50+ Weight Loss Recipes

That Work & Taste Great!

By
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"YOUR Weight Loss Coach"

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http://WeightLossFoodDiet.com

Please note that many of these recipes call for Isagenix® food products.
There are similar products available at your local health or grocery store that will work just as good.

If you are interested in purchasing any of these Isagenix® products or becoming a reseller helping people lose weight, please go to this link and send me an email: http://weightlossfooddiet.com/contact

I hope you enjoy these recipes and I look forward to hearing from you about your successes.

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Shakes for Weight Loss

Sassy Classy Strawberry Shake

Serves: 1

One SERVING: 297 calories, 24.3g protein, 6.3g fat, 36.4g carbs, 6.7g fiber

- 2 scoops (or 1 packet) IsaLean® Shake Natural Creamy Vanilla
- 1 scoop (or 1 packet) IsaFruits®
- 8 oz water
- Handful of ice
- ½ cup fresh strawberries
- 1 strawberry for garnish

Place all ingredients in an Blender and blend until creamy. Garnish with a fresh strawberry.

Shakes for Weight Loss

Lean Chai Express

- 2 scoops Vanilla IsaLean Shake

- 8 ounces 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 and enjoy!

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Shakes for Weight Loss

Strawberry Slimmer

- 2 scoops Vanilla IsaLean Shake
- 8 ounces purified water
- 1 handful ice
- 1 scoop IsaFruits
- 1/2 cup strawberries (only 25 calories!)
- 1/2 teaspoon vanilla extract

Blend and enjoy!

Shakes for Weight Loss

Harvest Apple Pie Shake

- 2 scoops Natural Creamy Vanilla IsaLean® Shake
- 8 oz water
- Ice
- 1 whole organic apple (cored, not peeled)
- Dash or two of cinnamon

Mix all ingredients in a Blender and enjoy!

Shakes for Weight Loss

Cherry Chocolate Shake

- 2 scoops IsaLean® Shake in Rich Chocolate
- 8 oz purified water
- Ice cubes (desired amount)
- 6 organic cherries

Blend well and serve cold.

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Shakes for Weight Loss

Cookies 'N Cream Shake

- 8 oz. water and crushed ice
- 2 scoops IsaLean® Shake in Natural Creamy Vanilla
- 1/4 SlimCakes® in Oatmeal Berry

Blend ingredients together and enjoy!

Shakes for Weight Loss

Orange Energizer

- 2 scoops IsaLean® Shake in Natural Creamy Vanilla
- 1 Tbsp Want More Energy?® in Orange
- 1 scoop Isagenix FiberPro™
- 8 oz Water and ice

Mix all ingredients in Blender and serve cold.

Enjoy!

Shakes for Weight Loss

Peppermint Patty Shake

- 8 oz crushed ice and water
- 2 Scoops IsaLean® Shake in Natural Creamy Chocolate
- 1/2 tsp vanilla extract, 1/2 tsp peppermint extract

Blend in Blender and enjoy!

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Shakes for Weight Loss

Piña Colada Shake

- 2 scoops IsaLean® Shake in French Vanilla
- ¼ cup fresh or frozen pineapple
- ¼ teaspoon coconut extract
- 8 oz purified water

Blend well and serve cold.

Shakes for Weight Loss

Shamrock Shake

- 2 scoops IsaLean® Shake in Natural Creamy Vanilla
- 8 oz purified water
- ¼ teaspoon IsaFruits®
- 1 scoop Isagenix Greens!™
- 1 handful of ice

Blend until creamy and serve.

Shakes for Weight Loss

Milk Chocolate Peanut Butter Cups

- 1 scoop IsaLean® Shake in Natural Creamy Chocolate
- 1 scoop IsaLean® Shake in Natural Creamy Vanilla
- 1 square IsaDelight Plus™ Milk or Dark Chocolate
- 1 tsp. Natural Peanut Butter
- 8 oz. of water

Blend with ice

Shakes for Weight Loss

Hawaiian Hibiscus

- 2 scoops IsaLean® Shake in Natural Creamy Chocolate, Natural Creamy Vanilla or one scoop of each
- 1/2 to 1 scoop IsaCalcium®
- 2 scoops Tropical Fruit & Hibiscus Want More Energy?®
- 8 oz. of water

Blend with ice

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Shakes for Weight Loss

Blueberry

- 1/2 cup washed organic blueberries
- 1 scoop Isagenix FiberPro™
- 1 scoop IsaCalcium®
- 8 oz. of water

Blend with ice

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Shakes for Weight Loss

Mango Madness

- 2 scoops IsaLean® Shake in Natural Creamy Vanilla
- 1/2 scoop Orange Want More Energy?®
- 1/4 to 1/2 cup frozen or fresh Mangos
- 8 oz. of water

Blend with ice

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