

IDEAL FOODS RECIPES - From the Website

Chocolate Drink



For optimum results, always add the water before the contents of a packet. Don't use boiling water, because it will destroy protein's properties and change the product's texture.

Note: Don't use a shaker for hot drinks, because the pressure will pop the lid. Use a bowl or a cup and mix with a mixer or a whisk.

Hot Chocolate (Phases 1 to 4)

Pour 200 mL of hot (but not boiling) water into a cup, add contents of one packet and mix with a mixer or a whisk until mixture is smooth.

Cold Chocolate (Phases 1 to 4)

Pour 200 mL of cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth.

Smoothie (Phases 1 to 4)

Put 200 mL of ice cubes in a blender, add 180 mL of cold water and the contents of one packet. Blend until creamy.

Cappuccino



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Note: Don't use a shaker for hot drinks, because the pressure will pop the lid. Use a bowl or a cup and mix with a mixer or a whisk.

Cappuccino (Phases 1 to 4)

Pour 200 mL of hot (but not boiling) water into a cup, add contents of one packet and mix with a mixer or a whisk until mixture is smooth.

Iced Cappuccino (Phases 1 to 4)

Put 200 mL of ice cubes in a blender, add 180 mL of very cold water and the contents of one packet. Blend until smooth.

Peach & Mango Drink



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Juice (Phases 1 to 4)

Pour 200 mL of very cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth.

Smoothie (Phases 1 to 4)

Put 200 mL of ice cubes in a blender, add 180 mL of very cold water and the contents of one packet. Blend until creamy.

Yogurt Smoothie (Phases 1 to 4)

***Note: Not more than once a week.**

Put 200 mL of ice cubes in a blender, add ½ cup of fat-free, sugar-free frozen yogurt and the contents of one packet. Blend until creamy.

Popsicle (Phases 1 to 4)

Pour 200 mL of water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Freeze for about 30 minutes.

Pineapple & Banana Drink



For optimum results, always add the water before the contents of a packet.

Juice (Phases 1 to 4)

Pour 200 mL of very cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth.

Smoothie (Phases 1 to 4)

Put 200 mL of ice cubes in a blender, add 180 mL of very cold water and the contents of one packet. Blend until creamy.

Yogurt Smoothie (Phases 1 to 4)

***Note: Not more than once a week.**

Put 200 mL of ice cubes in a blender, add ½ cup of fat-free, sugar-free frozen yogurt and the contents of one packet. Blend until creamy.

Popsicle (Phases 1 to 4)

Pour 200 mL of water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Freeze for about 30 minutes.

Wildberry Yogurt Drink



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Yogurt Drink (Phases 1 to 4)

Pour 180 mL of very cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. For a creamier texture, refrigerate for 15 minutes.

Frozen Yogurt (Phases 1 to 4)

Pour 180 mL of cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Freeze for about 30 minutes.

Smoothie (Phases 1 to 4)

Put 200 mL of ice cubes in a blender, add 180 mL of cold water and the contents of one packet. Blend until creamy.

Chocolate Cake



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Pancake

In a shaker, vigorously shake 1 egg white and 1 oz. of cold water. Add the contents of one packet and shake until mixture is smooth. Pour batter into a non-stick skillet and cook over medium heat for 30 seconds. Flip the pancake and cook for another 30 seconds. Serve with sugar-free syrup or the Ideal Protein pudding of your choice.

Minimuffin

Pour 35 mL of cold water into a bowl, add contents of one packet and mix until smooth. Bake at 350°C in a muffin pan for 10 minutes or microwave in a

microwave-safe cup for 45 seconds. Top with the pudding of your choice if desired.

Cake

Pour 35 mL of cold water into a bowl, add contents of one packet and mix until smooth. Microwave in a microwave-safe cup for 45 seconds. Top with the pudding of your choice if desired.

Yummy cupcakes

Ingredients: (6 cupcakes)

2 packets of Ideal Protein Chocolate Cake Mix
1 packet of Ideal Protein Butterscotch Pudding
1/2 cup (125 mL) rolled oats
1 egg white

In a bowl, mix the ingredients with 1 cup of water. Divide the batter among the wells of a cupcake pan and bake for 20 minutes at 325°F (165°C).

Maple Oatmeal



For optimum results, always add the water before the contents of a packet. Don't use boiling water, because it will destroy protein's properties and change the product's texture.

Note: Don't use a shaker for oatmeal, because the pressure will pop the lid. Use a bowl or a cup and mix with a mixer or a whisk.

Oatmeal

Pour 80 mL of hot (but not boiling) water into a bowl, add contents of one packet and mix until mixture is smooth. Add a little bit of skim milk and/or sugarless syrup if desired.

Raspberry Jelly



For optimum results, always add the water before the contents of a packet.

Pour 150 mL boiling water into a bowl. Add contents of one packet and stir until completely dissolved. Refrigerate 30 to 45 minutes.

Banana, Butterscotch, Chocolate, Vanilla and Lemon Pudding



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Pudding

Pour 150 mL of cold water into a shaker, add contents of one packet in the flavour of your choice and shake vigorously until mixture is smooth. For a creamier texture, refrigerate for about 15 minutes.



Creamy and Tasty Drink

Pour 300 mL of very cold water into a shaker and add contents of one packet. Shake vigorously until mixture is smooth.

Ice Cream

Pour 150 mL of cold water into a shaker and add contents of one packet in the flavour of your choice. Shake vigorously until mixture is smooth. Freeze for about 30 minutes.

Vegetable Chili



For optimum results, always add the water before the contents of a packet.

Stove Top: Pour 170 mL boiling water into a small saucepan, add contents of one packet and bring to a boil. Simmer for 10 to 15 minutes, stirring occasionally.

Microwave: Pour 170 mL boiling water into a microwave-safe bowl, add contents of one packet and cook on high for 2 to 3 minutes, stirring occasionally.

Bolognese Spaghetti



For optimum results, always add the water before the contents of a packet.

Stove Top: Pour 170 mL boiling water into a small saucepan, add contents of one packet and bring to a boil. Simmer for 10 to 15 minutes, stirring occasionally.

Microwave: Pour 170 mL boiling water into a microwave-safe bowl, add contents of one packet and cook on high for 2 to 3 minutes, stirring occasionally.

Asparagus, Leek and Chicken Soup



For optimum results, always add the water before the contents of a packet. Don't use boiling water, because it will destroy protein's properties and change the product's texture.

Note: Don't use a shaker for soups, because the pressure will pop the lid. Use a bowl or a cup and mix with a mixer or a whisk.



Soup

Pour 230 mL of hot (but not boiling) water into a cup, add contents of one packet and mix with a mixer or a whisk until mixture is smooth.

Sauce

Pour 200 mL of hot (but not boiling) water into a bowl, add contents of one packet and mix with a mixer or a whisk until mixture is smooth. Spoon the sauce over vegetables and/or meat.

Vegetarian delight

½ cup broccoli florets

½ cup cauliflower florets

1 small onion, chopped

1 packet Ideal Protein Asparagus Soup

In a non-stick skillet over medium heat, sauté the onion for 2 to 3 minutes. Add the broccoli and cauliflower and sauté for about 5 minutes. In a bowl, mix the asparagus soup with ½ cup hot water and add to the broccoli-cauliflower mixture. Simmer for 2 minutes. Serve.

Bean Sprout Medley

Cook asparagus, green beans, broccoli and cauliflower to desired doneness. In a non-stick saucepan, combine vegetables with bean sprouts. Add garlic salt, salt or soya sauce as desired.

*** For dinner, add your choice of meat to the above-mentioned vegetable recipe.**