JOYFULL

× IDEAL PROTEIN

RECIPE COLLECTION · HOLIDAY 2026

THE HOLIDAY *Table*

Nine Phase One friendly recipes for the season, from a full Thanksgiving table to party appetizers you'll want to bring everywhere. Created by Chef Roza Phox for Ideal Protein.

The Gathering Table

Bring a Plate

Phase One friendly

9 recipes inside

Spreading joy through food.

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What's on the menu

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The Gathering Table *Thanksgiving and holiday dinner*

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Before you start. Prepare Ideal Protein foods according to package directions unless a recipe says otherwise. Olive oil comes from your daily allowance. Portions and phase guidelines can vary, so check with your coach if you're unsure.

Mini Kuku Sabzi Herb Bites

The classic Persian herb frittata, baked into bite-size rounds. An easy pass-around appetizer.

IP Omelet Mix **Time** 25 min

Ingredients

- 1 packet Ideal Protein Omelet Mix
- Water, per package directions
- ½ cup fresh parsley, finely chopped
- ½ cup fresh cilantro, finely chopped
- ¼ cup fresh dill, finely chopped
- ½ cup baby spinach, finely chopped
- 1 clove garlic, grated
- ¼ tsp turmeric
- Pinch of salt and black pepper
- Olive oil, for greasing

Method

1. Heat the oven to 350°F and lightly grease a mini muffin tin with olive oil.
2. Whisk the Omelet Mix with water per package directions.
3. Stir in the herbs, spinach, garlic, turmeric, salt and pepper. The mixture should be more green than egg.
4. Spoon into the muffin tin, filling each cup three-quarters full.
5. Bake for 12 to 15 minutes, until set and lightly golden at the edges.
6. Serve warm or at room temperature.

CHEF ROZA'S TIP

Chop the herbs by hand, not in a food processor. They stay bright green instead of turning muddy.

Loaded Apple-Sage Stuffing

Apple and sage, loaded with vegetables and finished with crispy sage. Baked in cast iron so the edges crisp up.

IP Apple Oatmeal **Time** 45 min

Ingredients

- 1 packet Ideal Protein Apple Oatmeal
- ½ cup hot water
- 1 egg
- 2 tbsp olive oil, divided
- 2 celery stalks, diced
- ½ bulb fennel, diced
- 1 cup mushrooms, chopped
- 1 cup Brussels sprouts, halved
- 1 cup kale, shredded
- 1 clove garlic, grated
- 1 tsp fresh thyme leaves
- 1 tsp fresh rosemary, finely chopped
- 6 fresh sage leaves
- Zest of ½ lemon
- Salt and plenty of black pepper

Method

1. Heat the oven to 375°F.
2. Stir the Apple Oatmeal into the hot water and let it sit for 5 minutes to thicken. Cool slightly, then mix in the egg.
3. Heat 1 tbsp olive oil in a cast-iron skillet. Brown the mushrooms hard, then add the celery, fennel and Brussels sprouts and cook until golden, 6 to 8 minutes.
4. Add the kale, garlic, thyme and rosemary and cook until the kale wilts. Season well.
5. Fold the oatmeal mixture into the vegetables and press it evenly into the skillet.
6. Bake for 20 to 25 minutes, until the top and edges are crisp.
7. Fry the sage leaves in the remaining olive oil until crisp, about 30 seconds.
8. Finish with the crispy sage and lemon zest. Serve straight from the skillet.

CHEF ROZA'S TIP

Let the oatmeal cool for a minute before adding the egg, or the egg will scramble.

Charred Green Bean Casserole

Charred green beans in a creamy mushroom sauce, topped with crispy roasted mushrooms. The classic, without the can.

IP Mushroom & Parmesan Couscous Risotto

Time 35 min

Ingredients

- 1 packet Ideal Protein Mushroom & Parmesan Couscous Risotto
- Water, per package directions, plus ¼ cup
- 3 cups green beans, trimmed
- 2 cups mushrooms, sliced
- 2 tbsp olive oil, divided
- 1 clove garlic, grated
- ½ tsp fresh thyme leaves
- Salt and black pepper

Method

1. Heat the oven to 400°F.
2. Toss the green beans with 1 tbsp olive oil and salt. Char in a hot cast-iron pan until blistered, 5 to 6 minutes.
3. Prepare the risotto with water per package directions, plus the extra ¼ cup. Blend until smooth into a creamy sauce. Stir in the garlic and thyme.
4. Fold the green beans into the sauce and spread in a baking dish.
5. Toss the mushrooms with the remaining olive oil, salt and pepper.
6. Scatter the mushrooms over the top and bake for 15 to 20 minutes, until crisp and bubbling.

CHEF ROZA'S TIP

Char the green beans hard. The blistered bits are where all the flavour is.

Saffron & Sumac Roast Turkey Breast

The centrepiece of the table, with a bright, tangy rub and a rich pan gravy.

IP Chicken Soup Mix **Time** 1 hr 30 min

Ingredients

TURKEY

- 1 boneless turkey breast, about 2 lb
- Pinch of saffron, bloomed in 1 tbsp hot water (or 1 tsp turmeric)
- 2 tsp sumac
- 2 cloves garlic, grated
- Zest and juice of 1 lemon
- 2 tbsp olive oil
- 1 tsp salt and ½ tsp black pepper

PAN GRAVY

- 1 packet Ideal Protein Chicken Soup Mix
- 1 cup water
- Pan drippings from the turkey
- 1 sprig fresh thyme

Method

1. Heat the oven to 375°F.
2. Mix the saffron water, sumac, garlic, lemon zest and juice, olive oil, salt and pepper. Rub all over the turkey.
3. Roast for 60 to 75 minutes, until the thickest part reaches 165°F.
4. Rest the turkey for 10 minutes before slicing.
5. For the gravy, whisk the Chicken Soup Mix into the water. Pour into the roasting pan with the drippings and thyme.
6. Simmer over medium heat, scraping up the browned bits, until thickened, 5 to 7 minutes. Strain and serve.

CHEF ROZA'S TIP

Rest the turkey before slicing. Cutting too early sends all the juices onto the board.

Leftover Turkey & Charred Vegetable Soup

The day-after soup everyone needs. Charred vegetables, leftover turkey and a quick tomato basil broth.

IP Tomato & Basil Soup Mix

Time 20 min

Ingredients

- 1 packet Ideal Protein Tomato & Basil Soup Mix
- Water, per package directions
- 1 cup leftover turkey, shredded
- 1 zucchini, diced
- 1 red bell pepper, diced
- 1 celery stalk, diced
- 1 tbsp olive oil
- Pinch of chili flakes
- Fresh basil, to finish

Method

1. Heat the olive oil in a pot over high heat. Char the zucchini, pepper and celery until browned at the edges, 5 to 6 minutes.
2. Add the Tomato & Basil Soup Mix and water per package directions. Stir until smooth.
3. Add the turkey and chili flakes and simmer for 5 minutes.
4. Finish with torn fresh basil.

CHEF ROZA'S TIP

Char the vegetables in batches if your pot is small, so they brown instead of steam.

Cheesy Jalapeño Popper Bites

Creamy, cheesy and a little spicy. The real popper experience in one bite.

IP Cheddar Cheese Sauce Mix | Time 35 min

Ingredients

- 1 packet Ideal Protein Cheddar Cheese Sauce Mix
- Water, half the amount in the package directions
- 6 jalapeños, halved lengthwise and seeded
- ½ lb ground chicken
- 1 clove garlic, grated
- ½ tsp smoked paprika
- 1 tbsp olive oil
- Salt and black pepper
- Fresh chives or cilantro, chopped

Method

1. Heat the oven to 400°F and line a baking sheet with parchment.
2. Cook the ground chicken in the olive oil with the garlic, smoked paprika, salt and pepper until cooked through, 6 to 8 minutes.
3. Whisk the Cheddar Cheese Sauce Mix with half the water in the package directions until thick and creamy.
4. Fold the chicken into the cheese sauce.
5. Spoon the filling into the jalapeño halves and set them on the baking sheet.
6. Bake for 15 to 18 minutes, until tender, bubbling and golden.
7. Finish with chives or cilantro.

CHEF ROZA'S TIP

Wear gloves when seeding the jalapeños. Leave a few seeds in if your crowd likes heat.

Lemon-Garlic Shrimp Cocktail

The holiday shrimp platter everyone recognizes, made better with a punchy homemade cocktail sauce.

IP Tomato & Basil Soup Mix

Time 20 min + chilling

Ingredients

SHRIMP

- 1 lb large shrimp, peeled and deveined, tails on
- 1 lemon, halved
- 2 cloves garlic, smashed
- 1 bay leaf
- 1 tsp black peppercorns
- 1 tbsp salt

COCKTAIL SAUCE

- 1 packet Ideal Protein Tomato & Basil Soup Mix
- Water, half the amount in the package directions
- 1 tbsp prepared horseradish
- Juice of ½ lemon
- A few dashes of hot sauce

TO FINISH

- Smoked paprika, fresh dill and lemon wedges

Method

1. Bring a pot of water to a boil with the lemon, garlic, bay leaf, peppercorns and salt. Simmer for 5 minutes.
2. Add the shrimp and cook for 2 to 3 minutes, until pink and just opaque.
3. Move the shrimp straight into an ice bath, then drain and chill.
4. Whisk the Tomato & Basil Soup Mix with half the water until thick. Chill, then stir in the horseradish, lemon juice and hot sauce.
5. Arrange the shrimp around the sauce. Dust with smoked paprika and finish with dill and lemon.

CHEF ROZA'S TIP

The ice bath is the secret to snappy shrimp. Don't skip it.

Crispy Buffalo Cauliflower Bites

Buffalo heat meets a nacho cheese crunch. The platter that empties first at every party.

IP Nacho Cheese Dorados

Time 35 min

Ingredients

- 1 bag Ideal Protein Nacho Cheese Dorados
- 1 head cauliflower, cut into bite-size florets
- 2 eggs, beaten
- 3 tbsp hot sauce, no sugar added
- 1 tbsp olive oil
- Celery sticks, to serve

Method

1. Heat the oven to 425°F and line a baking sheet with parchment.
2. Crush the Nacho Cheese Dorados into fine crumbs.
3. Dip each floret into the egg, then roll it in the crumbs.
4. Spread on the baking sheet and bake for 20 to 25 minutes, until golden and crisp.
5. Whisk the hot sauce with the olive oil and drizzle over the bites, or serve on the side.
6. Serve with celery sticks.

CHEF ROZA'S TIP

Pat the florets completely dry before dipping so the coating sticks.

Mini Blinis with Smoked Salmon & Dill

The most New Year's Eve thing on a tray. Tiny pancakes, silky salmon and fresh dill.

IP Pancake Mix | Time 20 min

Ingredients

- 1 packet Ideal Protein Pancake Mix
- Water or egg, per package directions
- Olive oil spray
- 3 oz smoked salmon, no sugar added
- ½ cucumber, finely diced
- Fresh dill
- Zest of 1 lemon
- Cracked black pepper

Method

1. Prepare the Pancake Mix per package directions.
2. Heat a non-stick pan over medium heat and lightly spray with oil.
3. Drop the batter in teaspoon-size rounds and cook for 1 minute per side, until golden.
4. Cool the blinis slightly.
5. Top each with cucumber, a small fold of smoked salmon and a sprig of dill.
6. Finish with lemon zest and cracked pepper.

CHEF ROZA'S TIP

Make the blinis up to a day ahead and top them right before guests arrive.