

Tapioca Pudding

1. Rinse the miracle rice and blanch for one minute in boiling water.
2. Mix 2 vanilla pudding packets into 10 ounces of water in a mixing bowl.
3. Add 3 drops of vanilla stevia, 1 stevia packet if desire more sweetness, and a pinch of salt. Mix well.
4. Stir in "rice".
5. Chill for a couple of hours.

You could easily divide this into 3 portions, but we didn't.

Oatmeal Muffins courtesy of Ideal You

3 Servings (count as a restricted)

- 1 Ideal Protein plain crepe mix
- 1 Ideal Protein vanilla pudding packet
- 1 Ideal Protein oatmeal packet

Mix packets together. Add 1 tsp. baking powder, 1 tsp cinnamon, and enough water to make consistency of muffin mix.

Bake like muffins.

Roasted Turmeric Cauliflower and Broccoli courtesy of Idea You

2 Servings

- 1 1/2 cup broccoli florets
- 1 1/2 cup cauliflower pieces
- 3-4 tsp. grape seed oil
- Turmeric (to taste)
- Salt and pepper (to taste)

Take broccoli and cauliflower and toss in a bowl with turmeric, salt and pepper. Roast in oven at 474 for 10-15 minutes, turning once half way through cooking.

Roasted Salmon with Thyme Vinaigrette

- 1/2 tsp Dijon mustard
- 2 tsp. apple cider
- 2 1/2 Tbsp. of Olive oil or garlic grape seed oil
- 1 Tbsp minced shallot
- 2 tsp minced fresh thyme
- Sea Salt
- Ground pepper
- 1 Salmon Fillet about 3/4 pound
- 3 cups of mixed baby lettuces or unlimited if on the IP diet:-)

Pre heat oven to 425. In a small bowl place mustard whisk in the vinegar. Gradually whisk in 2.5 Tbsp oil. Mix in the shallot and thyme. Season the vinaigrette to taste with salt and pepper . Spray pan with Pam olive oil. Spoon 1/2 the vinaigrette over the salmon, Let marinate for 15 to 20 minutes at room temp or refrigerate for 1 hour. Roast salmon until almost cooked through, about 15 minutes. Let rest while preparing salad. Toss salad with remaining vinaigrette. If you are on the IP diet use the correct amount of the vinaigrette and save extra for another day.

Mexican Meat Loaf courtesy of Ideal you

Serves 4

25 oz. lean ground beef
1 package of Ideal Protein Southwest Cheese puffs (crushed)
1 can mild diced green chilies
1 medium onion (finely chopped)
1/2 cup of salsa
1 egg white
3 cloves of garlic
2 tsp. dried oregano
2 tsp. ground cumin
1 tsp salt

Preheat oven to 350.

Combine all of the ingredients in a large bowl. With clean hands mix and combine all ingredients until well mixed. Form into a loaf. Bake for 1 hour- 1 hour and 15 minutes (approx).

Bread-Toast recipe/Peanut butter and jelly sandwich courtesy of Ideal You

- Crush crispy cereal into a powder, add one egg white and 1 Tbsp water. Divide mix (it will be like a thick paste) into two. Spread out in a skillet and brown on both sides (will puff up). Toast in toaster if desired. Spread Walden Farms peanut spread and WF jelly of choice and enjoy...yummy!!!

- Can also use the two slices of bread for any kind of sandwich.

Pita Pocket recipe courtesy of Idea You

-Crush crispy cereal into powder, add egg white and 1 Tbsp water. Mix until moistened, will become a thick paste. Spread onto skillet and brown on both sides (do not divide mix for this recipe like the last one). Cut "bread" in half down the middle and then slice open the halves to make a pita pocket. Fill with sautéed veggies for a lunch meal, subtract protein from supper meal if adding any to sandwich.

Nancy's A's Famous Faux Potato (Cauliflower) Salad

4 cups Cauliflower Florets (small to medium chunks)
2 hard-boiled eggs, diced
1/2 cup diced celery (about 1 stalk)
1/2 cup chopped green pepper
1/4 cup diced onion

1/2 cup diced dill pickle
1/3 cup Walden Farms mayo
1/3 cup Walden Farms Honey Dijon dressing
1 TBSP mustard (yellow or brown)
1/2 tsp granulated garlic (or powder)
1 tsp sea salt
1/2 tsp fresh ground black pepper

1) Steam florets on stove or in microwave until medium tender (do not overcook). Do not boil as they may absorb too much water and turn mushy.

2) Drain and place in a medium bowl.

3) Add egg, vegetables, and pickle to bowl.

4) In small bowl add remaining ingredients and mix thoroughly. Add to vegetable mixture.

5) Gently toss vegetable and sauce mixtures until well mixed. Do not over stir as you want the cauliflower to still have texture.

6) Chill well and serve (although it's pretty good when it's just mixed too!).