

Ideal Protein Dressings & Marinades



ASIAN MARINADE

3 cloves garlic, minced
2 tbs. fresh ginger, grated or 1 tsp. ground ginger
2 tsp. extra virgin olive oil
Splenda or stevia to taste

2 tbs. tamari or low sodium soy sauce
2 tsp. apple cider vinegar
2 tsp. sesame seeds

Combine all ingredients in a small bowl. Use to marinate beef, poultry, pork, or fish.

GENERAL MARINADE

2 tsp. tamari or low sodium soy sauce
2 tsp. extra virgin olive oil
¾ tsp. ground cumin

2 tsp. fresh lime juice
1 small clove garlic, minced
½ tsp. fresh ground pepper

Combine all ingredients in a small bowl. Use to marinate beef, poultry, pork, or fish.

GARLIC HERB MARINADE

2 tsp. water
2 tsp. extra virgin olive oil
¼ tsp. dried thyme
¼ tsp. poultry seasoning
Sea salt & fresh ground pepper to taste

2 tsp. apple cider vinegar
1 clove garlic, minced
¼ tsp. Italian seasoning
¼ tsp. dried rosemary, crushed

Combine all ingredients in a small bowl. Use to marinate beef, poultry, pork, or fish.

GARLIC LEMON MARINADE OR DRESSING

1 large clove garlic
2 tsp. olive oil
1 tbs. water

3 tbs. fresh lemon juice
2 tbs. coarsely chopped parsley
Sea salt & fresh ground pepper to taste

Roast garlic and let cool slightly. Squeeze garlic clove from its skin into small bowl. Mash garlic with fork, add lemon juice, olive oil, and water; whisk until well blended. Add parsley, salt, and pepper, stir. Use to marinate beef, poultry, pork, or fish.

LIME-CILANTRO DRESSING

1 tbs. fresh lime juice
2 tsp. extra virgin olive oil
¼ tsp. crushed garlic
Sea salt & fresh ground pepper to taste

1 tbs. apple cider vinegar
1 tbs. fresh cilantro, finely chopped
1 tbs. green onion, finely chopped

Combine lime juice, vinegar, and olive oil in small bowl with whisk. Add remaining ingredients, combine until blended.

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IDEAL PROTEIN RASPBERRY VINAIGRETTE

1 tsp. Ideal Protein Raspberry Jelly mix
1 tbs. apple cider vinegar

2 tsp. extra virgin olive oil
Sea salt & fresh ground pepper to taste

Combine ingredients in small bowl with whisk, and pour over salad, or mix in container, add lettuce, and shake.

IDEAL PROTEIN ORANGE-GINGER VINAIGRETTE

1 tsp. Ideal Protein Orange Drink mix
1 tbs. apple cider vinegar
¼ tsp. tamari or low sodium soy sauce

2 tsp. extra virgin olive oil
1 tsp. fresh grated ginger
Sea salt & fresh ground pepper to taste

Combine ingredients in small bowl with whisk, and pour over salad, or mix in container, add lettuce, and shake.

MUSTARD-SHALLOT VINAIGRETTE

1 tsp. finely minced shallot
¼ tsp. crushed garlic
2 tsp. extra virgin olive oil

½ tsp. prepared mustard
1 tbs. apple cider vinegar
Sea salt & fresh ground pepper to taste

Put shallot, mustard, salt, pepper, and vinegar in a small bowl and whisk thoroughly. Add olive oil and whisk until blended. Adjust seasonings to taste. Best when used fresh, but recipe can be increased, made in advance, and refrigerated in airtight container.

“MOST BEST” SALAD DRESSING

2 tsp. extra virgin olive oil
½ tsp. dijon mustard
Sea salt & fresh ground pepper to taste

2 tbs. fresh lemon juice
Splenda or stevia to taste

Combine ingredients in small bowl with whisk or mix in container, add lettuce, and shake.

CREOLE SEASONING MIX

2 ½ tbs. paprika
1 tbs. sea salt
1 tbs. dried oregano
1 tba. cayenne pepper

2 tbs. garlic powder
1 tbs. onion powder
1 tbs. dried thyme
1 tbs. pepper

Combine all ingredients. Store in an airtight container. Use to season chicken, seafood, beef, or vegetables.