

Ideal Protein

Recipes

Ideal Protein Nutrition Plan for Wellness
April Blomgren



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BY

April Blomgren



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- *Kindle Edition* -


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Introduction



While many people are aware that protein can equal a healthier lifestyle, they don't seem to grasp the benefits of consuming mostly a protein rich diet. Not only is protein perfect for those who are looking not only to lose weight, but who want to be healthy in the process. Of course, consuming protein alone will not do the trick by itself. You will have to stick to a strict exercise regimen as well. However, if you are looking to reap the benefits an ideal protein diet can give you, then this is the perfect cookbook for you. Inside of this cookbook, not only will you find over 25 delicious ideal protein recipes that you can make, but hopefully you will find the guidance you are looking for in order to achieve your weight loss goals. So, let's stop wasting time and get to cooking!

What is the Ideal Protein Diet and How Does it Work?

The Ideal Protein Diet is a weight loss and lifestyle management diet that was developed based on actual science rather than the latest fad . This is a diet that has been specifically formulated for those who need to lose weight or for those who need to live a healthier lifestyle . Typically, this is a diet that needs to be overseen by your doctor or trained nutritionists to ensure you are following it as safely as possible .

The important thing to remember is that the Ideal Protein diet is much more than just losing weight . It is more about regaining one ' s health and vitality through making smart food choices .

How Does the Ideal Protein Diet Work?

The Ideal Protein Diet help to bring about a healthier relationship with your food . Typically, your body works to draw energy into your body through three different sources :

- Carbohydrates
- Protein
- Fat

However, the Ideal Protein diet works by helping your body to draw energy from two of the three sources : protein and fat . The whole goal is to limit your carbohydrate intake and instead help you to develop smarter eating habits in the process . While the Ideal Protein diet is not considered to be a high protein diet, it primarily recommends consuming protein based foods that can be easily assimilated to your body ' s needs .

How Much Does the Ideal Protein Diet Cost?

The average cost of the Ideal Protein Diet is possibly more expensive than other diets that you can follow today . What you need to keep in mind is that the Ideal Protein diet is more about investing in yourself and your health rather than the food that you will have to consume . This can help result in making smarter food habits, which in turn can reduce the amount of money you spend at the grocery store or at fast food restaurants .

The Diet itself in terms of cost will vary from person to person . However, if you make healthier food choices, the cost shouldn ' t differ much to what you are currently spending . Just ask yourself, are you worth the investment in the end?

Cinnamon and Maple Oatmeal Muffins



These muffins are perfect to make for all of the phases throughout the Ideal protein diet . One bite and you will want to enjoy these muffins as often as possible .

Makes : 12 servings

Total Prep Time : 35 minutes

Ingredients :

- 1 pack of Ideal Protein Plain Crepe mix
- 1 pack of Ideal Protein Maple Oatmeal
- ¼ tsp . of baker ' s style baking soda
- ¼ tsp . of baker ' s style baking powder
- ¼ tsp . of powdered cinnamon
- Dash of salt
- 1 tsp . of Splenda
- 1 egg white
- 3 to 4 ounces of water

Directions :

- 1 . Preheat the oven to 350 degrees .
- 2 . In a bowl, add in the plain crepe mix, oatmeal, powdered cinnamon, dash of salt, Splenda, baking powder and soda . Stir well to mix .

- 3 . Add in the egg white and water . Stir well until smooth in consistency .
- 4 . Pour the batter into a greased muffin pan, filling each cup 2 / 3 of the way full .
- 5 . Place into the oven to bake for 15 to 20 minutes .
- 6 . Remove and cool on a wire rack for 10 minutes before serving .

Chili Scallops with Salad



This is a light and delicious salad you can make whenever you are craving something on the lighter side . It is a dish you can make without feeling guilty in the process . This is a salad dish that is for the fourth phase of the Ideal Protein diet only .

Makes : 2 servings

Total Prep Time : 12 minutes

Ingredients :

- 2 cucumbers, thinly sliced
- 2 scallions, thinly sliced
- 2 tsp . of lemon juice
- 2 Tbsp . of extra virgin olive oil
- ¼ cup of flat leaf parsley, chopped
- Dash of salt
- 1 tsp . of cumin seeds
- 2 Tbsp . of serrano chile, seeds removed and minced
- 1 tsp . of black pepper
- ½ tsp . of salt
- 1 ¼ pounds of sea scallops
- ½ cup of cashews, chopped

Directions :

1 . Prepare the salad . In a bowl, add in the cucumbers, chopped cashews, scallions, lemon juice, extra virgin olive oil, chopped

parsley and dash of salt . Stir well to mix .

2 . Prepare the scallops . In a skillet set over medium heat, add in the cumin seeds . Cook for 1 minute or until fragrant . Transfer into a bowl .

3 . In the bowl, add in the minced serrano chile, dash of black pepper and salt . Stir well to mix .

4 . Rinse the scallops under running water . Pat dry with a few paper towels . Rub the spice mixture over the scallops .

5 . Thread the scallops onto skewers .

6 . Preheat an outdoor grill to medium or high heat . Grease the grates of the grill with oil . Add the scallop skewers onto the grill . Grill for 4 minutes or until cooked through . Remove and set aside to rest for 5 minutes .

7 . Serve the scallops with the cucumber salad .

Easy Meatball and Rice Dinner



This is a hearty and healthy dish that is perfect for the first phase of the Ideal Protein Diet . It is so tasty, you will feel as if you are cheating on your diet .

Makes : 2 servings

Total Prep Time : 20 minutes

Ingredients :

- 1 tsp . of extra virgin olive oil
- 1 pound of lean ground beef
- 1 Tbsp . of meat spice mix
- 1 Tbsp . of low sodium soy sauce
- ½ tsp . of mustard
- 1 / 8 tsp . of all - purpose flour
- ½ of a red bell pepper, chopped
- ½ pound of mushrooms, thinly sliced
- ½ of a cauliflower, cut into florets

Directions :

- 1 . In a bowl, add in the lean ground beef, meat spice mix and soy sauce . Stir well to mix .
- 2 . Shape the mix into 24 balls .
- 3 . In a skillet set over medium heat, add in the olive oil . Add in the meatballs . Cook for 5 minutes .

- 4 . Add in the chopped red bell peppers and sliced mushrooms . Cook for 5 minutes or until soft . Remove and transfer onto a plate .
- 5 . Microwave the cauliflower for 5 minutes or until smooth .
- 6 . In a bowl, add in the mustard and all - purpose flour . Whisk well until smooth in consistency . Pour into the skillet . Cook for 1 minute or until thick in consistency .
- 7 . Serve the meatballs and vegetables with the sauce drizzled over the top .

Meatloaf Stuffed Bell Peppers



This is a savory recipe you can make if you love the taste of traditional homemade meatloaf . It is a great dish to make for you and your significant other .

Makes : 2 servings

Total Prep Time : 1 hour

Ingredients :

- 12 ounces of lean ground beef
- 4 stalks of celery, chopped
- $\frac{1}{4}$ of an onion, chopped
- 2 eggs
- $\frac{1}{2}$ tsp . of salt
- Dash of black pepper
- 2 red bell peppers, tops and seeds removed

Directions :

- 1 . Preheat the oven to 375 degrees .
- 2 . In a bowl, add in the lean ground beef, chopped celery, chopped onion and eggs . Season with a dash of salt and black pepper . Stir well to mix .
- 3 . Divide the mix among the red bell peppers .
- 4 . Transfer into a baking dish . Cover with a sheet of aluminum foil . Place into the oven to bake for 45 minutes . Remove the foil and continue to bake for 10 minutes .
- 5 . Remove and cool for 10 minutes before serving .

Simple Chickpeas and Rice



This is a fantastic recipe for you to make whenever you need something simple to prepare . Feel free to serve this dish hot or cold .

Makes : 2 servings

Total Prep Time : 2 hours and 55 minutes

Ingredients :

- 2 cups of chickpeas, dried and cooked
- 1 cup of rice
- 1 bunch of radishes
- 2 Tbsp . of lemon, chopped
- 1 bunch of parsley, chopped
- 2 Tbsp . of red onion, chopped
- 2 Tbsp . of lemon juice
- 1 Tsp . of white wine vinegar
- 6 Tbsp . of extra virgin olive oil
- Dash of sea salt and black pepper

Directions :

1 . Prepare the rice and chickpeas . In a saucepan set over medium to high heat, add in the chickpeas and cover with salted water .

Allow to come to a boil . Cover and removed immediately from heat . Set aside to rest for 1 to 2 hours .

2 . In a saucepan set over medium to high heat, add in the rice . Cover with salted water . Allow to come to a boil . Lower the heat to low . Cook for 25 minutes or until the rice is soft . Drain the excess water and set the rice aside .

3 . Prepare the vinaigrette . In a bowl, add in the red onion, vinegar and lemon juice . Season with a dash of salt . Cook for 15 minutes or until soft . Add in the olive oil and season with a dash of black pepper . Whisk well to incorporate . Cover and place into the fridge to chill for 15 minutes .

4 . Transfer the cooked rice into a bowl . Top off with the chopped parsley, radishes and lemon . Pour the vinaigrette over the top . Toss well to mix .

5 . Serve .

Grilled Steak with Green Salsa



This is a hearty steak dinner that is perfect to make whenever you want to spoil yourself with something especially delicious .

Makes : 2 servings

Total Prep Time : 25 minutes

Ingredients for the steak :

- 1 ½ pound of steak
- 5 Tbsp . of powdered chili
- 1 ½ tsp . of dried oregano
- 1 ½ tsp . of powdered cumin
- 1 ½ tsp . of salt
- ½ tsp . of black pepper
- Olive oil, as needed

Ingredients for the salsa :

- ½ cup of cilantro, chopped
- 1 Tbsp . of jalapeno peppers, thinly sliced
- 1 Tbsp . of apple cider vinegar
- 3 Tbsp . of extra virgin olive oil

Directions :

1 . In a bowl, add in the powdered chili, dried oregano and powdered cumin . Season with a dash of salt and black pepper . Stir well to mix . Rub the mix over the steak .

- 2 . Drizzle 2 tablespoons of olive oil over the steak .
- 3 . Set aside to rest for 10 minutes .
- 4 . Preheat an outdoor grill to medium or high heat . Add the steak and grill for 5 minutes on each side or until cooked to your desired doneness . Remove and set aside to rest for 5 minutes .
- 5 . Prepare the salsa . In a food processor, add in the chopped cilantro, sliced jalapeno peppers, vinegar and olive oil . Pulse on the highest setting until thoroughly chopped .
- 6 . Serve the steak with the salsa .

Homemade Zucchini Bread



This is the perfect Ideal protein dish for you to make whenever you are craving homemade bread . It is a great low carb option for this strict diet .

Makes : 6 servings

Total Prep Time : 1 hour

Ingredients :

- 3 cups of whole wheat flour
- 1 tsp . of salt
- 1 tsp . of baker ' s style baking soda
- 1 tsp . of baker ' s style baking powder
- 3 tsp . of powdered cinnamon
- 3 eggs
- 1 cup of vegetable oil
- 1 cup of white sugar
- 1 ½ cups of Splenda
- 3 tsp . of pure vanilla
- 2 cups of zucchini, grated
- 1 cup of walnuts, chopped and optional

Directions :

1 . Grease two baking dishes with baking spray . Dust lightly with whole wheat flour . Preheat the oven to 325 degrees .

- 2 . In a bowl, add in the whole wheat flour, powdered cinnamon, dash of salt, baker ' s style baking soda and powder . Stir well to mix .
- 3 . Add in the eggs, pure vanilla and white sugar . Stir well until just mixed .
- 4 . Add in the grated zucchini and chopped walnuts . Stir well to incorporate .
- 5 . Pour into the baking dishes .
- 6 . Place into the oven to bake for 40 minutes to 1 hour or until the bread is baked through .
- 7 . Remove and cool for 20 minutes before serving .

Ideal Protein Pork Chops



While these pork chops may take a bit of time to put together, their delicious flavor is well worth the effort in the end .

Makes : 4 servings

Total Prep Time : 50 minutes

Ingredients :

- ¼ cup of lemon juice
- 1 Tbsp . of soy sauce
- 1 Tbsp . of extra virgin olive oil
- ½ tsp . of Splenda
- 1 clove of garlic, minced
- 1 tsp . of grated ginger
- ½ tsp . of chopped rosemary
- ¼ tsp . of salt
- ¼ tsp . of black pepper
- 4 pork chops

Directions :

1 . In a bowl, add in the lemon juice, soy sauce, olive oil, Splenda, minced garlic, grated ginger and chopped rosemary . Season with a dash of salt and black pepper . Stir well to mix . Pour into a Ziploc bag .

- 2 . Add the pork chops into the Ziploc bag . Seal the bag and place into the fridge to chill for 20 to 30 minutes .
- 3 . Preheat an outdoor grill to medium or high heat . Grease the grate of the grill with oil .
- 4 . Place the marinated pork chops onto the grill . Grill for 8 minutes on each side or until cooked through . Season with a dash of salt and black pepper .
- 5 . Remove and rest for 5 minutes before serving .

Wild Berry Muffins



These delicious berries are packed with the flavor of wild berries that everyone will love . Perfect for breakfast or whenever you need a snack to munch on .

Makes : 12 servings

Total Prep Time : 20 minutes

Ingredients :

- 1 pack of Ideal Protein Crispy Cereal
- 1 pack of Ideal Protein wild berry yogurt mix
- 2 egg whites, beaten lightly
- ½ tsp . of powdered cinnamon
- 1 Tbsp . of Splenda
- 4 tsp . of extra virgin olive oil
- 1 tsp . of baker ' s style baking powder
- 3 Tbsp . of water

Directions :

- 1 . Preheat the oven to 350 degrees . Grease a muffin pan with cooking spray .
- 2 . In a bowl, add in the beaten egg whites, powdered cinnamon, Splenda, extra virgin olive oil and baker ' s style baking powder . Add in the yogurt mix and crispy cereal . Add in the water and stir gently to evenly mix .
- 3 . Pour into the muffin pan .

4 . Place into the oven to bake for 10 to 15 minutes or until baked through .

5 . Remove and cool on a wire rack completely before serving .

Protein Stuffed Mushrooms



This is a simple and savory dish that makes for a perfect meal or appetizer . Regardless of how you prepare it, I know you will love it .

Makes : 4 servings

Total Prep Time : 15 minutes

Ingredients :

- ½ pound of ham, sliced julienne style
- ½ pack of vinegar ridges, crushed
- 4 Portobello mushroom caps
- 3 cups of portobello mushrooms, chopped
- 1 cup of cucumber, chopped
- 1 cup of radish
- 1 Tbsp . of green onions, chopped
- 1 clove of garlic, minced
- 2 Tbsp . of balsamic vinaigrette dressing
- 1 tsp . of extra virgin olive oil
- Dash of salt and black pepper

Directions :

1 . In a bowl, add in the mushroom caps . Add the olive oil and minced garlic . Allow to marinate for 15 minutes .

2 . In a saucepan set over medium to high heat, add in 1 tablespoon of olive oil . Add in the green onions . Cook for 2 minutes or until soft .

- 3 . Add in the chopped portobello mushrooms . Cook for 5 minutes .
- 4 . Add in the minced garlic . Continue to cook for an additional minute .
- 5 . Add in the ham slices and balsamic vinaigrette dressing . Toss well to mix .
- 6 . Pour into the marinated mushroom caps .
- 7 . Serve .

Chocolate and Banana Loaf



This is the perfect recipe for you to prepare whenever you are craving something on the sweet side . One bite and you will become hooked .

Makes : 6 servings

Total Prep Time : 20 minutes

Ingredients :

- 1 pack of chocolate drink mix
- 1 pack of banana pudding mix
- 1 egg, beaten lightly
- 1 Tbsp . of skim milk
- 1 Tbsp . of extra virgin olive oil
- 2 Tbsp . of water
- 1 tsp . of chocolate syrup
- ½ tsp . of pure vanilla

Directions :

- 1 . In a bowl, add in all of the ingredients . Stir well until smooth in consistency .
- 2 . Pour into a greased loaf pan .
- 3 . Place into the oven to bake for 15 minutes .
- 4 . Cool completely before serving .

Garlic Chicken



There is no other Ideal Protein dish that is as easy to make as this dish . It is perfect to make whenever you have had a long day at the office .

Makes : 6 servings

Total Prep Time : 6 hours

Ingredients :

- 6 chicken breasts, boneless and skinless
- 1 tsp . of salt
- 2 tsp . of smoked paprika
- 2 tsp . of black pepper
- 10 cloves of garlic, unpeeled

Directions :

- 1 . In a bowl, add in the salt, black pepper and smoked paprika . Stir well to mix . Rub over the chicken breasts .
- 2 . In a slow cooker, add in the chicken breasts . Top off with the cloves of garlic .
- 3 . Cover and cook on the lowest setting for 6 hours or until the chicken is cooked through .
- 4 . Remove the cover and serve immediately .

Crustless Spinach Quiche



This is a fantastic appetizer that is perfect to make for 2 people .
Make for breakfast or lunch for a filling meal .

Makes : 6 servings

Total Prep Time : 45 minutes

Ingredients :

- 2 ounces of green onions, chopped
- 2 mushrooms, thinly sliced
- 1, 10 ounce pack of spinach, chopped and drained
- ¼ cup of red bell pepper, chopped
- 2 / 3 cup of ham, chopped
- 5 eggs
- 1 / 8 tsp . of black pepper
- ½ tsp . of salt

Directions :

- 1 . In a skillet set over medium heat, add in the mushrooms . Cook for 5 minutes or until soft .
- 2 . Add in the chopped spinach and chopped ham . Cook for 1 to 2 minutes . Transfer into a greased pie plate .
- 3 . In a bowl, add in the eggs and chopped green onions . Season with a dash of salt and black pepper . Pour over the spinach mix .
- 4 . Place into the oven to bake for 30 to 35 minutes at 350 degrees .

5 . Remove and rest for 5 minutes before serving .

Slow Cooker Teriyaki Steak



This is a delicious Ideal Protein dish that is perfect to make whenever you are craving Asian takeout . It is so delicious, you will swear it is better than takeout .

Makes : 2 servings

Total Prep Time : 8 hours

Ingredients :

- 1 pound of chuck steak, boneless
- ½ cup of Ideal Protein soy sauce
- 1 tsp . of powdered ginger
- 2 Tbsp . of extra virgin olive oil
- 1 Tbsp . of Splenda
- 1 clove of garlic, crushed

Directions :

- 1 . Slice the chuck steak into thin slices . Transfer into a slow cooker .
- 2 . In a bowl, add in the soy sauce, powdered ginger, olive oil, Splenda and crushed garlic . Stir well to mix . Pour over the beef in the slow cooker .
- 3 . Cover and cook on the lowest setting for 8 hours .
- 4 . Serve immediately .

Spicy Chicken Legs



This is a hearty and delicious chicken dish you can make whenever you are craving something on the spicy side .

Makes : 6 servings

Total Prep Time : 1 hour and 20 minutes

Ingredients :

- 2 Tbsp . of grapeseed oil
- 2 tsp . of smoked paprika
- 1 tsp . of dried thyme
- 1 tsp . of powdered chili
- ½ tsp . of dried cumin
- ½ tsp . of powdered garlic
- ½ tsp . of sea salt
- ½ tsp . of black pepper
- ¼ tsp . of powdered nutmeg
- 8 to 10 chicken legs, skinless

Directions :

1 . In a bowl, add in the grapeseed oil, smoked paprika, dried thyme, powdered chili, dried cumin, powdered garlic and powdered nutmeg . Season with a dash of salt and black pepper . Stir well to mix . Pour into a Ziploc bag .

2 . In the Ziploc bag, add in the chicken legs . Seal the bag and toss to coat .

- 3 . Place into the fridge to chill for 30 minutes .
- 4 . Preheat the oven to 350 degrees .
- 5 . Place the marinated chicken legs onto a baking sheet . Place into the oven to bake for 40 to 45 minutes or until cooked through .
- 6 . Remove and rest for 5 minutes before serving .

Vegetable Omelet



This is a dish that is perfect to make early in the morning . Feel free to add your favorite veggie toppings to this omelet for the tastiest results .

Makes : 1 serving

Total Prep Time : 7 minutes

Ingredients :

- 2 cups of broccoli, scallions, mushrooms and tomatoes, chopped and mixed
- 10 ounces of water
- 1 pack of Ideal Protein fine herb and cheese omelet
- 1 Tbsp . of powdered garlic
- 2 Tbsp . of powdered onion
- 3 Tbsp . of minced onion
- 1 tsp . of baker ' s style baking powder
- 1 pack of Splenda

Directions :

- 1 . In a skillet set over medium heat, add in the scallion mix . Cook for 5 minutes or until soft .
- 2 . Season with the powdered garlic, powdered onion and minced onion . Stir well to mix .

3 . In a blender, add in the water and pack of cheese omelet . Blend for 1 minute or until smooth in consistency . Pour into a separate skillet set over medium heat . Sprinkle the vegetables over the top . Cook for 2 minutes or until the bottom is set .

4 . Flip and cook for another 2 minutes .

5 . Remove and serve immediately .

Eggplant Caponata



This is a traditional Sicilian dish I know you are going to fall in love with . It is packed with an authentic Sicilian flavor that is impossible to resist .

Makes : 4 servings

Total Prep Time : 1 hour and 25 minutes

Ingredients :

- 2 tsp . of sea salt
- 1 pound of eggplant, cut into small cubes
- 1, 14 . 5 ounce can of tomatoes, chopped
- 2 Tbsp . of white vinegar
- 1 Tbsp . of capers, drained
- $\frac{3}{4}$ tsp . of dried basil
- $\frac{1}{4}$ tsp . of sea salt
- $\frac{1}{8}$ tsp . of black pepper
- 1 Tbsp . of extra virgin olive oil
- 1 cup of onion, chopped
- $\frac{1}{2}$ cup of celery, chopped
- 1 clove of garlic, minced

Directions :

1 . Season the eggplant with a dash of salt . Place into a colander and set aside for 1 hour . Rinse the eggplant and drain .

- 2 . In a bowl, add in the can of chopped tomatoes, white vinegar, drained capers and dried basil . Season with a dash of salt and black pepper . Stir well to mix .
- 3 . In a skillet set over medium or high heat, add in 1 ½ teaspoons of olive oil . Add in the eggplant and cook for 15 minutes or until soft . Transfer onto a plate .
- 4 . In the skillet, add in 1 ½ teaspoon of olive oil . Add in the onion and chopped celery . Cook for 5 minutes or until soft . Add in the minced garlic and cook for an additional minute .
- 5 . Add in the eggplant and tomato mix . Continue to cook for 3 to 5 minutes or until hot .
- 6 . Remove and serve immediately .

Chocolate Brownies



Make these delicious brownies whenever you have a strong sweet tooth that needs to be satisfied . Once you try them, you won ' t be able to get enough of them .

Makes : 6 servings

Total Prep Time : 25 minutes

Ingredients :

- 2 packs of Ideal Protein chocolate pancake mix
- 1 pack of Ideal Protein chocolate pudding
- 1 Tbsp . of baker ' s style baking powder
- 1 Tbsp . of powdered cocoa
- ¼ tsp . of sea salt
- 1 / 3 cup of bran
- 1 egg white
- 1 / 8 cup of Splenda

Directions :

1 . In a bowl, add in the chocolate pancake mix, chocolate pudding, baker ' s style baking powder, powdered cocoa, sea salt, bran, egg white and Splenda . Stir well until smooth in consistency .

2 . Pour into a greased baking dish .

3 . Place into the oven to bake for 20 minutes at 350 degrees or until baked through .

4 . Remove and cool for 10 minutes before serving .

Homemade Beef Soup



This is a delicious soup dish you can make whenever you need something warm to help you feel better when you are feeling under the weather . Best of all, it is light in calories so you don ' t have to feel guilty about enjoying it .

Makes : 14 servings

Total Prep Time : 1 hour and 15 minutes

Ingredients :

- 1 orange bell pepper, chopped
- 1 cup of onion, chopped
- 1 ½ cups of carrot, chopped
- 1 cup of celery, chopped
- 3 cups of cabbage, shredded
- ½ cup of barley
- 2 ½ cups of roast beef, cut into cubes
- 2, 16 ounce boxes of beef stock

Directions :

1 . In a pot set over medium to high heat, add in the chopped orange bell pepper, chopped onion, chopped carrot, chopped celery, shredded cabbage and barley . Stir well to mix . Cook for 10 minutes or until the onions are soft .

2 . Add in the roast beef cubes and containers of beef stock . Stir well to mix .

- 3 . Allow to come to a boil . Lower the heat to low . Cook for 45 minutes to 1 hour or until the barley is cooked through .
- 4 . Remove from heat and serve immediately .

Chicken and Vegetable Soup



This is the perfect soup dish for you to make whenever you need something warm and filling on a cold winter 's night .

Makes : 4 servings

Total Prep Time : 4 to 6 hours

Ingredients :

- 3 packs of Ideal Protein chicken soup
- 4 cups of chicken broth
- 2 cups of carrots, celery and zucchini, chopped and mixed together
- 16 ounces of chicken, cut into pieces
- Dash of salt and black pepper

Directions :

- 1 . In a blender, add in the chicken broth . Add in the packs of chicken soup . Blend for 1 minute or until smooth in consistency .
- 2 . Transfer into a slow cooker .
- 3 . Add in the chicken pieces and mixed vegetables . Season with a dash of salt and black pepper .
- 4 . Cover and cook for 4 to 6 hours on the lowest setting .
- 5 . Uncover and serve immediately .

Homemade French Toast



Make this delicious French toast dish whenever you need a filling breakfast to get you going in the morning .

Makes : 4 servings

Total Prep Time : 20 minutes

Ingredients :

- 2 egg whites, lightly beaten
- 1 pack of Ideal protein omelet mix
- 1 to 2 tsp . of powdered cinnamon
- 1 to 2 cups of zucchini, shredded
- 1 to 2 tsp . of Splenda
- 1 tsp . of pure vanilla
- Dash of cardamom

Directions :

- 1 . In a bowl, add in the egg whites . Beat with an electric mixer until the peaks are stiff .
- 2 . Add in the pack if protein omelet mix . Continue to beat until evenly blended .
- 3 . Add in the shredded zucchini, powdered cinnamon, Splenda, pure vanilla and cardamom . Beat well to incorporate .
- 4 . In a skillet set over medium heat, add in 1 / 3 cup of the batter . Cook for 5 minutes on each side or until golden . Transfer onto a

plate and repeat .

5 . Serve .

Barbecue Pork Ribs



Make these pork ribs whenever you are craving authentic homemade barbecue . Serve with your favorite vegetables for the tastiest results .

Makes : 4 servings

Total Prep Time : 2 hours

Ingredients for the ribs :

- 4 pounds of pork spare ribs, boiled
- ½ tsp . of sea salt
- ½ tsp . of black pepper

Ingredients for the sauce :

- 1 Tbsp . of extra virgin olive oil
- 1 onion, chopped
- ½ cup of Ideal Protein maple syrup
- 3 Tbsp . of apple cider vinegar
- 3 Tbsp . of Dijon mustard
- 1 Tbsp . of powdered chili

Directions :

1 . Season the pork ribs with a dash of salt and black pepper . Set aside .

2 . In a saucepan set over medium to high heat, add in the olive oil . Add in the chopped onion . Cook for 10 minutes or until

caramelized .

3 . Add in the apple cider vinegar, Dijon mustard, maple syrup and powdered chili . Stir well to mix . Lower the heat to low and cook for 15 to 20 minutes or until thick in consistency .

4 . Add in the seasoned pork ribs . Cover and cook for 45 minutes . As it cooks, brush the ribs with the glaze . Continue to cook for an additional 45 minutes .

5 . Remove and rest for 5 minutes before serving .

Homemade Barbecue Chicken Pizza



If you love the taste of pizza, then this is one Ideal Protein recipe you need to make for yourself . It is a healthier alternative to a dish you won ' t feel you are sacrificing while on a diet .

Makes : 6 servings

Total Prep Time : 25 minutes

Ingredients for the sauce :

- 2 Tbsp . of barbecue sauce
- 2 Tbsp . of tomato paste
- 1 to 4 Tbsp . of hot sauce
- 1 clove of garlic, minced

Ingredients for the crust :

- 1 whole grain pita pocket
- ½ cup of mozzarella cheese, shredded
- 1 chicken breast, grilled and chopped
- Broccoli, cut into florets and for serving
- ½ of an onion, sliced

Directions :

- 1 . Preheat the oven to 375 degrees .
- 2 . Place the pita pocket onto a baking sheet .
- 3 . In a bowl, add the barbecue sauce, tomato paste, hot sauce and minced garlic . Stir well to mix . Spread over the top of the pita .

4 . Add a layer of shredded mozzarella cheese over the sauce . Top off with the broccoli florets, chopped grilled chicken and sliced onion . Add another layer of shredded mozzarella cheese over the top .

5 . Place into the oven to bake for 15 to 20 minutes or until the pita is crispy .

6 . Remove and serve immediately .

Classic Sheppard ' s Pie



This is a healthy and delicious dish you can make whenever you are craving something incredibly filling . Easy to make, this is a dish that is perfect to make any night of the week .

Makes : 4 servings

Total Prep Time : 40 minutes

Ingredients :

- 1 head of cauliflower, cooked and mashed
- 1 pack of Ideal Protein chicken soup
- 1 pound of ground chicken
- 3 cloves of garlic, minced
- ½ cup of leeks, chopped
- ½ tsp . of sea salt
- 1 tsp . of rosemary
- 1 tomato, chopped and optional

Directions :

- 1 . In a blender, add in ½ cup of water and Ideal Protein chicken soup . Blend on the highest setting until blended .
- 2 . In a bowl, add in the mashed cauliflower . Pour the soup over the top . Stir well to mix .
- 3 . In a skillet set over medium heat, add in chopped rosemary, dash of sea salt, minced garlic and chopped tomato . Cook for 2 minutes .

4 . Add in the lean ground chicken . Cook for 8 to 10 minutes or until browned .

5 . Transfer into a baking dish . Press down slightly . Place into the oven to bake for 20 minutes at 350 degrees .

6 . Remove and serve immediately .

Classic Deviled Eggs



Not only are these deviled eggs perfect for those on the Ideal Protein diet, but they are so delicious, everyone who tries them will love them .

Makes : 4 servings

Total Prep Time : 1 hour and 5 minutes

Ingredients :

- 8 hard boiled eggs
- 2 Tbsp . of grapeseed oil
- Dash of onion salt
- 2 Tbsp . of Dijon mustard
- Dash of smoked paprika

Directions :

- 1 . Slice the hardboiled eggs in half horizontally .
- 2 . Gently scoop the egg yolks into a bowl .
- 3 . In the bowl with the egg yolks, add in the onion salt, grapeseed oil and Dijon mustard . Stir well until smooth in consistency .
- 4 . Spoon the filling into the egg white shells .
- 5 . Sprinkle a dash of smoked paprika over the top .
- 6 . Cover and place into the fridge to chill for 1 hour before serving .

Conclusion

Well, there you have it !

Hopefully by the end of this cookbook, you have found plenty of healthy Ideal Protein recipes that you can make to help achieve your weight loss goals . By the end of this book, not only do I hope you feel confident enough to follow the Ideal Protein diet, but also have access to over 25 recipes that will make your weight loss journey simple .

So, what is next for you?

The next step for you to take is to begin making all of the recipes you have found in this book . Remember, following the Ideal Protein diet is more of a lifestyle than a diet, so don ' t hesitate to incorporate exercise into your new lifestyle .

Good luck !

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book !

I know you could have picked from many other books but you chose this one . So a big thanks for buying this book and reading all the way to the end .

*If you enjoyed this book or received value from it, I'd like to ask you for a favor . Please take a few minutes to post an honest and heartfelt review on **Amazon . com** . Your support does make a difference and helps to benefit other people .*

Thanks !

April Blomgren

About the Author



April Blomgren

Hello everyone ! Are you ready to grill tonight? My name is April and I love to cook and entertain friends and family almost every weekend . If you share my passion for great food, easy preparation time but mouthwatering results, you and I are going to get along just fine !

I think a successful meal among loved ones is based on a few key factors : fresh ingredients and appropriate cooking method . Some meats for example, can truly benefit from being marinated overnight, and will be at their best prepared on the grill . Another aspect of cooking I must insist on, no matter what your cooking style is : rely on the use of herbs and spices . Please favor fresh herbs each time you can . However, I understand that it may be difficult during certain periods of the year, so simply keep a well - stocked pantry of dried basic herbs and spices such as cinnamon, nutmeg, basil, oregano, thyme or any other favorites .

Finally, once you embark that exciting culinary journey with me, you will realize that simplicity is also one of my allied . Don ' t overthink when cooking . Inspire yourself of recipes, have fun doing it and taste as you go . Sure, you might once in a while burn a few pork chops or use too much salt in your sauce, you are just human . Cooking is not about succeeding every time, it is about the opportunity to learn and get better . Don ' t be afraid to taste your dishes along the way, adjust the seasonings and serve accordingly .