

Healthy Shake Recipes

These healthy shake recipes are all made with Isagenix products which I recommend and use myself. To order your Isagenix products, please use the following link:

<http://kathleenkeenan.isagenix.com>

If you need some help in navigating the ordering process, we have created some simple "How To" instructions right here:

<http://www.stephaniekeenan.com/isagenix/isagenix-how-to/>

Chocolate Coconut Dream

- 10oz purified water
- 2 scoops chocolate IsaLean Shake
- 1 tsp coconut oil
- 1/2 cup spinach (you won't be able to taste this, trust me!)

Chocolate Peanut Butter Cup

- 10oz purified water
- 2 scoops chocolate IsaLean Shake
- 1tbsp peanut butter (organic)

Orange Creamsicle Energy Boost

- 8oz purified water
- 2 scoops vanilla IsaLean Shake
- 1 scoop Want More Energy! in orange (or 1/2 stick)

Sassy Classy Strawberry

- 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

IsaLean 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)

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

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

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.

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

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

Piña Colada Shake

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

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

Cinna-Fruity Shake

- 1 scoop IsaLean® Shake in Natural Creamy
- Vanilla
- 1 scoop IsaLean® Shake in Natural Creamy Chocolate
- 1 scoop IsaFruits®
- 1 tsp Cinnamon
- one-quarter of a banana
- 8 oz Water and ice

Berry Blast

(Kid Friendly)

- 8-10 oz organic orange juice
- ½ banana
- 1 cup frozen berry medley (strawberries, blueberries and raspberries)
- 1 scoop IsaFruits®
- 1 scoop Isagenix Greens!™

ISA-OJ

(Kid Friendly)

- 8 - 10 oz organic orange juice
- 2 scoops IsaLean® Shake in French Vanilla
- 1 squeeze of organic honey
- Ice (desired amount)

Bubblegum Shake

(Kid Friendly)

- 1 scoop IsaPro®
- 1 scoop IsaLean® Shake in French Vanilla
- 1 generous scoop of IsaFruits®
- ½ cup fresh or frozen pineapple chunks (5)

Twin Power Super Shake

- 8 oz unsweetened organic rice drink
- 2 scoops IsaLean® Shake in Rich Chocolate
- 1 scoop IsaPro®
- 1 scoop IsaFruits®
- ½ cup organic strawberries
- Ice (desired amount)

Rip Roarin' Protein Shake

- 1/2 scoops IsaLean® Shake in Natural Creamy Chocolate
- 1 scoop IsaPro®
- 1 teaspoons Almond Butter
- 4 ounces Almond Milk
- 4 ounces purified water
- 2 ice cubes

Egg Nog Delight

- 2 scoops IsaLean® Shake in Natural Creamy Vanilla
- 1/2 of a Banana
- 1 teaspoon Nutmeg
- 1 teaspoon Cinnamon
- 4 ounces purified water
- 4 ounces crushed ice

Isa-Blizzard

- 8 oz purified water
- 5-7 ice cubes
- 2 scoops IsaLean® Shake in French Vanilla
- 1 scoop IsaFruits®
- 1 scoop Isagenix Greens!™
- 1 teaspoon IsaCalcium®
- 1 scoop Isagenix FiberPro™
- ¼ cup organic frozen blueberries

Key Lime Pie Shake

- 8 oz crushed ice and water
- 2 scoops IsaLean® Shake in Natural Creamy Vanilla
- 1/2 Want More Energy?® Stick in Citrus
- 1 sheet honey graham crackers