

Shake Recipes

GREEN TEA SHAKE

Steep 1 bag green tea in 1 cup hot water
Cool tea

Blend:

- 2 scoops (vanilla) IsaLean® Shake
- Cooled tea
- Ice cubes

Serve cold

CHERRY CHOCOLATE SHAKE

Blend:

- 2 scoops (chocolate) IsaLean® Shake
- Handful of frozen organic cherries
- Ice cubes

Serve cold

PIÑA COLADA SHAKE

2 scoops (vanilla) IsaLean® Shake
1/4 cup fresh or frozen pineapple
1/4 tsp. coconut extract

Blend:

- IsaLean® Shake
- Pineapple
- Coconut extract
- Ice cubes

Serve cold



Sandwiches 400 - 500 Calories

TURKEY/CHICKEN/ROAST BEEF SANDWICH

3 oz. turkey or chicken (white meat) or
extra lean roast beef
2 slices whole wheat or healthy bread
Add lettuce, tomato
Mustard an/or nonfat mayo

HUMMUS SANDWICH

3 tbsp. hummus
1 slice tomato
2 slices whole wheat or healthy bread

TUNA SANDWICH

3 oz. tuna (water packed)
1 tbsp. nonfat mayo
Chopped celery, pickle, onion
2 slices whole wheat or healthy bread

GRILLED CHEESE

1 slice low fat cheese
1 slice tomato
2 slices whole wheat or healthy bread
(can be grilled using a cooking spray
or 1 tbsp. butter)



Beef Recipes

BEEF AND SPINICH STIR FRY

4 oz steak of choice
1/4 cup boiling water
1 tbsp. beef bouillon granules
1 tbsp. low sodium soy sauce
1/2 tsp. sugar
1/2 tsp. grated fresh ginger root
Pinch crushed red pepper
1 medium carrot shredded
1 green onion in 1 inch pieces
1/4 lbs. fresh spinach leaves, chopped

1. Trim excess fat from steak. Slice across grain and set aside.
2. Combine water and bouillon.
3. Stir well. Add soy sauce, sugar, ginger root, and red pepper. Stir well and set aside.
4. Coat skillet with cooking spray, heat to medium heat for 2 minutes.
5. Add carrots and green onions, stir for 2 minutes.
6. Remove from pan and set aside.
7. Add steak to pan; stir fry 4 minutes. Add soy sauce mix.
8. Bring to boil.
9. Cover, reduce heat and simmer 4 minutes.
10. Add vegetables and spinach to pan.
11. Stir-fry 1 minute or until spinach wilts.

Serve over 1/4 cup of hot cooked rice without salt.

Serves 1 (250 Calories)

TASTY CHEESEBURGER

6 oz lean ground beef or turkey
1 slice low-fat cheese
2 Tbsp bread crumbs
1/4 piece bread
1 egg white
1/4 tsp. parsley
1 tsp. catsup

Dash of pepper- dash of salt
Mix all ingredients in a bowl.
Shape into burger and grill or broil.
Top with slice of cheese and allow to slightly melt before removing from heat.

Serving Suggestions:

- Add a slice of tomato and onion



Lunch or Dinner 350-600 Calories

CHICKEN IN ORANGE SAUCE

4 - 4 oz. chicken breasts (or turkey)
1/2 tsp. paprika
1 medium onion sliced
1/2 cup frozen orange juice concentrate
2 tbsp. brown sugar
1 tsp. soy sauce, low sodium
1/2 tsp. ground ginger
4 tsp. sherry

1. Brown chicken pieces under broiler.
2. Place in a Pam-coated casserole dish.
3. Sprinkle with paprika.
4. Arrange onion slices over chicken.
5. Combine juice concentrate, brown sugar, parsley, soy sauce, ginger, water, and sherry. Pour over chicken and onions.
6. Cover and simmer until chicken is tender (approx. 35-45 min.).

Serving Suggestions:

- 1/2 cup brown rice
- Steamed carrots with raisins
- Steamed green beans

SNAPPER AND SALSA

1½ lbs. snapper
1/4 cup cilantro minced
1/2 yellow and green bell pepper, seeded
minced
1 small sweet onion, minced
1 cup pineapple, minced
1 tbsp. olive oil
Juice of 2 limes

1. Mix cilantro, peppers, onions and pineapple.
2. Cover and chill.
3. Combine oil and fresh lime juice.
4. On a vegetable oil sprayed grill or pan, cook snapper for approximately 4-8 minutes on each side basting with the lime juice mixture.
5. Serve with salsa over it.

Serving Suggestions:

- 1/2 cup brown rice
- cucumber wedges

Serves 4 (450 Calories)



Salads — 400 Calories

VERY VEGGIE SALAD

1 cup spinach and/or lettuce
2 cup favorite vegetables
1/4 cup beans (red, garbanzos)
2 tbsp. balsamic vinegar
1 tbsp. olive oil

GRILLED CHICKEN BREAST SALAD

1 cup lettuce
1 grilled chicken breast
1/4 cup croutons
1 tbsp. grated parmesan cheese
1 tbsp. low-calorie or nonfat Caesar or Italian dressing

ORIENTAL SALAD

1/2 cup each shredded
Bibb lettuce and fresh spinach leaves
1/4 cup drained mandarin oranges
1/4 cup herbed croutons
2 tbsp. each white vinegar and olive oil
Sprinkle lightly with almond shavings

SPINICH SALAD

1 cup chopped spinach
1/4 cup mushrooms • 1/2 tomato
1/2 hard-boiled egg • 1 Tbsp. walnuts
1 tbsp. low-calorie Italian dressing

TASTY TOFU SALAD

1 cup lettuce
1 small tomato chopped
3 oz. tofu thinly sliced

1. Season tofu with garlic salt, and seasoning.
 2. Place 2 tbsp. of olive oil in a hot pan.
 3. Place seasoned slices of tofu in pan and brown on each side.
 4. Let cool 15 minutes.
 5. Chop into bite size pieces and add to salad. Season with nonfat sesame dressing.
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GRAPEFRUIT WEDGE SALAD

1 cup lettuce
1/4 grapefruit (cut into pieces)
12 almonds
1 tbsp. of fresh Blue Cheese 1 tbsp. nonfat raspberry vinaigrette



Salmon Recipes

COLD POACHED SALMON WITH GINGER

4 salmon steaks
1/2 cup dry white wine
1 bay leaf
4-5 Peppercorns
1/2 cup plain nonfat yogurt
2 tbsp. brown sugar
2 tsp. nonfat mayo
2 tbsp. green onions finely chopped
2 tsp. ginger

1. In large skillet combine wine, water, bay leaf, and peppercorns.
2. Heat to boil.
3. Add salmon and cover.
4. Simmer 5-7 minutes turning once.
5. Transfer to plate and refrigerate for 2 hours. In a small bowl combine yogurt, mayo, and
6. Spoon ginger over fish.

Serving Suggestions:

- 1/2 cup of brown rice
- steamed vegetables of choice
- steamed carrots or baby yellow squash

Serves 4 (375 Calories)

SUCCULENT GRILLED SALMON

1 pound of salmon fillets
1 tbsp. dijon mustard
1 tbsp. nonfat mayo
4 tbsp. light sesame salad dressing
1/4 tsp. wasabee (optional)

1. Rinse fillets, pat dry.
2. To make sauce, mix remaining ingredients in bowl. Fish can be grilled or broiled.
3. Place 1/2 sauce on fillets.
4. Cook 4-5 minutes and add remaining sauce.
5. Cook 5-6 minutes, depending on thickness or until fish flakes when tested.

Serving Suggestions:

- 1/2 cup of brown rice
- steamed green beans or asparagus

Serves 4 (375 Calories)

