

It's a Perfect Fall Day!



Vanilla Chai Latte

An easy way to warm your day

- 1 Good Earth Sweet & Spicy Tea Bag (or similar)
- 4 oz hot water
- 1 12oz Ideal Protein Ready-Made Vanilla Drink

1. Brew spice tea strong, in 4oz hot water.
2. Meanwhile, in a small pitcher or separate mug, heat IP Vanilla Drink in microwave for 1 minute, or until heated.
3. Combine Vanilla Drink and spice tea to create a tasty fall latte and a satisfying breakfast drink.



Vegetable Marinara

A delicious way to bulk up on vegetables

- 1 cup (1 Large) Green Bell Pepper, chopped
- 2 cups (8oz) Fresh Mushrooms, chopped
- 2 cups zucchini, diced
- 1 cup yellow summer squash, diced
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- 2 tsp Italian Seasoning
- 1 14oz can diced tomatoes (or 2 cups sugar-free marinara)
- 2 tsp Sea Salt
- Ideal Protein Rotini Pasta

In a small amount of water, steam vegetables and seasonings in a large skillet until tender. Add tomatoes and salt. Simmer on low for 15-20 minutes. Makes four 2-cup vegetable servings.

Prepare an Ideal Protein Rotini Pasta as directed. Combine with 2 cups Vegetable Marinara.



IDEAL PROTEIN

Rotini Pasta

9 grams of fiber, made from pea and wheat protein



Beef 'n Vegetable Chili

A low-carb chili cookoff-worthy favorite!

- 2 lb Lean Ground Beef
- 2 Cups (2 large) Green Bell Peppers, chopped
- 2 Cups (8oz) Fresh Mushrooms, chopped
- 1 bag (16oz) Frozen Cauliflower Rice (or 2 Cups Cauliflower, chopped)
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- 1 tsp Crushed Chili Pepper Flakes
- 3 Tbsp Chili Powder
- 1 Tbsp Cumin
- 1 6oz can Tomato Paste
- 1 28oz can Crushed Tomatoes
- 2 tsp Sea Salt

In a large pot, brown beef. Drain fat. Add vegetables and seasonings. Cook until tender. Add crushed tomatoes. Simmer on low for 15-20 minutes.



Easy Hot Chocolate

One-ingredient Evening Treat

- 1 packet Ideal Protein S'mores Cocoa Drink Mix
- 7-8 oz water

1. Pour about 1 cup water into a shaker.
2. Add contents of packet; Shake well.
3. Microwave for one minute or until hot.

ideal
TRANSFORMATION
live lightly



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