

Breadless Stuffing

For All Stages of ITG Diet Plan



For 4 Servings(s) (🍪🍪🍪🍪)

Recipe

- 2 tablespoon(s) extra virgin olive oil
- 1 4oz package sliced fresh mushrooms chopped
 - 2 garlic cloves, chopped
 - 1/2 cup(s) diced celery
 - 1/3 cup(s) diced onion
 - 1 cube chicken bouillon
 - ¼ cup of water
 - 1 head cauliflower
 - 1 Egg
 - 2 teaspoon(s) dried sage
 - 1 teaspoon rosemary
 - 1 bunch parsley chopped
 - 2 green onions - chopped
 - 1 teaspoon(s) sea salt
 - 1 lemon – juiced
- 1 teaspoon(s) ground black pepper

Breadless Stuffing Directions

1. Preheat oven to 350 degrees. Grease glass baking dish with cooking spray.
2. Grate or food process 1 head of Cauliflower into rice like texture.
3. Heat olive oil in large skillet and cook mushrooms, celery, onion and garlic in olive oil for 10 minutes. Add bouillon and water, cook and stir until bouillon is dissolved and water is mostly evaporated
4. Combine Cauliflower, egg, sage, rosemary, salt and pepper in bowl. Mash with hands until mixed thoroughly. Stir in vegetable mixture and then transfer to prepared baking dish. Sprinkle with parsley, Cover with aluminium foil.
5. Bake for 40 minutes @ 350 degrees. Remove foil and bake for an additional 30 minutes @ 375 degrees
6. Recipe and photo courtesy of allrecipes.com.

Faux Mashed Potatoes

For All Stages of the ITG Diet Plan



Ingredients

For 4 people (👤👤👤👤)

Recipe

- 1 Head of fresh cauliflower
- 1 teaspoon(s) Onion powder (to taste)
 - 1 teaspoon(s) Garlic powder
 - 1 teaspoon(s) Sea salt, to taste
- 1/2 to 1 packet of ITG Mushroom or Cream of Chicken Soup

Faux Mashed Potatoes Directions

1. Boil or steam the cauliflower until it is very, very soft.
2. Drain the water.
3. Add the seasonings and 1/2 of any of the soup mixes, or more, to taste.
4. Mash well and serve steaming hot.
5. You want gravy... use the mushroom soup. It will make wonderful gravy for your mashed cauliflower and over your turkey.... You won't feel deprived.

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Green Bean Casserole

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Ingredients

For 4 people (👤👤👤👤)

Recipe

- 3 packets of ITG mushroom soup
 - 12 ounce(s) veggie broth
- 2 containers of sliced mushrooms
- 1/4 teaspoon(s) ground black pepper
 - 1/4 teaspoon(s) real salt
 - 4 cloves of fresh garlic
 - 2 teaspoon(s) olive oil
- 8 cup(s) cooked cut green beans
- 2 packets of Sour Cream & Fine Herb Zippers or White Cheddar Crisps
 - 1/4 cup(s) red onion
- 1/2 teaspoon(s) onion powder
- 1 teaspoon(s) fresh dill

Green Bean Casserole Directions

1. Soup Mix - Stir the soup, veggie broth &/or water, black pepper, beans, other spices, some mushroom slices – mix in blender.
2. In 3-quart casserole dish mix the green beans and mushrooms. Then top off with the rings of slightly cooked red onions and crushed Sour Cream & Fine Herb Zippers or White Cheddar Crisps.
3. Bake at 350°F for 30 minutes or until the bean mixture is hot and bubbling. Ready to serve. Optional – Mix before serving
4. TIP: **2 bags** (16 to 20 ounces) frozen green beans, **4 packages** (9 ounces each) frozen green beans or **about 3 pounds** fresh green beans.
5. Slice Onion into rings and spread minced garlic, some salt, dill with olive oil over onions. Bake in oven for 15 minutes at 300 (just to soften them)
6. If using fresh green beans slightly steam for 3-5 minutes to soften.



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“Mock” Cinnamon Baked Apples

For All Stages of the ITG Diet Plan



Ingredients

For 4 people (👤👤👤👤)

Recipe

- 4 zucchinis
- 4 tablespoon(s) walden farms apple butter
 - 1/2 teaspoon(s) allspice
- 1 tablespoon(s) fresh lemon juice
 - 1/4 teaspoon(s) cinnamon

“Mock” Cinnamon Baked Apples Directions

1. Peel zucchini, cut it lengthwise then crosswise into ‘apple slices’. Seed if needed on larger zucchinis.
 2. Put in a bowl and drizzle with a tablespoon of fresh lemon juice.
 3. Stir in 4 tablespoons of Walden Farms Apple Butter, and a teaspoon allspice.
4. Mix with hands and spread out into a glass dish, sprinkle with cinnamon. Add crushed ITG Honey Nut O’s for crunchy topping if desired.
5. You will bake in oven at 350* for up to 30 minutes or until ‘apples’ are at desired tenderness.
6. Sprinkle with a quarter teaspoon of cinnamon when done baking if desired. You might want to let it sit a bit to let the juices thicken.



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Pumpkin Meringue Tart



For All Stages of the ITG Diet Plan



Ingredients

For 1 people (👤)

Recipe

- Crust:
 - 1 Packet ITG Plain Pancake Mix
- 1 teaspoon(s) Pumpkin Pie Seasoning
 - 2 ounce(s) Water
- Pudding Filling:
 - 1 Packet ITG Vanilla Pudding
 - 1 Egg
 - 2 tablespoon(s) Olive Oil
 - 1 teaspoon(s) Vanilla
 - 1/2 teaspoon(s) Nutmeg
 - 1/2 teaspoon(s) Cinnamon
- 2 tablespoon(s) Splenda or Stevia
 - Meringue:
 - 1 Egg White
- 3 tablespoon(s) Splenda or Stevia
- 1/8 teaspoon(s) Cream of Tartar
 - 1 teaspoon(s) Vanilla



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Pumpkin Meringue Tart Directions

1. Heat oven to 425 degrees.
2. In your shaker mix Crust ingredients.
3. With Olive oil spray, coat 8-9" diameter skillet and pour mixture in. Cook on medium heat until the pancake has reached a soft pliable texture. You do not want the pancake to be crispy.
4. In 4-5 inch glass pie pan (These can be picked up at most dollar stores) place the pancake in and shape it like a pie crust. You can also make smaller.
5. Next mix Pudding ingredients in your shaker and pour into crust. Bake at 425 degrees for 9 minutes.
6. While your filling is baking, place meringue ingredients in a bowl and mix until it forms peaks. By varying the amount of sweetener you control how hard or soft the final meringue will be.
7. Remove filling and crust from oven and spread meringue on while hot.
8. Reduce oven temperature to 325 degrees and bake for 9 minutes. Meringue should be stiff and have golden brown coloring on peaks.
9. Let cool and chill before serving. *For an extra added treat, drizzle Walden Farms Caramel Syrup on Meringue.
10. Credit Recipe & Photo : 3 Fat Chicks



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Rhubarb Crisp

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Ingredients

For 4 people (👤👤👤👤)

Recipe

- 6 cup(s) frozen rhubarb
- 4 tablespoon(s) Walden Farms Apple Butter
 - 2 packets Splenda
 - 1 teaspoon(s) cinnamon
 - 1 teaspoon(s) nutmeg
- 1 packet ITG Apple Cinnamon Oatmeal
 - Butter Flavored cooking spray

Rhubarb Crisp Directions

1. Preheat oven to 375 degrees.
2. Place rhubarb, Walden Farms Apple Butter, cinnamon and nutmeg in saucepan and cook until soft.
3. Add Splenda and stir.
4. In separate bowl, make ITG Apple Cinnamon Oatmeal with 2 tablespoons of water to make topping.
5. Place rhubarb mixture in a glass casserole dish and spread thin layer of oatmeal on top to make a thin crust.
 6. Spray crust with butter flavored cooking spray.
 7. Bake until top browns and serve warm.
 8. Recipe courtesy of Elayna Lawson



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