

Evolve180's Favorite Recipes

Vegetarian Protocol

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SNACKS

Kale Chips

Makes 1 Serving

Ingredients:

- 1 bunch kale (approx. 2 cups)
- 1 Tbsp olive oil (or 5-seconds of olive oil spray)
- Sea salt
- Garlic powder (or any spices that you desire!)

Instructions:

Preheat oven to 350 (convection) or 375 (regular). Line a cookie sheet with parchment paper. Tear chip sized pieces of kale from the stems and place on cookie sheet in single layer. You may mix the kale in a bowl with the oil or use an oil spray while the kale is placed on the sheet to evenly disperse oil. Add seasonings per preference. Bake for 8-15 minutes.



E180 Total Per Serving

2 veg

1 fat

Spaghetti Squash Tots

Makes 2 Servings

Ingredients:

- 2 cups Spaghetti Squash
- 1 teaspoon Garlic Powder
- ¼ teaspoon Sea Salt
- ¼ teaspoon Black Pepper
- ½ teaspoon Oregano, dried
- 2 Egg
- Spray Olive Oil



1 Svg Lmtd Veg

1 oz Protein

Directions:

1. Heat the oven to 400°F, and line a baking sheet in aluminum foil.
2. Prep the spaghetti squash by stabbing it all over with a fork. Then use a serrated knife to cut lengthwise through the spaghetti squash skin. Once the skin has been cut through, use a chef's knife to cut through the flesh of the squash. Once the squash is halved remove the seeds using a spoon.
3. Spray the prepared baking sheet with oil and place the squash cut side down. Place the tray in the oven and bake for 30-40 minutes.
4. Remove the squash from the oven and reduce the temperature to 375°F. Allow the squash to cool, use tongs to flip the squash cut side up to release the heat quickly.
5. Once the squash has cooled use a fork to shred the insides, place the shredded squash on a linen towel or paper towels and squeeze the water out.
6. In a large bowl stir together the garlic powder, sea salt, black pepper, and oregano. Then set aside.
7. Place the drained shredded spaghetti squash on a cutting board and roughly chop, transfer to the large bowl with seasonings. Stir to combine then add the egg and stir until fully combined.
8. Using a tablespoon and hands shape the mixture into tots and place on a parchment lined baking tray. Spray with oil and place in the oven for 20 minutes or until lightly golden and cooked through.
*For crispy tots heat 2 tablespoons of avocado oil in a small pan over high heat. Shallow fry the tots by placing several tots in the oil and rotate each tot to fry each side. Be careful not to over the crowd the pan and work quickly as the tots cook fast. Place the fried tots on a paper towel to drain any excess oil.

Brussels Sprout Chips

Makes 4 svgs

Ingredients:

- 4 cups. Cleaned, prepared Brussels sprouts
- 2 tbsp. extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- Optional:** 1/2 c. finely grated Parmesan

Directions:

- Preheat oven to 400 degrees F.
- Cut off the stem end of each Brussels sprout.
- Using your hands, pick off as many leaves from the bud as you can. The tough outer leaves should fall off naturally.
- Transfer leaves to a large, rimmed baking sheet. Toss with olive oil until each piece is evenly coated on both sides.
- Season with salt and pepper. Spread the Brussels sprouts evenly in a single layer on the baking sheet. Optional: sprinkle with 1/4 cup Parmesan.
- Bake for 10-12 minutes, until the Brussels sprouts are crispy and have darkened. (They'll continue to crisp as they cool.)
- Optional: Sprinkle with remaining Parmesan, if desired.
- Cool for at least 10 minutes before serving.



E180 Total Per Serving

1 veg

1/2 fat

W/Optional Cheese:

+1 fat

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Recipes

Vanilla Cucumber Shake

Makes 1 Serving

Ingredients:

- E180 Shake or Pudding
- 8 ounces cold water
- A handful of fresh spinach
- ½ cup cucumber, sliced
- A squeeze of lemon or lime juice
- ½ cup ice

Directions:

1. Wash and cut up cucumber (with or without skin).
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!



1 E180
½ Veg
1 Unlimited Veg

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Recipes

On the Go Latte or Mocha

1 Serving

Ingredients

- 1 E180 Vanilla or Chocolate Ready-Made Drink
- 2 shots espresso over 1 cup ice in a 12-oz cold cup

Instructions

Pour ready-made drink over espresso and ice. Swirl to stir. Enjoy!



VEGETABLE SIDES

Turmeric Cauliflower Rice

Makes 4 Servings

1 Veg

1 Fat



Ingredients:

- 1 tsp Olive Oil
- 8 Curry Leaves (Optional)
- 1/3 cup finely chopped Onion
- 2 cloves minced garlic
- ¾ tsp Turmeric
- 1/3 tsp Red Pepper Flakes
- 2 tbsp Lemon juice, divided
- 1 tbsp water
- ½ tsp salt
- 3 cups Cauliflower rice
- Cilantro for garnish

Directions:

1. Heat olive oil in a large skillet over medium heat, when hot add curry leaves, onion, garlic and pinch of salt and mix. Cook for 2 minutes.
2. Add turmeric and pepper flakes and mix in. Cook for 2 mins.
3. Mix 1 tbsp lemon juice and 1 tbsp water and then add to skillet. Mix for a few seconds. Add cauliflower and salt and toss well.
4. Cover and cook for 4-6 minutes. Open the lid, fluff really well.
5. Add remaining lemon juice to taste, cilantro, some black pepper, cayenne, or curry powder if you wish. You can add more lemon juice or salt for taste.

Indian Cucumber and Peanut Salad

Makes 4 Servings

1 Veg

1 Fat



Ingredients:

- 2 cucumbers peeled
- ¼ cup Cilantro, chopped
- 2 tablespoons peanuts, chopped
- 1 teaspoon Kosher Salt
- ½ teaspoon Stevia or Monk fruit Olive oil
- ½ teaspoon Turmeric
- 1 Lemon juiced

Instructions:

1. Chop up the cucumbers, cilantro, and peanuts into a very fine dice.
2. Place into a bowl and season with salt and sugar.
3. In the smallest heat proof bowl you have, heat the oil until it is hot and shimmering.
4. Place the mustard and/or cumin seeds and allow them to sputter like popcorn for about 30 seconds.
5. Add in the turmeric and stir quickly.
6. Pour this hot, flavored oil over the cucumbers and mix well.
7. Squeeze lemon juice, mix once again, and serve!

Coconut Curry Cauliflower

Makes 4 servings

<p>1 Veg</p> <p>1 Fat</p>



Ingredients:

- 1 Cauliflower (florets)
- 2 tbsp Olive Oil
- 4 Garlic cloves minced
- 2-inch Ginger grated
- 1 onion finely chopped
- 2 tbsp Curry Powder
- 2 tsp Turmeric
- 2 tsp Cumin Powder
- 1 tsp Ground Coriander
- 2 x 400ml Can Coconut Milk
- 1 x 400ml Can Chopped Tomatoes
- 1 small bunch of Coriander

Instructions:

1. Preheat oven to 392 degrees.
2. Place the cauliflower florets on a baking tray and drizzle over 1 tbsp olive oil. Sprinkle 2 tsp turmeric and 1 tsp Cumin Powder. Roast in oven for 20-30 minutes until cauliflower is tender. Remove from oven and set aside.
3. Heat remaining 1 tbsp of olive oil in a pan over medium-high heat. Once hot, add onion, garlic, and ginger. Sauté until onion is soft and translucent.
4. Add the remaining spices: curry powder, cumin powder, and coriander, cook 2 minutes.
5. Pour in coconut milk and chopped tomatoes; mix well. Bring to boil, reduce heat, simmer for 30 minutes
6. Add roasted cauliflower florets to the curry, then top with coriander leaves.
7. Serve up with rice and naan!

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Recipes

Cauliflower Mashed Fauxtatoes

Makes 4 Servings

Ingredients:

- 3 medium cauliflower head
- 2 large garlic cloves
- 1 tbsp. olive oil
- ½ tsp. salt
- Ground black pepper to taste



1 ½ Svg Veg

½ Fat

Directions:

Separate cauliflower into florets and cut into smaller chunks. In a medium pot, combine cauliflower, garlic, and enough cold water to cover the vegetables.

Place lid on top and bring to a boil. Reduce heat to low and cook for about 10 minutes or until cauliflower is fork tender. Drain.

Add butter or olive oil, salt, and ground black pepper. Using a food processor, blend until desired consistency.

Adjust salt and pepper to taste. Enjoy!

ENTREES

Crispy Tofu with Black Pepper Sauce

Makes 4 Servings

2 oz Protein

1 Veg

1 Fat



Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons chili garlic sauce
- 1 tablespoon Monk Fruit or Stevia
- 1 tablespoon rice vinegar
- 4 green onions
- 8 ounces extra firm tofu, drained
- 6 tablespoons olive oil, divided
- 2 cups fresh green beans, trimmed and thinly sliced
- 1 teaspoon freshly ground pepper
- 3 garlic cloves, minced
- 2 teaspoons grated fresh gingerroot

Directions:

1. Mix first 4 ingredients until mixed together in separate bowl, then set aside. Mince white parts of green onion; thinly slice green parts.
2. Cut tofu into ½ inch cubes, pat dry with paper towels. In a large skillet, heat 4 tablespoons of olive oil over medium-high heat. Add tofu, cook until golden brown, 5-7 minutes, stirring occasionally. Remove from pan; drain on paper towels.
3. In same pan, heat 1 tablespoon oil over medium-high heat. Add green beans, stir-fry until crisp-tender, 2-3 minutes. Remove from pan.
4. In same pan, heat remaining olive oil over medium-high heat. Add pepper; cook 30 seconds. Add garlic, ginger, and minced green onions; stir-fry 30-45 seconds. Stir in soy sauce mixture; cook and stir until slightly thickened. Remove from heat; stir in tofu and green beans. Sprinkle with sliced green onions.

Recipes

No Egg Breakfast Bake or Skillet

Makes 2 Servings



INGREDIENTS:

- 1 large green bell pepper, chopped
- 1 large red bell pepper, chopped
- 1 1/2 tsp. olive oil
- 1 teaspoon paprika
- 1 teaspoon onion powder
- fresh-ground black pepper to taste
- 10 oz. Beyond Meat Breakfast “Sausage” Links
- 1/2 cup grated Paneer cheese

1 Svg Veg

6 oz Protein

2 Fat

INSTRUCTIONS:

1. Preheat oven to 450F/230C.
2. Spray a medium-sized baking dish with non-stick spray.
3. Cut away the stem part and cut out seeds of the red and green bell pepper and chop peppers into pieces about an inch across.
4. Put peppers into the baking dish, toss with 1 teaspoon olive oil, sprinkle with Seasoning and fresh-ground black pepper, and put the dish in the oven and bake 20 minutes.
5. While the peppers cook, heat the rest of the olive oil in a non-stick pan, add the “sausages” and cook over medium-high heat until they’re nicely browned on all sides, about 10-12 minutes.
6. Remove “sausage” to cutting board, line them up, and cut “sausages” into thirds.
7. When the peppers have cooked for 20 minutes, add the “sausages” to the dish and bake 5 minutes more.
8. Remove from oven, turn oven to BROIL, sprinkle the grated Paneer over the sausage-pepper combination and put back in oven and broil 1-2 minutes, or until the cheese is nicely melted and starting to brown.
9. Serve hot.

Alternatively: Soften diced bell peppers in the microwave in a covered microwave safe bowl. Add softened bell peppers to sliced “sausage” and seasonings in a medium skillet, heat thoroughly on medium heat. Add paneer and continue to heat on low, covered for 3 minutes. Serve and enjoy!

Veggie Almond Stir-Fry

Makes 4 Servings



Ingredients:

- ¼ cup reduced sodium soy sauce
- ¼ cup water
- 2 tablespoons stevia or monk fruit
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 2 cups sliced mushrooms
- 1 small zucchini, cut into ¼ inch slices
- 1 small red pepper, coarsely chopped
- 1 small green pepper, coarsely chopped
- 4 green onions, sliced
- 2 cups cooked miracle rice
- ½ cup roasted almonds

1 oz Protein

1 Veg

½ Fat

Directions:

1. In a small bowl, mix soy sauce, water, monk fruit or stevia, and lemon juice until smooth; set aside.
2. In a large skillet, heat olive oil over medium-high heat. Stir-fry garlic for 1 minute. Add vegetables, cook until vegetables are crisp-tender, 6-8 minutes.
3. Stir soy sauce mixture and add to pan. Bring to a boil. Add rice, heat through. Top with almonds.

Chili-Lime Mushroom Tacos

Makes 4 Servings



Ingredients:

- 4 Large Portobello Mushrooms
- 1 Tablespoon Olive Oil
- 1 Medium Red Pepper, Cut into Strips
- 1 Medium Onion, Halved and Thinly Sliced
- 2 Garlic Cloves, Minced
- 1-1/2 Teaspoon Chili Powder
- ½ Teaspoon Salt
- ½ Teaspoon Ground Cumin
- ¼ Teaspoon Red Pepper Flakes
- 1 Teaspoon Grated Lime Zest
- 2 Tablespoons Lime Juice
- 4 Mission Low Carb Tortillas
- 1 Cup Shredded Paneer

2 oz Protein

2 Svg Veg

1 Fat

Directions:

1. Remove stems from mushrooms; if desired, remove gills using spoon. Cut mushrooms into ½ inch slices.
2. In a large skillet, heat oil over medium-high heat; saute mushrooms, red pepper, and onion until mushrooms are tender, 5-7 minutes. Stir in garlic, seasonings, lime zest, and juice; cook and stir 1 minute. Serve in tortilla and top with paneer.

One Pan Healthy “Sausage” and Veggies

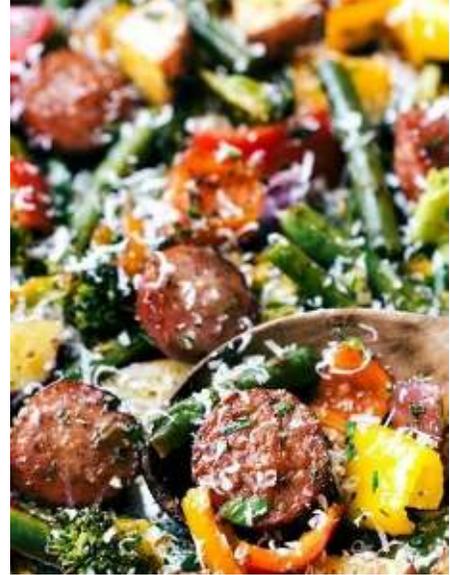
Makes 4 Servings

3 oz Protein

1 Svg Veg

1 Svg Lmtd Veg

2 Fat



Ingredients:

- 1-pound green beans
- 1 large head of broccoli (~ 1 1/2 cups)
- 2 large, chopped bell peppers (green or red)
- 12 ounces Beyond Meat “Sausages”
- 6 tablespoons olive oil
- 1/4 teaspoon red pepper flakes optional
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Serve with fresh parsley, freshly grated Parmesan cheese

Directions:

1. Preheat the oven to 400 degrees F.
2. Line a large sheet pan with foil or parchment paper.
3. Prep the veggies: halve the green beans, chop the broccoli, chop the peppers into thick squares, and coin the “sausage” in thick slices.
4. Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat. (I use a 15x21 inch sheet pan)
5. Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and “sausage” is browned.
6. Sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.

Baingan Bharta

Makes 4 Servings



1 Veg
1 Fat
1 TPD Spice

Ingredients:

- 2 medium eggplants
- ¼ cup olive oil
- 1 medium onion, sliced
- 4 cloves garlic, diced
- 1 medium tomato, chopped
- ½ tsp turmeric powder
- ½ tsp chili powder
- 1 green chili, chopped
- 1 spring fresh cilantro, chopped
- Salt to taste

Directions:

1. Roast both the eggplants on an open flame. Turn when done on one side. The skins should become wrinkled, and the eggplant should shrink in size and sag as it cooks from inside. Peel and mash when cool.
2. Heat oil in a skillet or pan fry the onions lightly, not fully brown. Add garlic.
3. Add tomatoes, turmeric, and chili powder and salt. Sauté on medium until the tomatoes soften and the masala is cooked through.
4. Add the eggplant mash to the masala and stir fry for a few minutes.
5. Garnish with chopped green chili and cilantro.

Mushroom Tikka Masala

Makes 4 Servings

Ingredients:

To Marinate:

- 16 ounces mushroom
- 2 tbsps Greek Yogurt
- 1 tsp cumin ground
- 1 tsp coriander seeds ground
- ¼ tsp black pepper
- 1 tsp turmeric ground
- ½ tsp cinnamon ground
- ½ tsp cayenne pepper
- 1 tbsp ginger+ garlic

For the Curry:

- 2 tbsp butter
- 1 onion chopped
- 1 bay leaf
- 1 tomato diced
- 5 tbsp tomato sauce
- 3 ½ tbsp table cream
- ½ cup stock
- Salt
- Cilantro



2 Veg

1 Fat

Instructions:

1. Clean mushrooms and cut into 2 or 4 depending on size.
2. Add the yogurt and all marination seasoning ingredients to a bowl. Combine to smooth paste.
3. Add mushrooms to the mix so they are covered with the yogurt spice blend.
4. Marinate for 20 minutes at least.
5. Prepare and slice onion, dice the tomato.
6. Heat up a shallow pan with butter, and sauté onion slices.
7. Add bay leaf and stir in diced tomatoes. Sauté for 1-2 minutes over a medium heat setting.
8. Pour in tomato sauce and liquid cream and combine. Keep a medium to high heat setting.
9. Stir in marinated mushrooms and pour stock over mushrooms in the pan.
10. Keep over a higher heat setting at first and reduce when it starts to bubble too much. Let it simmer for about ten to fifteen minutes, or until mushrooms are cooked through.
11. Pick out and discard bay leaf when done cooking. Season with salt.
12. Garnish with chopped fresh cilantro and serve hot.

Brussels Sprouts and Mushroom Stir-Fry

Makes 4 Servings



1 Veg

1 Fat

Ingredients:

- 2 tbsp ghee
- 1 lb brussels sprouts, halved, stems removed
- 1 white onion, skin removed, diced finely
- 8 oz sliced cleaned mushrooms
- 3 cloves garlic
- 1 tsp adobo seasoning
- 1 tsp pepper
- ¼ cup vegetable stock

Directions:

1. In a large, heavy pan, melt ghee until light and foamy.
2. Add diced onion to pan and let soften and become fragrant, about 5 minutes.
3. Add garlic and stir, let soften, about 1 minute.
4. Stir in brussels, pepper, and mushrooms.
5. Cook on medium high, stirring often, until brussels and mushrooms have browned and caramelized, about 10 minutes. Do not let burn.
6. Pour in vegetable stock and adobo seasoning, mix well.
7. Turn heat to high and cook off stock, stirring to prevent burning, until stock has cooked off.
8. Serve and enjoy!

Recipes

Easy Palak Paneer

Makes 4 Servings

Spinach Sauce:

- 1-pound pre-washed baby spinach
- 2 tablespoons ghee
- 1 medium yellow onion, finely diced
- 2 tablespoons minced ginger
- 4 cloves garlic, minced
- 1 serrano pepper, seeded and finely diced
- $\frac{3}{4}$ teaspoon ground cumin
- 2 teaspoons garam masala
- $\frac{1}{4}$ teaspoon turmeric
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ teaspoon salt

Paneer:

- 14 ounces paneer
- 3 tablespoons ghee
- Pinch of salt



4 oz Protein
1 Veg
1 Unlimited Veg
1 TPD Spice

Directions:

1. Pan fry paneer.
2. Cut the paneer into small pieces, about 1/3-inch slices. Take each slice and cut into smaller pieces.
3. Heat 1 $\frac{1}{2}$ tablespoons of ghee in a large skillet over medium heat. Add half of the paneer pieces and pan fry until golden brown, about 2-3 minutes. Sprinkle a small pinch of salt over paneer before flipping them over. Then, pan fry the other side until golden brown, about 2 minutes. Transfer paneer to a plate.
4. Add another 1 $\frac{1}{2}$ tablespoons ghee to the skillet and repeat the pan-frying step above with remaining paneer.
5. Make spinach sauce.
6. Fill a large saucepan with about 3 quarts water and bring to a boil. Add the baby spinach to the boiling water. If all doesn't fit into the saucepan then add half first. Once spinach starts wilting, add the remaining spinach. Cook for about a minute until it is all wilted.
7. Use spider spatula to remove the spinach from saucepan.
8. Transfer spinach to food processor. Blend the spinach for about 10 seconds. Scrape down the sides of the bowl and blend another 10 seconds. Leave the spinach in the processor.
9. Heat large skillet with 2 tablespoons ghee over medium-high heat. Add the diced onions and cook them for about 3 minutes, until they soften. Next, add the minced ginger, garlic, serrano pepper, and ground cumin and cook for 30 seconds. Add the garam masala, turmeric, and cayenne pepper. Stir to coat onions with dried spices.
10. Transfer chopped spinach into skillet. Next, add heavy cream and salt. Cover skillet with lid and reduce heat to medium. Let spinach sauce simmer for 5 minutes.
11. Uncover and add the pan-fried paneer to spinach sauce. Turn off heat. Serve and enjoy!

Evolve180 Weight Loss Protocol

Recipes

Green Bean and Mushroom Stir-Fry

Makes 1 Serving

Ingredients:

- 1 E180 Cream of Mushroom Packet
- 1 Can Green Beans (no salt added)
- 1 Cup Sliced Mushrooms
- ¼ Cup Chopped White Onion
- Black pepper & sea salt to taste
- 2 Tbsp Half & Half

Directions:

1. Combine green beans, mushrooms, and onions in a saucepan. Simmer until onions are tender.
2. Combine mushroom soup packet and half and half in saucepan. Heat and stir until blended.
3. Pour mushroom soup combination over green bean stir-fry in saucepan.
4. Serve warm and enjoy!



1 E180

1 Fat

2 Veg

Spinach Stuffed Portobello Mushroom

Makes 4 Servings

<p>1 Veg</p> <p>1 Unlimited Veg</p> <p>2 Fats</p>
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Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed
- 4 large portobello mushroom caps
- 10 ounces frozen chopped spinach, defrosted and excess water removed
- ½ cup parmesan cheese, divided
- 2-3 tablespoons heavy cream
- 1 cup shredded mozzarella cheese
- Salt and pepper

Directions:

1. In a small bowl, whisk together olive oil, red wine vinegar, and garlic.
2. Place mushroom caps in a large, Ziploc sealed plastic bag and add the olive oil marinade. Seal the bag and flip it over a few times to distribute evenly over mushrooms. Allow 15 minutes for mushrooms to rest.
3. Preheat oven to 450 degrees. Place marinated mushrooms stem side down on a rimmed baking sheet. Bake 10 minutes.
4. Meanwhile, prepare the filling by combining spinach, ¼ cup parmesan cheese, and heavy cream in a medium bowl. Season to taste with salt and pepper.
5. Remove the mushrooms from the oven and flip. Divide the spinach filling over the mushrooms, then top evenly with mozzarella cheese and remaining parmesan.
6. Return the mushrooms to the oven for 10 minutes or until the cheese is melted and beginning to brown.
7. Serve warm.

DESSERTS

Double Chocolate E180 Mousse

Makes 4 Servings



½ E180

1 Fat

1 TPD Spice

Ingredients:

- 2 E180 Double Chocolate Pudding Packets
- ½ cup Heavy Cream (Whipped)
- ½ teaspoon Vanilla Extract
- 1 tablespoon powdered Monk Fruit or Lakanto

Directions:

1. In a quart-sized bowl, make pudding according to instructions on the back of the packet.
2. Put in refrigerator to chill until firm.
3. Whip cream, sweetener, and vanilla in a separate bowl until thick.
4. Mix chilled pudding into cream and whip for another 3-5 minutes until fluffy and firm.
5. Divide into 4 dessert bowls and serve chilled. Enjoy!

Baked Zucchini Dessert

Makes 2 servings

Ingredients:

- 2 E180 Maple Oatmeal Packets (prepared as directed)
- 3 Medium Zucchini (about 4 cups after shredded)
- Stevia, Nutmeg and Cinnamon to taste

Directions:

1. Preheat oven to 350°F.
2. Shred or finely dice zucchini.
3. Make oatmeal packets as directed on the back.
4. Microwave or steam zucchini with stevia, nutmeg, and cinnamon just until soft. Remove and drain well.
5. Place zucchini in baking dish, pour oatmeal over top, and stir.
6. Bake until golden brown, about 15 minutes.
7. Let cool and serve warm!



1 E180

2 Veg

Pumpkin Pie Pudding

Makes 1 Serving

Ingredients:

- E180 Vanilla Pudding Packet
- 2 Tbs Pumpkin Puree
- Pumpkin Pie Spice (to taste)
- Cinnamon (to taste)
- 2 Tbs Heavy Cream (Whipped)

Instructions:

1. Pour contents of pudding packet into bowl or large mug.
2. Add 3 oz of cold water and stir until desired consistency.
3. Add 2 Tbs of pumpkin puree and stir until evenly combined.
4. Add spices to taste.
5. Top with 2 tbs whipped heavy cream.



1 E180

1 Fat

Evolve180 Weight Loss Protocol

Recipes

Creamy Keto Cheesecake Bites

Makes 4 Servings

Ingredients:

- 4oz cream cheese, softened
- ½ teaspoon vanilla extract
- 2 tablespoons powdered Lakanto or Monk fruit

Toppings:

- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons unsweetened shredded coconut

Directions:

1. In a medium bowl, using a hand whisk, whisk together the cream cheese, vanilla, and sweetener until smooth.
2. Place the mixture in the freezer for 30 minutes to harden. You want the mixture hard enough that you can work with it like it was dough. If using a shallow bowl, you might be able to freeze the mixture for 20 minutes.
3. Scoop out a measuring- tablespoon of mixture per bite. Roll the mixture in your hands to shape it into a ball.
4. Place the toppings in shallow bowls. Roll the cheesecake balls in the toppings.
5. You can either enjoy them right after rolling or place them in an airtight container and refrigerate for 30 minutes to allow them to set. Enjoy!



1 Fat
1 TPD Spice

Strawberry Whip

Makes 4 Servings

Ingredients:

- 1 Sachet of Sugar-Free Strawberry Jell-O
- 1 ¼ cup of Boiling Water
- ¾ Cup Heavy Cream (12 TBS, 2 TBS = 1 Fat serving)

Directions:

1. Open the sachet of Jell-O and place the contents into a glass bowl.
2. Add the boiling water and stir until the Jell-O has dissolved completely.
3. Let Jell-O cool at room temperature until it is lukewarm but still liquid (About 1 hour)
4. Place heavy cream into a separate bowl and whip until frothy.
5. Then add cooled Jell-O to the bowl with heavy cream.
6. Whip for another 3-5 minutes until thick and fluffy.
7. Spoon the mixture into dessert cups and place in fridge for about 2 hours to set.

1 ½ Fat



Evolve180 Weight Loss Protocol

Recipes

Rhubarb Compote

1 Serving = ½ Cup = Yield 4 Svgs

Ingredients:

- 1 cup water
- 3 cups rhubarb
- 2 tbsp lemon juice
- ½ cup granulated stevia
- ¼ tsp salt

Instructions:

1. Place chopped rhubarb in large saucepan.
2. Add water, sweetener, lemon juice and salt.
3. Bring rhubarb mixture to a boil. Turn down heat and simmer on stove for 30-45 minutes. Rhubarb should thicken on its own while simmering.
4. Store in a sealed container in the refrigerator up to 2 weeks. Or store in freezer up to 6 months.



E180 Totals Per Serving

1 1/4 Vegetable

Vanilla Mug Cake

Makes 1 Serving



5 oz protein (w/ egg)

4 oz protein (w/o egg)

1 OPD Beverage

Ingredients:

- 1 Scoop Vanilla Protein Powder (See Allowed Store Bought List)
- ½ Teaspoon Baking Powder
- 1 Tablespoon Coconut Flour
- 1 Tablespoon Granulated Monk Fruit or Stevia
- 1 Large Egg (* See Notes for Vegan Option)
- ¼ Cup Unsweetened Almond Milk
- ¼ Teaspoon Vanilla Extract

Directions:

1. The microwave option:
 - a. Grease a microwave safe bowl with cooking spray and add the protein powder, baking powder, coconut flour, sweetener and mix well.
 - b. Add the egg and mix into the dry mixture.
 - c. Add the unsweetened almond milk and vanilla extract. If the batter is too crumbly, continue to add milk until a very thick batter is formed.
 - d. Microwave for 60 seconds, or until just cooked in the center.
2. The oven option:
 - a. Follow as above but bake in the oven for 8-15 minutes depending on consistency desired.
 - b. Cake is cooked once a toothpick comes out “just” clean from the center.
3. Vegan option:
 - a. You will not add an egg.
 - b. Simply omit and slowly add more milk until thick batter is formed.
 - c. Microwave or bake until cooked in the center.