

# A Simple Guide to a Vibrant You

Energy Solutions



**Energy.** We all want it; we all need it.

And Isagenix delivers. **Not** a spike or jitters.  
**Not** a sugar rush followed by a crash.

**Energy** is what moves us. It **motivates** us to  
achieve our health goals.

**The more energetic we feel, the higher we strive.**  
**Energy is how we live life to the fullest.**

### Welcome to Isagenix!

On behalf of the hundreds of thousands of successful Isagenix product users worldwide, we want to congratulate you on starting a journey that can transform your health.

This guide is designed to help you amplify your success. It is easy to follow, developed by experts and used by people like you who have been successful at reaching their goal of achieving a healthier lifestyle they can sustain for the rest of their lives. Our goal is to put you in control of your health and to help you learn how to incorporate these nutritional products and healthy eating habits into your life and the lives of those around you. As you read through this guide, you will discover a variety of tools we have in place to support you. If you have a question, please don't hesitate to contact Customer Care on 1300 651 979 in Australia and 0800 451 291 in New Zealand.

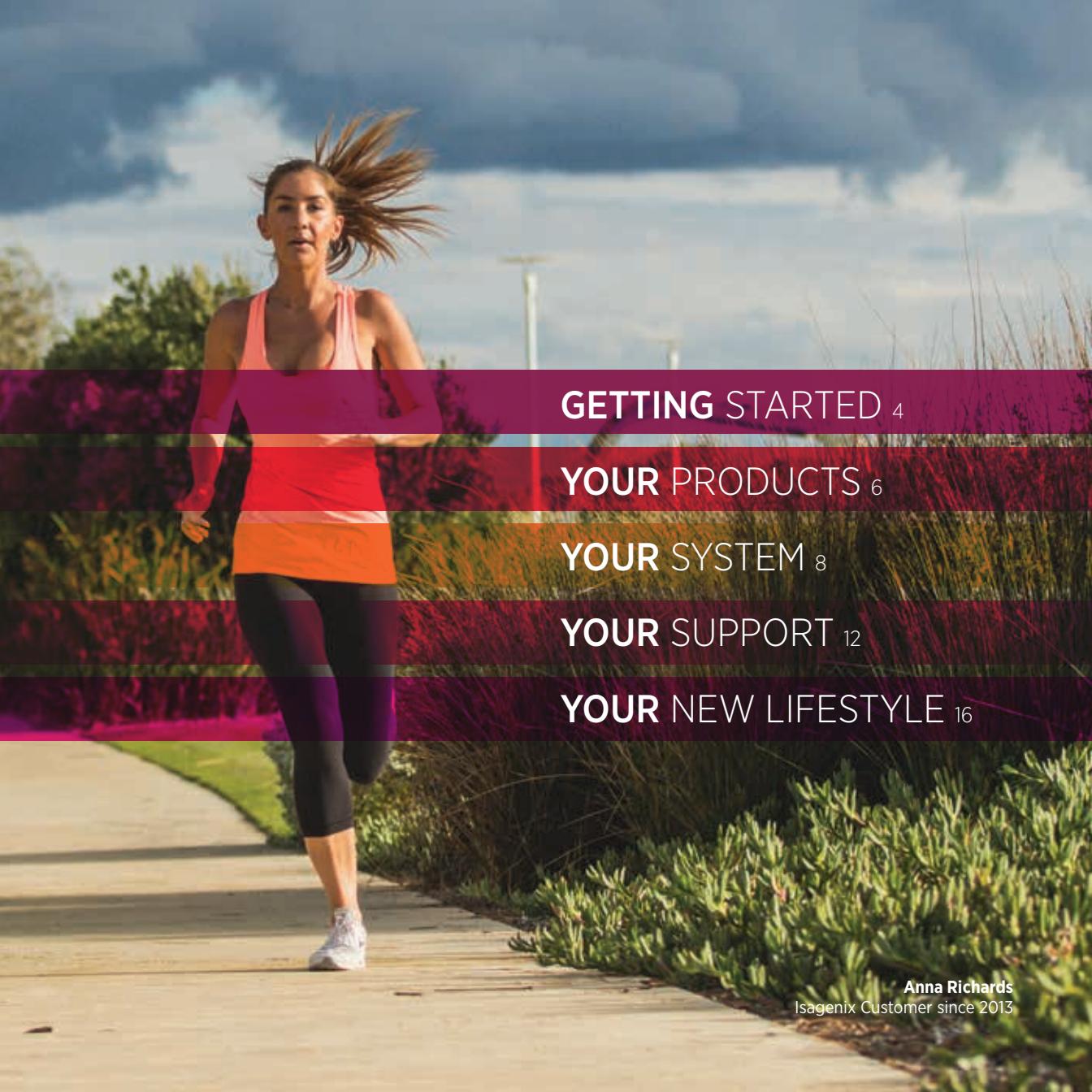
To your success!

### **Erik Coover**

Owner and Senior Vice President of Global Field Development

Cover image: Georgie Thomas  
Isagenix Customer since 2014



A woman with long brown hair, wearing a pink and orange athletic top and black leggings, is running on a paved path. The background shows green bushes and a cloudy sky. Overlaid on the right side of the image is a table of contents with five items, each on a horizontal bar of a different color (purple, red, orange, yellow, green).

**GETTING STARTED** 4

**YOUR PRODUCTS** 6

**YOUR SYSTEM** 8

**YOUR SUPPORT** 12

**YOUR NEW LIFESTYLE** 16

**Anna Richards**  
Isagenix Customer since 2013

# GETTING STARTED

- Set Your Goals
- Take the Pledge
- Mark How You Feel
- Take Your Picture



**Katie Tassone-Milligan**  
Isagenix Customer since 2013  
IsaBody Challenge Finalist 2013

## PERSONAL PLEDGE

I, \_\_\_\_\_, am fully committed to creating a breakthrough in my personal health and quality of life. My goal is to reach and maintain my target weight of \_\_\_\_\_ by releasing \_\_\_\_\_ kg of unhealthy fat while increasing my lean muscle mass.

Research has shown that written goals are much more likely to be achieved. Sharing your goals with others will further support your success.

## MY SUPPORT TEAM

My System Coach is \_\_\_\_\_

My Coach is here not only to offer support, encouragement and advice but also to answer questions and guide me through my journey to a healthier lifestyle. I will surround myself with positive people who will support me and understand how important my Isagenix System is to me.

My Support Team includes:

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach signature: \_\_\_\_\_ Date: \_\_\_\_\_

*If you are pregnant, breastfeeding, diabetic, on medication, have a medical condition or are beginning a weight-control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.*

## TRACK HOW YOU FEEL

How energetic do you feel during the day?

1	Day 1	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10
	Day 30	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10

How well do you sleep at night?

2	Day 1	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10
	Day 30	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10

How often do you feel the need for a soft drink or sugary snack throughout the day?

3	Day 1	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10
	Day 30	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10

Rate your mood during the day.

4	Day 1	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10
	Day 30	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10

How difficult is it to get out of bed in the morning?

5	Day 1	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10
	Day 30	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10

Which products are you starting with? What do you plan to re-order?

6	Day 1	
	Day 30	

# YOUR PRODUCTS

What makes Isagenix unique and effective is our no-compromise approach to product formulation and our convenient solution systems.

Let's take a moment to get to know the nutritious and delicious products you are about to experience.



## 1. IsaLean™ Shake

A delicious, satisfying, nutritionally-balanced meal replacement containing high-quality whey protein, energy-fuelling carbohydrates, good fats and 21 vitamins and minerals. Available in chocolate, strawberry and vanilla flavours in canisters and packets. Also available in certified Kosher in vanilla flavour.

## 2. IsaLean Shake Dairy Free

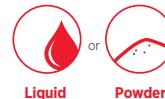
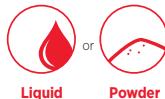
This creamy, chocolate-flavoured meal replacement shake has all the same features as its dairy counterpart, however it contains 24 g per serve of high quality protein from peas and wholegrain brown rice. Gluten- and dairy-free, IsaLean Shake Dairy Free provides a perfect alternative for people with dietary restrictions.

## 3. Ionix® Supreme

A nutrient-rich, rejuvenating drink that restores and protects the body. Specialised Adaptogenic herbs help your body adapt to stress while vitamins, antioxidants, trace minerals and herbs help support mental and physical performance.

## 4. Cleanse for Life™

A complete nutritional body cleanse that aids the body's natural ability to remove impurities, Cleanse for Life nourishes your body; it's not a laxative or a diuretic. Ionic minerals, antioxidants, Aloe vera and gentle cleansing herbs help to support the body's vital functions and immune system.



**5. e+**

A healthy energy boost that helps take your performance to the next level, e+ contains natural caffeine derived from green tea and yerba mate. The exclusive blend of herbal botanicals helps increase stamina and mental alertness.

**6. Replenish™**

A drink powder formulated to support hydration and faster recovery, Replenish is enriched with C and B vitamins and electrolytes to replace nutrients lost during exercise. Available in Juicy Orange and Lemon Lime flavours.

**7. Ageless Actives™**

Formulated to help you to diminish the signs of ageing from the inside out, Ageless Actives works to protect your body at the cellular level and can help combat the effects of free radicals. It also helps support the body's vital systems, support energy production and protect cells.

**8. Natural Accelerator™**

A combination of traditionally used herbs including cayenne, green tea, cinnamon and ginseng that help stimulate fat and protein metabolism without synthetic ingredients. Contains antioxidants that help fight free radicals and maintain a healthy body.

**9. IsaFlush™**

This combination of cleansing herbs and minerals helps support and maintain a healthy digestive system. Containing 210mg of magnesium and gentle cleansing herbs, IsaFlush may help to relieve mild constipation while supporting digestion and encouraging regularity.

**10. Essentials for Men™ and Women™**

This powerful multivitamin is specifically designed to promote optimal health for men and women. Extra forms of calcium and B vitamins encourage strong bones, increased energy and healthier hair, skin and nails in Essentials for Women, while Essentials for Men contains zinc, selenium and B vitamins to provide antioxidant and immune support.

**11. Isagenix Snacks™**

At only 125 kJ per serve, these chocolate-flavoured protein wafers help reduce cravings and keep you satisfied. Snacks contain high-quality undenatured whey protein and a high amino acid profile and are perfect for providing a quick energy boost on Cleanse Days.



Flavour Options

# YOUR SYSTEM

Isagenix offers two Energy packs designed for people at different stages of their Isagenix journey – the Energy Premium Pack and the 30-Day Energy System. You can also combine products of your choice using My Pack.

Both Programs are a combination of high-quality protein meal replacements, vitamins and support products to help you feel vibrant and energetic every day.



**Mara Pomana**  
Isagenix Customer since 2013

**Jamie Wilson**  
Isagenix Customer since 2014

## GUARANTEED RESULTS, ADDED SAVINGS



### ENERGY PREMIUM PACK

The Energy Premium Pack is perfect for anyone who is starting with Isagenix and looking for more energy. Whether you feel a lack of energy from long hours at work or days spent with the kids, this Pack is designed to keep you feeling vibrant and alert, every day.



### 30-DAY ENERGY SYSTEM

The 30-Day Energy System is designed for those who have completed their first 30 days with a Premium Pack and are looking to continue their results. The included products offer quality protein and nutrition to help you maintain your energy needs.



### MY PACK

Towards the end of your first month, you may find you want more of one product and less of another, or you might like to try something new. My Pack lets you combine products as you like, with a simple and flexible ordering experience and offers a 10% discount on the product wholesale prices if your order totals 150 BV or more.

## HOW TO USE

The Energy System is designed to help you feel better during the day, sleep better at night and enjoy a healthy, balanced lifestyle. It contains products to help you power your day.



Replace one meal per day with an **IsaLean Shake**. Add a stick of **Isagenix Greens\*** to your Shake or enjoy Greens mixed with juice or water.



Enjoy an **e+** in the morning or before a workout to give you an early energy boost.



Sip on **Replenish** before, during and after working out to help replace nutrients and electrolytes lost during exercise.



Take **Essentials** with breakfast and dinner to ensure you're receiving optimal levels of vitamins and minerals at timed intervals during the day.

## AN ENERGY SOLUTION JUST FOR YOU

There is no one-size-fits-all solution to a healthier, more energetic lifestyle. Each person will use the Energy Solution differently depending on their needs and goals. Below are two examples of how you might use your products.



### WOMEN

**NEEDING 6700-8200  
KILOJOULES PER DAY\***

#### Early Morning

Natural Accelerator,  
Cleanse for Life (168 kJ),  
e+ (146.5 kJ)

#### Breakfast

IsaLean Shake (1004 kJ),  
Essentials for Women

#### Mid Morning

IsaFlush, Isagenix Snacks (121 kJ)  
or apple (314 kJ)

#### Lunch

1600-2500 kJ meal

#### Mid Afternoon

Ionix Supreme,  
Whey Thins\*\* (418 kJ)

#### Dinner

1600-2500 kJ meal,  
Essentials for Women

#### Before Bed

150g plain Greek yoghurt (544 kJ),  
Natural Accelerator, IsaFlush



### MEN

**NEEDING 8400-9900  
KILOJOULES PER DAY\***

#### Early Morning

Natural Accelerator, Cleanse for  
Life (168 kJ), e+ (146.5 kJ),  
IsaLean Bar (879 kJ-1130 kJ  
depending on flavour)\*\*

#### Breakfast

IsaLean Shake (1004 kJ),  
Greek yoghurt with fruit and/or  
nuts (600-1000 kJ),  
Essentials for Men

#### Mid Morning

IsaFlush, Isagenix Snacks (121 kJ)  
or apple (314 kJ)

#### Lunch

1600-2500 kJ meal

#### Mid Afternoon

Ionix Supreme, Whey Thins\*\*  
(418 kJ), e+ (146.5 kJ)<sup>†</sup>

#### Dinner

1600-2500 kJ meal,  
Essentials for Men

#### Before Bed

IsaPro\*\* (627 kJ),  
Natural Accelerator, IsaFlush

*Some people may prefer to take Ionix Supreme in the morning due to it having an energising effect.*

*\* Kilojoule needs vary based on age, height, weight and activity level. For general health, adults aged 18-64 are recommended to do at least 150 minutes of moderate-intensity exercise each week.*

*\*\* Try this product by adding it to your next order.*

*<sup>†</sup> Additional product will need to be purchased to consume this product each day.*

## NEVER BE WITHOUT YOUR FAVOURITE PRODUCTS

Autoship allows you to set up your account so that your order is automatically sent to you approximately every 30 days, with the transaction amount debited directly from your account. You can choose from a selection of Packs and Systems, customise your order with 'My Pack' or order individual products. Autoship is flexible and can be changed each month to suit your needs. As well as being extremely convenient, Customers who participate in Autoship also save an additional 5 percent on all Packs and Systems compared to Wholesale orders.



### **Tami Shervey**

Isagenix Customer since 2011  
IsaBody Challenge® Grand Prize Winner 2013

**YOUR SYSTEM**

# YOUR SUPPORT

Your new lifestyle is an important commitment and we're keen to give you all the help and support you'll need to reach your goals. We have the perfect tools to help you succeed.

## IsaBody Challenge

The 16-week transformation Challenge is free to join! Simply log in to your Back Office, and find 'IsaBody Challenge' under 'Contests and Promotions'. Follow the criteria and complete the Challenge to be in the running to win thousands of dollars worth of prizes!

Every person who completes the Challenge\* will receive an exclusive Completion Pack containing merchandise, a certificate and a \$200 Product Coupon!

## Healthy Mind and Body

Isagenix has joined forces with world-renowned leader, coach and author Rod Hairston to exclusively offer Isagenix Customers an innovative, interactive program to help you stay on track to achieving your goals.

For only \$49 in Australia and \$55 in New Zealand, you can start the journey to developing the mindset to living every day like it's your last. When you complete the program, you'll receive a product coupon for AU\$49.50/NZ\$51.75\*\*

Start the Healthy Mind and Body Program today by logging in to your Back Office and, under 'Resources', select 'Go to Healthy Mind and Body'.

*\*See ANZ.IsaBodyChallenge.com for full completion criteria.*

*\*\*100 percent completion is determined by all activities being completed within 90 days of starting. Upon completion, your Isagenix product coupon will be available in your Back Office within ten business days.*



**Georgie Thomas**  
Isagenix Customer since 2014

**Claudia Tomczyk**  
Isagenix Customer since 2014

## FAQs

### Q: How does the Energy Program work?

**A:** The typical diet is dominated by processed foods high in fat, kilojoules and refined carbohydrates. These types of foods can leave you feeling run-down and exhausted. By swapping out junk foods with the nutrient-dense products of the Isagenix Energy Solution, you should feel better, more energised and have greater focus to power through your day.

### Q: What should I expect during the first month of my journey?

**A:** Understand you are at the beginning of a journey to better health and that the introduction of nutritious and scientifically supported Isagenix products will begin to give your body what it needs. By following the Energy Program as outlined, you should begin to feel a difference in your energy levels and begin to experience results. The products can help you feel more awake during the day, sleep better at night and improve focus and clarity when you need it most.

### Q: What does 'no-compromise quality' mean?

**A:** The Isagenix No-Compromise Ingredient Policy ensures that all of our products are made in accordance with the highest standards of Good Manufacturing Practices for dietary supplements. We subject all of our raw ingredients to rigorous testing to ensure purity, identity and safety.

### Q: What are Adaptogens and how do they work?

**A:** Adaptogens are natural botanicals with unique characteristics to help your body combat the negative effects of stress, focus the mind and elevate daily performance. They are found in e+ and Ionix Supreme in your Energy Program.

### Q: If I'm not hungry can I skip a meal or Shake?

**A:** You should always listen to your body, but staying energetic during the day also means you need the right nutrition, at the right time. At the very least, you should eat two 1600-2500 kJ meals and one IsaLean Shake per day and add in more products and snacks as needed. If you need meal ideas, see Page 16 of this guide.

### Q: Can I add fruit to my IsaLean Shake?

**A:** Absolutely! Fresh fruit is filled with fibre and essential nutrients and make a delicious addition to your Shake. You can also add Isagenix Greens to your Shake for a flavoursome, nutritious boost. Keep in mind that adding ingredients to your IsaLean Shake increases your kilojoule intake.

### Q: If I feel tired or have a headache, should I discontinue my program?

**A:** It is not uncommon to experience side effects when changing your regular eating habits. Side effects may include headache, fatigue or constipation. Depending on your side effect, you may try drinking more water or eating a snack. Fatigue and headache might be signs you may be experiencing low blood sugar. Avoid overhydrating as this may cause nausea and dizziness. Consult your physician should you have concerns.

### Q: I'm a very active person and I have been progressively increasing my workouts during my program. Should I eat more if I'm hungry?

**A:** There are several things you can do. We recommend you switch out your IsaLean Shake with IsaLean PRO or add a scoop of IsaPro to your IsaLean Shake. This will increase your protein and kilojoule intake safely. The extra protein will fuel your body for working out while helping to keep you feeling full between meals.

# YOUR SUPPORT

Use the tools provided at [Isagenix.com](http://Isagenix.com) to achieve success with your program.

**Plan ahead.** For many people, starting an Isagenix program is unlike anything they've done before – often it is very different to the lifestyle and diet they're used to. Before starting the program, we recommend consulting your physician to ensure the program is right for you and also to make them aware of the changes you're making to your diet.

**Set realistic expectations.** Most people don't release weight or gain lean muscle in just a few days, so remember that it will take consistent effort for you to achieve your health goals. It's not a race; it's about developing healthy habits and creating a lifestyle that you can continue to enjoy for years to come.

**Drink plenty of water.** The National Health and Medical Research Council of Australia recommends 2.1L per day for women and 2.6L per day for men. This will need to be increased during exercise and during warmer weather.

**Balanced nutrition** reduces food cravings. Use all of your Isagenix products as recommended and consume a diet of fresh, nutritious foods to ensure your body is getting the right nutrition every day.

**Increase your daily activity** to maximise your results. You don't have to start training for a marathon, just move more throughout the day and make a conscious effort to raise your heart rate regularly. This will not only help to increase your energy throughout the day but will help to maintain a healthy weight.



**Philip Liang**  
Isagenix Customer  
since 2015

**Emma Makila**  
Isagenix Customer  
since 2014

**Ben Kelly**  
Isagenix Customer  
since 2012

## ONLINE TOOLS AND RESOURCES

Isagenix has developed an extensive library of online tools with our product users in mind. We encourage you to explore our websites and engage with the many tools available to help you better understand our culture, products and philosophies about health and wellness. The following are your go-to resources to find answers and tips on getting the most from your Isagenix experience.



### **Isagenix.com**

This is your one-stop resource for all product information and tools. It provides guides to all the Isagenix products and programs and informative videos to improve your product training. Plus, read success stories from other product users, learn about the company and our business opportunity and more.

### **ANZ.IsaFYI.com**

Subscribe to the official Isagenix ANZ blog for regular updates, recipes, promotions, news and the latest science.

### **ANZ.IsaBodyChallenge.com**

Begin your ultimate lifestyle transformation journey. Find out all you need to know about the 16-Week Challenge, where you can not only transform your body and life, you can also win exciting prizes.

### **HealthyMindAndBody.com**

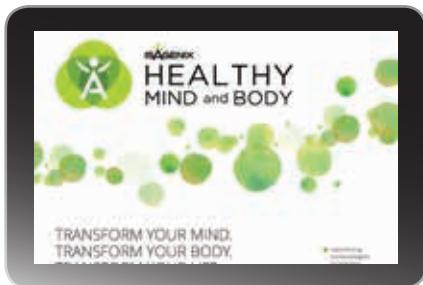
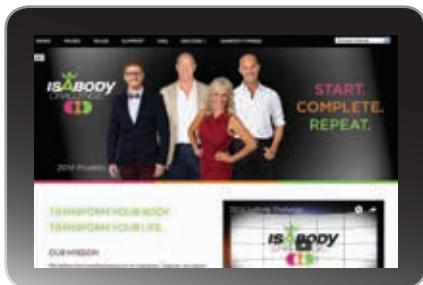
Discover an interactive 60-day program to transform your mind while your transform your body. Once you've researched the program, sign up through your Back Office.

### **ANZ.TeamsIsagenix.com**

Home to some of our most elite professional athletes, Olympians and personal trainers who use Isagenix products to fuel their performance, ANZ.TeamsIsagenix.com hosts an array of athlete profiles and product information.

### **STARTYourLife.com**

See how a growing team of young people aged 18-35 are striving to lead extraordinary lives and helping others do the same.



## PLATE PLANNER

Your third meal on a Shake Day should be balanced, like an IsaLean Shake. Ideally, it should contain 1600-2500 kJ and should include protein, complex carbohydrates and a variety of vitamins and minerals.



**Portion Size:**  
Thumb

### GOOD FATS

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil



**Portion Size:**  
Size of 2 Fists

### VEGETABLES

- Salad
- Cooked coloured vegies (not potatoes)
- Vegie soup
- Fresh fruit



**Portion Size:**  
Palm of Hand

### PROTEIN

- Chicken
- Beef
- Lamb
- Fish
- Eggs
- Dairy
- Tofu



**Portion Size:**  
Size of Fist

### COMPLEX CARBS

- Noodles
- Rice
- Wholegrain breads
- Sweet potatoes
- Potatoes

## THE NEXT SOLUTIONS

Isagenix offers solutions to fit your goals and lifestyle. When you achieve your Energy goals, we encourage you to experience our other solutions.

### PERFORMANCE

Excel in the gym, on the field and anywhere else you're striving for athletic, competitive or workout goals.

### WEIGHT LOSS

Release kilos and burn fat sustainably to achieve and maintain your weight loss goals.

### HEALTHY AGEING

Support a healthier lifestyle so you feel fitter, younger and stronger for longer.

### WEALTH CREATION

Earn income by sharing Isagenix with others and build a business for you and your family.

Visit [Isagenix.com](http://Isagenix.com) to learn more.

**Adam & Jacqui James**  
Isagenix Customers since 2012

YOUR NEW LIFESTYLE

# YOUR NEW LIFESTYLE

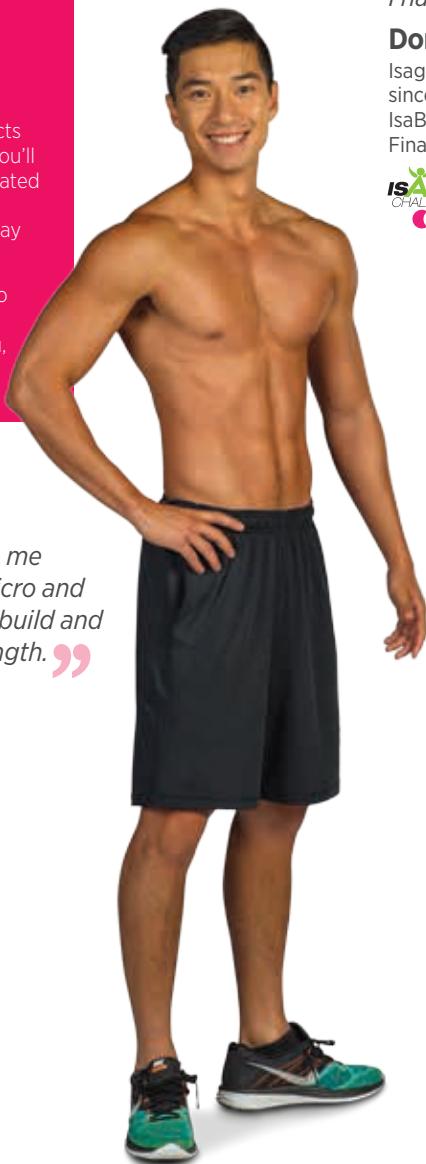
When you begin to feel the effects of your new, healthier lifestyle, you'll find it much easier to stay motivated to achieve your goals. Once you achieve your health goals you may ask yourself, "What's next?"

The answer is simple, continue to enjoy the Isagenix lifestyle as a lifelong solution not only for you, but for your family and perhaps even your friends.

*“Isagenix products provide me with energy and all the micro and macro nutrients I need to build and maintain muscle and strength.”*

## **Thanh Nguyen**

Isagenix Customer since 2013  
IsaBody Challenge Finalist 2015



*“With Isagenix I feel good all over!  
I have energy, clarity and focus.”*

## **Dom Macdonald**

Isagenix Customer  
since 2013  
IsaBody Challenge  
Finalist 2015





**Follow Isagenix on Facebook, Instagram and Twitter** and join our worldwide community of product users. Meet thousands of people like you who have successfully reached their goals and enjoy a healthy lifestyle. You might even find that you are an inspiration for others on the same journey.



## SHARE YOUR EXPERIENCE WITH OTHERS

One of the best ways to ensure you maintain your new lifestyle is to learn more about how to earn income for sharing Isagenix products with others. Go to **[ANZ.IsagenixBusiness.com](http://ANZ.IsagenixBusiness.com)** to learn how you can sustain your new lifestyle by sharing Isagenix with your family, friends and neighbours.

**Kylie Donaldson**  
Isagenix Customer since 2012



## RECIPES



### FETTUCCINE WITH CHICKEN, LEEK AND PEAS

- 100 g wholemeal fettuccine
- 1 cup frozen peas
- Olive oil cooking spray
- 200 g chicken breast fillets, sliced into bite-size pieces
- 1 leek, thinly sliced
- 2 garlic cloves, crushed
- ½ cup salt-reduced chicken stock
- ¼ cup light cream
- Juice and zest from ½ lemon
- ½ cup flat leaf parsley, chopped
- 2 Tbsp finely grated fresh parmesan

Cook pasta according to packet instructions until al dente. Add peas in final 3 minutes of cooking. Set aside ½ cup starchy water from pot. Drain then return pasta and peas to pot.

Meanwhile, heat a large non-stick skillet over medium-high heat. Spray with olive oil, add chicken and stir-fry for 3 minutes or until golden. Remove chicken from skillet and set aside.

Turn heat to medium and spray skillet with a little more olive oil. Fry leek for 5 minutes or until translucent. Add garlic and lemon zest and stir fry for one minute. Add chicken stock, starchy water and cream, stir and simmer until liquid reduces by half. Add lemon juice and chicken to skillet and cook for a further 2 minutes.

Add chicken and sauce and half the parsley to pasta and toss.

Divide between 2 bowls and top with parmesan and remaining parsley.

Serves 2.

Per serve: 1773 kJ; 38.2 g protein; 39.85 g carbs; 9.8 g fat; 11.1 g fibre.



### ROAST PUMPKIN AND RED LENTIL SALAD

- ½ butternut pumpkin
- 2 carrots, unpeeled
- 1 Tbsp olive oil
- 1 clove garlic, crushed
- 2 sprigs thyme
- 1 cup (200 g) dried red lentils, soaked overnight and drained
- 1 Tbsp lime juice
- 1 tsp Dijon mustard
- ½ red onion, thinly sliced
- 1 red chilli, seeds removed and chopped finely
- 1 cup baby spinach
- 6 cherry tomatoes, halved
- ½ cup pepitas

Preheat oven to 200°C/180°C fan-force. Cut pumpkin and carrots into bite-size pieces, toss in olive oil, thyme leaves and garlic. Arrange in a baking dish and season to taste. Roast for 30 minutes or until tender and golden.

Bring 1 L water to the boil and add the lentils. Cover and simmer for 10-15 minutes or until tender. Meanwhile, mix lime juice, Dijon mustard, a splash of extra virgin olive oil and 1 Tbsp water in a large bowl. Drain the cooked lentils, add to the dressing and toss to combine. Add onion, spinach and cherry tomatoes.

Divide lentil mix between two plates. Top with roast pumpkin, carrot and pepitas to serve.

Serves 2.

Per serve: 2429 kJ; 34 g protein; 64 g carbs; 17 g fat; 25 g fibre.

For more healthy meal ideas, purchase *Better Living* from [IsaSalesTools.com.au](http://IsaSalesTools.com.au)



# YOUR 30-DAY PLANNER

Customise this calendar to suit your Energy Program. Include your meal plan, exercise and any events you need to factor in.

Tear out your Calendar and display it where you'll see it every day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					



