

## Superbowl Snacks

### Buffalo Chicken Celery Sticks

2 c Chicken  
¼ c WF Mayo  
½ tsp garlic powder  
¼ tsp salt  
¼ tsp pepper  
3 T Buffalo Sauce  
Celery Stalks



### Buffalo Cauliflower

1 head cauliflower  
¼ c. hot sauce  
Pinch salt  
Preheat oven to 450 degrees.  
Bake cauliflower  
Once the cauliflower is done baking, brush with hot sauce and bake again for a few more minutes, until crispy.  
Remove from oven. You may want to add a bit more buffalo sauce to taste. Enjoy!  
(Try this with some Walden Farms Bleu Cheese Dressing)

### Buffalo "Wings"

1 pound Boneless, skinless chicken tenders  
¼ cup Frank's Buffalo Sauce  
Celery, cut into sections  
Walden Farms Blue Cheese or Ranch Dressing  
1. Cook chicken. Coat with buffalo sauce and serve with celery. Use Walden Farms Blue Cheese or Ranch Dressing for a dipping sauce.  
**Ranch Seasoning Mix**  
¼ c parsley  
1 T dill  
1 T garlic  
1 T onion powder  
½ tsp basil  
½ tsp pepper  
Add seasoning mix to Walden Farms Mayo "to taste" for dipping.



### Mock Crab Salad

1 Ideal Protein Chicken Patty  
1 T Green Onion  
1 T Chopped Roasted Pepper  
½ tsp Old Bay Seasoning



Mix

### Cauliflower Hummus Dip

1 head of cauliflower, chopped  
Chicken stock  
Juice of half a lemon, or more to taste  
2 tsp. olive oil  
1 tbsp Roasted garlic (raw is fine if that's what you have)  
Salt and pepper to taste  
Add raw cauliflower to a pan with about 1/2 cup of the chicken stock. Bring to a boil, and then simmer covered until the cauliflower is very tender. Allow to cool.  
Blend cauliflower, lemon juice, olive oil, garlic, and salt and pepper. If you like, add in spices and/or some fresh

herbs — rosemary would be tasty, for example, as would some hot chillis. za'atar and sumac are middle eastern spices you could use. Add in just enough chicken stock to allow the processor/blender to move freely. Whip up until it's a very smooth puree. Taste and adjust spices. When serving later, re-taste and adjust spices as needed

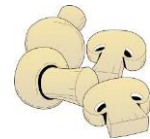
### "Mockamole"

1 cup asparagus  
1 tomato  
1/4 cup red onion  
1/2 Tbsp olive oil  
squeeze of lime juice  
garlic powder, onion powder, cayenne pepper, sea salt & pepper (to taste)  
Cut up asparagus & steam (overcooking slightly), then let cool. Add all ingredients into blender and blend until desired texture is reached. Serve with Ideal Protein Chips



### Portobello Mushroom Poppers

2 tsp olive oil  
1/4 leek, finely chopped  
2 cloves garlic, finely chopped  
fresh basil, chopped  
Penzey's Brady Street Cheese Sprinkle  
2 green onions, finely chopped  
1/4 cup diced tomatoes  
12 ounce baby portobello mushrooms, stems removed  
fresh parsley, chopped  
pinch of salt  
Preheat oven to 400F. Heat a small amount of olive oil in a skillet.  
Stir fry green onions and leeks until golden brown. Add tomatoes, garlic, and salt.  
Cook until tomatoes are soft. Add fresh basil.  
Spray baking dish with olive oil and place mushrooms, bottom side up.  
Place mixture into each mushroom cap. Bake for 12-15 minutes and remove from oven.  
Sprinkle with fresh parsley and Penzey's Brady Street Cheese.



### Zucchini Tots

1 cup zucchini, grated  
1 egg  
¼ cup shaved cauliflower  
1 IP packet of Garlic & Herb Chips (crushed)  
Salt and Pepper  
Preheat oven to 400. Spray a mini-muffin tin with nonstick spray, set aside.  
Grate the zucchini and then place it in a dish towel and squeeze out the excess water. In a bowl, combine the egg, cauliflower, crushed IP chips, zucchini, salt and pepper. Using a spoon or a cookie scoop, fill the muffin cups to the top. Lightly spray tops of tots with nonstick spray. Bake for 15-18 minutes, or until the tops are browned and set.



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### Entrees

#### Southern Style Crock Pot Chicken

5 split chicken breasts  
1 can Rotels  
1 can diced tomatoes  
1 small can diced chilies  
1 green pepper, chopped  
2 Tbsp taco seasoning mix  
ground black pepper  
5 green onions, chopped  
1 can black beans, (maintenance only)  
Add all ingredients to a crock pot. Cook on low for 8 hours  
*\*use as a topping for salads or add to vegetables to make stir fry.*  
*\*Meat may be frozen in 4-8 ounce portions for future use*



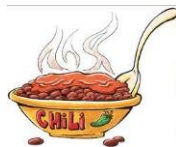
#### Sweet Pepper Nachos

1 pound lean ground beef  
2 cloves garlic, pressed  
1 Tbsp chili powder  
1 tsp white pepper  
1 tsp ground cumin  
About 10 to 12 small sweet baby bell peppers, halved  
Hot sauce, banana peppers, and nutritional yeast or Penzey's Brady Street Cheese Sprinkle  
1. Heat ground beef, garlic, and other spices in a pan over medium high heat. Cook until meat is no longer pink and then let simmer for a few minutes.  
2. Cut baby peppers in half length-wise and cut out the middle. Lay out on a baking sheet and spoon the cooked meat into the centers.  
3. Top with banana peppers and grated cheese if desired.  
4. Broil for about ten minutes and enjoy!



#### Beef and Vegetable Chili

1 1/4 pounds lean ground beef  
2 cups cauliflower, chopped  
2 cups green pepper, cubed  
2 cups mushrooms  
2 teaspoons garlic, minced  
1 teaspoon crushed chili peppers  
2 teaspoons onion powder  
2 Tablespoons chili powder  
2 teaspoons sea salt  
1 teaspoon pepper  
1 large can crushed tomatoes  
In a pan, brown beef. Drain fat. Add vegetables and seasonings. Cook until tender. Add crushed tomatoes. Simmer on low for 15-20 minutes.



### Beverages

#### Pina Colada

1 IP Pina Colada drink mix  
Splash/shot Coconut Pineapple ICE drink  
½ ice - blend

#### Black Cherry Merlot

1 box black cherry herbal tea  
2-4 tbsp apple cider vinegar  
1 wine bottle  
Brew 1 box with 2 cups water, let steep for richer flavor. Pour tea into wine bottle and apple cider vinegar, then fill remainder of bottle with water and mix well. Served chilled or room temperature.

#### Mai Tai

1 c lemon lime Soda  
2 limes/wedges  
1 Ideal Protein Orange Drink  
1 Ideal Protein Pineapple Banana Drink

#### Moscow Mule

Ginger Lime ICE  
Splash of fresh lime juice  
Garnish with a sprig of mint



#### Gummy Treats (Author: Dea Marie Suhai)

Unflavored gelatin  
Flavoring of your choice (IP Lemon, Mangosteen and Tangerine water enhancers are terrific, but you can use protein packets or strong-brewed tea too!)

In a small bowl, place 2 Tbsp water, 1 Tbsp gelatin and your flavoring of choice. Mix well with a small whisk. If you need to, add another Tbsp of water. Let set for a few minutes; then add 2 Tbsp almost boiling water to the mix to dissolve. Using a dropper, fill your molds, (worm molds: add a few different flavors if desired). Refrigerate until set; pop out of the molds and serve!