegetables as you would like
 5. Left-overs freeze well!



Sweet Onion Dressing

- 1/2 medium Vidalia onion
- 8 cloves garlic
- 1/4 cup chopped parsley
- 1/4 cup cider vinegar
- 1/2 cup Dijon mustard
- 2 cups Olive Oil
- 2 TBSP artificial sweetener
- 1 tsp black pepper
- 1 tsp sea salt

Blend in blender and enjoy!
270 calories per 1/4 cup



Chocolate Shake

Take a packet of the Ideal Protein Cocoa drink and prepare as usual. Pour into a blender with crushed ice and blend. Tastes like a delicious chocolate shake...cures your sweet tooth and fills you up and the same time!



Lemon Poppy Seed Muffins - Makes 8 servings

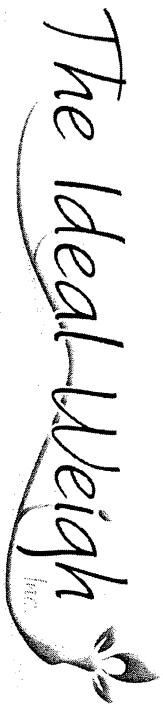
- 2 packets of Ideal Protein Plain Crepe mix
- 1 tsp baking powder (rounded)
- 1 pkg sugar-free lemon Jell-O
- 1/2 tsp baking soda
- 1 T poppy seeds
- 1 egg white
- 2 T real lemon juice
- 3/4 cup water (approx amount)

Directions:
Mix dry ingredients together. Mix liquid ingredients together and add to the dry ingredients.

The mixture should be the consistency of a cake mix.

Spray muffin pan with a lot of Pam

Bake at 350 degrees for approx 25 minutes.

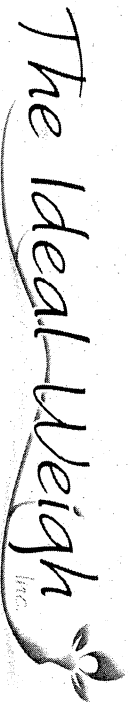


Quick Salmon Patties

- 1 5oz skinless/boneless salmon
- 4 T of Ideal Protein Plain Crepe mix
- Lemon and pepper to taste
- 4 T of water

Form patties, fry in pan (with fat-free cooking spray or coconut oil).

Makes about 4 patties



Strawberry Mousse

- 1 packet Ideal Protein Strawberry Pudding
- 2 oz. water
- 2 large Tbs Walden Farms Marshmallow

Dee Boos



Sandwich Wrap the Ideal Weigh Way

Prepare 1 pack of the Ideal Protein Plain Crepe as directed.

Brown hamburger (remove and rinse off excess fat).

Using the plain crepe as a wrap or soft taco shell, add the hamburger, onion, lettuce, and tomato with a little low-carb salsa or a Walden Farms dressing. Season with sea salt and pepper to taste!

Variation: Instead of hamburger try this with cooked chicken, roast beef or turkey.