



Dea's
Recipes

SMOKED SALMON & ARUGULA FRITTATA

LOW CARB / IDEAL PROTEIN PHASE 1 RECIPES

Ingredients:

4 eggs

4 ounces of smoked salmon

2 green onions diced

1 tbsp of chopped fresh dill

1 cup of arugula loose packed

Salt

Pepper

Phase 4 additions - 1 ounce of fresh soft cheese, 1/4 cup heavy cream, 1 tsp butter.

Method:

In a medium bowl, beat the eggs well until nice and fluffy. Add smoked salmon, arugula, onions, dill, salt and pepper. For Phase 4, add cream and cheese. Phase 4 can sauté onions in butter and add to your egg mixture.

Preheat oven to 350.

In a small baking dish, pour your egg mixture and bake for 30 minutes.

Recipe yields 10 ounces of protein and 1 cup of veggies- divide accordingly.

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CREPES

LOW CARB / IDEAL PROTEIN PHASE 1 RECIPES

Ingredients:

- 2 large eggs
- 2 ounces of milk
- 3 ounces of water
- 2 tsp granular sugar free sweetener
- Pinch of salt
- 1 pancake plain
- 1 vanilla pudding

Method:

In a blender combine eggs, water, milk, salt, sweetener, pancake and pudding. Blend until batter is smooth. Heat an 8-10 inch skillet over medium low heat. Add 1 ounce of batter and quickly tilt the pan to form an even coating on bottom of pan. Cook for 1 minute and with a heat resistant spatula, loosen sides and flip. Cook for an additional minute. Keep repeating until batter is done.

Fillings for crepes might include sugar free jams and syrup, IP pudding, rhubarb purée/compote, or chayote compote.

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CHEESY PICKLE PASTA SALAD

LOW CARB / IDEAL PROTEIN PHASE 1 RECIPES

Ingredients:

Salad:

Noodles from Mac and cheese- soak at room temp for 1.5 hours (or prepare per directions - do not add cheese sauce)

1/2 cup diced dill pickles

1/2 cup diced celery

2 tbsp of green or white onion

1 tbsp fresh dill

2 tbsp dill pickle juice

Sauce:

1 pkg cheese sauce

1 oz milk

1 tbsp of amazing mayo - or similar dressing

1 tbsp pickle juice

1/8 tsp cayenne pepper

Salt and pepper

Mix until smooth - dressing will be thick

Combine all salad ingredients and fold in your cheese sauce and chill.

Tip- if your pickles come with awesome garlic and spices, garnish your salad with a bit.

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BRUSCHETTA PASTA SALAD

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Ingredients:

- 1 pkg of rotini (soak at room temp for 1.5 hours or prepare as per instructions)
- 1 cup of tomatoes
- 1 tbsp red onion chopped
- 1/2 cup basil chopped
- 1 garlic clove minced
- 2 tsp olive oil
- 1 green onion chopped
- Salt and pepper
- 1-2 tbsp ideal proteins balsamic dressing

Method:

In a bowl, combine the tomatoes, onion, garlic, chopped basil, olive oil and balsamic dressing. Let this mixture rest for at least 15 minutes then toss your prepared rotini noodles into the tomato mixture. Season with salt and fresh ground pepper. You can serve and enjoy this recipe right away or let it rest for up to one hour before using.

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CURRY CAULIFLOWER COLD SALAD

LOW CARB / IDEAL PROTEIN PHASE 1 RECIPES

Ingredients:

- 4 cups of blanched cauliflower florets cut into little bite size pieces
- 1/2 tsp coriander/ground
- 1/2 tsp cumin/ground
- 1/2 tsp fennel/ground
- 2 tsp curry powder
- 1/4 tsp cayenne pepper / or paprika
- 1/2 cup diced red bell pepper
- 1/2 cup diced green onion/or red
- 1/4 cup chopped cilantro/optional
- 2 tbsp of lemon
- 2 tsp lemon zest
- 2-4 tbsp of sugar free dressing - WF onion dip , ranch dip, amazing mayo ect.
- Salt and pepper

Method:

- Clean, wash and prepare 4 cups of cauliflower into little bite size pieces.
- Blanch cauliflower for 5 minutes, drain and leave in colander to cool.
- Place all chopped veggies in a bowl and add choice of dressing, lemon juice and all spices. Mix well. Now add your cooled cauliflower and mixed well.
- You may garnish with a little cilantro, onion , or even add some hard boiled eggs.

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CHOCOLATE OATMEAL RHUBARB POKE CAKE

LOW CARB / IDEAL PROTEIN PHASE 1 RECIPES

Ingredients:

Dry:

- 1 chocolate drink mix
- 1 Apple oatmeal
- 1/2 tsp baking powder

Wet:

- 1 beaten egg
 - 1/2 cup of rhubarb purée add 1 tbsp strawberry syrup and divide into 2 1/4 cup servings - use 1/4 cup in batter and reserve 1/4 cup for topping
 - 2-4 tsp of grape seed oil
 - 2 tbsp of Walden Farms chocolate sauce
 - 1 ounce of water
- Mix all ingredients well

Method:

Mix wet into dry ingredients and mix well pour in a small baking pan.
Bake at 350 for 30 min.

Remove from oven and cool for 10 minutes.

Using the dowel end of a wooden spoon, poke holes into your cake evenly. Spread 1/4 cup of rhubarb purée over top of cake and let set.

Garnish with edible fresh flowers. Divide in half for 1 serving.

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