

SHAKE AND SHOT PACK

What's in Your Pack?

A foundational pack with essential nutrients to support your energy and performance goals.



2 IsaLean™ Shakes
(any flavour, 28 servings total)
Meal replacement for weight control and muscle building.



5 e-Shot™
(30 servings total)
Natural caffeine shot with a powerful herbal blend.

How to Use:

To have a successful programme, replace breakfast with one IsaLean Shake per day and enjoy two healthy, 400-600 kcal meals for lunch and dinner. Have an e-Shot daily to help you feel alert when you need it most.

USING YOUR SHAKE & SHOT PACK COULDN'T BE EASIER.



TIP

Stay hydrated throughout the day to support your body's natural functions. We recommend drinking at least eight 235 ml glasses of water daily. If you are exercising, ensure you rehydrate and replace electrolytes with products such as AMPED Hydrate*.

Breakfast

1 IsaLean Shake with optional 100-200 kcal mix-ins (See options below.)

Lunch

Nutritionally balanced 400-600 kcal meal

Dinner

Nutritionally balanced 400-600 kcal meal

MID-MORNING & MID-AFTERNOON SNACK SUGGESTIONS

If hungry between meals, choose a snack that is between 200-300 kcal, such as:
AMPED™ Hydrate*
IsaDelight™**
Isagenix Snacks™**
1 medium sized apple or pear
Handful of nuts
Up to 2 boiled eggs
Raw veggies
Greek yogurt and fruit



MIX-IN OPTIONS

- Small piece of fruit
- Milk of choice
- Oats
- Peanut butter

NOTE



For women who are regularly exercising, we recommend consuming at least 1,600-1,900 kcals per day¹. For men, we recommend 2,000-2,400 kcals per day¹.

TIP



Try taking an e-Shot before exercising. Because e-Shot contains natural, plant-based caffeine from green tea and yerba mate, it is ideal for the gym or on the go. Pop a few bottles in your gym bag!

¹For athletes or those engaging in high-intensity exercise consult a physician or trainer for optimal calorie intake.

*Product is not included in the Shake and Shot Pack and must be purchased separately.

The Main Course

When you're not replacing a meal with a delicious IsaLean Shake, a proper 400-600 kcal meal is essential for an upbeat lifestyle. That means being nutrient-dense and containing the right balance of proteins, carbohydrates, fats and fibre. Follow these suggestions below to make crafting a healthy meal easy and delicious.

GOOD FATS

Your body requires small amounts of fat to perform as it should. Unsaturated fat (rich in Omega-3 fatty acids) is considered better for you, as it can help to keep blood cholesterol within a normal range.

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil

MICRONUTRIENTS & FIBRE

Vitamins and minerals are key micronutrients required for many chemical reactions your body performs every day. Fruits and vegetables are particularly nutrient-dense, and many provide fibre too. Your recommended fibre intake is 25 grams per day**.

- Raw veggies
- Cooked veggies
- Veggie soups
- Fresh fruit

PROTEIN

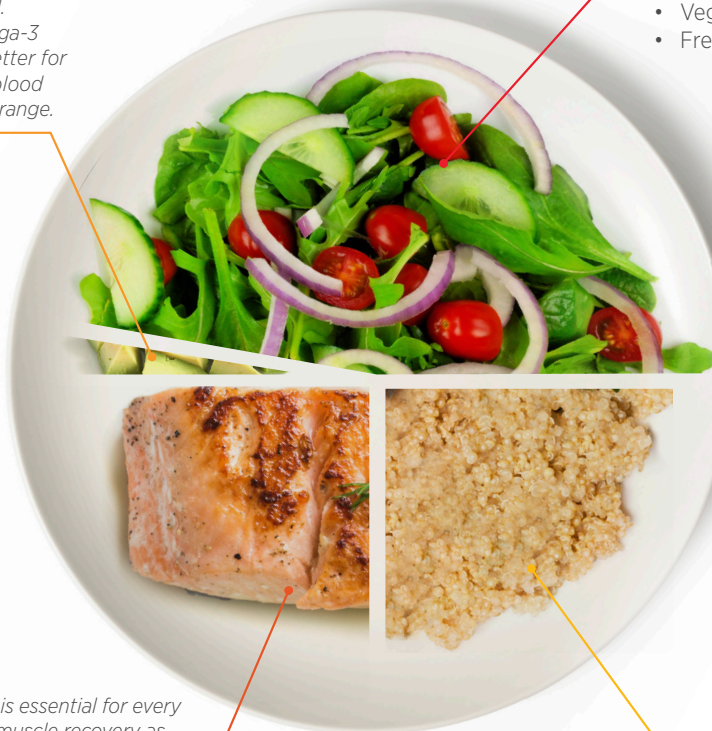
Whatever your goal, protein is essential for every cell in the body; supporting muscle recovery as well as contributing to growth of muscle mass and maintenance of normal muscle and normal bones.

- Poultry
- Beef/lamb
- Fish
- Eggs
- Low-fat dairy

COMPLEX CARBS

Carbohydrates are the body's preferred source of fuel, and provide energy for daily activities and bodily functions. Swap the 'empty calories' of refined carbs for more nutritious complex carbs found in beans and whole grains.

- Grains
- Quinoa
- Brown rice
- Sweet potatoes
- Cereals (sugar-free, whole grain)
- Legumes



** Source: EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal 2010; 8(3): 1462.

