

The Versatility of the IsaLean Shake

Shake It: The Vanilla and Chocolate are great blended plain with water and ice or used as a base to any other ingredient whether it be fresh or frozen fruit or greens like kale and spinach, or oats, nuts and seeds, your favourite spice etc.

Moose It: It can be made into a yummy moose by reducing the amount of water, or using coconut milk, almond milk, organic soy etc to thicken it up. By adding ice and frozen fruit bits it makes an amazing desert.

Breakfast It: It can be added to oats, nuts, seeds and fruit and eaten for breakfast to boost the protein and nutrient density to start your day.

Nutrient Boost It: You can add your Cleanse for life powder, Ionix or Want More Energy for flavour and an extra nutrient boost.

Just use your imagination and enjoy.

NB: be mindful of how much fruit you add as you need to keep your calorie count in range to achieve your fat loss goals.

It is important that you enjoy your shake or moose so you look forward to it every day to help to stabilize your protein and nutrient requirements. It helps to bridge the nutrition GAP to help keep your health and weight on track.

HOTBody Shake It ideas:

Sassy Strawberry

- 2 scoops (or 1 packet) IsaLean® French Vanilla Shake
- 250ml water
- Handful of ice
- ½ cup fresh or frozen strawberries
- +1 strawberry for garnish
- Blend in IsaBlender® until creamy. Garnish with a fresh strawberry.



Strawberry Slimmer

- 2 scoops French Vanilla IsaLean Shake
- 250ml purified water
- 1 handful ice
- 1/2 cup strawberries (only 25 calories!)
- 1/2 teaspoon vanilla extract
- Blend in IsaBlender and enjoy!

IsaLean Chai Express

- 2 scoops French Vanilla IsaLean Shake
- 250ml purified water
- 1 handful ice
- 1 1/2 cups chilled brewed chai tea
- 1/2 banana (only 40 calories!)
- 1/2 teaspoon cinnamon
- Optional (1 teaspoon honey)
- Blend in IsaBlender and enjoy!



Harvest Apple Pie Shake

- 2 scoops French Vanilla IsaLean® Shake
- 250ml water
- Ice
- 1 whole organic apple (cored, not peeled)
- Dash or two of cinnamon
- Blend in IsaBlender and enjoy!



Cherry Chocolate Shake

- 2 scoops IsaLean® Chocolate Shake
- 250ml purified water
- Ice cubes (desired amount)
- 6 organic cherries
- Blend in IsaBlender and enjoy!



Orange Energizer

- 2 scoops IsaLean® French Vanilla Shake
- 1 Tbsp Want More Energy?®
- 250ml Water and ice
- Blend in IsaBlender™ and enjoy!



Peppermint Shake

- 2 Scoops IsaLean® Shake in Natural Creamy Chocolate
- Crushed ice and water
- 1/2 tsp vanilla extract, 1/2 tsp peppermint extract
- Blend in IsaBlender™ and enjoy!



Pina Colada Shake

- 2 scoops French Vanilla IsaLean® shake
- ¼ cup fresh or frozen pineapple
- ¼ teaspoon coconut extract
- 250ml purified water or 1/2 water and 1/2 coconut water
- Blend well and serve cold.



Shamrock Shake

- 2 scoops IsaLean® French Vanilla Shake
- 250ml purified water
- Handful of baby spinach or kale or combo
- 1/4 frozen banana
- 1 handful of ice
- Blend until creamy and serve.



Cinna-Fruity Shake

- 1 scoop IsaLean® French Vanilla Shake
- 1 scoop IsaLean® Dutch Chocolate Shake
- 1 tsp Cinnamon
- one-quarter of a banana
- 250ml Water and ice
- Mix ingredients in IsaBlender™ and serve cold. Enjoy!



Berry Blast (Kid Friendly)

- 1 scoop IsaLean® Shake in Natural Creamy Vanilla
- 8-10 oz organic orange juice
- ½ banana
- 1 cup frozen berry medley (strawberries, blueberries and raspberries)
- Blend and enjoy.



Bubblegum Shake (Kid Friendly)

- 1 scoop IsaPro®
- 1 scoop IsaLean® Shake in French Vanilla
- ½ cup fresh or frozen pineapple chunks (5)
- 250ml of purified water and ice and Blend
- Blend and enjoy.



Twin Power Super Shake

- 2 scoops IsaLean® Shake Dutch Chocolate
- 250ml unsweetened organic rice milk
- 1 scoop IsaPro®
- ½ cup organic strawberries
- Ice (desired amount)
- Blend and enjoy.



Rip Roarin' Protein Shake

- 1 1/2 scoops IsaLean® Dutch Chocolate Shake
- 1 scoop IsaPro®
- 1 teaspoons Almond Butter
- 4 ounces Almond Milk
- 4 ounces purified water
- 2 ice cubes
- Blend and enjoy.



Egg Nog Delight

- 2 scoops IsaLean® Shake in Natural Creamy Vanilla
- 1/2 of a Banana
- 1 teaspoon Nutmeg
- 1 teaspoon Cinnamon
- 250ml purified water
- crushed ice
- Blend and sprinkle with nutmeg or cinnamon



Isa-Blizzard

- 2 scoops IsaLean® French Vanilla Shake
- 250ml purified water
- 5-7 ice cubes
- ¼ cup organic frozen blueberries
- Blend and enjoy.



Pumpkin Pie Shake

- 250ml crushed ice and water
- 2 scoops IsaLean® Shake French Vanilla
- 3- 3 1/2 scoops of natural pumpkin (canned, 100% pumpkin) 1/2 Tbsp pumpkin pie spice (nutmeg, cinnamon, ginger, all spice)
- Blend and enjoy.



Lemon Zinger Shake

- 2 scoops IsaLean® French Vanilla Shake
- 250ml purified water
- 5-7 ice cubes
- Juice of 1/2 to full lemon or 2 quarters of frozen lemon
- 1/4 banana
- Fresh or frozen berries
- Blend and enjoy.



Use your imagination Shake It and enjoy

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