

Breakfast Recipes

Peanut Butter Pancakes for Two

1 packet Ideal Protein Crispy Cereal
1 Packet of Ideal Protein Peanut Soy Puffs
1 tsp. baking powder
2 egg whites
Enough water to make the right consistency, approx. 1/2 cup
Vanilla Sweet Leaf Stevia
1/2 tsp artificial butter extract- optional

Blitz the packets and baking powder in a food processor first to make powder. Then add the wet ingredients. Allow the mixture sit a couple of minutes to let the powder absorb the liquid. You may have to add more water at this point so your batter isn't too thick. Makes 4 pancakes. Serve with Walden Farms Pancake Syrup

Asparagus and Mushroom Frittata

Serves 4

4 teaspoons of grapeseed oil
1 cup of mushrooms
1/2 teaspoon sea salt
1 pound of Asparagus, tough ends snapped off, cut spears diagonally into 1 inch lengths
8 eggs, lightly beaten
3 green onions, sliced thin

Heat grapeseed oil in a large frying pan over medium high heat. Add mushrooms and salt and cook, stirring occasionally, until the mushrooms are done. Add asparagus, reduce heat to medium low and cook, covered until the asparagus are barely tender, approximately 7 minutes. Pour eggs in and cook until almost set, but still runny on top, about 2 minutes. While cooking, preheat oven broiler. Top with fresh green onions. Enjoy this breakfast meal for your dinner.

Egg and Vegetable Casserole

Serves 4: (2 eggs are one lean protein amount for the Ideal Protein protocol).

Cooking spray
4 teaspoons grape seed oil
1 zucchini, thinly sliced
1 red bell pepper, chopped
1 cup spinach
8 mushrooms, thinly sliced
1/2 cup fresh green onions, sliced
8 large eggs, at room temperature
1/4 c. water

1. Preheat oven to 350 degrees.
2. Put the 4 teaspoons of grape seed oil in a frying pan. Add the spinach, zucchini, red bell pepper and mushrooms, salt and pepper. Cook over medium heat until vegetables are tender. Let cool for 5-10 minutes. Spray your 8x8 pan with cooking spray. Place cooled vegetables in your 8x8 pan.
3. In a large bowl, combine the eggs and water. Pour the egg mixture over the vegetables. Bake for 40-45 minutes until the eggs are set.
4. Sprinkle sliced fresh green onion over the top.

French Toast

Take 1 package of crispy cereal (or crush up one package of the Apple Cinnamon Soy Puffs to a powder consistency; make sure you don't have another restricted product if you use the Apple Cinnamon Soy Puffs).
Add a dash of cinnamon and nutmeg. Mix all with 1 egg white and add enough water to make into a batter consistency. Spray your omelette pan with Pam and cook. Use the Walden Farms Pancake syrup.

Oatmeal Muffins

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.

Wildberry Pancake

Serving size: 2

Combine an Ideal Protein Crispy Cereal (crushed) and an Ideal Protein Wildberry Yogurt packet in a bowl. Add a beaten egg (or egg white) and enough water to form a batter. Split the batter in half and make it for two separate meals. If you leave it for the next day, you will need to add a little water to thin out the batter again. You can also try this recipe using the Ideal Protein blueberry pudding to make blueberry pancakes.

Egg White and Veggie Scramble

Serves 2

1 tsp Wildtree Roasted Garlic Grapeseed oil
1/2 red bell pepper, diced
6 mushrooms, sliced
1 cup fresh baby spinach
1 tsp Wildtree Rancher Steak Rub
6 egg whites

Add grapeseed oil to a large skillet over med-high heat. Add vegetables and sprinkle with Wildtree Rancher's Steak Rub. Saute until peppers and mushrooms are soft and spinach is wilted. Add egg whites, stirring them with a silicon spatula, and cook until the eggs are firm.

Chinese Pancakes

1 Ideal Protein Omelet packet
Favorite veggies (Bok Choy, Broccoli, Cabbage, Zucchini, Spinach, etc.)
1 clove garlic
1 inch piece ginger, grated
Fennel seed
Soy bean sprouts
Pre-cooked salad shrimp
Tamari sauce

Chop and combine veggies, ginger, and shrimp in a Ziploc steamer bag, steam for a minute or two. Prepare Omelet packet and either:

Option 1: add garlic to pan and make very thin, crepe-like omelets, spoon the veggies onto, roll and drizzle with tamari.

Option 2: put steamed veggies into a bowl, add the Omelet mixture (may need to add a few egg whites), lightly saute' the garlic, and add mixture, (all of it if cooking for 1, or divide into smaller, pancake-size portions). If you have omelet rings use as normal. Drizzle with Tamari.

Zucchini Pancakes

1 IP Oatmeal packet
2-3 egg whites
2 small to medium zucchinis- shredded
salt and pepper to taste
onion/ garlic (optional)

Combine and cook like pancakes. Enjoy!

Oatmeal Berry Muffin

Grease a mini muffin pan with oil and mix 1 pack Ideal Protein Maple Oatmeal with 1/4 teaspoon of baking powder. Add 1 pack of Ideal Protein Wildberry Yogurt, add 1 beaten egg, and add 1/4 cup water or until muffin consistency, mix carefully.

Spoon into pan until 3/4 full then bake at 350F until golden brown, about 10 minutes.

Eat alone and get bursts of berry in your mouth, or use an Ideal Protein Vanilla Pudding or Walden Farms Jams for a topping.

Makes 6 small muffins, the whole tray would be 2 IP foods or 3 if you have icing.
Consume accordingly.