

**ISABODY**  
CHALLENGE®

The **Honest to Goodness** Guide  
Nutrition for your IsaBody Challenge



ISAGENIX®




# NUTRITION

# Welcome

## **TO YOUR ISABODY CHALLENGE!**

The next 16 weeks is waiting for you –  
you've got this!

But before diving straight into the Challenge,  
let's reflect on your health and well-being right now.

A large, smooth, orange sand dune dominates the lower half of the image. The dune's surface is textured with fine ripples. In the distance, three small, dark silhouettes of people are walking along the crest of the dune. The sky above is a clear, bright blue, with a diagonal white line separating it from the dune's surface.

**It's not the goal that changes us,  
it's the steps we take to get there.**



## GETTING STARTED

Thinking about your lifestyle, particularly your health, nutrition and habits, will show you the areas that you need to focus on and will provide you with a baseline to look back on and see how far you've come.

Let's start with the questions below - answer them as honestly as you can and they'll shed light on your eating, exercise and lifestyle habits.

## DO YOU...

YES NO (tick box for each question)

- 1. Eat less than three handfuls of vegies every day?
- 2. Crave sugar a lot of the time?
- 3. Drink alcohol most nights?
- 4. Often rely on takeaway when short on time?
- 5. Eat with the TV on or eat in a stressed, mindless state?
- 6. Eat when you're stressed, bored, tired or because you've had a bad day?
- 7. Do less than 30 minutes of physical activity most days?
- 8. Struggle to sleep or have broken, restless sleep?
- 9. Rarely take time for yourself?
- 10. Start a workout regime without thinking about what will be different this time?



## STEP 1 SET GOALS

Many of us, full of good intentions, launch into a Challenge only to lose motivation halfway. Planning is key to success. Clear goals will help to keep you accountable to yourself, motivating you to stay the course.

## STEP 2 CREATE A VISION

When you want to make changes in your life, it's very powerful to create a picture in your mind, and on a vision board, of what life will be like when you've made them. Collect images of people who really inspire you and powerful quotes like "I feel strong."

## STEP 3 MAKE NEW HABITS

Write down three habits that you are working towards. It's not about focusing on a certain weight or size, but looking beyond to the habits that will keep you in good health for the rest of your life. One example is, "I will fill half of my plate with vegies at dinner each night."

### **Your health is our priority**

Information provided in this publication is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your GP or health-care professional. If you are pregnant, breastfeeding, diabetic, on medication, have a medical condition or are beginning a weight-loss program, consult your GP before using Isagenix products. Always consult your GP before making any dietary changes or starting any nutrition, weight-loss or exercise program.



## SETTING UP FOR SUCCESS

### Stocking Up Your Fridge & Pantry

A well-stocked fridge and pantry can go a long way to supporting your healthy lifestyle habits. Here are some ideas of what to keep on hand to cook a delicious, nutritious meal every night of the week.

#### Oils, Vinegars & Condiments

**Extra-virgin olive oil**  
for cooking and salad dressings

**Coconut oil**  
for cooking and baking

**Nut and seed oils**  
for salad dressings and stir-fry seasonings: e.g. sesame oil, macadamia nut oil

**Vinegars:**  
balsamic, red-wine, white-wine, rice (or rice-wine), apple cider

**Asian condiments and flavourings:**  
reduced-sodium soy sauce (or tamari), fish sauce, hoisin sauce, mirin, oyster sauce, curry paste

Kalamata olives,  
green olives  
Worcestershire sauce  
Dijon mustard  
Capers

#### Seasonings

Himalayan pink salt  
Black peppercorns  
Onions  
Fresh garlic  
Fresh ginger  
Raw sugar  
Brown sugar  
Honey  
Pure maple syrup  
Unsweetened cacao powder  
Unsweetened cacao nibs

#### Dried herbs:

bay leaves, dill, crumbled dried sage, dried thyme leaves, oregano, tarragon, Italian seasoning blend

#### Spices:

allspice (whole berries or ground), caraway seeds, chili powder, cinnamon sticks, ground cinnamon, coriander seeds, cumin seeds, ground cumin, curry powder, ground ginger, dry mustard, nutmeg, paprika, cayenne pepper, turmeric

#### Lemons, limes, oranges.

The zest is as valuable as the juice. Organic fruit is recommended when you use a lot of zest.



## **Canned Goods & Bottled Items**

Canned tomatoes

Tomato paste

Reduced-sodium chicken broth, beef broth and/or vegetable broth (homemade where possible)

Coconut milk & cream for Asian curries and soups

**Canned beans:**  
cannellini beans, great northern beans, chickpeas, black beans, red kidney beans

Canned lentils

Tinned tuna and salmon

## **Nuts, Seeds & Fruits**

Walnuts

Pecans

Almonds

Hazelnuts

Dry-roasted unsalted peanuts

Pine nuts

Sesame seeds

Natural peanut butter

Tahini

Assorted dried fruits, such as apricots, prunes, cherries, cranberries, dates, figs, raisins

## **Grains & Legumes**

Wholemeal flour

All-purpose flour

Assorted wholemeal pastas

Brown/Black rice and instant brown rice

Pearl barley

Rolled oats

Couscous

Bulgur

Dried lentils

Plain dry breadcrumbs

## **Fridge Staples**

Low-fat milk or almond milk

Low-fat plain/flavoured yoghurt

Reduced-fat sour cream

Good-quality Parmesan/Romano cheese

Sharp Cheddar cheese

Eggs

Butter, preferably unsalted

## **Freezer Basics**

**Frozen vegetables:**  
edamame soy beans, peas, spinach, broccoli, corn

Frozen berries

Peeled garlic cloves

# INGREDIENT EXCHANGES

Each recipe in this guide displays the 'Ingredient Exchange Equivalent', which allows recipes to be flexible and suit your individual needs.

INGREDIENT EXCHANGE EQUIVALENT: 3 CARBOHYDRATE 2 PROTEIN 1 FAT

The example above shows 3 carbohydrates, 2 protein and 1 fat exchange. This means that part of, or all of the recipe can be swapped using the relevant exchange guides tabled. For example, if the recipe has 3 carbohydrate exchanges from pasta, but you prefer some bread or rice, you would use the carbohydrate exchange to find the equivalent serves of bread or rice to substitute for that meal.

## Protein Exchanges

For protein foods we have provided information in both raw weights and cooked weights. This will allow you to work with recipes or a meal where you cook from scratch, as well as to know how to serve yourself a suitable portion of a food or recipe once it is cooked.

Note also that most of the protein sources are lean and trimmed prior to cooking or eating. As you would probably guess, fatty meats belong in the treats category of your eating plan.

Food	Amount	Calories
<b>MEAT</b>		
Chicken breast no skin raw	100 g	102
Chicken breast no skin baked	65 g	99
Lean red meat fat trimmed raw	100 g	99
Lean red meat fat trimmed grilled	60 g	97
Premium beef mince (<5% fat) raw	75 g	100
Premium beef mince (<5% fat) cooked	60 g	108
Bacon raw (rindless fat trimmed)	100 g	103
Bacon, dry grilled (rindless fat trimmed)	70 g	100
97% fat free ham	100 g	108
97% fat free turkey breast	100 g	104
40% reduced fat salami	25 g	80



<b>FISH</b>		
Smoked salmon	75 g	100
Salmon grilled	50 g	107
Salmon raw	60 g	115
Tuna - in oil drained	½ small can	84
Tuna - in brine drained	1 small can	95
Fish white raw	90 g	102
Fish white steamed	75 g	95



<b>OTHER</b>		
Egg no fat added	2 eggs	122
Yoghurt plain reduced-fat	150 g	80
Milk skim	1 cup	80
Tofu firm	130 g	93
Tempeh cooked	50 g	98





## Carbohydrate Exchanges

These foods have similar compositions and can be swapped for another.

Food	Amount	Calories
Multigrain bread	1 slice (thin)	84
Multigrain bread	1 slice (thick)	110
Wholemeal bread	1 slice (thick)	81
Bread roll (multigrain/wholemeal)	1 small/dinner roll (40 g)	99
Bread roll (multigrain/wholemeal/white)	½ hamburger/large (45 g)	110
Whole wheat wrap	1 tortilla (48 g) or 2 Mt bread	141
Gluten free bread	1 slice (26g)	63
Gluten free wrap	1 wrap (42 g)	141
Bagel, wholemeal/whole grain	½ bagel (46 g)	121
Pita (Lebanese) bread	½ pita (42 g)	114
Potato	1 boiled potato (150 g)	100
Pumpkin	200 g boiled	98
Sweet potato	150 g boiled	110
Corn kernels	½ cup (164 g)	86
Cooked rice (white)	½ cup cooked rice (95 g)	110
Cooked rice (brown)	⅓ cup (70 g)	104
Cooked noodles e.g. buckwheat	½ cup cooked (75 g)	100
Cooked noodles (rice)	½ cup (110 g)	95
Rice paper	12 sheets (24 g)	85
Cooked pasta (white)	½ cup (60 g)	79
Cooked pasta (wholemeal)	¾ cup (70 g)	92
Baked beans	½ cup (140 g)	105
Lentils	½ cup cooked (120 g)	91
Kidney beans	⅓ cup (95 g)	93
Chickpeas	½ cup (85 g)	99
High fibre breakfast cereal	¾ cup	108
Wheat Breakfast Biscuits	2 biscuits	121
Rolled oats	¼ cup (25 g)	89
Quick oats	¼ cup (25 g)	94
Quinoa	100 g	110
Couscous	⅓ cup (50 g)	80
Grainy crackers	4 biscuits	97
Corn/rice thins	4 rice cakes (24 g)	92
Fruit	1 med. piece/small handful	100



## Fat Exchanges

Fats are an essential part of healthy eating so it is good to include small amounts of the healthy fats. Healthy fats include monounsaturated fats and polyunsaturated fats: omega-3s and omega-6s. These fats help to support heart health. Healthy fats are found in most plant-based foods, seeds, nuts and fish.

Food	Amount	Calories
Almonds	15 almonds	102
Seeds (mixed)	15 g	83
Sunflower seeds	15 g	85
Cashews	10 nuts	87
Walnuts	5 walnuts	103
Pine nuts	15 g	104
Mixed nuts	10 nuts	80
Peanut butter spread	1 heaped tsp	90
Avocado	¼ of whole	80
Sour cream (light)	2 Tbsp	87
Salad dressing	2 Tbsp	80
Ricotta	3 Tbsp	104
Ricotta, reduced fat	4 Tbsp	101
Cream cheese (full fat)	2 Tbsp	107
Cream cheese (light)	3 Tbsp	107
Cream cheese (extra light)	4 Tbsp	105
Brie	30 g	103
Fetta (full fat)	30 g	84
Fetta (reduced fat)	40 g	93
Mayonnaise (full fat)	3 tsp	111
Coconut oil	1 Tbsp	120



# EXCHANGES NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# WEEK ONE – FAMILY FAVOURITES

MEAL PLAN FOR THE WEEK	BEFORE BREAKFAST	BREAKFAST	SNACK 1
<b>MONDAY</b>	30 mL Ionix® Supreme + AM Pack Complete Essentials™ with IsaGenesis™	IsaLean™ Shake OR IsaLean™ PRO OR IsaLean™ Shake Dairy Free	1 serve of Whey Thins™ or Harvest Thins™
<b>TUESDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 small handful (30 g) almonds
<b>WEDNESDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 slice soy-linseed toast with ¼ avocado
<b>THURSDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 cup veggie crudites with 2 Tbsp hummus
<b>FRIDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	2 grainy crackers with 40 g sliced cheese
<b>SATURDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	40 g roasted chickpeas (page 40)
<b>SUNDAY CLEANSE DAY</b>	30 mL Ionix Supreme + 1 Natural Accelerator™	1 cup herbal tea	2 scoops Cleanse for Life™ & 1-2 Isagenix Snacks™ OR 1 IsaDelight
<b>AVERAGE SUGGESTED CALORIE DISTRIBUTION* (SHAKE DAY)</b>		250 calories	100-150 calories

\*Please note that the suggested calorie distribution is not prescriptive and is intended as a guide only. Please adjust to suit your individual requirements.

LUNCH	SNACK 2	DINNER	SNACK 3
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 medium banana	Mum's Spaghetti Bolognese (page 14)	2 hard-boiled eggs + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 Fibre Snack™	Healthy Pizzas (page 15)	2 rice thins with avocado and sliced tomato + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	2 Tbsp trail mix	Chicken Burgers with Salsa (page 16)	2 Tbsp plain yoghurt with 2 Tbsp IsaLean powder (whisk together and eat like custard!) + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 Slim Cake™ with a herbal tea	Naked Tacos (page 17)	1 IsaBliss Ball (page 42) with a herbal tea + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1/2 cup fresh/frozen berries with 1/2 cup reduced-fat yoghurt	Lean and Clean Fish & Chips (page 18)	1 orange + 1 IsaDelight™ + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 medium apple with 2 tsp peanut butter	Secret Sauce Chicken Curry (page 19)	6 IsaDelight-dipped strawberries (page 43) + PM Pack Complete Essentials with IsaGenesis
2 scoops Cleanse for Life & 1-2 Isagenix Snacks	2 scoops Cleanse for Life & 1 Natural Accelerator & e+	2 scoops Cleanse for Life & 1-2 Isagenix Snacks OR 1 IsaDelight & 1-2 IsaFlush™	
250 calories	100-150 calories	400-600 calories	100-150 calories

INGREDIENT EXCHANGE EQUIVALENT: 3 CARBOHYDRATE ½ PROTEIN 1 FAT



## Mum's Spaghetti Bolognese

Serves 6

Time to prepare: 10 mins

Time to cook: 30 mins

**1 Tbsp olive oil**

**1 brown onion, finely chopped**

**1 carrot, peeled, finely chopped**

**1 celery stick, trimmed, finely chopped**

**2 garlic cloves, crushed**

**500 g extra lean beef mince**

**½ cup tomato paste**

**2 x 400 g tins diced tomatoes**

**1 tsp dried oregano**

**1 tsp dried thyme**

**Pinch ground nutmeg**

**2 tsp balsamic glaze**

**500 g thin spaghetti**

**½ cup water**

**Fresh basil leaves, to serve**

**Parmesan cheese, shaved, to serve**

1. Heat oil in a large saucepan over medium-high heat. Cook onion, carrot, celery and garlic, stirring for 5 minutes or until softened. Add mince and cook, breaking up with a wooden spoon for 6 to 8 minutes or until browned.
2. Add paste, tomatoes, oregano, nutmeg, balsamic glaze and ½ cup water. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 20 to 30 minutes or until thick. Season with salt and pepper.
3. Meanwhile, cook pasta in a large saucepan of boiling, salted water, following packet directions. Drain.
4. Divide pasta among serving bowls. Spoon over sauce. Serve with cheese, fresh basil and a bowl of salad or steamed greens.

**TIP:** Make the sauce ahead of time and freeze for a quick meal on a busy night (or when last minute guests arrive!)

Nutrition information:

Cals: 450; Carb 81 g; Protein 19 g; Fat 5 g

INGREDIENT EXCHANGE EQUIVALENT: 3 CARBOHYDRATE 1 PROTEIN 1 FAT



## Healthy Pizzas

Serves 2

Time to prepare: 10 mins

Time to cook: 10 mins

**2 medium wholemeal Lebanese bread**

**1 cup tomato passata**

**3-4 cloves garlic, crushed**

**Handful fresh basil**

**Handful baby spinach**

**200 g ham, salami, pancetta or other cured meat**

**½ cup finely sliced red onion**

**1 medium capsicum, sliced**

**½ cup mushrooms, sliced**

**½ cup mozzarella, grated**

1. Preheat oven to 250°C/230°C fan-forced. Place bread onto a tray lined with baking paper.
2. Mix passata and garlic and spread evenly over bread.
3. Scatter basil and spinach leaves over bread, add a single layer of chosen meat.
4. Sprinkle over vegetables and top with cheese. Bake until cheese is golden.
5. Serve with fresh mixed salad leaves.

**TIP:** Make extra pizzas and store them, wrapped and uncooked in the freezer. When you want them for a quick meal, pull them out of the freezer and pop them in the oven. them in the oven.

Nutrition information:

Cals: 366; Carb 60 g; Protein 16 g; Fat 12 g

INGREDIENT EXCHANGE EQUIVALENT: 2 CARBOHYDRATE 2 PROTEIN 1 FAT



## Chicken Burgers with Salsa

Serves 4

Time to prepare: 15 mins

Time to cook: 10 mins

- 2 (500 g) chicken breast fillets**
- 2 tsp olive oil**
- 1 tsp Portuguese chicken seasoning**
- ½ tsp oregano, dried**
- 1 garlic clove, crushed**
- ½ medium avocado, diced**
- ½ cup corn kernels, rinsed and drained**
- 1 small red capsicum, diced**
- 1 medium tomato, diced**
- 2 tsp lemon juice**
- 4 wholemeal bread rolls, split, toasted**
- ¼ cup mayonnaise**
- 1 cup mixed salad leaves**

1. Slice each chicken breast in half lengthways. Place chicken between 2 sheets of baking paper. Using the flat side of a meat mallet, pound chicken until 1 cm thick. Place oil, seasoning, oregano and garlic in a glass or ceramic bowl. Add chicken. Toss to coat. Cover. Refrigerate until needed.
2. Place avocado, corn, capsicum, tomato and lemon juice in a bowl. Toss gently to combine. Cover. Set aside.
3. Heat a large, non-stick frying pan over medium-high heat. Cook chicken, in 2 batches, for 3 to 4 minutes each side or until cooked through. Transfer to a plate. Cover with foil to keep warm.
4. Spread one side of each bread roll with mayonnaise. Layer salad leaves, chicken breast and avocado salsa mixture. Serve.

**TIP:** Make extra salsa and store in the freezer for busy nights or for when last minute guests arrive.

Nutrition information per serve:  
Cals: 501; Carb 37 g; Prot 37 g; Fat 21 g



INGREDIENT EXCHANGE EQUIVALENT: 1 CARBOHYDRATE 2 PROTEIN 3 FAT



## Naked Tacos

Serves 2

Time to prepare: 10 mins

Time to cook: 10 mins

**1 iceberg lettuce**

**400 g lean organic beef mince**

**1 small onion, diced**

**1 red chilli**

**2 small avocados**

**2 tsp paprika**

**Juice from 1 lemon**

**2 tomatoes, diced**

**1 Tbsp jalapeño slices**

**4 Tbsp light organic sour cream**

**2 Tbsp light cheddar cheese, grated**

**1 Tbsp olive oil**

1. Heat olive oil in a non-stick skillet over medium heat. Fry the onion and chilli for 3 minutes. Add mince to the pan and cook until well-browned.
2. Scoop the flesh from the avocado into a small bowl. Add lemon juice and paprika and mix with a fork to combine, mashing the avocado while you mix.
3. Divide the lettuce among two bowls. Top each with half of the meat, avocado, tomatoes, jalapeños, sour cream and cheese.

Nutrition information per serve:  
Cals: 594; Carb 18 g; Prot 48 g; Fat 41 g

**INGREDIENT EXCHANGE EQUIVALENT: 3 CARBOHYDRATE 1 PROTEIN 1 FAT**



## Lean and Clean Fish & Chips

Serves 6

Time to prepare: 20 mins

Time to cook: 40 mins

**4-6 large (1 Kg) potatoes, in wedges**

**1 tsp olive oil**

**½ tsp pink Himalayan salt**

**½ tsp paprika**

**2 tsp fresh rosemary, chopped**

**600 g whiting fillets**

**200 g rocket**

**2 tomatoes, cut into wedges**

**1 Lebanese cucumber, cut into chunks**

**4 rings canned pineapple in natural juice, cut into wedges**

**¼ cup fat-free dressing**

**Freshly ground black pepper**

**Lemon wedges, to serve**

**6 wholemeal bread rolls**

**Marinade:**

**1 Tbsp mayonnaise**

**1 Tbsp lemon juice**

**1 tsp grated lemon rind**

**1 tsp minced chilli**

**2 Tbsp finely chopped flat-leaf parsley**

1. Preheat oven to 220°C/200°C fan forced. Line a baking tray with nonstick paper. Toss potatoes in oil. Combine stock powder, paprika and rosemary and toss through potatoes. Arrange in a single layer on baking tray and bake for 40 minutes or until soft.
2. Meanwhile, to make marinade, combine mayonnaise, lemon juice and rind, chilli and parsley and toss through fish fillets. Cook fish in a nonstick frypan over medium heat for about 2 minutes each side or until golden brown.
3. Combine rocket, tomatoes, cucumber, pineapple, fat-free dressing and pepper to make a salad. Serve with fish, potato chips, lemon wedges and bread rolls.

Nutrition information per serve:

Cals: 491; Carb 69 g; Prot 33 g; Fat 8 g

INGREDIENT EXCHANGE EQUIVALENT: 2 CARBOHYDRATE 2 PROTEIN 2 FAT



## Secret Sauce Chicken Curry

Serves 4

Time to prepare: 15 mins

Time to cook: 30 mins

2 Tbsp oil

2 medium onions, diced

4 cloves garlic, finely sliced

1 small piece of ginger, 2 cm, peeled, finely sliced

1 small red chilli, finely sliced

2 tsp curry powder

1 tsp ground coriander

½ tsp ground cumin

½ tsp paprika

½ tsp ground turmeric

400 g tinned tomatoes

270 mL can lite coconut cream

500 g chicken thigh fillet, diced

Rice, to serve

Fresh coriander, to serve

Yoghurt, to serve

1. Heat oil in a medium saucepan over medium heat. Add onions, garlic, ginger and chilli. Sauté for 6-8 minutes or until onions soften.
2. Add the curry powder, ground coriander, cumin, paprika and turmeric and cook for a further 2-3 minutes (add a little water if sticking to the bottom of the pan).
3. Stir through tomatoes, coconut cream and chicken, reduce temperature and simmer for 20 minutes until chicken is cooked.

Serve over steaming rice with coriander and yoghurt.

**TIP:** Make this meal ahead of time and store in the fridge for up to 3 days or freeze for an easy meal on a busy night. Can freeze in individual portions complete with rice for convenient single serves.

Nutrition information per serve (including 1 cup cooked rice): Cals: 573; Carb 47 g; Prot 36 g; Fat 24 g



## Cleanse Day Schedule

### Early Morning

- 1 serving Ionix Supreme
- 1 cup herbal tea
- 1 Natural Accelerator

### Mid-morning

- 1 deep cleansing serving Cleanse for Life
- 2 Isagenix Snacks OR 1 IsaDelight chocolate

### Noon

- 1 deep cleansing serving Cleanse for Life
- 2 Isagenix Snacks

### Mid-afternoon

- 1 deep cleansing serving Cleanse for Life
- One serving e+
- 1 Natural Accelerator

### Evening

- 1 deep cleansing serving Cleanse for Life
- 2 Isagenix Snacks OR 1 IsaDelight chocolate
- 1-2 IsaFlush

Alternative Cleanse Day approved snack options include Whey Thins and Harvest Thins, however they must be enjoyed as the sole snack option between Cleanse for Life servings.

## Tips for Cleanse Day success:

### Start with Shake Days

A minimum of two Shake Days should precede a Cleanse Day. This helps your body adjust to smaller meals, while delivering nutrient-dense food to nourish your body to optimise its detoxification processes. If it's a big change from your usual habits, you may need to complete extra Shake Days to ensure that you have a successful Cleanse Day experience.

### Rely on a coach, your tools, and customise when needed

Isagenix offers several tools to make intermittent fasting attainable and sustainable. While everyone should follow the system guidelines for completing a Cleanse Day as closely as possible, you also have the flexibility to adjust where needed.

### Write down your schedule and set alarms

One of the simplest tips is to be organised

and set reminders throughout the day to help you to stick to your schedule.

By consistently giving your body a little nourishment every hour or two, you are less likely to experience excessive hunger or dips in energy levels.

### Pick Cleanse Days strategically

Consider planning your Cleanse Day on a day when you have several errands to run or on a day full of appointments and meetings. A day spent at home with easy access to the fridge and pantry can be way too tempting, even for the most resolute cleanser!

### If you slip up, don't give up

It takes time to adjust before a new habit becomes second nature. If you're not able to complete an entire Cleanse Day as you planned, don't beat yourself up about it. Break your Cleanse Day with an IsaLean Shake and try again next week.

A DAY IN THE  
LIFE WITH...

# Lauree

## PASS

ISAGENIX CUSTOMER  
SINCE 2016  
2017 ISABODY CHALLENGE  
FINALIST

"Since giving birth to my beautiful baby boy, I have jumped into my next IsaBody Challenge and have really enjoyed getting back into my Isagenix routine."

- 6:00AM** 30 mL Ionix Supreme shot first thing + a glass of water
- 6:40AM** IsaLean Shake for breakfast (Creamy Dutch Chocolate is my all-time fave!)
- 7:00AM** AM Pack Complete Essentials with IsaGenesis + Natural Accelerator + a big glass of water
- 10:00AM** ½ cup plain low-fat yoghurt with ¼ cup of crunchy granola + sometimes an e+
- 12:15PM** An ice-blended IsaLean Shake + Natural Accelerator (I love having a shake for lunch as I love the convenience, the fact that I don't have to think about it and it keeps my energy up for the rest of the day. I keep a shake canister and blender at work)
- 3:00PM** ½ IsaLean™ Bar (I am hooked on Chocolate Decadence) or 1 Fibre Snack or 1 packet of Whey Thins with ½ a small tub of low-fat beetroot dip
- 6:00PM** Bootcamp! ½ stick AMPED™ Hydrate Lemon Lime with AMPED™ BCAA Plus
- 7:00PM** (Post-workout) 1 scoop of IsaPro™
- 7:30PM** Quinoa fried rice (peas, mushrooms, corn, baby prawns, lean bacon, 1 egg and dash of soy sauce) topped with chicken marinated in a homemade mix of honey, crushed garlic and soy sauce and PM Pack Complete Essentials with IsaGenesis
- 10:00PM** IsaFlush + 30 mL Ionix Supreme (literally just before my head hits the pillow)

**ANZ.ISABODYCHALLENGE.COM**

This is a general guide only. Speak to your GP or Dietitian about a personalised meal plan.



## WEEK TWO - VEGETARIAN INSPIRATION

MEAL PLAN FOR THE WEEK	BEFORE BREAKFAST	BREAKFAST	SNACK 1
<b>MONDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 serve of Whey Thins or Harvest Thins
<b>TUESDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 small handful (30 g) almonds
<b>WEDNESDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 slice soy-linseed toast with ¼ avocado
<b>THURSDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 cup veggie crudites with 2 Tbsp hummus
<b>FRIDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	2 grainy crackers with 40 g sliced cheese
<b>SATURDAY</b>	30 mL Ionix Supreme + AM Pack Complete Essentials with IsaGenesis	IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	40 g roasted chickpeas (page 40)
<b>SUNDAY CLEANSE DAY</b>	30 mL Ionix Supreme + 1 Natural Accelerator	1 cup herbal tea	2 scoops Cleanse for Life & 1-2 Isagenix Snacks OR 1 IsaDelight
<b>AVERAGE SUGGESTED CALORIE DISTRIBUTION* (SHAKE DAY)</b>		250 calories	100-150 calories

\*Please note that the suggested calorie distribution is not prescriptive and is intended as a guide only. Please adjust to suit your individual requirements.

LUNCH	SNACK 2	DINNER	SNACK 3
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 medium banana	Eggplant and Pumpkin Lasagne (page 24)	200 mL unsweetened almond milk with 2 tsp cacao + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 Fibre Snack	Turmeric Vegie Plate (page 25)	2 rice thins with avocado and sliced tomato + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	2 Tbsp trail mix	Garlicky Mushroom Burger (page 26)	½ IsaLean Bar Dairy Free, cut into thin slices and savoured + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 Slim Cake with a herbal tea	Abundance Bowl with Tahini Dressing (page 27)	1 IsaBliss Ball (page 42) with a herbal tea + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1/2 cup fresh/frozen berries with 1/2 cup reduced-fat yoghurt	All-Your-Veg Tagine (page 28)	1 orange + 1 IsaDelight + PM Pack Complete Essentials with IsaGenesis
IsaLean Shake OR IsaLean PRO OR IsaLean Shake Dairy Free	1 medium apple with 2 tsp peanut butter	Slow Cooker Curry (page 29)	6 IsaDelight-dipped strawberries + PM Pack Complete Essentials with IsaGenesis
2 scoops Cleanse for Life & 1-2 Isagenix Snacks	2 scoops Cleanse for Life & 1 Natural Accelerator & e+	2 scoops Cleanse for Life & 1-2 Isagenix Snacks OR 1 IsaDelight & 1-2 IsaFlush	
250 calories	100-150 calories	400-600 calories	100-150 calories

INGREDIENT EXCHANGE EQUIVALENT: 2 CARBOHYDRATE 1 PROTEIN 1 FAT



## Eggplant and Pumpkin Lasagne

Serves 8

Time to prepare: 20 mins

Time to cook: 1 hour 20 mins

**3 eggplants, sliced into 1 cm rounds**

**1 small pumpkin, sliced into 1cm slices**

**80 mL olive oil**

**1 Tbsp dried oregano**

**4 garlic cloves, crushed**

**½ bunch basil, finely chopped**

**125 mL Italian red wine**

**800 g whole tomatoes**

**50 g unsalted butter, plus extra to grease**

**⅓ cup plain flour**

**800 mL milk**

**1 cup parmesan, finely grated**

**500 g fresh lasagne sheets**

**125 g mozzarella, sliced**

1. Preheat oven to 220°C/200°C fan forced. Spread out eggplant and pumpkin on two baking paper-lined trays. Drizzle with 2 Tbsp oil, oregano, salt and pepper. Roast for 35-40 minutes until cooked.
2. To make sauce, heat remaining oil in a saucepan over medium heat.

Cook garlic for 1 minute or until fragrant, then add red wine. Increase heat to high and bring to the boil. Cook for 2-3 minutes until slightly reduced. Add tomatoes and return to the boil. Reduce heat to medium-low and simmer for 10 minutes. Stir in ¼ basil leaves. Remove from heat. Squash tomatoes with a fork.

3. To make the béchamel, melt butter in a saucepan over medium heat. Stir in flour and cook, stirring, for 2-3 minutes to a thick paste. Gradually add milk, whisking constantly until smooth. Reduce heat to low and cook, whisking occasionally, for 10 minutes or until thick and creamy. Stir through ¾ parmesan. Season.
4. Grease a 2.6 L ovenproof dish. Lay ⅓ vegies and tomatoes over the base, then cover with lasagne sheets and ⅓ béchamel, then another layer lasagne sheet. Repeat layers twice, finish with a béchamel layer. Sprinkle over remaining parmesan and dot with mozzarella. Bake for 40-45 minutes until golden.
5. Serve with steamed greens or leafy salad.

**TIP:** Make this lasagne ahead of time (or double the quantity) and refrigerate for up to 3 days or freeze for a mid-week meal.

Nutrition information per serve:  
Cals: 438; Carb 48 g; Prot 16 g; Fat 20 g



INGREDIENT EXCHANGE EQUIVALENT: 3 CARBOHYDRATE 1 PROTEIN 2 FAT



## Turmeric Veggie Plate

Serves 6

Time to prepare: 15 mins

Time to cook: 60 mins

**800 g Kent or butternut pumpkin, seeded, cut into chunks.**

**½ cauliflower, cut into florets**

**4 small parsnips, peeled, ends trimmed**

**2 leeks, pale section only, quartered lengthways**

**4 long red chillies, halved lengthways**

**2 tsp olive oil**

**1 tsp ground turmeric**

**1 tsp ground cumin**

**2 garlic cloves, crushed**

**1 cup quinoa, rinsed and drained**

**60 mL extra virgin olive oil**

**2 Tbsp lemon juice**

**200 g haloumi, thickly sliced**

**2 tsp sesame seeds, toasted**

**1 tsp pepitas (pumpkin seeds), toasted**

**¼ cup (20 g) hazelnuts, toasted**

1. Preheat oven to 220°C/200°C fan forced. Combine pumpkin, cauliflower, parsnips, leek and chilli in a roasting pan.

Add olive oil, turmeric, cumin and garlic and toss to combine. Roast for 40 minutes. Turn and roast for a further 20 minutes or until golden and tender.

2. Meanwhile, combine the quinoa and 375 mL water in a saucepan over high heat. Bring to the boil. Cover and reduce heat to low. Simmer for 15 minutes or until the liquid is absorbed and quinoa is tender. Set aside, covered, for 5 minutes then fluff with a fork.
3. Whisk the olive oil and lemon juice in a bowl until combined.
4. Heat a large non-stick frying pan over high heat. Cook the haloumi, in batches, for 2 minutes each side or until golden brown.
5. Place the quinoa on a serving plate. Arrange the pumpkin over the quinoa. Top with haloumi. Drizzle with dressing. Sprinkle with sesame seeds, pepitas and almond. Season.

**TIP:** This recipe can be frozen without the haloumi. If cooking from frozen, and cook the haloumi fresh to serve on top.

Nutrition information per serve:  
Cals: 561; Carb 74 g; Prot 19 g; Fat 25 g



INGREDIENT EXCHANGE EQUIVALENT: 2 CARBOHYDRATE ½ PROTEIN 1 FAT

## Garlicky Mushroom Burgers

Serves 2

Time to prepare: 10 mins

Time to cook: 15 mins

**2 cloves of garlic**

**2 sprigs of fresh flat-leaf parsley**

**2 Tbsp butter (at room temperature)**

**2 large mushrooms**

**2 burger buns or sourdough rolls**

**English or wholegrain mustard**

**1 lemon**

**1 small can tinned beetroot, drained & finely sliced**

**1 handful of rocket**

1. Preheat the oven to 220°C/200°C fan forced, or fire up your barbecue.
2. Peel and finely grate the garlic, then pick and chop the parsley leaves. Combine with the softened butter.
3. Clean the mushrooms and fill them with the butter. Wrap in foil and bake in the oven or place on the barbecue for 15 minutes, or till the mushrooms are soft and cooked.
4. Split the burger buns or sourdough bread, then unwrap the mushrooms and pour the the juices onto the bread. Smear with mustard and top with a mushroom, a squeeze of lemon juice, some beetroot and rocket.

Nutrition information per serve:  
Cals: 328; Carb 38 g; Prot 8 g; Fat 16 g

INGREDIENT EXCHANGE EQUIVALENT: 1 CARBOHYDRATE 1 PROTEIN 2 FAT



## Abundance Bowl with Tahini Dressing

Serves 4

Time to prepare: 30 mins

Time to cook: 20 mins

### ROASTED VEGETABLES

1 zucchini, sliced in ½ cm rounds

1 sweet potato, sliced in ½ cm rounds

70 g shredded red cabbage

1 Tbsp melted coconut oil or water

Pinch sea salt

½ tsp curry powder

### DRESSING

80 g tahini

½ tsp garlic powder, plus more to taste

1 Tbsp tamari (or soy sauce)

1 large clove garlic, minced

60 mL water

### SALAD

6 cups mixed green leaves

4 radishes, thinly sliced

3 Tbsp hemp seeds

1 ripe avocado

8-10 baby carrots

2 Tbsp lemon juice

### TOPPINGS (optional)

1 batch Chickpea Nuts (page 40)

2 cups cooked quinoa\*

1. If serving with quinoa or chickpeas, prepare these first. Otherwise, proceed to step 2.
2. Preheat oven to 200°C/180°C fan forced and arrange zucchini, cabbage, and sweet potatoes on baking sheet. Drizzle with coconut oil, sea salt and curry powder and toss to combine. Roast for 20 minutes or until tender and slightly golden brown.
3. Meantime, prepare dressing. Add tahini, garlic powder, tamari, sea salt and garlic to a mixing bowl and whisk to combine. Add enough water and whisk to pouring consistency. Season with garlic and tamari. Set aside.
4. Assemble salad by adding greens, radishes, hemp seeds and avocado to a large mixing bowl. Add the lemon juice and toss to combine.
5. Add roasted vegetables, optional toppings and dressing and serve.

Best when fresh, though leftovers keep well in the refrigerator up to 3 days. Dressing stored separately will keep for 7 days. Store chickpeas separately at room temperature to maintain crispiness.

**TIP:** Abundance bowls can be thrown together with whatever you have on hand. Think about adding colour, crunch, flavour, plenty of vegetables (fresh, steamed, roasted, tinned), healthy grains or potato and a source of probiotic cultures, like kimchi or preserved vegetables.

Nutrition information per serve:  
Cals: 410; Carb 28 g; Prot 12 g; Fat 30 g



INGREDIENT EXCHANGE EQUIVALENT: 3 CARBOHYDRATE ½ PROTEIN 1 FAT

## All-Your-Veg Tagine

Serves 4

Time to prepare: 10 mins

Time to cook: 35 mins

**4 carrots, cut into chunks**

**4 small parsnips, cut into chunks**

**3 red onions, cut into wedges**

**2 red capsicums, deseeded and cut into chunks**

**½ small pumpkin, cut into 2 cm squares**

**2 Tbsp olive oil**

**1 tsp each ground cumin, paprika, cinnamon and mild chilli powder**

**400 g tin tomatoes, diced**

**2 small handfuls soft dried apricots**

**2 tsp honey**

1. Heat oven to 200°C/180°C fan forced. Scatter the veg on a couple of baking trays, drizzle with half the oil, season, then rub the oil over the veggies with your hands to coat. Roast for 30 minutes until tender and beginning to brown.
2. Meanwhile, fry the spices in the remaining oil for 1 minute until sizzling and aromatic. Tip in the tomatoes, apricots, honey and a can of water. Simmer for 5 minutes until the sauce is slightly reduced and the apricots plump, then stir in the veggies and some seasoning. Serve with couscous or quinoa.

**TIP:** This meal can be made in advance and refrigerate for up to 3 days or stored in the freezer for a quick healthy meal after a busy day.

Nutrition information per serve:  
Cals: 420; Carb 82 g; Prot 7 g; Fat 9 g

INGREDIENT EXCHANGE EQUIVALENT: 1 CARBOHYDRATE 1 PROTEIN 2 FAT



## Slow Cooker Curry

Serves 4

Time to prepare: 30 mins

Time to cook: 6-8 hours in slow cooker

**4 Tbsp olive oil**

**2 large onions, halved and sliced**

**3 garlic cloves, crushed**

**Thumb-sized piece root ginger, peeled**

**1 tsp paprika**

**½ tsp cayenne pepper**

**2 red chillies, deseeded and sliced**

**2 red capsicums, deseeded and sliced**

**250 g red cabbage, shredded**

**1 cup cauliflower florets**

**1 Kg sweet potatoes (or pumpkin), peeled and chopped into chunks**

**300 g passata**

**400 mL coconut milk**

**2 Tbsp peanut butter**

1. Heat 1 Tbsp olive oil in a large non-stick frying pan and add the onion. Fry gently for 10 minutes until soft then add the garlic and grate the ginger. Stir in the

paprika and cayenne, cook for one minute then tip into slow cooker.

2. Return the pan to the heat and add another 1 Tbsp oil along with the chilli, capsicum and shredded cabbage. Cook for 4-5 minutes then tip into the slow cooker.
3. Use the remaining oil to fry the sweet potatoes, you may have to do this in 2 or 3 batches depending on the size of your pan. Cook the sweet potatoes for around 5 minutes or just until they start to pick up some colour at the edges then put them in the slow cooker too.
4. Pour the passata and the coconut milk over the sweet potatoes, stir to mix everything together and cover the slow cooker with a lid and cook for 6-8 hours or until the sweet potatoes are tender.
5. Stir the peanut butter through, season well with salt and pepper and serve with couscous and chopped coriander.

**TIP:** Make this recipe in the morning, or make ahead and freeze for a healthy mid-week meal.

Nutrition information per serve:  
Cals: 410; Carb 28 g; Prot 12 g; Fat 30 g



## Know Your Numbers when making additions to your shake

Our IsaLean Shake and IsaLean PRO shake are deliciously creamy and satisfying all by themselves. But it's nice to add a little variety to your Shake Days. In fact, the shakes can serve as the starting canvas for other healthy additions that can provide a nutritious boost.

If you have weight-loss goals, be mindful that your additions don't interfere with your progress! A little foreknowledge about nutrition facts of common shake additions can mean staying within your calorie requirements for health and weight management.

For example, did you know that 250 mL of sweetened almond milk packs in about 90 calories, nearly all of which come from sugar? And did you know that strawberries contain less than half the calories as a banana and nearly half that of blueberries?

To make it easier for you to create your own IsaLean nutritional masterpiece, use the table below to keep track of the macronutrients added and easily stay on track with meeting your goals whether it's for Weight Loss, Performance or Vitality + Well-Being.

Shake Additions	Cal	Protein(g)	Fat(g)	Carbs(g)	Sugar(g)	Fibre(g)
Skim milk, 1 cup (250 mL)	90	2	7	5	5	<1
Skim milk, 1 cup (250 mL)	90	9	0	12	12	0
Almond milk, 1 cup (250 mL)	88	1	3	16	15	1
Almond milk, unsweetened, 1 cup (250 mL)	30	1	3	1	0	1
Coconut water, 1 cup (250 mL)	65	<1	0	17	17	0
Coconut milk, unsweetened, 1 cup (250 mL)	45	0	4.5	1	0	1
Banana, 1 medium	105	1	<1	27	14	3
Blueberries, ½ cup fresh/frozen	42	<1	0	10	8	2
Strawberries, ½ cup fresh/frozen	24	<1	<1	6	4	2
Raspberries, ½ cup fresh/frozen	32	<1	<1	7	3	4
Cherries, 6 fresh/frozen	25	<1	<1	6	5	1
Mango, ½ cup fresh/frozen	50	<1	<1	12	11	1
Pineapple, 3 thin slices	75	1	<1	18	18	1
Medjool Date, pitted, 1 piece (24 g)	66	0	0	18	16	2
Spinach, 2 cups raw	20	2	<1	<1	<1	4
Peach slices, ½ cup, juice drained	49	1	<1	9	9	2
Coconut oil, 1 Tbsp	120	0	14	0	0	0
Peanut butter, 1 Tbsp	100	4	8	3	<1	1
ABC nut butter, 1 Tbsp	97	3	9	1	1	1
Oats, 1 Tbsp	24	<1	<1	4	<1	1
Flaxseeds, whole seeds, 1 Tbsp	55	2	4	3	0	3
Chia seeds, 1 Tbsp	60	3	3	5	0	5

Source: [www.calorieking.com](http://www.calorieking.com)

A DAY IN  
THE LIFE  
WITH...

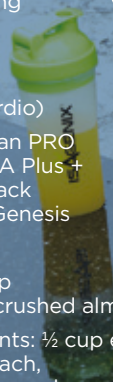
# Troy JANTZEN

ISAGENIX CUSTOMER  
SINCE 2014  
2017 ISABODY  
CHALLENGE FINALIST

"Isagenix is a lifestyle. Whilst it's important to follow the system, allow yourself an occasional treat but enjoy it consciously and deliberately."

- 6:00AM** 1 IsaFlush with water on waking
- 6:15AM** Fasted ICE (Intense Cardio Exercise) session at the gym (20 mins only x HIIT (High Intensity Interval Training) cardio)
- 7:00AM** 30 mL Ionix Supreme + IsaLean PRO Shake + 1 scoop AMPED BCAA Plus + 2 Natural Accelerator + AM pack Complete Essentials with IsaGenesis
- 10:00AM** e+ and AMPED™ NOx
- 10:30AM** 200 g plain yoghurt with 1 cup blueberries/strawberries + 6 crushed almonds
- MIDDAY** Egg white omelette (ingredients: ½ cup egg whites, one egg, tomato, spinach, mushrooms) + ½ avocado + ½ cup basmati or brown rice
- 3:00PM** e+ + IsaLean PRO
- DINNER** Meat + lots of vegies + sweet potato + PM pack Complete Essentials with IsaGenesis
- BEDTIME** IsaPro + 1/2 cup organic frozen raspberries + 2 IsaFlush  
Conscious of drinking plenty of water throughout the day to stay well-hydrated, sparkling water for a treat.

This is a general guide only. Speak to your GP or Dietitian about a personalised meal plan.



## PRODUCT TIPS

# BEDTIME BELLY BUSTING



Evidence suggests whey protein may help support weight loss and stimulate muscle protein synthesis overnight - one of the 'secrets' of Bedtime Belly Buster! Use one scoop of IsaPro and add Greens if desired.



### A Green Sweet Treat

Boost your daily dose of vegetables with Organic Greens. Each scoop of minty freshness packs two full servings of vegetables, not to mention precious phytonutrients from organic kale, spinach, turmeric, chlorella, spirulina and so much more.

### Staying Fuller for Longer

Recent research suggests a combination of protein and fibre keeps you feeling full after a meal. Fibre Snacks and Slim Cakes are great snack options delivering both of these nutrients.



### Aid Daily Health

Ageless Actives™ can play a role in supporting healthy ageing, but may also aid your weight loss goals. Contains Resveratrol, which may support a healthy metabolism.

### Smart Snacking

It's easy to consume empty calories when you're not snacking smart. Whey Thins and Harvest Thins are portion-controlled protein-packed snacks designed to satisfy hunger between meals and support weight loss and lean muscle maintenance. Containing 10 and 11 grams of protein per serve respectively, these savoury snacks, may help you kick the chip habit for good!



### Calling all Chocoholics!

Struggling to stay on track when the chocolate cravings hit? Step into the light with IsaDelight! These guilt-free indulgences are 60 calories per serve and perfect for Cleanse Days or any time cravings strike.







Information provided is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your GP or health-care professional. Isagenix products are not intended to diagnose, treat, cure or prevent any disease.

# AMPED™ PRODUCT TIPS

AMPED products are not just for the fittest. The right combination and timing of the AMPED products can make a significant difference to your results in and out of the gym.



## AMPED NOx

When: 2-24 hours before exercise; 1-2 shots every day

Why: Nitrates from fruit and vegetable extracts support nitric oxide production which helps blood vessels function normally during exercise. This increases the delivery of nutrients and oxygen to muscles and helps delay fatigue. The result? Train harder for longer, and maximise calories burned in the process.



## AMPED Nitro

When: 15-30 minutes prior to exercise

Why: The scientifically supported combination of creatine, beta-alanine and taurine to deliver results. Creatine supplies energy to muscle and prime muscles for better recovery, while beta-alanine reduces muscle fatigue and taurine helps decrease exercise related muscle damage and oxidative stress.



## AMPED BCAA Plus

When: During exercise to promote nutrient availability

Why: Branched-chain amino acids (BCAAs) and L-glutamine promote lean muscle building, while L-carnitine helps sustain energy levels and supports fat burning during exercise. Consume stimulant-free AMPED BCAA Plus to help reduce fatigue and maximise exercise capacity during your workout so you can keep crushing it.

# HOW TO DO YOUR OWN MEAL PLANNING

We are often faced with too many food decisions every day and when the pressure surrounding what and how we eat becomes overwhelming, something called decision fatigue can set in.

This is often why people seek meal plans to keep them on track. And while we have given you a sample two-week guide, we want this guide to serve you long after those two weeks have been and gone.

By planning what you eat in advance, you minimise these food decisions and you'll be amazed at how much better your food choices will be (along with your monthly grocery bill – there are less impulse purchases when you know exactly what you need!).

Meal plans are also lifesavers for busy times, so here's a few tips to how to get organised:

## Getting started

The first step is finding a meal planning style that works for you. Some people find that a week at a time works for them, especially if buying your fresh produce from the local farmer's market.

Some find it easier to plan a few days ahead and shop every few days. Find what works for you and get started.

## Writing the plan

You may already have a 'recipe bible' – a collection of tried and tested recipes that work well for you and your family.

Use these recipes as a starting place and then decide what you will have for dinner for the next few nights, week or the fortnight.

Then work out if you can make any of the meals in bulk so that you can freeze some for the following week or pack for lunch the following day. For example, if you are cooking a roast chicken, cook two at once.

You'll have one for dinner and one leftover for lunches and you can freeze any leftover within three days.

## Keep it interesting

Meal planning shouldn't be confused with the overly regimented meal prep trend that you may see on social media.

You don't have to eat the same thing every single day but you may like to have a theme for each night of the week.

For example: Monday, meat-free; Tuesday, fish; Wednesday, mince; Thursday, eggs; Friday, a healthy homemade version of your favourite takeaway.

Or be inspired by global tastes during your week: think Italian, Mexican, Thai – don't be afraid to mix it up and try new foods and flavours.





## WHAT ABOUT WHEN PLANS CHANGE?

If you're someone who has a lot on or know that things can easily change at the last minute, here are a few things you can try:

### 1. Include a few 5-minute meals

Have a few 5-minute meals that you can rely on for busy weeknights and move them around your plan as you need.

Some quick and easy ideas could include an omelette, tuna and rice abundance bowls or a veggie and lentil soup served with wholegrain toast and smashed avocado or hummus.

### 2. Batch cook & freeze meals

If a crowd appears at your door, a supply of precooked frozen meals can help you serve the hungry while keeping you on track and fuelled with the right stuff.

Think frozen curries, casseroles, soup and sauces at the ready.

### 3. Stock your pantry

It's amazing what you can throw together at the last minute using what you have in your pantry.

Stock up on microwavable rice, canned tuna, baked beans, canned lentils and vegetables, preserved antipasto vegetables, dried pasta and pasta sauces for a healthy, hearty last-minute meal.

Keep on hand some frozen fish and frozen vegetables for a quick meal too.

### Ready, set, go!

After a few weeks, meal planning will become a habit for you.

It should make life a little bit easier and put you more in control of your food-decision making.

Ready to get started?

See the blank meal planner that we've included for you at the end of this guide.

## SIDES AND ADDITIONAL EXTRAS

These foods allow you to add extra taste or bulk to your meals, or to provide a snack during the day.

### LIST 1 (Free Extras - limited)

Max. 4-6 serves per day Serve

#### FRUIT

Mixed berries	½ cup
Blueberries	½ cup
Strawberries	8 medium
Raspberries	½ cup
Watermelon, diced	½ cup
Rockmelon, diced	½ cup

#### VEGETABLES

Carrot sticks	10 pieces
Celery sticks	10 pieces
Capsicum sticks	10 pieces
Salad vegetables	1 cup
Mixed vegetables	½ cup
Green beans	½ cup
Broccoli	½ cup
Cauliflower	½ cup
Tomato	½ cup
Lettuce	1 cup
Mushrooms	½ cup
Onion	½ cup

#### DIPS / SAUCES

Hummus	2 tsp
Tzatziki, skinny	1 Tbsp
Barbeque sauce	2 tsp
Tomato sauce	1 Tbsp
Mayonnaise	2 tsp

#### OTHER

Popcorn (unbuttered)	1 cup
Low Carb Konjac Pasta	250 g

List 1 (Free Extras limited) are all low energy (low in calories) and filling foods. They can be added in as desired to your day, but they do contribute some calories to your total intake, so they need to be capped for the day.



### LIST 2 (Free Extras - unlimited)

Consume as desired Serve

#### DRINKS

Tea, black	1 cup
Tea, herbal	1 cup
Coffee, black	1 cup

#### OTHER

Sweetener: Stevia	2 sachets
-------------------	-----------

List 2 (Free Extras unlimited) foods contain minimal calories and can be consumed as desired. However, keep in mind that there are other considerations to some of these products, e.g. caffeine.

# CONDIMENTS & FLAVOURINGS

These condiments and flavourings contain minimal calories, and can be used in meals and snacks to add extra flavour. Use them freely in your cooking for different flavours. As you experiment, you might have your own ideas on what flavour combinations work well.

- Soy sauce
- Chilli
- Garlic
- Ginger
- Lemon/lime – make a great salad dressing
- Salt and pepper

Herbs and spices are a great way to jazz up meals. They can be used in sandwiches, soups, and salads – try shredding a few basil leaves through a salad or adding parsley to soup:

- Basil
- Coriander
- Rosemary
- Thyme
- Sage
- Parsley
- Curry powder
- Cinnamon
- Nutmeg
- Cardamom
- Ginger
- Mint

Essences are great, try:

- Vanilla essence – add to hot milk to make a vanilla latte
- Coconut essence
- Almond essence
- Peppermint essence
- Nut (almond/hazelnut) essence

And a few other things to keep handy are:

- Natural sweetener
- Vegemite
- Stock cubes
- Vinegar
- Wasabi
- Salt
- Mustard



A DAY IN THE LIFE WITH...

# Claudia

## TOMCZYK

ISAGENIX CUSTOMER SINCE 2014  
2018 ISABODY CHALLENGE  
GRAND PRIZE WINNER

**“I am frequently asked how often I cleanse. At the moment, I find that a double-cleanse every fortnight works for me and fits in well with my training schedule.”**

<b>Wake up</b>	750 mL of water + 1 Natural Accelerator + 1 IsaFlush + 30 mL Ionix Supreme
<b>Gym</b>	20 minutes cardio
<b>Breakfast</b>	1 AM Pack Complete Essentials with IsaGenesis+ 1 IsaLean Shake
<b>Snack</b>	Omelette (made with 1 egg + half cup of egg whites + 1 cup of veg)
<b>Lunch</b>	120 g chicken /100 g steak/1 can of tuna + 2 cups salad/vegies
<b>Snack</b>	1 IsaLean Shake
<b>Pre-gym</b>	e+ (about 15-20 mins before training)
<b>Gym</b>	PT session = heavy weights
<b>Post gym</b>	1 scoop IsaPro + 1 scoop AMPED BCAA Plus
<b>Dinner</b>	120 g chicken/100 g steak/1 can of tuna + 2 cups salad/vegies + PM Pack Complete Essentials with IsaGenesis
<b>Dessert</b>	Bedtime Belly Buster (IsaPro + Isagenix Greens + ½ cup of organic berries)

This is a general guide only. Speak to your GP or Dietitian about a personalised meal plan.

A DAY IN THE LIFE WITH...

Lesley

MATHISON

ISAGENIX CUSTOMER SINCE 2013  
2017 ISABODY CHALLENGE FINALIST

**"Isagenix products are designed to be used together so no matter what your goal is, follow the complete system to achieve the best results."**

- 7:30am** 1 Natural Accelerator + AM Pack Complete Essentials with IsaGenesis + 30 mL Ionix Supreme on waking
- 8:00am** 1 IsaLean PRO Strawberry Cream
- 8:30am** Walk to the gym for Pilates session and weights
- 11:00am** Green tea + Fibre Snack
- 12:30pm** IsaLean Shake Chocolate Mint or chicken salad
- 3:15pm** Glass of water + e+
- 4:00pm** 1 Slim Cake with a cappuccino
- 5:00pm** 1 scoop AMPED™ Nitro before playing tennis  
1 stick AMPED Hydrate during the session  
1 scoop AMPED BCAA Plus post tennis
- Dinner** 1 IsaLean Bar (usually Nutty Caramel Cashew!) + AM Pack Complete Essentials with IsaGenesis
- 9:30pm** 30 mL Ionix Supreme just before bed

This is a general guide only. Speak to your GP or Dietitian about a personalised meal plan.

## SNACKS



### Chickpea Nuts

Serves 4

400 g tin chickpeas

1 Tbsp olive oil

2 tsp ground cumin

1 tsp dried marjoram

¼ tsp ground allspice

¼ tsp salt

1. Position rack in upper third of oven; preheat to 240°C/220°C fan forced.
2. Blot chickpeas dry and toss in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking tray.
3. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes.
4. Let cool on the baking tray for 15 minutes.

**NOTE:** Cover and store at room temperature for up to 2 days.

Nutrition information per serve:  
Cals 138; Carb 26 g; Prot 8 g; Fat 2 g





## Seed Crackers

Serves 6

**3 cups filtered water**  
**1 cup organic sunflower seeds**  
**1 cup organic pepitas or pumpkin seeds**  
**1 cup organic chia seeds**  
**½ cup poppy seeds**  
**½ cup organic sesame seeds**  
**2 Tbsp dried onion flakes or onion powder**  
**2 tsp dried garlic powder**  
**1 tsp dried parsley**  
**1 tsp dried chives**  
**1 tsp salt**

1. Pre-heat the oven to 160°C/140°C fan forced.
2. Mix all of the ingredients together in a bowl. Allow to sit for 10 minutes until chia seeds swell and start to bind mix.
3. Spread onto a baking-paper-lined tray (2 mm thick) and bake in the oven for 60 minutes.
4. Remove the tray, turn the oven off and score into squares.
5. Return to the oven and allow to sit for a further 30 minutes in a cooling over.
6. Once totally cooled, snap into crackers and store in an airtight container.

Nutrition information per serve (30 g):  
 Cals 159; Carb 3 g; Prot 6 g; Fat 13 g

## SNACKS



### Jaffa Bliss Balls

Makes 12 balls

2 cups raw almonds

3 medjool dates

2 Tbsp extra virgin coconut oil

2 Tbsp IsaLean Dutch Chocolate or  
IsaLean Shake Dairy Free Rich Chocolate

1 tsp cinnamon powder

Zest of 1 orange

2 Tbsp organic raw cacao powder

¼ cup desiccated coconut

1 tsp sweetener

**Optional:** extra coconut or almond meal, to coat

1. Combine all ingredients in the food processor. Blend until the mixture becomes a dough. Moisten hands and form balls about golf ball size.
2. Roll in desiccated coconut or almond meal if desired. Place in the fridge for 1 hour before serving.

Keep in an airtight container in the fridge for up to 2 weeks.

Nutrition information per serve (1 ball):  
Cals 184; Carbs 8 g; Prot 6 g; Fat 14 g





### IsaDelight-dipped Strawberries

- 4 IsaDelight Milk Chocolate
- 4 IsaDelight Dark Chocolate
- 4 IsaDelight Milk Chocolate with Sea Salt and Caramel flavour
- 250 g fresh strawberries, preferably organic

1. Line a baking tray with baking paper. Break chocolate into small even pieces. Place into a heat-proof bowl. One-third fill a saucepan with water. Bring to the boil over high heat. Reduce heat to low.
2. Place each chocolate variety into separate bowls and melt over saucepan (don't let bowl touch the bottom of the saucepan). Stir with a metal spoon until smooth.
3. Dip one-third of the strawberries into chocolate. Place onto tray. Repeat with dark and sea salt chocolate. Refrigerate until set.



Nutrition information per serve (3 strawberries):  
 Cals 96; Carb 10 g; Prot 2 g; Fat 4 g

## SNACKS



### Speedy Sweet Snacks

Smart snacks pick up your energy levels and control sugar pangs. Skip the sugary stuff and keep these snacks on hand. Each one has less than 190 Cal per serve, the perfect size for a between-meal snack.

- ½ cup berries + ½ cup reduced-fat plain yoghurt (100 Cals)
- 2 Tbsp (30 g) trail mix (132 Cal)
- 1 Fibre Snack (150 Cal)
- 1 medium banana (96 Cal)
- 1 medium apple + 2 tsp nut butter (153 Cal)
- 1 Jaffa Bliss Ball (see page 42; 184 Cal)
- 1 Slim Cake (90 Cal)
- 2 IsaDelight Chocolates (120 Cal)
- 3 IsaDelight-dipped strawberries (see page 43; 96 Cal)





**Smart Savoury Snacks**

Tame tummy rumbles with these nourishing snacks that are sensible bites and packed with nutrition. Serve snacks on a plate or in portioned packs to prevent mindless munching.

- ¼ cup chickpea nuts (see page 40; 138 Cal)
- 1 small handful almonds (185 Cal)
- 1 slice soy & linseed toast + ¼ avocado (168 Cal)
- 1 packet Whey Thins or Harvest Thins (100 Cal)
- 2 grainy crackers + 40 g reduced fat cheese (144 Cal)
- 2 hard-boiled eggs (132 Cal)
- 1 cup vegetable crudités + 2 Tbsp hummus (135 Cal)
- 2 Corn Thins + 2 Tbsp ricotta + 1 sliced tomato (110 Cal)
- 4 homemade seed crackers (see page 41) + 1 Tbsp hummus (185 Cal)



# MEAL PLANNER

Use this planner to customise your weekly menu

MEAL PLAN FOR THE WEEK	BEFORE BREAKFAST	BREAKFAST	SNACK 1
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY CLEANSE DAY			

LUNCH	SNACK 2	DINNER	SNACK 3

# ISABODY CHALLENGE®



18-SE004AU • 12.02.20

[ANZ.ISABODYCHALLENGE.COM](http://ANZ.ISABODYCHALLENGE.COM)

ISAGENIX®