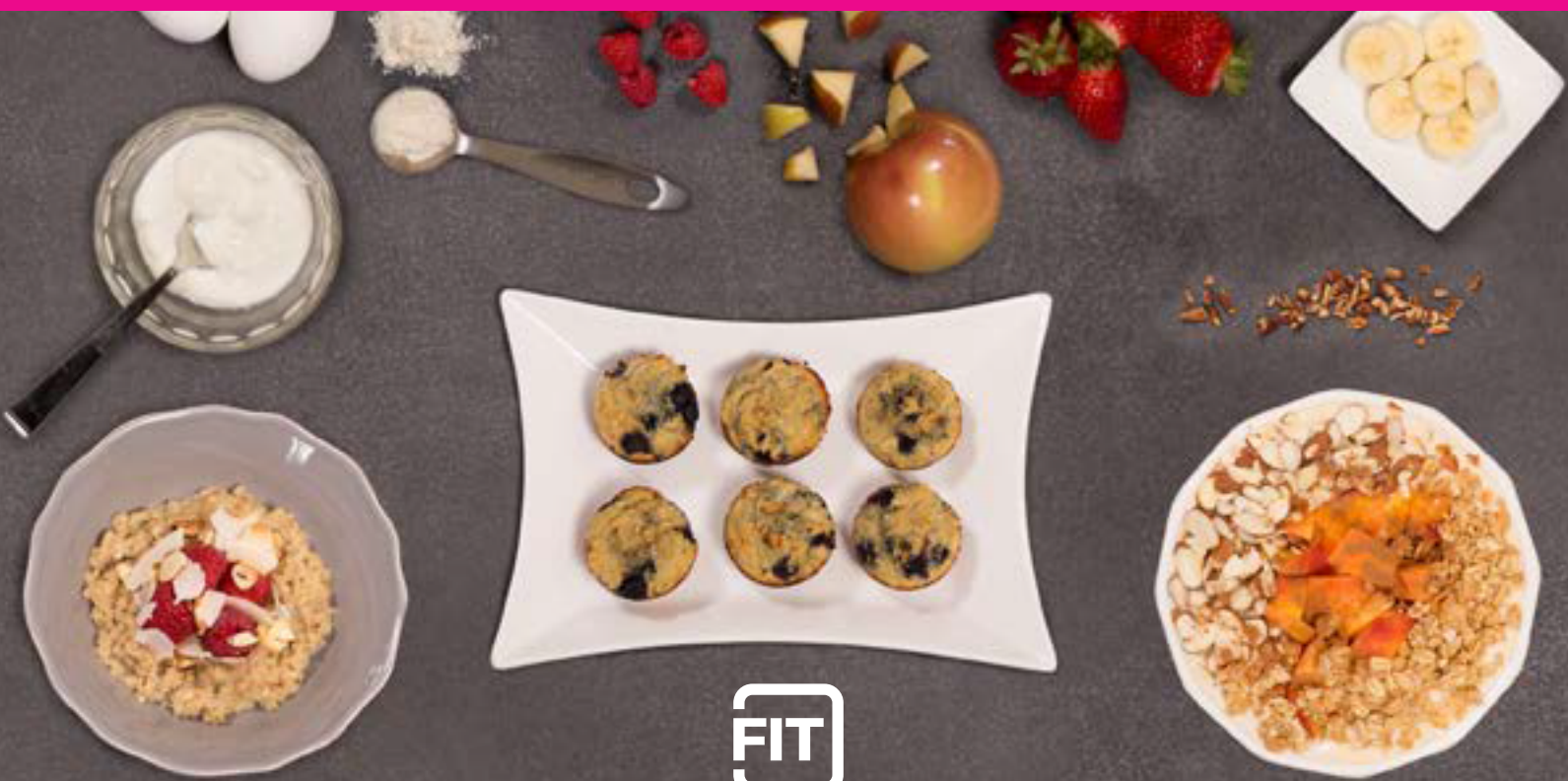




IdealLean Protein Cookbook

28 FIT FAVES MADE WITH PROTEIN



Breakfast for dinner? By all means, go for it! Even though we've broken down these delicious recipes by BREAKFAST, MUFFINS & BREAD, SNACKS, and DESSERT, each yummy offering contains a powerful punch of protein whenever you need it most.

Earn Your Ideal.....	2
The IdealLean Difference.....	3

Breakfast

Strawberries and Cream Pancakes.....	6
Coconut Almond Quinoa.....	7
Mexican Protein Hot Chocolate.....	8
German Chocolate Oatmeal.....	9
Salted Caramel French Toast.....	10
Blueberry Waffles.....	11
Cinnamon Roll Crepes.....	12
Frozen Berry Banana Pie.....	13

Muffins and Bread

Apple Cinnamon Protein Muffins.....	15
Pumpkin Pie Bread.....	16
Blueberry Coconut Muffins.....	17
Almond Chia Muffins.....	18
Zucchini Banana Bread.....	19
Banana Muffins.....	20

Snacks

Frozen Yogurt Bites.....	22
Almond Protein Poppers.....	23
Nuts about Berries & Bananas Smoothie Bowl.....	24
Peach Cobbler Smoothie Bowl.....	25
Coconut Granola.....	26
Cookie Crunch.....	27

Dessert

Pumpkin Protein Truffles.....	29
Chocolate Coconut Bites.....	30
Peanut Butter Protein Fudge.....	31
Chocolate Cheese Cake.....	32
Peanut Butter Bars.....	33
Oatmeal Cream Cookie.....	34
Mint Chocolate Protein Poppers.....	35
Lemon Poppy Seed Cookies.....	36
Pineapple Whip Dream.....	37

GET LEAN. GET FIT. EARN YOUR IDEAL.

Hi, I'm Lindsey.

In my 10 years as a nutritionist and fitness expert I've never found a protein that could keep up with me or my clients.

That's why, with the help of IdealFit, I designed IdealLean, a protein specifically for women!

I cut out all of the things we don't need, like extra fat, carbs and sugar, and added the things we do need, like:

- Folic acid
- Calcium
- Vitamin D
- 80 Calories
- 20g Protein
- 0 Fat / Sugar / Carbs
- 100% Whey Protein Isolate
- Deliciously Smooth Taste

Because IdealLean helped me reach my goals as a national level figure competitor, I know that it can help you reach your goals too!

With IdealLean you can get fit, strong, sexy and lean!

Love the process,
Lindsey



IDEALLEAN IS MADE FOR YOU.



You deserve a protein shake just for YOU! There are, literally, hundreds of men's protein shakes on the market loaded with sugar, calories and ingredients that do nothing for you.

IdealLean has 80 deliciously smooth calories and 20 g of whey protein isolate, so that you can fuel your body right!

"I needed a shake for me...with being active and doing olympic lifting 5 days a week recovery is important. IdealLean's Recovery blend and 100% Whey Isolate fit all my nutrient needs." Whitney, Olympic Lifter/Coach

As women, we have unique nutrient needs, IdealLean meets those needs head on.

"A good recovery is important after every workout and IdealLean provides that for me. This is a product that I can trust to help me reach my goals." Jess, Fitness Model

And, because we know women play hard and never quit, we added our IdealFit Proprietary Recovery Blend, packed with L-Glutamine and super fruits, to help your body recover from any challenge you take on.

GET READY TO BE LEAN!

BREAKFAST



STRAWBERRIES & CREAM PANCAKES

Calories: 311 | Protein: 40g | Carbs: 33g Serving Size: 3 pancakes

- 1/3 cup oat flour
- 1 scoop vanilla IdealLean protein
- 1 Egg white
- 2 TBSP almond milk
- 3 TBSP fat free plain greek yogurt
- ½ tsp vanilla
- 1 Packet stevia

Combine and whisk all the ingredients in a mixing bowl. Heat skillet on medium heat. Spoon pancake mixture onto griddle to make 3 medium pancakes. Cook until the top begins to form bubbles. Flip and cook through. Top pancakes with fresh cut strawberries and greek yogurt sweetened with honey.

PROTEIN POINTER:

Devour this greek yogurt recipe for breakfast within an hour of a workout and replenish your glycogen stores while providing recovery for small muscle tears you incurred during your regimen.





COCONUT ALMOND QUINOA

Calories: 226 | Protein: 24g | Carbs: 20g Serving Size: 1 serving size

½ cup cooked quinoa

1/3 cup unsweetened coconut vanilla almond milk

1 scoop of vanilla IdealLean protein

½ tsp almond extract

Combine ingredients and microwave for 60 seconds.
Top with berries, toasted coconut, and additional
milk if desired.

PROTEIN POINTER:

Quinoa is what's known as a "complete protein." Which means that it
packs all nine essential amino acids not produced by the body.

Delicious and nutritious no matter how you pronounce it!





MEXICAN PROTEIN HOT CHOCOLATE

Calories: 173 | Protein: 23g | Carbs: 8g Serving Size: 1 serving size

- 1 ½ cups unsweetened almond milk
- 1 TBSP cocoa powder
- 1 tsp cinnamon
- 1 scoop chocolate IdealLean protein
- 1 tsp vanilla extract

Heat almond milk in a sauce pan over medium heat. Whisk in the rest of the ingredients and heat until warm and powder is dissolved.

PROTEIN POINTER:

When you opt for unsweetened almond milk, you're avoiding the excess sugar that comes with the flavored varieties. Even better, you're replacing the protein that almond milk lacks with the 20 grams packed in the IdealLean powder.





GERMAN CHOCOLATE OATMEAL

Calories: 260 | Protein: 18g | Carbs: 37g Serving Size: 1 serving size

- $\frac{3}{4}$ cup unsweetened coconut almond milk
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ scoop chocolate IdealLean protein
- 2 TBSP cocoa powder
- 1 packet Stevia
- 1 pinch salt
- $\frac{1}{4}$ cup pecan halves
- 3 TBSP coconut shreds

Heat milk in a skillet on medium heat for 3 minutes. Stir in oats, salt, protein powder, stevia, & cocoa powder. Turn the heat to low, while stirring constantly for 5 minutes. Take skillet off the burner and set aside. Pour into a bowl once cooled off a bit. Top with pecans & coconut shreds. Enjoy!

PROTEIN POINTER:

Rollled oats are simply whole oats that have been steamed and pressed to expedite cooking time. When you combine these fiber-packed vessels with a dash of cocoa powder, your morning gets a whole lot better!





SALTED CARAMEL FRENCH TOAST

Calories: 269 | Protein: 22g | Carbs: 43g Serving Size: 2 pieces of french toast w/ caramel sauce

- 1 whole egg
- 1 egg white
- 1 scoop vanilla IdealLean protein
- 3 TBSP unsweetened almond milk
- ¼ tsp cinnamon
- ½ tsp vanilla
- Ezekial bread or whole wheat bread, 4 slices

Microwave caramel sauce and stir in salt. Drizzle on French Toast.
Optional: fat-free coolwhip

Blend all ingredients except bread. Pour into a shallow dish. Dip both sides of bread in mixture. Heat griddle and place dipped bread onto griddle. Cook for 3 minutes on one side. Flip when bread is golden and ready to turn. Cook other side until bread is cooked through.





BLUEBERRY WAFFLES

Calories: 294 | Protein: 35g | Carbs: 33g Serving Size: the entire recipe

1/3 cup oat flour
2 large egg whites
1 scoop vanilla IdealLean protein
2 tsp baking powder
2 TBSP almond milk
1/4 cup blueberries

1. Add all ingredients beside blueberries and whisk until well combined.
2. Let the batter sit for a few minutes. Meanwhile, turn your waffle maker on.
3. Add blueberries to the batter. Pour the batter in your waffle maker and cook until done. Make sure you grease your waffle iron well, and spray with coconut oil cooking spray.

Makes 1-2 waffles depending on size of waffle iron.



CINNAMON ROLL CREPES

Calories: 249 | Protein: 47g | Carbs: 11g Serving Size: 3 crepes

Calories: 255 | Protein: 21g | Carbs: 36g Serving Size: 3 crepes w/frosting

CREPES:

3 egg whites

1 scoop vanilla IdealLean protein

1 TBSP unsweetened almond milk

1/8 tsp cinnamon

FROSTING:

2 TBSP fat free cream cheese, softened

1/3 cup non-fat greek yogurt

1 tsp sugar free cheesecake pudding mix

Mix all ingredients with a hand mixer until smooth.

Blend all crepe ingredients in the blender. Heat a small 6" skillet over medium heat. Spray pan with coconut oil spray. Pour about 1/8 cup of batter into pan and swirl batter around to form a circular crepe shape. Once crepe is starting to cook through and curl on the sides, it is ready to be flipped over with a spatula. Flip crepe and cook through until done. Repeat 2 more times with the rest of the batter. Makes 3 crepes.





FROZEN BERRY BANANA PIE

Calories: 116 | Protein: 4g | Carbs: 18g

Serving Size: 1 piece

- 1 frozen banana
- 2 cups frozen mixed berries
- 1 cup unsweetened almond milk
- 1 TBSP honey
- ¼ cup vanilla IdealLean protein
- 1-8" premade graham cracker crust
- 1 banana

Blend Smoothie ingredients. Cut banana into pieces and layer on the bottom of pie crust. Pour smoothie over bananas. Cover pie with plastic lid and freeze for 2 hours. Pull out of freezer 15 minutes before serving. Cut into 8 slices.



MUFFINS & BREAD



APPLE CINNAMON PROTEIN MUFFINS

Calories: 104 | Protein: 7g | Carbs: 18g Serving Size: 1 muffin

2 cups rolled oats
1 Medium apple, diced small,
skin on
¼ cup honey
1 scoop vanilla IdealLean protein
1 cup non-fat greek yogurt

1 ¼ tsp cinnamon
1 tsp vanilla
½ tsp baking powder
1 pinch of salt
3 egg whites

Pre-heat oven to 350. Prepare a muffin pan by either brushing each with a little coconut oil or spraying with some cooking spray. Combine all the ingredients in a large bowl and mix well. Once everything is combined, divide evenly amongst 12-muffins. Bake for 18-20 minutes. Let cool and enjoy! Makes 12 muffins.

PROTEIN POINTER:

Egg whites are truly incredible: 17 calories compared to 71 for a whole egg, and no saturated fat, cholesterol, carbohydrates, or sugar. What you do get with egg whites is a great source of riboflavin and selenium.





PUMPKIN PIE BREAD

Calories: 121 | Protein: 5g | Carbs: 22g Serving Size: 1 slice

1 cup canned pumpkin puree
¼ cup honey
1 tsp vanilla extract
1 large egg
¼ tsp salt
½ tsp baking soda
¼ tsp baking powder

1 tsp cinnamon
¼ tsp nutmeg
¼ tsp pumpkin pie
spice optional
1 scoop vanilla
IdealLean protein
1 cup oat flour flour that
has been blended

Using a handheld blender, standing blender, or food processor, blend all of the above ingredients together. Grease a loaf pan generously with coconut oil. Pour batter into loaf pan. Bake at 350 degrees for 40 min or until the center is done. Use the toothpick method. This bread is best when it is slightly underbaked rather than overbaked. Let the bread cool before slicing into 8 slices.

PROTEIN POINTER:

Pumpkins are actually one of the most nutritious fruits. Surprising, right? Loaded with antioxidants and tons of vitamins, there are too many reasons to love pumpkins year-round.





BLUEBERRY COCONUT MUFFINS

Calories: 213 | Protein: 7g | Carbs: 21g Serving Size: 1 muffin

¾ cup coconut flour
½ cup unsweetened shredded coconut
1 scoop vanilla IdealLean protein
½ tsp salt
1 tsp baking soda
½ cup honey
1 cup canned coconut milk

6 Whole eggs
¼ cup melted coconut oil
2 tsp coconut extract
2 tsp vanilla extract
½ cup blueberries, fresh or frozen

Preheat oven to 350 degrees and grease muffin pan. Beat honey, milk, eggs, extracts, and oil together. Set aside. In another bowl, mix all the dry ingredients. Gently mix the wet and dry ingredients together. Fold in the blueberries. Fill 12 muffins tins. Bake for 20-22 minutes.

PROTEIN POINTER:

Did you know that blueberries are one of the highest antioxidant capabilities of any fruit, vegetable, spice, or seasoning? These delicious morsels combat free radicals that can damage our DNA and our cell structure.





ALMOND CHIA MUFFINS

Calories: 119 | Protein: 5g | Carbs: 17g Serving Size: 1 muffin

- | | |
|---------------------------------|-----------------------|
| 1/3 cup honey | 1 1/4 cups oat flour |
| 2 TBSP coconut oil | 1 scoop vanilla |
| 1 egg | IdeallLean protein |
| 1/4 tsp vanilla extract | 1 TBSP chia seeds |
| 1/2 tsp almond extract | 1/2 tsp baking powder |
| 1/2 cup unsweetened almond milk | 1/2 tsp salt |
| 1/4 cup unsweetened applesauce | |

Preheat oven to 350 degrees. In a large bowl mix together all dry ingredients. In a separate bowl whisk honey and oil. Add eggs and extracts. Pour wet into dry and stir until combined. Spray muffins tins really well with non-stick coconut oil spray. Optional: add slivered almonds to the top if desired. Bake for 18-20 minutes. Remove from oven and let cool.

PROTEIN POINTER:

Chia seeds are an amazing alternative to processed grains in the typical white bread from the grocery store. Fiber, protein, calcium, antioxidants, and omega-3s in a tiny package!





ZUCCHINI BANANA BREAD

Calories: 154 | Protein: 7g | Carbs: 21g Serving Size: 1 slice

2 TBSP coconut oil
2 ripe bananas
2 cups grated zucchini
1 whole egg
1 egg white
1 tsp vanilla
½ cup unsweetened almond milk

¼ cup Splenda®
1 scoop vanilla IdealLean protein
1 ¼ cups whole wheat flour
2 tsp cinnamon
½ tsp baking powder
½ tsp baking soda

Preheat oven to 375 degrees. Mash together bananas and coconut oil together. Add zucchini and set aside. In a separate bowl, whisk eggs, milk, sugar and flour. Add the banana mixture to the bowl and mix well. Add the remaining dry ingredients, and mix. Grease bread pan and fill. Bake for 40 min or until done when inserted with a toothpick. Completely cool before slicing in to 8 slices.

PROTEIN POINTER:

Zucchini is a great source of potassium, which can aid in lowering blood pressure and help counter the negative effects of too much sodium. This wonder veggie also comes equipped with dietary fibers that help with regularity and reduce colon cancer.





BANANA MUFFINS

Calories: 153 | Protein: 4g | Carbs: 19g

Serving Size: 1 muffin

- 3 cups mashed bananas
- ¼ cup coconut flour
- 1 scoop vanilla IdealLean protein
- ½ cup smooth almond butter (can sub any nut butter)
- ½ cup pure maple syrup
- 1 tsp vanilla
- ¼ cup chocolate chips

1. Preheat the oven to 350 degrees and line a 12 count cupcake/muffin tin with muffin liners and grease lightly.
2. In a large mixing bowl, add all the ingredients and mix until fully incorporated. Stir through chocolate chips.

Pour batter into muffin liners until close to the top (they won't rise so you won't need to worry about overflow). Top with extra chocolate chunks and bake for 20-25 minutes, or until golden on top. Remove from oven and allow to sit until completely cool. Remove and enjoy.



SNACKS



FROZEN YOGURT BITES

Calories: 151 | Protein: 32g | Carbs: 5g Serving Size: all 8!

1/2 cup plain non-fat greek yogurt
1 Scoop vanilla IdealLean protein
1/2 tsp vanilla
Berries of your choice

Whisk the yogurt, protein powder, and vanilla. Divide mixture into a mini muffin silicone mold/pan (or you could use a parchment lined loaf pan). Top each yogurt cup with berry of choice. Freeze until hardened. Pop out the individual bites and enjoy! Makes about one dozen mini muffin-size bites

PROTEIN POINTER:

Greek yogurt comes through again! Along with being effortlessly versatile, greek yogurt comes in at half the amount of sodium than what you'll find in regular yogurt varieties.





ALMOND PROTEIN POPPERS

Calories: 89 | Protein: 3g | Carbs: 6g Serving Size: 1 popper

¼ cup almond butter
1 TBSP coconut oil
½ cup unsweetened coconut
¼ cup rolled oats
2 TBSP honey
1 scoop vanilla IdealLean protein

½ teaspoon almond extract
2 TBSP mini
chocolate chips
1 dash of salt

Stir all ingredients together except chocolate chips. Add chocolate chips to mixture and stir again, just until combined. Using your hands, press firmly to form one-inch balls. Place in air-tight container and refrigerate until serving.

PROTEIN POINTER:

Almonds have a unique distinction of being high-fat and good for our health. How? Well, almonds are high in monounsaturated fats, which are proven to reduce the risk of heart disease.





NUTS ABOUT BERRIES & BANANAS SMOOTHIE BOWL

Calories: 311 | Protein: 40g | Carbs: 33g Serving Size: 1 serving size

½ cup Unsweetened Vanilla Almond milk
1 cup spinach
1 cup frozen mixed berries
½ banana, frozen
1 TBL agave
1 scoop vanilla IdealLean protein

Topping options:
Fresh berries, banana slices, toasted coconut, almonds, pecans.

Blend milk, spinach, berries, banana, agave, and protein powder in a blender or magic bullet. Once it is smooth and thick, pour into a bowl. Top with the toppings of your choice!

PROTEIN POINTER:

Spinach is truly the wonder leaf! This delicious, and versatile, green helps you fight inflammation, cardiovascular disease, osteoporosis, and cancers.





PEACH COBBLER SMOOTHIE BOWL

Calories: 386 | Protein: 34g | Carbs: 60g Serving Size: 1 serving size

½ fresh peach, diced
1 cup frozen peach slices
1 scoop vanilla IdealLean protein
2 TBSP agave
½ tsp cinnamon
1 pinch of nutmeg
½ tsp vanilla extract
½ cup plain non-fat greek yogurt

¼ cup
unsweetened
almond milk

Topping options:
Fresh cut peaches,
almonds, and pecans,
granola

Blend all of the ingredients except the topping options. Once it is smooth and thick, pour into a bowl. Top with toppings of choice and enjoy with a spoon!

PROTEIN POINTER:

Peaches are not only absolutely delectable, they come packed with 3 grams of fiber and serve as an excellent source of vitamins A and C.





COCONUT GRANOLA

Calories: 154 | Protein: 6g | Carbs: 26g

Serving Size: ½ cup

- 2 cups oats
- ¼ cup unsweetened coconut
- ¼ cup honey
- ¼ cup coconut oil
- 1 scoop vanilla IdealLean protein
- ¼ tsp salt
- 1 tsp vanilla



Preheat oven to 300 degrees.

In a small saucepan, add honey, oil, protein powder and vanilla. Stir just until melted and powder is dissolved. Mix the rest of the ingredients in a medium bowl, and add the melted mixture. Stir until the oats are coated. Layer on a baking sheet and bake for 20 min. Stir halfway through. Let granola cool completely. It will harden as it cools. Store in an airtight container.



COOKIE CRUNCH

Calories: 284 | Protein: 12g | Carbs: 35g Serving Size: 1 cup

4 cups Chex™ rice cereal
1 scoop chocolate IdealLean protein
2 TBSP Peanut flour (PB2 powder)
3 TBSP baking stevia OR 1 cup
sweetener of choice that measures
like sugar.
½ cup dark chocolate chips
¼ cup creamy peanut butter

Topping options: Fresh cut peaches,
almonds, and pecans, granola



In a large ziplock bag, mix together the protein powder, peanut flour, and stevia. Shake to combine, and set aside.

In a large bowl, microwave the chocolate and peanut butter for 45-60 seconds, (30 seconds at a time, stirring every 30 seconds until the chocolate is melted.) Add the cereal to the bowl, and stir to coat the cereal in the peanut butter chocolate mixture.

Pour the chocolate peanut butter covered cereal into the ziplock with the dry ingredients, and shake until the cereal is evenly coated. Pour cereal onto a large baking pan lined with foil or parchment and let dry for at least 30 minutes. Store cereal in a sealed container, and store at room temperature for up to 7 days. Enjoy!

DESSERTS



PUMPKIN PROTEIN TRUFFLES

Calories: 70 | Protein: 4g | Carbs: 7g Serving Size: 1 truffle

¼ cup oat flour

1 scoop vanilla IdealLean protein

¼ tsp cinnamon & pumpkin pie spice

½ tsp vanilla

1 tsp agave

¼ cup pumpkin puree

2 TBSP almond butter

½ cup melted dark chocolate chips

Combine all of the ingredients except the chocolate. Form into balls and freeze until firm. Remove from freezer and dip in chocolate. Refrigerate until firm.

PROTEIN POINTER:

One single serving of pumpkin puree has more than 7x's the recommended daily value of vitamin A, which promotes clear and healthy vision. It's not just for pies anymore!





CHOCOLATE COCONUT BITES

Calories: 89 | Protein: 6g | Carbs: 5g Serving Size: 1 coconut bite

- 1 scoop vanilla IdealLean protein
- 4 TBSP unsweetened shredded coconut
- ¼ cup unsweetened coconut almond milk
- ½ Dark chocolate chips, melted

Mix protein powder, coconut, and coconut milk until well blended and thick. Freeze in mini muffin tins for 2 hours. Dip in chocolate coating.

PROTEIN POINTER:

We've known the benefits of dark chocolate for some time, and we still can't get enough! Rich in minerals like iron and magnesium, antioxidant properties, and delicious, what's not to love?





PEANUT BUTTER PROTEIN FUDGE

Calories: 102 | Protein: 5g | Carbs: 7g Serving Size: 1 inch x 1 inch square

1 scoop vanilla IdealLean protein

¼ cup coconut flour

¼ cup natural peanut butter

½ cup unsweetened vanilla almond milk

1 TBSP coconut oil

1 TBSP honey

Combine all of the ingredients and mix until a brownie like batter consistency is reached. If you need more milk, add 1 tsp at a time. Line a small pan with wax paper and fill the pan with the batter. Freeze until the fudge is firm. Let it sit on the counter for a few minutes before cutting into squares.

PROTEIN POINTER:

This recipe totally upgrades my spoonful of peanut butter! Rich in potassium, fiber, and healthy fats, this peanut butter fudge is an indulgence we can all feel good about.





CHOCOLATE CHEESECAKE

Calories: 231 | Protein: 14g | Carbs: 31g Serving Size: 1 mini pie

- 8 oz fat-free cream cheese (softened)
- 2 egg whites
- 1 scoop chocolate IdealLean protein
- 1 TBSP cocoa powder
- ¼ cup honey
- 1 tsp vanilla flavoring
- 5 Keebler® mini graham cracker crusts

Directions for the Cheesecake:

1. Combine all ingredients in a food processor (or combine with hand mixer).
 2. Pour ¼ cup cheesecake mixture into crust.
 3. Bake at 350F for approximately 30 min (baking time may vary; toothpick test the center of the cheesecake to ensure it is solid).
 4. Chill in refrigerator for one hour. Top with fat free cool whip if you desire.
- ENJOY!





PEANUT BUTTER BARS

Calories: 118 | Protein: 5g | Carbs: 38g

Serving Size: 1 bar

- ¼ cup natural peanut butter
- ¼ cup honey
- 1/3 cup oats
- 1 scoop vanilla IdealLean protein
- 2 TBSP water (if needed)
- 1 Pinch salt
- 1/3 cup dark chocolate chips



First, heat the peanut butter and honey in a pot on medium to low heat until it's melted. Remove from heat, add your protein powder and oats, and mix up. You may need to add a little water as the mixture will get super thick. Only add a tsp at a time until it reaches a consistency that is relatively hard but will be easy to mold. Place mixture into a 5.5" X 3" mini bread pan and press it in. This made the pieces thicker and taller, but you can put it in a bigger pan if you don't want the pieces that thick. Heat up your chocolate chips (I use 30 sec intervals in the microwave mixing in between- usually takes 90 secs total), and cover the top of your bars with chocolate. Place them in the freezer for 30 mins to harden then cut 8 bars that measure 1 ½" X 1 ½ " in size.



OATMEAL CREAM COOKIE SANDWICH

Calories: 255 | Protein: 21g | Carbs: 36g Serving Size: 1 sandwich

2/3 cup oatmeal
1 scoop vanilla IdealLean protein
1/4 tsp cinnamon
1/4 tsp baking soda
1/2 banana, mashed
1 TBSP maple syrup
2 tsp vanilla
pinch salt

Frosting:
2 TBSP fat free cream cheese, softened
1 TBSP vanilla IdealLean protein
2 TBSP non fat greek yogurt
1 tsp vanilla

Mix all cookie ingredients and refrigerate for 10 min. Form into 4 cookies on a baking sheet, and bake for 8 min at 375 degrees. Mix frosting ingredients together with a hand mixer. Spread half the frosting between two cooled cookies and enjoy!

Makes 2 sandwich cookies. Serving size is 1 cookie sandwich w/ frosting.





MINT CHOCOLATE PROTEIN POPPERS

Calories: 79 | Protein: 5g | Carbs: 9g

Serving Size: 1 ball

- 1 cups old fashioned rolled oats
- 2 TBSP cocoa powder
- 1 scoop chocolate IdealLean protein
- 1/3 cup creamy peanut butter
- 3 TBSP honey
- 2 tsp peppermint extract
- 2 TBSP mini semi sweet chocolate chips
- 2 ½ TBSP water

In a large bowl mix together all ingredients VERY well with a wooden spoon, or you can mix with your hands. Roll into 1 inch balls. Store these in a container in the refrigerator.

Makes 16 balls





LEMON POPPY SEED COOKIES

Calories: 192 | Protein: 9g | Carbs: 21g

Serving Size: 3 cookies

Dry Ingredients:

1/8 cup coconut flour
1 scoop vanilla IdealLean protein
1/2 tsp baking powder
1/2 tsp sugar free vanilla pudding powder
1/8 tsp salt
2 tsp poppy seeds
3 tsp. lemon zest
Mix and set aside.

Wet Ingredients:

1 TBSP coconut oil, melted and cooled
1 egg, room temperature
1/2 tsp vanilla
1 1/2 TBSP fresh lemon juice
1/8 cup agave

Mix and stir in dry ingredients. Let dough rest for 10 min before baking. While the cookie dough rests, preheat the oven to 325°F, and line baking sheet with parchment paper or a silicone baking mat. Using 1 TBL, drop the cookie dough into 9 rounded scoops onto the prepared baking sheet.

Bake at 325°F for 11-13 minutes. Cool the cookies on the baking sheet for at least 10 minutes before turning out onto a wire rack.





PINEAPPLE WHIP DREAM

Calories: 200 | Protein: 11g | Carbs: 41g Serving Size: 1

2 cups frozen pineapple chunks
1 scoop vanilla IdealLean protein
¼ cup unsweetened almond milk
(add 1 tsp at a time if you need more)
1 TBSP agave

Blend in blender under thick and creamy. You may need more milk to get it to blend, but don't add too much because you want it to be thick like ice cream. It may take a while to blend and the pineapple mixture. Serve in a hollowed out pineapple or a bowl. Makes 2 servings. Enjoy!





ALL RIGHTS RESERVED © IDEALSHAPE, LLC 201 5
American Fork, UT 84003
800-515-0896

Legal Disclaimer

The information provided in this book is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information in this book for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. Always consult with a healthcare professional before starting any diet, exercise program or dietary supplement. You should not stop taking any medication without first consulting your physician.

IdealShape™, IdealShake™ and IdealBar™ are registered trademarks of IdealShape, LLC. IdealBoost™ is a trademark of IdealShape, LLC. The names of actual companies and products mentioned herein may be the trademarks of their respective owners.