



Summer Countdown - Week 1 recipes

salad

summer confetti salad (3 svgs)

- 3 c cauliflower or cauli/broccoli combo
- 1/4 c scallions chopped
- 1/2 c red bell pepper finely chopped
- 1/2 c yellow bell pepper finely chopped
- 1 c red cabbage finely chopped
- 1/2 c celery finely chopped
- 1/4 c fresh basil julienned



dressing ingredients

- 1/8 c (6 tsp) avocado oil
- 2 tsp fresh lime juice
- 2 Tbsp apple cider vinegar
- 1 1/2 Tbsp minced ginger
- 1 Tbsp granulated sweetener (ie Splenda)
- 1/2 tsp salt

instructions

- 1 - combine all chopped veggies in large bowl and toss to combine.
- 2 - combine the dressing ingredients in a blender or magic bullet and blend until emulsified - about 30 seconds
- 3 - pour dressing over salad and toss well to coat
- 4 - store unused portion in refrigerator for up to 5 days.

source: sugarfreemom.com

grilling faves

grilled cabbage steaks

- 1 small head green cabbage
- olive oil
- garlic powder
- salt and pepper



- 1 - wash and remove outer leaves; trim stem off.
- 2 - cut 1 to 1 1/2 inch steaks.
- 3 - brush and season both sides with olive oil, garlic, salt and pepper.
- 4 - place on grill and cook until tender, about 5 minutes per side.

source: *inspired by our very own Robin G*

dessert

key lime tarts (2 svgs)

- 4 +1 packets of True Lime flavoring (approx 1 tsp)
- a little Splenda or Stevia to taste
- 1 packet Ideal Protein Vanilla Pudding
- 1 packet Ideal Protein Maple Oatmeal
- 1 egg white



instructions

- 1 - for the filling, dissolve 1 tsp True Lime flavoring in 3 oz water; add a little Splenda or Stevia to taste (sweetened but tart).
 - 2 - add the contents of Ideal Protein Vanilla Pudding and mix well until smooth, no lumps. The consistency will be thicker than usual.
 - 3 - cover and refrigerate
 - 4 - for the crust, pre-heat oven to 350 F.
 - 5 - mix packet Ideal Protein Maple Oatmeal with egg white and 1-1 1/2 oz water creating a stiff but manageable dough that will form into balls.
 - 6 - lightly coat mini muffin tin with non-stick spray.
 - 7 - moisten hands, form dough into six balls, approx 2-3 tsp each.
 - 8 - place dough ball into pan; press down as thinly as possible across bottom and sides forming a little 'cup'
 - 9 - bake approx 5 minutes or longer (dough will poof a little during baking). Cool on wire rack.
 - 10 - Remove filling from refrigerator; add last packet of True Lime and drop filling into shells. Serve chilled
- source: idealweightlossclinic.com.

beverages

Drive Thru Iced Vanilla Latte

- doppio (double shot of espresso over ice)
- Ideal Protein Vanilla Ready Made



order a doppio; ask them to put it in a venti cup filled with ice. Add vanilla drink and enjoy.

Moscow Mule

- Ginger Lime ICE
- Splash of fresh lime juice



serve in a copper mug over ice; garnish with mint sprig