



Ideal Protein Foods – Preparation Instructions

Soups

Pour 230 ml (8 fl. oz.) of very cold water into a shaker. Add the contents of one packet and mix well. Heat in the microwave for 1 to 2 minutes or in a saucepan over medium heat. Do not overheat.

Note: For creamy soups, add 175 ml (6 oz.) of cold water. Also, don't hesitate to add seasonings for variety or mix in leftover cooked veggies.

Chicken Noodle Soup Mix

Pour 200 ml (7 fl. oz.) of cold water into a shaker. Add the contents of one packet and mix well. Heat in microwave for 30 to 60 seconds or simmer over low heat on stovetop. Do not allow mixture to boil.

Chicken à la King Pottage Mix

Pour 200 ml (7 fl. oz.) of very cold water into a shaker. Add contents of one packet and mix well. Heat in the microwave for 1 to 2 minutes or on stovetop over medium heat. Let stand for approximately 2 minutes before serving.

Vegetable Chili Mix

Stovetop: Empty the contents of one packet into a small saucepan. Add 170 ml (5-6 oz.) of water and mix well. Bring to a boil and simmer 5 to 10 minutes, stirring occasionally.

Microwave: Empty the contents of one packet into a bowl. Add 170 ml (5-6 oz.) of water and mix well. Heat for 2 to 3 minutes, stirring occasionally.

Potato Puree

Pour 60 ml (2 oz.) of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently.

For soup, pour 100 ml (3 oz.) of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently.

Rotini

Empty contents of one packet into a pot of boiling water. Cook for 10 to 12 minutes (al dente), or until desired texture, stirring occasionally. Drain well and serve.

Macaroni and Cheese

Bring water to boil in a saucepan. Add pasta & cook 10-12 minutes or until tender, stirring occasionally. Reserve 2 oz (60 mL) of cooking water then drain. Return pasta to saucepan. Add cheese sauce mix to the reserved water and whisk until smooth. Add cheese sauce to cooked pasta, mix well and serve.



Chicken Patty Mix

Pour 50 ml (2 fl oz.) of cold water into a small bowl. Add contents of one packet, mix and allow mixture to sit for 5 minutes. Pour mixture into a light greased nonstick skillet, forming two patties. Cook over medium heat for 2 to 3 minutes on each side.

Omelet

Pour 150 ml (5 oz.) of cold water into a shaker. Add the contents of one packet and mix well. Cook on stovetop over medium heat in a nonstick skillet.

Pancake Mix

Pour 40 ml (1.4 fl oz.) of cold water into a bowl (for a waffle use 30 ml (1 fl oz)). Add the contents of packet and mix well. Pancake: Cook over medium heat in a nonstick skillet. Waffle: Preheat greased waffle iron to medium heat and add mixture. Cook for 8 to 10 minutes until waffle is formed.

Chocolatey Chip Pancake Mix

Pancake: Pour 40 ml (1.4 oz.) of cold water into a bowl. Add packet and mix well. Cook over medium heat in a nonstick skillet. Waffle: Preheat lightly greased waffle iron to medium heat. Pour 30 ml (1 oz) of cold water into a bowl. Add packet and mix well. Pour mixture in waffle iron and cook 2 minutes or until golden brown. Muffin: Preheat oven to 350°F. Pour 25 ml (0.9 oz) of cold water into a bowl. Add packet and mix well. Pour mixture into 2 lightly greased muffin tins and bake 12 to 15 minutes.

Maple Flavored Oatmeal

Pour the contents of one packet into a bowl. Add 100 ml (3.4 fl oz.) of water and mix well.

Microwave: Heat mixed contents in the microwave for 1 minute. Let stand 1 minute before serving or until desired texture is achieved.

Stovetop: Pour mixed contents into a saucepan. Warm over low heat, stirring constantly. Let stand 1 minute before serving or until desired texture is achieved.

Apple Flavored Oatmeal

Pour the contents of one packet into a bowl. Add 100 ml (3.4 fl oz.) of water and mix well.

Microwave: Heat mixed contents in the microwave for 1 minute. Let stand 1 minute before serving or until desired texture is achieved.

Stovetop: Pour mixed contents into a saucepan. Warm over low heat, stirring constantly. Let stand 1 minute before serving or until desired texture is achieved.

Crispy Cereal

Pour 100 ml (3.5 oz.) of very cold water into a bowl. Add the contents of one packet and stir.



Puddings

Pour 150 ml (5 oz.) of very cold water into a shaker. Add contents of one packet and mix well. Let stand 2 minutes before serving.

Note: The pudding can be placed in the freezer for about 30 minutes for a thicker ice cream like effect.

Raspberry Gelatin Mix

Pour 150 ml (5 oz.) of very hot water into a bowl. Add the contents of one packet and stir until dissolved. Refrigerate for 30 to 45 minutes until firm.

Raspberry Mousse Mix

Pour 40 ml (1.4 fl oz.) of very cold water into a bowl. Add the contents of one packet and whisk until the mousse is light and fluffy. For best results, use a hand mixer at low speed for 5 seconds then at high speed for about 2 minutes. Serve cold.

Hot Drinks

Pour 200 ml (7 oz.) of very cold water into a shaker. Add the contents of one packet and mix well. Heat in microwave for 1 to 2 minutes or over medium heat. Do not overheat.

Note: To reduce the sweetness of drinks, add 300 ml (10 oz.) of cold water instead of 200 ml (7 oz.).

Cold Drinks

Pour 200 ml (7 oz.) of very cold water into a shaker. Add the contents of one packet and mix well. Serve chilled.

Note: To reduce the sweetness of drinks, add 300 ml (10 oz.) of cold water instead of 200 ml (7 oz.).

Chocolatey Caramel Mug Cake

Pour 1.5 fl oz of cold water into a mug. Add the contents of one packet and stir. Cook in microwave for 30 seconds or until desired texture is achieved.

Mushroom and Parmesan Couscous Risotto

Pour 3.4 fl oz of cold water into a bowl. Add contents of one packet and stir. Cook in microwave for 2 minutes. Let stand 5 to 7 minutes prior to serving.