



The
ISALEAN
Kitchen

 ISAGENIX.

Simple Shakes,
Nourishing Meals, &
Everyday Wellness
Powered by **IsaLean®**
Protein Shakes

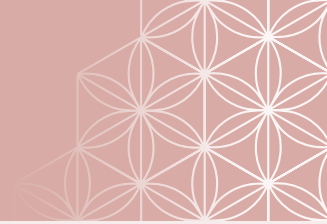


Shakes & Smoothies

These simple **IsaLean® Protein Shake** recipes are designed to make healthy nutrition quick, satisfying, and delicious! You can enjoy the shakes as a convenient breakfast, post-workout recovery, or a nourishing snack anytime.



Please note: when you add extra ingredients to your **IsaLean Protein Shake**, the total calories will increase.



Berry Glow Shake

Ingredients:

- 2 scoops IsaLean® Protein Shake Strawberry
- 1 cup water
- ½ cup frozen berries
- 1 tbsp ground flaxseed
- Ice cubes

How to make:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.



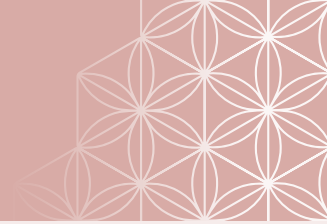
Tropical Reset Shake

Ingredients:

- 2 scoops IsaLean® Protein Shake Strawberry
- ½ banana
- ½ cup frozen pineapple
- ½ cup water
- Ice cubes

How to make:

1. Combine all ingredients in a blender.
2. Blend until thick and smooth.
3. Pour into a chilled glass.



Chocolate Cherry Recovery Shake

Ingredients:

- 2 scoops IsaLean® Protein Shake
Vanilla
- ½ cup frozen cherries
- 1 tsp cacao powder
- 1 cup water

How to make:

1. Blend all ingredients until smooth.
2. Add ice if you prefer it thicker.
3. Pour and enjoy.



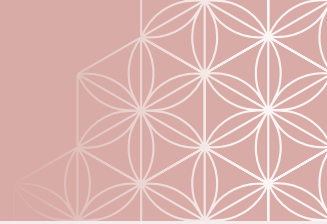
Morning Kick-Start Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake
Vanilla or Chocolate
- 1 shot espresso or ½ cup
cooled coffee
- 1 tsp almond butter
- 1 frozen banana
- 1 cup unsweetened oat milk

How to make:

1. Add all ingredients to a blender.
2. Blend until smooth and frothy.
3. Pour into a tall glass or shaker cup.



Apple Pie Protein Shake

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ apple, chopped
- ½ tsp cinnamon
- 1 tsp oats
- 1 cup unsweetened almond milk

How to make:

1. Add ingredients to a blender.
2. Blend for 30–45 seconds until silky.



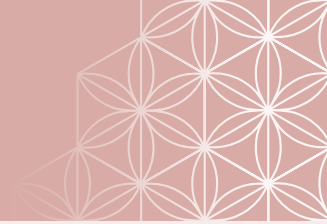
Mint-Cacao Glow Shake

Ingredients:

- 2 scoops IsaLean® Protein Shake Chocolate
- 1 tbsp cacao nibs
- 2 mint leaves
- 1 cup unsweetened milk of choice
- Ice cubes

How to make:

1. Blend all ingredients together until smooth.



Mango Protein Sunrise Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ cup frozen mango
- ½ banana
- 1 cup unsweetened coconut milk
- Ice cubes

How to make:

1. Blend all ingredients until creamy.
2. Pour into a chilled glass.



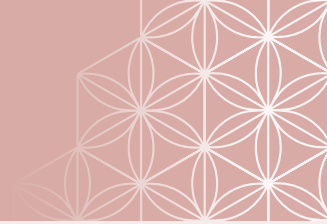
Peanut Butter Banana Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Chocolate
- ½ banana
- 1 tbsp peanut butter
- 1 cup unsweetened almond milk
- Ice cubes

How to make:

1. Blend until smooth and thick.
2. Serve immediately.



Blueberry Brain Boost Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ cup blueberries
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk

How to make:

1. Blend all ingredients until smooth.
2. Pour and enjoy.



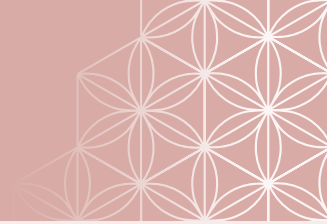
Green Energy Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 handful spinach
- ½ banana
- 1 cup unsweetened coconut water
- Ice cubes

How to make:

1. Blend until smooth and vibrant green.
2. Serve immediately.



Cinnamon Roll Breakfast Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ frozen banana
- ½ tsp cinnamon
- 1 tbsp oats
- 1 cup unsweetened oat milk

How to make:

1. Blend ingredients until creamy.



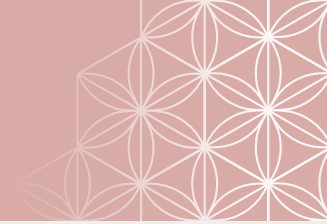
Strawberry Cheesecake Protein Shake

Ingredients:

- 2 scoops IsaLean® Protein Shake Strawberry
- ½ cup frozen strawberries
- ½ cup Greek yogurt
- 1 cup unsweetened almond milk
- 1 tsp manuka honey (optional)
- Ice cubes

How to make:

1. Blend all ingredients until smooth and creamy.
2. Pour into a chilled glass.



Banana Almond Protein Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 tbsp almond butter
- ½ frozen banana
- 1 cup unsweetened almond milk
- ½ tsp cinnamon
- Ice cubes

How to make:

1. Blend all ingredients until smooth.



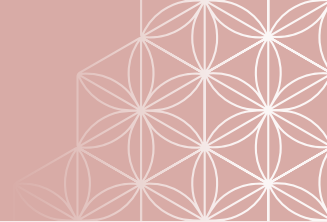
Raspberry Vanilla Protein Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ cup frozen raspberries
- 1 tsp chia seeds
- 1 cup unsweetened almond milk
- Ice cubes

How to make:

1. Blend all ingredients until smooth.
2. Pour into a glass.



Pineapple Coconut Protein Smoothie

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ cup frozen pineapple
- ¾ cup unsweetened coconut milk
- ¼ cup unsweetened coconut water
- Ice cubes

How to make:

1. Blend all ingredients until smooth.
2. Pour into a chilled glass.



Meals & Nourishing Recipes

These meal recipes are designed to make healthy nutrition simple, satisfying, and easy to prepare. From nourishing breakfasts to wholesome snacks and light meals, each recipe helps you enjoy balanced nutrition while incorporating IsaLean protein into everyday foods.



Please note: when you add extra ingredients to your **IsaLean® Protein Shake**, the total calories will increase.



Lemon Zest Protein Pancakes

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 ripe banana
- 1 egg
- Zest of ½ lemon
- ½ tsp coconut oil or butter (for cooking)



How to make:

1. In a medium bowl, mash the banana with a fork until smooth.
2. Crack in the egg and whisk together with the banana and lemon zest until well combined.
3. Stir in the protein shake powder until the batter is smooth and slightly thick.
4. Heat a non-stick pan over medium heat and lightly grease with coconut oil. Pour small spoonfuls of batter into the pan.
5. Cook for 2–3 minutes per side, flipping once bubbles form on top and the edges look set.
6. Stack pancakes and serve.



Cinnamon Energy Balls

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 cup oats
- ¼ cup nut butter (almond or peanut)
- 2 tbsp natural honey or maple syrup
- ½ tsp cinnamon
- Pinch Himalayan salt
- 1–2 tbsp water (if needed)



How to make:

1. Add protein shake powder, oats, nut butter, honey, cinnamon, and salt to a bowl.
2. Mix with a spoon or your hands until a sticky dough forms.
3. If it feels too dry, add 1 tbsp of water at a time.
4. Roll into 10–12 bite-sized balls.
5. Place on a plate or tray and refrigerate for 20–30 minutes to firm up.



Cacao Chia Pudding

Ingredients:

- 1 scoop IsaLean® Protein Shake Vanilla
- 2 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tsp cocoa powder



How to make:

1. Combine protein shake powder, chia seeds, milk, and cocoa in a jar or container with a lid.
2. Stir well, then let sit for 5 minutes.
3. Stir again to prevent clumps.
4. Cover and refrigerate overnight (or at least 4 hours).
5. In the morning, stir before serving.



Coconut Bliss Bars

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla or Chocolate
- 1 cup desiccated coconut
- ¼ cup melted coconut oil
- 2 tbsp honey or maple syrup



How to make:

1. Line a small baking dish with parchment paper.
2. In a bowl, mix all ingredients until combined and sticky.
3. Press the mixture firmly into the lined dish using the back of a spoon.
4. Refrigerate for at least 1 hour until firm.
5. Cut into bars or squares.



Vanilla Protein French Toast

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 2 slices wholegrain bread
- 1 egg
- ¼ cup unsweetened almond milk
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 1 tsp coconut oil or butter (for cooking)



How to make:

1. In a shallow bowl, whisk the egg. Add almond milk, protein powder, cinnamon, and vanilla extract; whisk until smooth and lump-free.
2. Dip each slice of bread into the mixture, soaking briefly on both sides without oversaturating.
3. Heat a non-stick pan over medium heat and add coconut oil or butter, letting it melt to coat the pan.
4. Cook the soaked bread for 2–3 minutes per side until golden brown and cooked through.
5. Serve warm.



Protein Banana Oat Bowl

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ cup oats
- 1 cup unsweetened almond milk
- ½ banana, mashed
- ½ tsp cinnamon



How to make:

1. Add the oats, almond milk, mashed banana, and cinnamon to a small saucepan and stir to combine
2. Place over medium heat and bring to a gentle simmer. Reduce heat and cook for 4–5 minutes, stirring regularly, until soft and creamy
3. Remove from heat and let cool for 1 minute. Stir in protein powder gradually until smooth; add a splash of almond milk if too thick.
4. Spoon into a bowl and enjoy warm.



Protein Breakfast Muffin Pot

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 egg
- 1 small banana, mashed
- 3 tbsp oats
- ¼ tsp baking powder
- 1 tbsp almond milk

How to make:

1. Preheat the oven to 350°F (180°C) and lightly grease a ramekin or oven-safe muffin pan.
2. In a bowl, mash the banana until smooth. Add the egg, oats, baking powder, almond milk, and protein powder; stir into a thick batter.
3. Fold in blueberries or dark chocolate chips if using.
4. Spoon into the prepared ramekin or muffin pan and bake for 18–22 minutes, until risen and firm in the center.
5. Let cool for 5 minutes, then serve warm or at room temperature.



Apple Cinnamon Protein Oats

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- ½ cup oats
- 1 cup unsweetened almond milk
- ½ apple, finely diced
- ½ tsp cinnamon
- 1 tsp chia seeds

How to make:

1. Add oats, almond milk, apple, cinnamon, and chia seeds to a small saucepan. Stir and place over medium heat.
2. Bring to a gentle simmer, then reduce heat and cook for about 5 minutes, stirring often, until oats are soft and apple is slightly softened.
3. Remove from heat and stir in protein powder until smooth; add a splash more milk if needed.
4. Spoon into a bowl and enjoy warm.



Vanilla Berry Protein Crepes



Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 egg
- ¼ cup unsweetened almond milk
- 2 tbsp oat flour or plain flour
- ½ tsp vanilla extract
- 1-2 tsp coconut oil or butter (for cooking)

How to make:

1. In a bowl, whisk the egg, almond milk, protein powder, flour, and vanilla extract until smooth and lump-free. The batter should be thin.
2. Heat a non-stick pan over medium heat and lightly grease with coconut oil or butter.
3. Pour a small amount of batter into the pan and swirl to form a thin layer. Cook for 1–2 minutes until lightly golden, then flip and cook for another minute.
4. Repeat with remaining batter, greasing the pan as needed.
5. Fold or roll the crepes and serve immediately.



Chocolate Protein Porridge Bowl



Ingredients:

- 2 scoops IsaLean® Protein Shake Chocolate
- ½ cup oats
- 1 cup unsweetened almond milk
- 1 tsp cacao powder
- ½ banana, sliced

How to make:

1. Add oats and almond milk to a small saucepan and stir to combine.
2. Heat over medium, stirring regularly for 4–5 minutes until thick and creamy.
3. Stir in cacao powder until evenly combined.
4. Remove from heat and stir in chocolate protein powder until smooth; add a splash of milk if needed.
5. Spoon into a bowl, top with sliced banana, and enjoy warm.



Protein Waffles

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 egg
- 3 tbsp oat flour
- ¼ cup unsweetened almond milk
- ¼ tsp baking powder



How to make:

1. Preheat the waffle maker until hot and ready.
2. In a bowl, whisk together the protein shake powder, egg, oat flour, almond milk, and baking powder until smooth. Let sit 1–2 minutes to thicken slightly.
3. Lightly grease the waffle maker if needed, pour in the batter, and cook according to the manufacturer's instructions until golden and firm.
4. Carefully remove the waffle and repeat with remaining batter.
5. Serve warm.



Protein Banana Bread

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 ripe banana, mashed
- 1 egg
- ½ cup oats
- 1 tbsp almond butter
- ½ tsp cinnamon



How to make:

1. Preheat oven to 350°F (180°C) and line a small loaf tin with parchment.
2. In a bowl, mash the banana. Add egg, oats, almond butter, cinnamon, and protein powder; mix until combined.
3. Spoon into the tin and smooth the top.
4. Bake 20–25 minutes until golden and firm.
5. Cool at least 10 minutes, then slice.



Lemon Vanilla Protein Loaf

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 egg
- 3 tbsp plain Greek yogurt
- Zest of ½ lemon
- 3 tbsp oat flour
- ¼ tsp baking powder



How to make:

1. Preheat oven to 350°F (180°C) and lightly grease a small ramekin or mini loaf tin.
2. In a bowl, mix the egg, Greek yogurt, lemon zest, oat flour, baking powder, and protein powder until smooth and combined.
3. Spoon batter into the prepared dish and level the top.
4. Bake 18–22 minutes until lightly golden and set in the center.
5. Let cool slightly before removing from the dish. Serve warm.



Protein Banana Breakfast Cookies

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 ripe banana
- ½ cup oats
- 1 tbsp nut butter
- ½ tsp cinnamon



How to make:

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a bowl, mash the banana. Add oats, nut butter, cinnamon, and protein powder; stir until a soft dough forms.
3. Scoop small spoonfuls onto the tray and flatten slightly.
4. Bake 12–15 minutes until lightly golden and firm.
5. Let cool on the tray for a few minutes before serving.



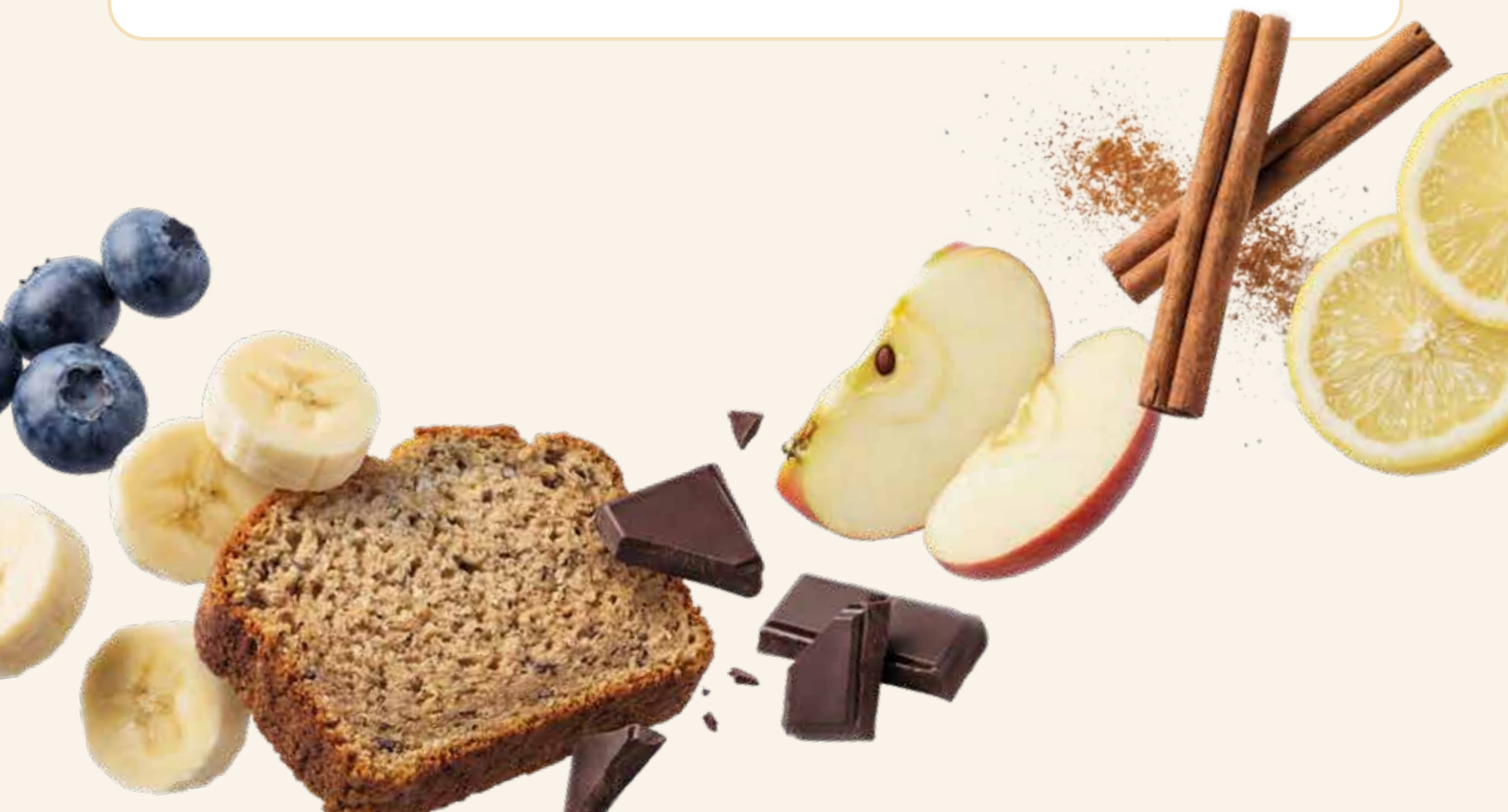
Protein Stuffed Baked Apple

Ingredients:

- 2 scoops IsaLean® Protein Shake Vanilla
- 1 apple
- 2 tbsp oats
- 1 tsp nut butter
- ½ tsp cinnamon
- Small splash of water

How to make:

1. Preheat oven to 350°F (180°C).
2. Cut the top off the apple and scoop out the core and some of the center to make a hollow for the filling.
3. In a small bowl, mix oats, nut butter, cinnamon, protein powder, and a splash of water until a thick paste forms.
4. Spoon the filling into the apple and place upright in a small baking dish.
5. Bake 20–25 minutes until the apple is tender and the filling is warm and lightly golden. Serve warm.



Food & Recipe Disclaimer

Please review all ingredients carefully before preparing or consuming any recipe. Some recipes may include **common allergens such as nuts, dairy, eggs, or gluten**. If you have any food allergies or intolerances, always substitute ingredients accordingly and consult product labels to confirm suitability.

- If a recipe includes **raw or lightly cooked ingredients** (such as eggs) please ensure you follow safe food-handling and cooking practices.
- Consumption of raw or undercooked foods may increase the risk of foodborne illness.
- Always ensure food is cooked thoroughly and stored safely.
- If you have any underlying medical conditions, are pregnant, breastfeeding, or taking medication, consult a healthcare professional before making significant dietary changes.

By using these recipes, you acknowledge that you are responsible for checking ingredients for allergens, preparing food safely, and assessing what is appropriate for your personal health. **Isagenix is not liable for any adverse reactions, allergies, or illness resulting from the use of this guide.**

The ISALEAN Kitchen