

# A Taste of iDiet

*Sample recipes from the iDiet program*



We've put together *A Taste of iDiet* to share some of our favorite recipes with you. Please enjoy this cookbook with our compliments.

We teach many powerful weight loss strategies and techniques in our program, but good, easy-to-prepare food is the foundation of the iDiet. The iDiet works, thanks in large part to fantastic food options.

# Welcome

Every delicious iDiet meal has been scientifically formulated to satisfy all 5 instincts that control hunger in humans. iDiet meals keep you full, keep cravings at bay, and work subliminally to shift your preferences to healthy eating. It's part of how the iDiet helps *retrain your brain*<sup>™</sup> for lifetime weight control. Aside from the great food, in iDiet group classes, you learn many other techniques and healthy habits that will stay with you the rest of your life. Our certified Group Leaders customize an eating plan for you, help you choose your meal plan based on foods you most enjoy, and help you constantly adjust your plan as you lose weight and your body and preferences change.

Being in a group keeps you accountable, on track, and losing weight at the maximum healthy rate, so you lose fat but not muscle.

iDiet is based on over 20 years of clinical research into the psychology and neurobiology of weight loss. But you don't need to be a scientist to lose weight! All the science is 'baked in' to the recipes, with the fun and educational weekly meetings showing how to maintain your new weight for life, even while dealing with daily challenges like stress and travel. You just need to show up once a week, eat from your delicious custom meal plan, and weigh yourself daily to see the pounds come off.

No matter what your challenges might be — controlling portion sizes, dealing with cravings, fighting stress eating, low willpower, travel, business meals, or constant snacking — the iDiet has strategies you can use to make daily progress. You really will eat to fullness without feeling guilty or worrying about the scale, because that's how the program was designed.

If you haven't yet tried an iDiet class, we have new online classes starting on a regular basis. Just go to [www.theidiet.com](http://www.theidiet.com) for details. Bon appetit!

Dr. Roberts has identified **5 basic food instincts** that are universal across all cultures and continents. They work at a biological and neurological level, and are “built into” your brain at a level too deep for willpower alone to overcome.

If you’ve ever failed at a diet before, one — or several — of these basic survival instincts probably defeated you.

**It was not your fault!**

Food manufacturers and marketers understand how to manipulate these instincts to sell you more food than you need, and to keep you eating.

All the menus in the iDiet plan are designed to satisfy your **5 basic food instincts**, but with fewer calories per meal. iDiet keeps you feeling hunger-free, which helps you avoid temptation and cravings.

**These may look like simple recipes, but they are actually diet magic powered by science.**

**Learn more at [theidiet.com](http://theidiet.com)**

# Your 5 Food Instincts:

**1. Hunger:** This is a complex constellation of neurological, hormonal and chemical factors that tell you to eat. It’s impossible to ignore for long.

**2. Availability:** If the food is there, you will want it. This is a basic survival mechanism — if more food is available, we evolved to take it all, just in case famine is around the corner.

**3. Calorie Density:** we prefer foods that are higher in calories, because fatty and sweet foods were historically in scarce supply, and they provided more calories, which equaled better survival odds.

**4. Familiarity:** If we previously ate a food and it didn’t kill us — it wasn’t poisonous or rancid — then our brain knows it’s safe to eat again. On top of that, we store emotional memories along with the memories of the food itself. So if we were happy when eating a food, or if we associate that food with a special person or a special time, then we will prefer it in the future.

**5: Variety:** Eating a variety of foods provides us with more nutrients. Studies show that when presented with more choices, we eat more.

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# Breakfast

# Hot Cereal with Maple Syrup and Blueberries



This cereal tastes great and is very easy to prepare. Unlike most other kinds, made with thin slices of grains or even powdered grains that are quickly digested, they'll keep you hunger-free for hours.

## Categories:

Vegetarian, Suitable for High Blood Pressure, Suitable for High Cholesterol

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1 serving

## Ingredients:

1/4 cup quick-cooking oatmeal

1/4 cup coarse wheat bran

1 cup nonfat or 1% milk

2 teaspoon maple syrup

1/4 cup blueberries

1. Place the oatmeal, bran and 2/3 cup of the milk in a microwave-safe bowl.
2. Microwave on high power until the cereal is just boiling, about 1-1/2 minutes; stop it before it begins to boil over.
3. Serve the hot cereal with the maple syrup and the remaining milk and topped with the blueberries.

## Nutrition Information per serving:

255 calories

13.7 grams protein

5.1 grams fat

44.1 grams carbohydrate

9 grams fiber

# Soups & Starters

# Costa Rican Black Bean Soup



This traditional Costa Rican soup — called *sopa negra* in Latin America — is filling and delicious. Use a blender for easy preparation. You'll end up with a yummy lunch when it's paired with a slice of iDiet Soda Bread and a piece of fruit for dessert. This soup will freeze well in individual portions for a quick, easy meal.

## Categories:

Vegetarian, Gluten Intolerant, Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics

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Makes 10 1-cup servings

## Ingredients:

1 pound dried black beans or 6 cups canned black beans (about 4 15-ounce cans)

2 Tablespoons corn or canola oil

1 medium onion, finely chopped

½ red bell pepper, finely chopped

1 clove garlic, chopped

1/3 cup finely chopped fresh cilantro

2 teaspoons salt (optional)

1 teaspoon freshly ground black pepper

1-¼ cup canned diced tomatoes

Tabasco sauce

1 teaspoon low-fat sour cream per serving (optional)

1 teaspoon finely chopped scallion per serving for garnish (optional)

**Note:** *If you use canned beans, drain them, reserving the liquid. Add enough low-sodium chicken broth for a total of three cups of liquid and use this in place of the bean-cooking liquid.*

*Next page for instructions...*



# Costa Rican Black Bean Soup continued

## **Instructions:**

1. If using dried beans, soak them overnight in water to cover. Drain the beans and bring to a boil in about 8 cups of water, then reduce the heat and let simmer, covered, until just softened, about one hour. Set aside 3 cups of the bean-cooking liquid.
2. Place the oil in a large saucepan over medium heat. Add the onion, bell pepper and garlic and cook until starting to brown, about five minutes.
3. Add 3 cups of the black beans and the cilantro, salt and black pepper and cook for a couple of minutes.
4. Using a blender, puree the bean mixture until semi-smooth and then return to pan. Add the remaining black beans, the reserved bean-cooking liquid and the tomatoes and let simmer, covered, until the flavors develop, about 10 minutes.
5. Season the soup with Tabasco sauce to taste and garnish with sour cream and/or scallions, if desired.

## **Nutrition Information per serving:**

197 calories  
10.2 grams protein  
3.9 grams fat  
35 grams carbohydrate  
7.8 grams fiber

# Easy Split Pea and Ham Soup



This thick hearty soup takes a while but it is legal, incredibly easy, inexpensive and very yummy! It freezes well and is popular all round.

## Categories:

Gluten Intolerant, Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics

Makes 9 servings  
(Serving size = 1 cup)

## Ingredients:

1 smoked ham hock  
9 cups water  
1 lb dried yellow or green split peas  
½ large white onion, chopped fine  
1 rib celery, chopped fine  
2 carrots, chopped fine  
¼ teaspoon black pepper  
1 teaspoon salt or to taste  
1 teaspoon cider or wine vinegar

*Next page for instructions...*

# Easy Split Pea and Ham Soup continued

## **Instructions:**

1. Rinse the ham hock and make a couple of big cuts to expose the meat.
2. Simmer covered in the water until it is falling apart, 2-3 hours. Remove and reserve the lean meat (it will not be much, usually 4-5 oz).
3. Skim any fat off the top - an easy way to do this if you have time is to put the pot in the fridge and allow to cool completely, which hardens the fat so it can be lifted out.
4. Rinse the split peas and simmer in the ham stock for about 30 minutes until about half cooked.
5. Add the vegetables and continue to simmer until the vegetables are soft and the peas have disintegrated.
6. Add 1 or more cups of water to make a good soup consistency.
7. Finally, add back the lean ham (cut into small pieces), the vinegar and season to taste with salt and pepper.

## **Nutrition Information per serving (1 cup):**

220 calories  
15.1 grams protein  
3.6 grams fat  
32.0 grams carbohydrate  
13.3 grams fiber

# Healthy Matzoh Ball Chicken Soup



Be sure to seek out high-fiber matzoh (available better supermarkets) to turn this high-cal favorite into equally delicious Instinct recommended food.

## Categories:

Suitable for High Blood Pressure,  
Suitable for High Cholesterol, Suitable for Diabetics

makes 16 servings

## Fluffy Matzoh Balls

### Ingredients:

3.3 oz (weight it out) high-fiber Matzoh  
(this is usually a bit less than 3 matzoh)

1.5 teaspoons onion flakes

3/4 teaspoon sea or kosher salt

3 Tablespoons finely chopped parsley

1/3 teaspoon black pepper

3 large eggs

1/2 cup seltzer

2 tsp vegetable-based margarine  
(parve if you're keeping kosher)

### Matzoh Ball Instructions:

1. Grind matzoh in a food processor until crumb like.
2. Beat eggs and mix all ingredients together.
3. Cover and refrigerate for several hours before shaping into 16 balls.
4. Put in your best chicken soup recipe to simmer for 30 minutes at the end of cooking, or follow the below recipe.

# Healthy Matzoh Ball Chicken Soup Continued

## **Chicken Broth:**

### **Ingredients:**

3 quarts low sodium chicken broth  
8 cups water  
1 whole chicken cut into chunks  
Bunch parsley  
Optional: Few sprigs fresh dill  
2 onions  
4 large carrots  
2 parsnips  
3 stalks celery, peeled and cut into chunks

### **Broth Instructions:**

1. Bring chicken to boil with all ingredients. Simmer covered for about 4 hours, skimming all fat off periodically.
2. Drain off the soup and throw out the solid ingredients, reserving skinless chicken if you want to shred it back into the soup.

## **Asembling the soup:**

16 cups chicken broth, made as above  
4 carrots sliced finely  
2 sticks celery, finely sliced  
Optional: 1 lb shredded chicken from broth  
Matzoh balls  
Salt and pepper to taste

1. Bring soup to boil with the vegetables and matzoh balls.
2. Simmer about 30 minutes until all is nicely soft, and check salt and pepper for seasoning.

# Buffalo Chicken Strips with Blue Cheese Dressing



Your guests won't know this is diet food, and you won't have to sit and watch them eating something that harms your weight!

## **Categories:**

Suitable for High Blood Pressure, Suitable for High Cholesterol,  
Suitable for Diabetics

## **Ingredients:**

1.5 lb chicken tenders

Pam spray for cooking

## **Marinade:**

1/3 cup plain non-fat or low fat yogurt

2-3 Tablespoons hot sauce

2 teaspoons paprika

1/2 teaspoon salt

1/8-1/4 teaspoon cayenne pepper  
(more to taste if you like it really hot)

1/4 teaspoon black pepper

2 teaspoons whole wheat flour

1 teaspoon onion powder

1 tablespoon BBQ sauce

Optional: 1/4 teaspoon garlic powder

## **Blue Cheese Dressing:**

1-1/3 cup 0% Greek Yogurt (pour off any liquid in the container, must be Greek so that the dressing is thick enough)

1/2 cup (2.5 oz) crumbled blue cheese  
(as strong as possible)

1/4-1/3 teaspoon salt

2-3 Tablespoons buttermilk

*Next page for instructions...*

# Buffalo Chicken Strips with Blue Cheese Dressing continued

## **Instructions:**

1. Preheat oven to 425° F
2. Mix all the marinade ingredients together and mix with chicken and refrigerator for at least 4 hours or overnight.
3. Spray roasting pan with Pam, lay the chicken in the pan and spray again with Pam. Bake for 15-20 minutes until the chicken is lightly browned but be careful to not overcook or the chicken will be dry.
4. Best eaten hot and fresh but if you are not using immediately, store in the fridge covered, and reheat for serving.

## **Dressing:**

Mix all ingredients together in a blender until completely smooth.

## **Serving:**

Celery sticks and carrots along with the chicken and blue cheese dressing

## **Nutrition Information per 3 pieces of chicken:**

123 calories  
3.1 grams fat  
2.69 grams carbohydrates  
19.19 grams protein  
0 grams fiber

## **Blue Cheese Dressing per 2 tbsp:**

28 calories  
1.33 grams fat  
1.8 grams carbohydrates  
2.2 grams protein  
0 grams fiber

# Stuffed Potato Skins



Every iDieter knows that potatoes are not great diet food — all that white carb just makes you hungry and sets off cravings again. But, happily, baked stuffed potato skins are another matter! This new recipe is very suitable for an Easter dinner and feels like you are eating potatoes even though the actual potato content is pretty low. As a bonus — it is easy to make some ‘regular’ stuffed potatoes at the same time for non-dieters, and then you have an elegant dish suitable for any party. But be sure to prepare plenty of these special stuffed ones, or you might find there are none left when you come to serve yourself!

## Categories:

Suitable for High Blood Pressure,  
Suitable for High Cholesterol, Suitable for Diabetics

Makes 4 servings as a main course or 8 as a side

## Ingredients:

4 potatoes about 2 lb total (Yukon Gold are our favorite but any type you like is fine)

2 lbs mixture of good low calorie veggies for roasting: such as onion slices, sliced mushrooms, sliced cauliflower

½ cup Béchamel sauce (see below)

3 Tablespoon grated parmesan cheese

Optional for main course serving: 8 oz chopped ham

Spray olive oil (or another oil if you don't have olive)

Salt and pepper to taste

*Next page for instructions...*



# Stuffed Potato Skins continued

## Instructions:

1. Heat the oven to 400° F, wash the potatoes and prick the skins a few times to prevent them bursting. While the oven is heating, prepare the veggies for roasting — line a large baking tray, lay the veggies on, season with salt and pepper and then spray lightly with oil.
2. Put the veggies for roasting and the potatoes in to bake. The veggies will be done in 20–30 minutes, the potatoes will take about an hour.
3. When the roasted veggies are cooked and lightly browned remove, chop lightly and mix with the Béchamel sauce. Add the ham if you are using. Set this mixture aside.
4. When the potatoes are cooked (just squeeze them, a nicely cooked potato will squeeze so you know it is soft through the middle), cut them in half and remove almost all the inner potato. Each half skin ought to be able to fit into a ¼ cup measure, so be sure to remove enough inside potato for this.
5. Pile the roasted veggie filling into the potato halves, sprinkle each half with 1 teaspoon of grated parmesan cheese and place under a hot grill until the cheese is nicely browned. Serve immediately for best enjoyment (but any leftovers are also good reheated).

## 6. iDiet Béchamel Sauce

Makes 2 ½ cups

## Béchamel:

The perfect base for cheese sauce, béchamel sauce is an essential ingredient in this recipe. This version of the old standby is both healthier (less saturated fat) and lower in calories than traditional versions.

## Béchamel Ingredients:

- 2 Tablespoons corn or canola oil
- ¼ cup all-purpose flour
- 2 ½ cups nonfat milk
- salt

## Instructions:

1. Put the oil and flour in a heavy pot over low heat.
2. Cook, stirring until the flour foams, then add the milk all at once and, using a balloon whisk, beat furiously until the milk boils to form a smooth sauce.
3. Let the béchamel sauce simmer for 1 minute, then season with salt to taste.
4. The béchamel sauce can be refrigerated, covered, for up to 2 days. Reheat it over low heat before using.

# Deviled Eggs



This is a classic entertaining recipe. It's best made within a few hours of serving (and keep refrigerated until serving)

Watch Dr. Roberts make this recipe on our YouTube channel (these links are clickable):  
The iDiet official YouTube channel  
Cooking videos  
Cooking webinar

## Categories:

Lactose Intolerant, Gluten Intolerant, Suitable for High Blood Pressure, Suitable for Diabetics, American

Makes 4 eggs (8 halves); doubles or triples easily

## Ingredients:

4 eggs  
1/2 teaspoon Dijon mustard  
1-2 teaspoons reduced-calorie mayonnaise  
1 teaspoon very finely chopped onion  
1 teaspoon very finely chopped parsley  
Pinch black pepper  
Maybe a little salt to taste  
Paprika to garnish if desired

## Instructions:

1. Hard-boil and peel the eggs, and chill.
2. Cut in half lengthwise.
3. Remove the yolks and place in a mixing bowl with remaining ingredients. Mash the yolks, combining them well.
5. Spoon or pipe the filling back into the egg halves. Garnish if desired.

## Nutrition Information per 1 egg (2 halves):

74 calories  
6 grams protein  
5 grams fat (2 saturated)  
1 gram carbohydrate  
0 grams fiber

# Entrées

# Grilled Hoisin Pork Tenderloin



Pork tenderloin is versatile, quick to cook...and a great diet food. Ounce for ounce, it has no more fat than chicken breast.

## Categories:

Lactose Intolerant, Gluten Intolerant, Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics, Asian (Chinese/Thai/Malaysian/Japanese)

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Makes three 4-ounce servings

## Ingredients:

- 1/2 cup hoisin sauce
- 1 Tablespoon finely chopped peeled fresh ginger
- 3 cloves garlic, finely minced
- 2 Tablespoons finely chopped onion
- 1/4 cup dry white wine
- 1 pork tenderloin, about 12 ounces

1. Mix the hoisin sauce, ginger, garlic, onion and white wine together. Place the pork tenderloin in a baking dish and spoon the hoisin marinade over it. Let the pork marinate in the refrigerator, covered, for 6 to 12 hours.
2. Preheat the grill to medium or preheat the oven to 425° F.
3. Grill the pork, turning once, or bake it until the inside has lost its pink color, about 25 minutes total.

## Nutrition Information per serving:

- 196 calories
- 27 grams protein
- 5.2 grams fat
- 8.3 grams carbohydrate
- 0.8 grams fiber

# iDiet Chicken Parmesan



This is one of iDiet's most popular recipes. It's easy to multiply and freeze.

## **Categories:**

Gluten Intolerant, Suitable for High Blood Pressure,  
Suitable for High Cholesterol, Suitable for Diabetics,  
American, Italian

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Makes four 4-oz servings

## **Ingredients:**

Cooking oil spray

8 oz. white button mushrooms, sliced (optional)

2 skinless, boneless chicken breast halves  
(about 1 lb. total)

1/2 tsp. salt

1 cup store-bought low-fat pizza sauce

1/4 cup grated Parmesan cheese, preferably imported

1 sprig fresh basil, chopped (optional)

*Next page for instructions...*

# iDiet Chicken Parm continued

## **Instructions:**

1. Preheat the oven to 400 °F.
2. If you're using mushrooms, spray a frying pan with cooking oil and cook them on high heat, stirring, until lightly browned, about 3 minutes.
3. Place a chicken breast half on a cutting board and, using a sharp knife, make a cut into the thickest part parallel to the cutting board so you "butterfly" the breast to open it out flatter. Repeat with the remaining half chicken breast.
4. Place a piece of aluminum foil on a baking sheet and spray it with cooking oil. Arrange the chicken breasts on the foil, salt them lightly and top them with the mushrooms, if using, and the pizza sauce
5. Pull the aluminum foil up so that it partially covers the chicken and bake the chicken until it's cooked and the juices run clear when you stick a fork in the thickest part, 30 to 40 minutes.
6. Remove the chicken from the foil and top with the Parmesan cheese (it will melt). Serve the chicken immediately, sprinkled with the chopped basil, if using.

## **Variation:**

Mexican chicken (a high-fiber version):

Follow the recipe for Chicken Parm, substituting salsa for the pizza sauce and sprinkling only 2 tbsp. of Parmesan cheese on top after baking. Serve the cooked chicken with 1/2 cup of nonfat refried beans in place of dessert, sprinkling the remaining 2 tbsp. of Parmesan over the beans along with the chopped green parts of scallions, and perhaps have 3/4 tsp. of fat-free sour cream and fresh salsa on the side for each serving.

## **Nutrition Information per 1/4 breast serving:**

192 calories  
31 grams protein  
3.7 grams fat  
7.5 grams carbohydrate  
1.9 grams fiber

# Tanzanian Chicken Kebabs



Makes 6 servings of 3 skewers each

## Ingredients:

- 1 pound skinless, boneless chicken breasts
- 2 Tablespoons olive oil
- 2 Tablespoons nonfat plain yogurt
- 2 Tablespoons ground cumin
- 2 teaspoons very coarsley ground black pepper
- 1 piece (1 by 1-1/2 inches) fresh ginger, peeled & grated
- 3 to 4 large garlic cloves, peeled and crushed
- 1 teaspoon salt
- 18 bamboo skewers

*Next page for instructions...*

Dr. Roberts worked in Africa and has collected healthy recipes like these chicken kebabs from chefs in Zanzibar.

Zanzibar, Tanzania lies at the crossroads of the historical Indian-African-Arab-European trading routes, and its rich, spicy fusion food is pure gastronomic heaven. How lucky that this delicious but simple recipe has the low calories and perfect nutritional balance to make it a weight-loss staple.

## Categories:

Gluten Intolerant, Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics, Indian, African

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# Tanzanian Chicken Kebabs continued

## Instructions:

1. Cut the chicken into very small pieces, approximately 1 inch by 1/2 inch by 1/2 inch; you should have about 72 pieces.
2. Place the olive oil, yogurt, cumin, pepper, ginger, garlic and salt in a glass or stainless-steel bowl and stir to mix. Add the chicken and stir until it's well coated. Cover and let marinate in the refrigerator for 2 hours or as long as overnight.
3. Preheat the grill to high and soak the bamboo skewers in water to cover for about 30 minutes to keep them from burning.
4. Put about 4 pieces of chicken on each skewer the long way, so they almost touch. Grill the kebabs until just cooked through and nicely browned, about 1 minute per side.

**Note:** *Grind the pepper on the coarsest setting; if it's too finely ground, the dish will be too spicy.*

Bakari Hamdan, former chef of the Matemwe Beach Village guesthouse in Zanzibar, explains that it isn't just the careful balance of freshly ground spices and other ingredients that makes this food so special; cutting meat up small not only makes a little of an expensive food go a long way but allows the spices to permeate for a richer flavor.

Serve the 'mishkaki' — kebabs — with a large tossed salad and a bowl of cucumber slices mixed with plain yogurt and a little chopped mint and salt.

Add some whole-grain rice or chapati on the side for non-dieters, and round out your dinner with sliced ripe tropical fruit, such as mango, and a cup of Masala Tea or Kenyan Chai.

Any leftover kebabs can be put to good use when preparing Indian Kebab Wraps.

## Nutrition Information per serving:

153 calories  
20.1 grams protein  
6.2 grams fat  
2.9 grams carbohydrate  
0.5 grams fiber



# Classic Meatloaf



Watch Dr. Roberts make this recipe on our YouTube channel (these links are clickable):  
The iDiet official YouTube channel  
Cooking videos  
Cooking webinar

## Categories:

Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics, American

Makes 6 servings; doubles or triples easily

## Ingredients:

1 lb. extra lean ground beef (93% lean or better)  
1 egg  
1 egg white  
1 large onion - 8 oz., finely chopped  
1 large clove garlic  
1/4 cup finely chopped fresh parsley  
Optional: pinch dried Herbs du Provence (if available)  
4 slices Pepperidge Farm Carb Style bread or equivalent iDiet legal bread  
3/8 to 1/2 cup 1% milk  
1/2 teaspoon sea salt  
1/2 teaspoon black pepper  
2 teaspoon Worcestershire sauce  
1/4 cup ketchup  
1 Tablespoon Dijon mustard  
Spray oil for pan

# Classic Meatloaf continued

## **Instructions:**

1. Preheat oven to 350°F.
2. Use a food processor to grind the bread into fresh breadcrumbs.
3. Sauté onion without any oil until nicely browned. Add garlic and sauté another minute, then add parsley and sauté another minute again. The browning is really important — don't rush this step.
4. Mix in ground beef, herbs, spices, milk and eggs. Mix well.
5. Then add breadcrumbs and mix lightly.
6. Spray a 9x4" loaf tin lightly to prevent sticking and put in the meat mixture, smoothing to a nice top.
7. Spread with the ketchup and mustard mixed together.
8. Bake for 50 minutes.

## **Nutrition Information per 1" serving:**

201 Calories  
7.8 grams fat  
12.6 grams carbs  
2.6 grams sat fat  
22.0 grams Protein  
2.7 grams Fiber

# Breads

# iDiet Soda Bread



Bread lovers — good news — the iDiet doesn't eliminate bread. That's because we know that high fiber, low-carb breads can help slow digestion and aid weight loss. Here's a favorite: Dr. Roberts' iDiet Soda Bread — a tasty homemade loaf that is made without yeast. Just mix all the ingredients, bake and enjoy!

## Categories:

Vegetarian, Suitable for High Blood Pressure,  
Suitable for High Cholesterol, Suitable for Diabetics

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Makes 1 loaf

## Ingredients:

½ cup wheat berries

3 cup stone-ground, whole-wheat flour

2 cup coarse bran  
(red wheat bran, not white wheat bran)

2 cup white bread flour

3 teaspoons baking powder

2 teaspoons baking soda

½ teaspoons salt

3-¼ cup low-fat buttermilk, or more as needed

*Next page for instructions...*

Watch Dr. Roberts make this recipe on our  
YouTube channel (these links are clickable):  
The iDiet official YouTube channel  
Cooking videos  
Cooking webinar

# iDiet Soda Bread continued

## **Instructions:**

1. Lightly grease two 9 by 4 by 3 inch loaf tins.
2. Place the wheat berries in a saucepan with plenty of water and let simmer until the grains are plump and some are starting to break open, about 45 minutes. Drain the wheat berries.
3. Preheat the oven to 350° F.
4. Place the whole-wheat flour, bran, white bread flour, baking powder, baking soda and salt in a large bowl and mix well. Add the drained wheat berries and mix again.
5. Add 3-¼ cups of buttermilk and stir to mix well to make a stiff dough with no dry flour in it. Add more buttermilk if flour is very dry. Divide the dough in half, place each half in a prepared loaf pan and gently pat it into the pan.
6. Bake the bread until the loaves are lightly browned and have pulled away from the sides of the pan, 45 to 55 minutes. A skewer inserted in the center will come out dry when the bread is done.
7. Let the bread cool completely before slicing. Slices will freeze well and can be thawed in a microwave or toasted.

## **Composition per serving:**

72 calories  
3.2 grams protein  
0.5 grams fat  
16.4 grams carbohydrate  
3.8 grams fiber

# iDiet Irish Brown Bread



Here's a healthy, whole-grain adaptation of a traditional Irish recipe. Even if you've never made bread before, you can make this. It's an easy, no-yeast, mix-and-bake bread recipe that's high in fiber, slow to digest, dense and delicious.

Use two 8-inch round pans or two iron skilletes for a truly authentic loaf.

## Categories:

Vegetarian, Suitable for High Blood Pressure,  
Suitable for High Cholesterol, Suitable for Diabetics

makes 2 loaves  
20 servings per loaf

## Ingredients:

½ cup wheat berries

3 cup stone-ground whole-wheat flour

2 cup coarse wheat bran  
(regular red wheat bran, not white wheat bran)

2 cup white bread flour

3 teaspoons baking powder

2 teaspoons baking soda

½ teaspoon salt

12 Tablespoons low-fat powdered buttermilk  
(¾ cup dry)

3 cup warm water

*Next page for instructions...*

# iDiet Irish Brown Bread continued

## **Instructions:**

1. Place wheat berries in a saucepan with plenty of water and let simmer until the grains are plump and some are starting to break open, about 45 minutes. Drain the wheat berries.
2. Preheat oven to 350° F.
3. Lightly grease a large baking sheet or two 8” round pans or seasoned cast iron skillets.
4. Place all of the ingredients in a large mixing bowl.
5. Add the water, mixing slowly by hand. Dough will be quite stiff, but a bit sticky.
6. Divide into two portions and form two 6” round mounds. Damp hands make this easier.
7. Place each mound in a lightly greased 8” round pan or seasoned cast iron skillet, or place them on a baking sheet. Using a knife, make a shallow cross-shaped cut in the top of each mound (this allows for expansion while baking).
8. Bake 50 minutes, until loaves are lightly browned and a skewer inserted in the center of the loaf comes out dry.
9. Let the bread cool completely before slicing. Slices freeze well.

## **Nutrition Information per slice:**

72 calories  
0.5 grams fat  
16.4 grams total carbohydrate  
3.2 grams protein  
3.8 grams fiber

# Desserts



# iDiet Chocolate Fudge Cake in a Mug



This is an astonishing recipe on many levels. It is really delicious and totally healthy — a great way to eat your beans! It's dessert and its iDiet legal — a dessert that is high in fiber and protein. It's also incredibly easy — as long as you own a blender it can be prepped by non-bakers in literally 5 minutes. You can make it in the oven **or in the microwave in a mug!** You can also freeze individual servings raw and then cook after defrosting on the counter. Oh yes, it's also gluten free!

## Categories:

Vegetarian, Suitable for High Blood Pressure, Gluten Intolerant  
Suitable for High Cholesterol, Suitable for Diabetics

Makes 5 individual servings

## Ingredients:

1-½ cups cooked drained cannellini beans  
(or one 14 oz can, drained and rinsed)

2 egg whites

½ cup unsweetened cocoa powder  
("Dutch process" or "alkalized" preferred)

⅔ cup fresh buttermilk\*

2-½ teaspoon vanilla essence

Optional: ⅛ teaspoon almond extract

⅛ teaspoon salt (two pinches)

1-½ teaspoon baking powder

1 cup Splenda, or better still a mixture of different zero-calorie sweeteners of your choice, equivalent to 1 cup of sugar

1 Tablespoon chocolate chips, divided

Spray oil

Ramekins or mugs for baking or microwaving

*Next page for instructions...*

# iDiet Chocolate Fudge Cake in a Mug continued

## Instructions:

1. Preheat your oven to 350° F, if baking them.
2. Put the beans, egg whites, cocoa, buttermilk, vanilla and almond extract and salt in a blender and blend until a completely smooth sauce (at least 2 minutes, or more as needed). The mixture should be a thick cream consistency, not stiff. If it does not flow and blend well, drizzle in more milk in small amounts just until it blends well.
3. Spray the inside of 5 ramekins (for baking) or mugs (for microwaving).
4. Then add in the sweetener and baking powder and blend again until fully combined. Different sweeteners will effect the final texture differently, so at this point, if the batter does not blend well, pour it out into a bowl and continue mixing by hand until evenly combined.
5. Immediately spoon the batter into the ramekins. There are two creative ways to do this:

If you plan to serve them warm:

6. Spoon half of the batter into the ramekins (about ½ cup mixture per serving). Divide half the mixture among the ramekins, then put a few chocolate chips in the center of each (less than 1 teaspoon per serving) and then spoon in the rest of the batter on top. This gives you a melted center effect.

If you plan to serve them after they have cooled:

7. Spoon all of the batter into the ramekins, then sprinkle the chocolate chips on top of each as a decoration (less than 1 teaspoon per serving).
8. Bake ramekins at 350° F for about 20 mins until just set and the edges barely start to pull away from the ramekins, or microwave in a mug for about 1 minute 15 seconds until set. They may appear wet when still warm, but as long as a toothpick emerges mostly clean and the edges are firm, they are ready. Overbaking will dry them out.
9. You can freeze individual servings for later use by spooning individual servings into plastic cups and freezing them. You have to defrost really carefully and then transfer to ramekins to bake, but then you can enjoy your chocolate pudding any time (ideally defrost on the counter for a few hours – if you have to microwave to thaw them before baking, do 15 seconds, leave a few minutes and then do another 15 seconds so you don't cook it at all).

*\* **Note:** If you don't have buttermilk, you can make your own by mixing 1 tsp of plain or apple cider vinegar into the milk before adding it to the batter.*

## **Nutrition Information per serving, assuming 5 servings:**

99 calories, 7.7 grams protein, 1.8 grams fat, 17.8 grams carbohydrate and 6.3 grams fiber

# Pumpkin Pie Parfaits



This deceptively rich and satisfying seasonal treat is a fast and easy week-night dessert, as well as being good enough to serve to company. Just layer it in your best serving pieces for a special presentation. Canned pumpkin is full of vitamins and fiber, low in calories, and available all year long, so there's no need to reserve it just for fall!

## Categories:

Vegetarian, Suitable for High Blood Pressure,  
Suitable for High Cholesterol, Suitable for Diabetics

serves 4

## Ingredients:

For the Pumpkin Recipe:

1 cup Low Fat Cottage Cheese

1/2 cup Pumpkin Puree

1/4 cup Unsweetened Almond Milk

1 Tablespoon Sugar-Free Instant Butterscotch  
Dry Pudding Mix (Jell-O)

1/2 teaspoon Cinnamon

4 Packets of Stevia or your preferred sweetener

## When Serving:

1/4 cup Original All Bran (each serving)

2 Tablespoon Light Whipped Topping (each serving)

*Next page for instructions...*

# Pumpkin Pie Parfait Recipe continued

## **Instructions:**

1. Combine the first 6 ingredients in a blender or food processor.
2. Blend/process until smooth.
3. Chill until ready to serve (or use pre-chilled ingredients and serve immediately)

## **To serve:**

1. Alternately layer the filling and the cereal in your serving cup.
2. Top with the Light Whipped Topping.
3. Optionally sprinkle with some additional cereal as a garnish.

## **Nutrition Information:**

(Per Serving - 4 servings in the recipe)

80 calories

8 grams protein

2.5 grams fiber

1 gram fat

4 grams sugar

# Chocolate Cream Bites in Filo Cups



iDieters found these treats to be delicious, talking about them in groups for weeks after. Five of these sweet goodies are only 100 calories - its great portion control without any loss of enjoyment!

## Categories:

Vegetarian, Suitable for High Blood Pressure,  
Suitable for High Cholesterol, Suitable for Diabetics

## Bites:

1 package of filo dough

½ oz melted butter for each 3 sheets you use  
(this makes 25-35 bites)

Mini muffin tin (24 muffins per tin)

1. Put parchment paper on counter. Lay on 3 sheets of filo. Brush melted butter lightly over top sheet, turn over the 3 sheets together and brush the new top sheet. But sure to only use the amount of butter specified in the recipe, and spread it thinly. If there is any butter left over lift up the sheets and dab the inside ones.
2. Cut 2.5-inch squares and push gently into the mini-muffin tins. Most tins hold 24 mini muffins so you will be making them in batches.
3. Cook at 350°F for 7-10 minutes but watch carefully so they are lightly browned, not white and not overbrowned. Remove and cool on wire rack.
4. You can freeze them at this stage for a week or two if carefully wrapped.

*Continues on next page...*

# Chocolate Cream Bites in Filo Cups **continued**

## **Filling 1:**

(easy and very good)

2 tsp Low fat cool whip per 'bite'

## **Filling 2:**

(pretty easy and very very good)

1.5 tsp custard (recipe follows).

2 cup 1% milk

3.5 Tablespoons Birds Custard powder (available

on line or sometimes at Wholefoods)

1 tablespoon sugar

2 tablespoon no-calorie sweetener

1. Mix a little milk with the custard powder.
2. Bring remaining milk and sugar to boil, add the milk-custard mix and stir for 30 sec while it cooks.
3. Allow to cool before use. Makes 2 cup = 96 teaspoons.

## **Decoration:**

Use raspberries or small pieces fresh pineapple or strawberry slice partially dipped in melted dark chocolate and allowed to cool. Dip the fruit in the melted chocolate so about half is covered. Allow to cool and store covered before use. Use 1 raspberry, blueberry, piece pineapple or piece strawberry per bite. These can only be kept a day, so do in the 24 h before serving. Alternatively, you can place the fruit in the filling, then place a dollop of melted chocolate on top, as we have done in the photo above.

Defrost the bites if you stored them, and fill when cold but quite defrosted. At last minute before serving place the chocolate fruit on top.

## **Nutrition Information per bite:**

17 calories  
0.4 grams fat  
2.4 grams carbohydrate  
0.4 grams protein  
0.1 grams fiber

# Chocolate Pudding



This rich treat will help you feel full and satisfied at the same time. Protein is the filling ingredient here. Double or triple the recipe if you want to make more than one serving.

## Categories:

Vegetarian, Gluten Intolerant, Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics

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1 Serving

## Ingredients:

2 teaspoon Dutch-process cocoa  
1/4 cup nonfat ricotta cheese  
sugar substitute equivalent to 2 teaspoons sugar  
1/4 teaspoon vanilla extract  
1 tablespoon light whipped cream, for garnish

1. Place the cocoa and 1 tablespoon of water in a microwave-safe bowl and microwave on high power for about 10 seconds.
2. Add the ricotta, sugar substitute and vanilla and stir until the pudding has a uniformly smooth consistency.
3. Transfer the pudding to an individual serving bowl and garnish it with a squirt of whipped cream.
4. Served immediately, the pudding will be thick in consistency; refrigerate it if you want a firmer texture.

## Nutrition Information per serving:

91 calories  
7.1 grams protein  
2.7 grams fat  
9.5 grams carbohydrate  
3 grams fiber

# Chocolate-Tipped Strawberries and Cream



By making this dessert at home with bittersweet chocolate, you can turn a diet no-no into a fabulous low-cal treat.

## Categories:

Vegan, Vegetarian, Lactose Intolerant, Gluten Intolerant, Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics

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2 Servings

## Ingredients:

2 cups ripe strawberries, hulls removed, rinsed and dried well

1-1/2 squares bittersweet chocolate (15 grams) (Lindt Excellence Intense Dark or Hershey's All Natural Extra Dark (or good milk chocolate if you prefer)

1/4 cup light whipped cream (optional) for serving

1. Line a baking sheet with wax paper.
2. Melt the chocolate in a microwave on high power for about 20 seconds; be sure not to overheat the chocolate or it will burn.
3. Quickly dip the tips of the strawberries in the chocolate, placing each on the baking sheet as it's done. If the chocolate gets hard before you've finished dipping all the fruit, you can remelt it in the microwave.
4. Let the the strawberries stand for a few minutes so the chocolate hardens.
5. Serve them with the light whipped cream, if desired.

## Nutrition Information per serving:

90 calories

1.2 grams protein

2.8 grams fat

17.5 grams carbohydrate

3.7 grams fiber



# Vanilla Spice Cookies



Yes...you can have cookies on the iDiet! These cookies are easy to make and keep you satisfied longer than most other desserts.

Cookies are usually off the menu for dieters because they're so high in calories and easy to overeat. This recipe makes cookie eating a no-guilt activity. The cookies are good and easy to prepare, while the extra fiber and healthy oils keep you satisfied longer than a regular cookie would.

## Categories:

Vegetarian, Suitable for High Blood Pressure, Suitable for High Cholesterol, Suitable for Diabetics

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Makes 36 cookies

## Ingredients:

1 cup granola (vanilla or cinnamon flavor) not low-fat

2/3 cup flaxseed meal

1 cup chickpea (garbanzo bean) flour

1/2 cup (2 ounces) corn bran (see Note)

Sugar substitute equivalent to 1 cup sugar

1/2 cup lightly packed dark brown sugar

1/2 teaspoon baking soda

1/4 teaspoon ground cinnamon

1/2 teaspoon ground mace  
(optional if you're using cinnamon-flavored granola)

2 teaspoons vanilla extract

4 ounces tub margarine, melted

2 large eggs, beaten

A little sugar, for sprinkling on the cookies

**Note:** *One source for corn bran is:*

[www.honeyvillegrain.com](http://www.honeyvillegrain.com)

*or you can substitute wheat bran or oat bran*

*Next page for instructions...*

# Vanilla Spice Cookies continued

## **Instructions:**

1. Preheat the oven to 325° F
2. Grind the granola lightly in a food processor. It should not be chunky nor should it turn to flour.
3. Place the granola in a large bowl and add all dry ingredients.
4. Stir the vanilla into the melted margarine, pour the mixture over the dry ingredients and mix well. Add the eggs and stir, kneading a bit while it firms up.
5. Divide the dough into 36 balls about the size of whole walnuts, place them on a baking sheet and flatten them with a fork until they're about 3 inches in diameter.
6. Bake until just set, about 6 minutes for soft cookies, or until they are starting to brown lightly around the edges, about 10 minutes for crisp cookies.
7. Sprinkle each cookie with about 1/4 teaspoon sugar immediately after they come out of the oven. These cookies store well in plastic bags.

## **Nutrition Information per cookie:**

70 calories  
1.9 grams protein  
3.7 grams fat  
8.2 grams carbohydrate  
2.6 grams fiber

# Grilled Brandied Pears with Two Sauces



Bartlett pears taste fresh and delicious when grilled and served with homemade sugar-free raspberry sauce. This is an easy week-night dessert, or easily good enough to serve to company.

## Categories:

Vegetarian, Suitable for High Blood Pressure, Gluten intolerant, Suitable for High Cholesterol, Suitable for Diabetics

serves 4

## Grilled Pears

### Ingredients:

4 small ripe pears such as Bartlett

1 Tablespoon rum or brandy

½ teaspoon brown sugar

¼ teaspoon Allspice or mixture of cinnamon and cloves

1. To cook the pears, slice in half lengthwise and scoop out the core. Mix together the alcohol, spices and sugar and brush the inside of the pears with about a third of the mixture.
2. Broil cut-side up for about 10 minutes until the pears are cooked and lightly browned, brushing with the remaining alcohol mixture every few minutes. You will save washing up if you cover your griddle with aluminum foil before starting to cook.
3. Serve with a tablespoon each of the raspberry and yogurt sauces drizzled over the top for each pear.

# Grilled Brandied Pears Continued

## Raspberry Sauce

### Ingredients:

2 cups frozen raspberries

¼ cup water

¼ cup Splenda or other non calorie sweetener to taste

½ teaspoon cornstarch mixed with a teaspoon or two of water

### Instructions:

1. Make the raspberry sauce ahead of time. Simmer the raspberries in the water until quite cooked and soft, about 5 minutes, using a lid so the sauce doesn't evaporate.
2. Strain the mixture through a sieve and rub the seeds with a spoon so that you get all the pulp out.
3. Reheat the sauce, add the sweetener and enough of the cornstarch so that you get a smooth, quite runny sauce. Don't add more corn starch than you need, and keep in mind that the sauce will thicken up a bit as it cools.
4. The sauce can be stored in the refrigerator for several days.

## Yogurt Sauce

### Ingredients:

4 tablespoon 0% plain Greek yogurt

Few drops vanilla extract to taste

2 sweetener packages or to taste

### Instructions:

1. Mix the yogurt with a little vanilla and sweetener and a few drops of milk to make a pouring consistency.
2. You can serve the pears immediately or allow them to cool. Just before serving drizzle a little sauce over.

### Nutrition Information:

(1 pear with raspberry sauce)

99 calories

0.5 grams protein

0.2 grams fat

25.6 grams carbohydrate

5.0 grams fiber



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