

## 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



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.

#### **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



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.

## 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



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

### **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**



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

### **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



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

#### **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.**