MEAL IDEAS:

EXTRA HEARTY STEW by Marcia
2 c Turnips, cooked
1 pkt Ideal Protein Hearty Stew

Mash 2 cups of cooked turnips and place in a bowl. In a separate container, make the Ideal Protein Hearty Stew. Pour the stew over the mashed turnips. Enjoy.

KRISTA’S IP TACO BELL...
Lean turkey
Low Sodium Taco Seasoning

Cook the turkey with the low sodium taco seasoning until done. Crumbled over a bed of lettuce*. Use Walden Farm (WF) Ranch dressing instead of sour cream. Tastes great!

*"Shreds" lettuce.
CRISPY TURNIP “FRIES”

3 pounds turnips
1 tbspn olive oil
1 tspn onion powder

1 tspn garlic salt
1 tspn paprika

Preheat oven to 425 degrees. Line a baking pan with a piece of aluminum foil and lightly grease.

Peel the turnips and cut into French fry sized sticks, about 1/3 by 4 inches. Place into a large bowl and toss with the olive oil to coat. Place the garlic salt, paprika and onion powder in a resealable bag and shake to mix. Place the oiled turnips into the bag and shake until evenly coated with the spices. Spread out onto the prepared baking pan.

Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.
SHRIMP STIR FRY (for 2) by Suzanne S.

1lb. shrimp (8 oz. per person) Olive oil
2 c broccoli 1 c water
2 c bok choy 1 tbspn Mrs. Dash Garlic & Herb Spice

In wok: Cook broccoli in olive oil. Add 1 cup water, cover and steam broccoli. Add bok choy and steam. Drain. Add shrimp. Add Mrs. Dash Garlic & Herb spice. Cook until shrimp is cooked.

Sauce for Shrimp Stir Fry:
3 tbspn soy sauce
2 c water
1 pkt "Raw" Stevia

Mix the three sauce ingredients together. Add to wok, stir and serve.
BOBBY'S "I'm Not Gonna Get Big MACI"
Lean beef
Shredded lettuce
Walden Farms Thousand Island Dressing

Cook beef until done. Crumble over shredded lettuce and add dressing. YUM!
(My husband came up with this recipe after trying my WF Thousand Island Dressing – he's not even on the program!)

FLUFFY CHEESE OMELET (Phase 3)
1 pkg cheese omelet
4 oz purified water
1 egg white

Mix package with water with an electric beater. Beat egg white separately until firm. Stir into cheese omelet mixture. Cook on medium heat in non-stick fry pan. DO NOT OVER COOK.

BAKED SCALLOPS WITH WILTED GARLIC SPINACH
8 oz bay or sea scallops
Olive Oil, Spray
Lemon & Pepper Seasoning
Garlic, Fresh chopped
Spinach

Bake scallops in 425 degree oven (spray scallops with olive oil spray and then add desired seasoning. I use lemon and pepper).

While scallops bake, use either spray oil or 1 tsp olive oil in a large pan. Add either fresh diced (or jar) garlic and heat. Add fresh spinach and turn with tongs to coat. The spinach will wilt quite quickly.

Add baked scallops and enjoy.
TURKEY ROLL UP
1 pkt Ideal Protein Crepe
2 slices Fat Free Turkey Breast
Fresh Spinach
Roasted Red Peppers

Roll the turkey, spinach and red pepper into the crepe and enjoy

HERB & CHEESE OMELET with a GERMAN TWIST by Carol B.
1 pkt Ideal Protein Herb & Cheese Omelet
Sauerkraut

Place sauerkraut in fry pan, add omelet mixture on top. Cook and enjoy.

KRISTA’s CREPES
1 pkt Ideal Protein Crepe mix
Walden Farms Strawberry Syrup, enough to add flavoring to crepe mix.

Make the crepes according to the package directions. Mix in strawberry syrup. Yum,yum.

SESAME BEEF STIR-FRY
2 tspns olive oil
2 tbspns finely chopped peeled ginger
1 ½ tbspns finely chopped garlic
3 chopped onions
2 c shredded cabbage
1 med. Green pepper, julienned
1 tbspn sesame oil (I skip this)
12 oz. flank steak cut in thin strips
2 tbspns low sodium soy sauce
Sea salt
Pepper

Place olive oil in pan and heat. Place remaining ingredients in pan until mostly cooked. Add flank steak stirring until cooked. Add soy sauce, sea salt and pepper, toss and serve.