

FEATURED RECIPE

PHASE 1 COMPLIANT

Ingredients:

3 Tbsp. Apple cider vinegar

2 Tbsp. Shallot minced

1 Tbsp. Ideal Protein Maple Syrup

1 Tbsp. Extra Virgin Olive Oil

1 tsp. Salt

1/8 tsp. Black Pepper

2 Bunches Kale (dinosaur or curly)

1 Cup Jicama julienne cut (optional)

When you are on maintenance, you may add 1/4 cup Pecorino Romano & 2 Tbsp Pine Nuts

Overnight Kale Salad

Directions:

1. Whisk vinegar, shallot, syrup, olive oil and salt & pepper.
2. Toss kale in dressing, coat evenly, dressing will seem light, but kale will wilt down to half its volume.
3. Transfer kale to lidded container.
4. Refrigerate overnight.
5. Plate out four portions, sprinkle with julienned jicama and enjoy.