

MEAL PLANNER

Isagenix 30-Day Week 1

Shake Days - Follow your Shake day schedule from your product information packet, and see tips below:

Meal 1

- Ionix Supreme 1st thing in AM - liquid take as a shot, and follow with water - powder, mix into room temp or warm water (as a tea) or mix into your IsaLean Shake.
- Isagenix IsaLean Shake made with pure water and ice, blender makes it the best or use a shaker cup if on the go.
- 1 Natural Accelerator
- Glass of Water
- Optional: Isagenix Want More Energy, Replenish, or E+ Energy Shot - (great before AM workouts)

Meal 3

- Big glass of water, green tea or lemon water
- And choose 1 option below:
- Your "food meal" 400-600 calories:
Protein + Veggie + Starch or grain + Healthy fat
- OR
- Isagenix IsaLean Shake

Meal 5

- Big glass of water, green tea or lemon water
- And choose 1 option below:
- Your "food meal" 400-600 calories:
Protein + Veggie + Starch or grain + Healthy fat
- OR
- Isagenix IsaLean Shake *For max results choose to have your 2nd shake for meal 5 all or most Shake Days.

Meal 2 - mid morning

- Big glass of water, green tea or lemon water
- and choose one option below:
- IsaLean bar or Isagenix fiber snacks bar
- OR
- Protein + fruit and/or veggie

Meal 4 - mid afternoon

- Big glass of water, green tea or Isagenix Want More Energy, and/or 2nd serving of Ionix Supreme
 - 1 Natural Accelerator
 - Isagenix IsaLean bar, or fiber snacks bar
- OR
- Protein with fruit and/or veggie

Bedtime:

- 8oz. of water and 2 IsaFlush capsules
- Optional - prepare a warm herbal tea and/or 1 IsaDelight chocolate.

SUGGESTED FOODS FOR CREATING YOUR MEALS AND SNACKS

This is just a guide for ideas, not a limiting list.

PROTEIN:

3-6oz. servings of:

- Chicken
- White Fish
- Salmon
- Greek Yogurt
- Turkey
- Lean Ground Beef
- Bison

OR

- Isagenix® IsaLean Shake or Bar

GRAIN/STARCH:

1/4C to 3/4C of:

- Oatmeal (uncooked)
- Sweet Potato (cooked)
- Quinoa or rice (cooked)
- Ezekiel® Bread or other bread- 1 slice
- Brown Rice or gluten-free pasta

FRUITS/VEGGIES:

Eat a variety, not limited to below list:

- Greens - all kinds (spinach/kale)
- Asparagus
- Bell Peppers
- All Berries
- Apples
- Grapefruit
- Melon
- Kiwi

HEALTHY FATS:

Use for cooking, snacking, flavor.
1 serving = 1 Tbsp.

- Avocado
- Coconut Oil
- Olive Oil
- Sesame Oil

Additional Snack Ideas for Shake Days

Listen to your body and hunger levels - recommended 100 - 200 calories for each snack.

- 1) Ants on a Log: Stuff celery sticks with 1 T cashew or almond butter and dot with dried currants.
- 2) Dip sugar snap peas in a mixture of Greek yogurt and a bit of jarred pesto.
- 3) Stuffed Figs: Split 3 plump dried figs and stuff with toasted hazelnuts, or walnuts.
- 4) ½ cup of fat-free low sugar organic yogurt or greek yogurt with ½ berries
- 5) Spread a granny smith apple wedges with chunky almond butter (one of Kristen's faves)
- 6) Small organic side salad with drizzle of balsamic vinegar and pure olive oil or your favorite organic salad dressing.
- 7) 1/2 cup low-fat cottage cheese and a fruit of your choice.
- 8) 1 egg - prepared any way you want
- 9) 1/2 cup of your favorite low sugar cereal and 1/2 cup unsweetened almond milk
- 10) A cup of soup - low sodium and good ingredients, preferably organic and under 150 calories.

MEAL IDEAS 400-600 CALORIES

Here are some ideas for your “food meal” on shake days, or use the guide from page 1 to create your own complete meal.

Remember: Protein + Grain/starch + Veggie/Fruit + Healthy Fat



Spicy Shrimp Wrap - from The Daily Burn

Ingredients:

4 ounces shrimp, peeled and deveined
1 tablespoon mayonnaise
0.25 teaspoon Sriracha chili sauce
1 10-inch whole-wheat tortilla
1 mini seedless cucumber, sliced thin
1 quarter red bell pepper, sliced thin
0.5 cup spinach
2 tablespoons cilantro, chopped

To Prepare:

Bring 2 cups water to a boil in a small saucepan. Add shrimp and cook until pink, about 3 minutes. Drain and rinse under cold water.

Combine mayonnaise and Sriracha. Spread on the lower hemisphere of the tortilla, leaving 1 inch along the edge.

Spread the shrimp evenly over the mayo, top with cucumber, bell pepper, spinach and cilantro.

Fold in the sides and roll the wrap tightly from the bottom to the top. Cut in half.



Baked Chicken with Spinach and Artichokes - from "DietHood"

Serves: Serves 4

Ingredients:

- 1 tablespoon butter
- 2 tablespoons extra virgin olive oil
- 4 to 6 chicken pieces (thighs, chicken breast, legs, etc...)
- salt and fresh ground pepper, to taste
- 1 can (14-ounces) quartered artichokes, rinsed and drained
- 1 yellow onion, thinly sliced
- 1 red onion, thinly sliced
- 1 large carrot, sliced into thin rounds
- 2 garlic cloves, finely chopped
- 1 bag (6 to 8 ounces) baby spinach
- ½ cup vegetable broth

Preparation:

1. Preheat oven to 425.
2. Heat butter and olive oil in a large nonstick skillet that's safe for stovetop and oven.
3. Season chicken with salt and pepper.
4. Add to skillet and brown on both sides; about 5 minutes on each side.
5. Remove from skillet and set it on the side, leaving oil in skillet.
6. Add artichokes, onions, carrots and garlic to the skillet.
7. Cook for 5 minutes, or until vegetables are slightly tender, stirring occasionally.
8. Add chopped garlic and spinach; continue to cook for 1 minute, stirring occasionally.
9. Remove from heat and add broth and chicken.
10. Place in the oven and bake for 18 minutes, or until chicken is thoroughly cooked.
11. Remove from oven and let stand 5 minutes.
12. Plate and ladle liquid and veggies over chicken pieces.
13. Serve.

Notes: If you don't have a skillet that's safe for both oven and stovetop, you can place the chicken in a casserole-dish when you're ready to pop it in the oven.



Cornish Hens with Spinach Mushroom Stuffing - from Tina Scott, Tone It Up

Ingredients: Cornish Hens

2 1 1/2lb Cornish hens

1 tsp garlic powder

1 1/2 tsp thyme

Salt & Pepper, to taste

Extra Virgin Olive Oil

Ingredients: Stuffing

8-10oz bag baby spinach

4 oz wild mushroom mix, or try crimini, shitaki or oyster mushrooms, patted clean with moist paper towel & halved

1 tsp minced garlic

1 tbsp EVOO

Preheat oven to 375degrees. Take cornish hens, rinse & pat dry. Remember to remove the little “goodie bag” inside the bird and discard before getting started! Place on roasting pan or nonstick cookie sheet (breast down).

Drizzle with oil & add seasonings to inside AND outside of birds. Cover with tinfoil (for quicker cooking). Place in oven and cook for 15 minutes, or until juices run clear (not pink) (start stuffing recipe now). Remove foil, turn broiler onto high and brown cornish hens until a golden color, about 5 minutes, be sure to watch carefully, they may burn quickly!

Tip: Still not sure if the hens are cooked? Take a knife & poke the bird near the leg and see if the juices run clear, or flip the bird over and cut into the breast meat to ensure it's done. In saute pan, on medium high heat, add olive and mushrooms. Saute for 5-8 minutes until tender, add garlic.

Cook another 2 minutes then add spinach, salt & pepper. Stir, cover pan & lower heat to medium low. Allow spinach to wilt. Set aside until cornish hens cooked. Allow cornish hens to rest for about 5 minutes, to allow juices to be absorbed back into meat. Add stuffing to inside of bird, serve and enjoy!

Hearty Veggie Torellini Soup - from Tiffany Marzec

Ingredients:

1 tblsp good Olive Oil

2 carrots, chopped

1 medium zucchini chopped

1 can of diced/chopped tomatoes (No Salt, and try an Italian Flavored can with Basil Oregano and Garlic spices)

1 bag frozen peas and cut green beans

1 32oz Vegetable Stock (low sodium or no salt, organic)

3 (or more) fresh basil leaves

1 Generous handful of spinach

1/2 of a 20oz package of tortellini (Any variety you like)

Prepare:

Heat oil and cook carrots, onions and zucchini till softened.

Add tomatoes and stock. Simmer for 10 mins. At the 5 minute mark add peas and beans.

Once veggies are tender add pasta, simmer for about 2 mins, just cooking pasta.

Add basil and spinach to wilt.

Can be served with Parmesan cheese and a small piece of bread, in the soup, but not needed if you do not want.

Roasted Chicken and Rice Gratin with Apples - from Bruce Davidson, IsaMeals

Makes 4 Servings

Ingredients:

1 cup (250 mL) long-grain parboiled brown rice

4 cups (1 L) water

2 stalks celery, finely chopped

2 tart cooking apples, finely chopped

1 small onion, chopped

1 tsp (5 mL) dried sage or thyme

4 boneless skinless chicken breasts, each about 4 oz (125 g)

1 tsp (5 mL) coconut or extra virgin olive oil

2 3/4 oz (80 g) lower fat Monterey Jack or swiss cheese, shredded (about 3/4 cup/175 mL) or 2 oz (60 g) regular Canadian Monterey Jack or swiss cheese, shredded (about 1/2 cup/125 mL)

Preparation:

1. In a saucepan, combine rice and water; bring to a boil over high heat. Cover with lid slightly ajar, reduce heat to medium-low and boil gently for 15 to 20 minutes or until rice is almost tender. Spoon off 1/2 cup (125 mL) of the cooking liquid and reserve; drain off any remaining liquid.
2. Preheat oven to 400°F (200°C).
3. Lightly oil a 13 x 9-inch (2.5L) glass baking dish. Add rice, reserved cooking liquid, celery, apples, onion, sage and pepper to baking dish and stir to combine.
4. Place chicken breasts on top and lightly brush with oil. Cover dish with foil and bake for 25 minutes. Uncover and bake for 5 to 10 minutes more, or until a thermometer inserted in thickest part of chicken registers 170°F (77°C) and chicken is no longer pink inside. Sprinkle cheese evenly over casserole and broil for about 2 minutes or until lightly browned. Let stand for 5 minutes before serving.

For more recipes visit: [Isagenix Recipe Page](#)