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Blueberry-Banana Protein Smoothie with Spinach. A YUMMY protein-rich smoothie packed with nutrients! Recipe inspired by my picky, picky sister who informed me that blueberries mask the taste of the spinach.

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Advanced Vitality is happy to share with you our collection of Ideal Protein acceptable Breakfast recipes. The collection consists of both phase 1-4 and phase 3-4 acceptable recipes to choose from. More than 150 recipes and counting

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This Ideal Protein recipe for Apple Danish uses the Apple Oatmeal packet. This is one of my favorite Ideal Protein breakfast recipes! I usually make 6 danishes and save 3 for another day.

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Breakfast Casserole Ideal Protein Recipe Ideally You

Pre-heat oven to 400 degrees. Grate rutabaga/turnip with largest size on grater. Spray a loaf pan/muffin pan/tart tins (6), with Pam spray. Press grated veggie into the bottom of your pan(s), this will form the crust.

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Ideal Protein Breakfast

Just wanted to stop in real quick and show you breakfast with Ideal Protein Bars :) I should mention that I take supplements which also helps with feeling full. IP requires their Calcium

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