

Ideal Protein Main Dishes



IDEAL PROTEIN PEACH MANGO CHICKEN SALAD

1 tsp. Ideal Protein Peach Mango Drink mix
7 oz. chicken breast, cut into pieces
2 c baby lettuce mix
¼ tsp. cinnamon
2 tsp. extra virgin olive oil
½ c asparagus
½ c grape or cherry tomatoes
Sea salt & fresh ground pepper to taste

Heat olive oil on medium in sauté pan. Add chicken and asparagus, sprinkle with Peach Mango Drink mix, salt, pepper, and cinnamon. Sauté until cooked through. Combine lettuce and tomatoes in bowl, top with chicken and asparagus.

RED CABBAGE ROLLS

7 oz. 97% lean ground beef
1 c spinach, rough chopped
½ c celery, diced
Walden Farms Honey Barbeque or Marinara Sauce
1 head red cabbage
½ c mushrooms, sliced
½ tsp dried or 1 tbs. fresh basil, chopped
Sea salt & fresh ground pepper to taste

Bring water to boil in medium sauce pan. Drop full leaves of cabbage into boiling water. Boil until wilted, remove from water, and drain on paper towels. Spray sauté pan with Pam or olive oil spray and heat. Add mushrooms and celery, sauté until tender crisp. Add fresh spinach, remove from heat. In a bowl, combine veggies and ground beef. Lay cabbage leaves flat and fill with meat and veggie mixture. Fold sides and roll. Bake at 350° for 30 minutes. Brush with barbeque or marinara sauce before and during baking.

GRILLED HAMBURGER WITH LETTUCE "BUN"

7 oz. 97% lean ground beef
Dill pickle slices
Mustard to taste
2 whole leaves iceberg lettuce
1 tbs. chopped onion
Sea salt & fresh ground pepper to taste

Mix ground beef, onion, salt, and pepper, form into patty. Grill or broil until center is no longer pink. Place on lettuce leaf, top with mustard and pickles, top with other lettuce leaf.

SAUTÉED SEA SCALLOPS

7 oz. sea scallops
1 tbs. fresh lemon juice
½ tsp. crushed garlic
2 tsp. extra virgin olive oil
1 tbs. capers
Sea salt & fresh ground pepper to taste

Sauté scallops in olive oil garlic, salt, and pepper until light brown on both sides. Add fresh lemon juice and capers, heat and serve.