

A Simple Guide to a Healthier You

Weight Loss Solutions



 ISAGENIX®

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 achieve your goals. It is easy to follow, developed by experts and used by people like you who have successfully reached their health goals and are claiming a healthier lifestyle they can sustain for the rest of their lives.

Our goal is to put you in control of your health and help you learn how to incorporate nutritional products and healthy eating habits into your lifestyle. As you read through this guide you will be introduced to some of the many tools we have 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.

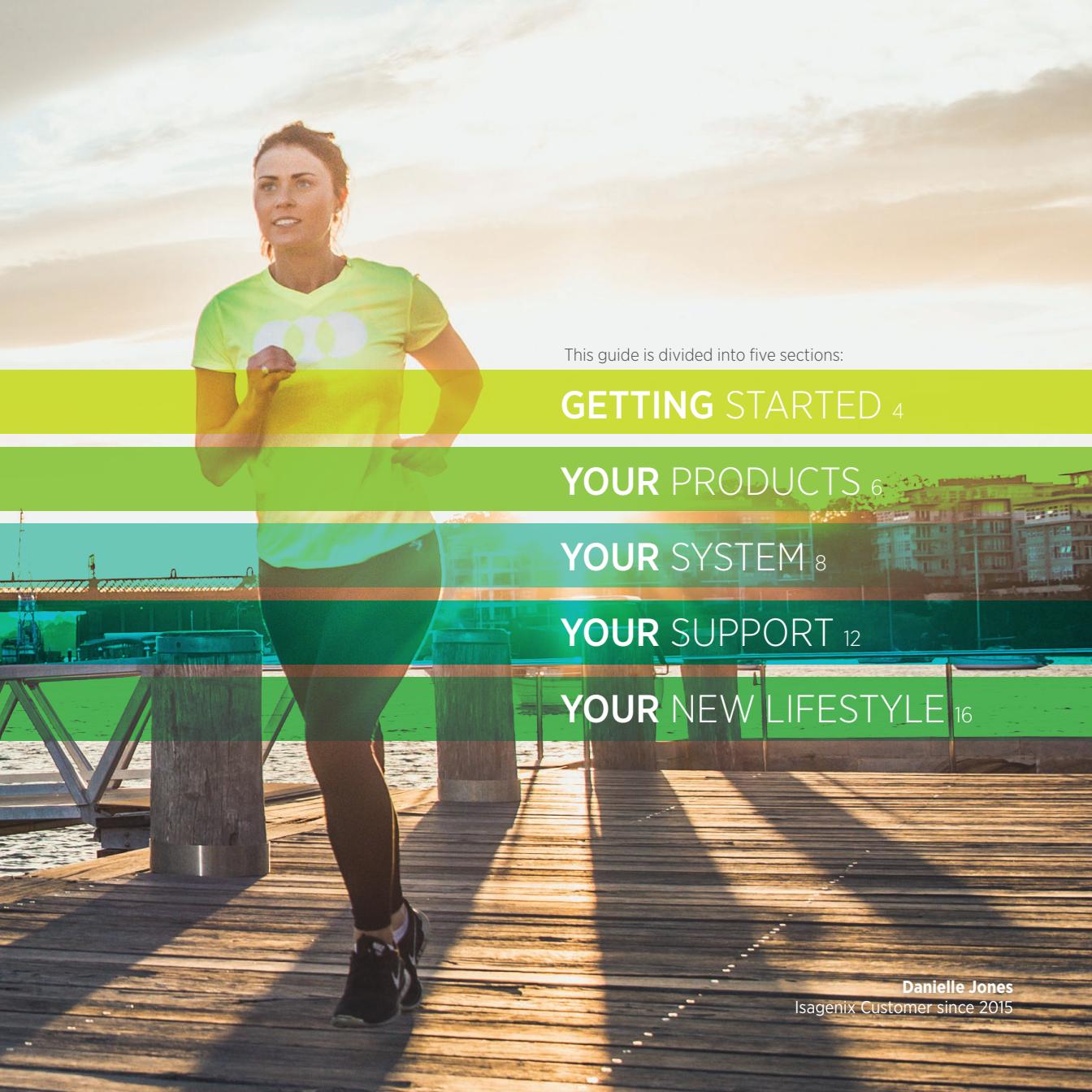
To your success!

Jim Coover Owner and Chief Executive Officer

Kathy Coover Owner and Executive Vice President

Cover image: Emma Mondello
Isagenix Customer since 2012





This guide is divided into five sections:

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Danielle Jones
Isagenix Customer since 2015

GETTING STARTED

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

Your Personal Pledge will help you solidify your commitment and identify who your Support Team is. This is one of the most important steps to getting started, so take your time and be thoughtful.



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.



Jude Healy

Isagenix Customer
since 2014
IsaBody Challenge
Finalist 2014

Take a 'before' photo

to see the progress you've made when you reach your goal. 'Before' and 'after' photos are a great way to see just how far you've come. This picture can also serve as your 'before' picture for the IsaBody Challenge.

YOUR PATH TO SUCCESS BEGINS HERE.

- 1 Weight loss is important, but *centimetres lost* is also an important measurement. Take your measurements and track your success with our easy-to-use measurement tracker on page 12. Focus on how you feel and how your clothes fit rather than only focusing on the scale.
- 2 Share your goals with your Support Team members you identified on the previous page and invite them to join you in your transformation. Ask your Sponsor how you can earn money to pay for your products by simply inviting others to join you.
- 3 Follow the monthly schedule and Shake and Cleanse Day planner to remind you when to take each product.
- 4 Buy healthy foods and plan great-tasting meals. Limit temptations by removing unhealthy foods and snacks from your home including soft drinks, foods with artificial colours and sweeteners and other junk foods. See meal planning tips on page 17.
- 5 Read your Personal Pledge daily.
- 6 Join the IsaBody Challenge to help you achieve your transformation and earn a AUD \$200 Product Coupon upon completion. Learn more at ANZ.IsaBodyChallenge.com.

Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4 kg with an average of 1 kg of the loss from visceral fat after 30 days on Isagenix. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.

YOUR PRODUCTS

What makes Isagenix unique 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.



Your Choice



Flavour Options Canister Packet



Liquid Powder



Liquid Powder

5. 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.

6. IsaFlush™

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

7. Isagenix Snacks™

At only 121 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.

8. 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.

9. IsaLean™ Bar

Power your way through the day with delicious bars, which contain 18 g of high quality whey and milk protein. Rich in branched-chain amino acids, IsaLean Bars are great for after workouts and satisfying hunger when you're on the go. Available in four delicious flavours.

10. IsaLean™ Bar Dairy Free

Boasting the same great nutrition as an IsaLean Bar, IsaLean Bar Dairy Free is a nutritious, on-the-go meal alternative containing 19 g of plant-based protein sourced from peas and wholegrain brown rice, along with 8 g dietary fibre, good fats and energy-fuelling carbohydrates.

11. IsaGenesis™

This powerful formula of complex botanicals and vitamins is designed to aid in the reduction of oxidative stress. The vegetable softgel capsule enables fast absorption into cells.



Flavour Options

YOUR SYSTEM

Isagenix offers different Weight Loss packs designed for people at various stages of their Isagenix journey. A combination of Shake Days and Cleanse Days, the Weight Loss System is based on science and designed to support your goal of ridding your body of unwanted fat.

Enjoy complete weight-loss support with additional Isagenix products to satisfy cravings, snack smart and keep you energised.





+\$50
Voucher

WEIGHT LOSS PREMIUM PACK

The Weight Loss Premium Pak is designed to help you achieve your health goals by revitalising and nourishing your body and providing it with optimal nutrition. This ultimate starter kit includes our flagship 30-Day Nutritional Cleansing Program, an IsaBlender and lots of extras to help you kick-start your weight loss journey.



30-DAY WEIGHT LOSS SYSTEM

The 30-Day Weight Loss System is a great introduction to Isagenix. It's designed to kick-start your weight loss and, as a long-term, flexible program, help you achieve and maintain lasting results. You'll likely notice savings on your grocery bill as you replace unhealthy cravings with premium nutrition.



MY PACK

Toward 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 percent discount on the product wholesale prices if your order totals 150 BV or more.

USING YOUR ISAGENIX SYSTEM COULDN'T BE EASIER.

Your Weight Loss System relies on two easy-to-follow components:

Shake Days & Cleanse Days.

WHY CLEANSE?

Unlike harsh laxative cleanses, Isagenix Cleanse for Life is scientifically developed to nourish your body with the vital nutrients it needs while your body naturally rids itself of impurities. Cleansing isn't about deprivation, it's about nourishment.



SHAKE DAYS:

During Shake Days, replace two meals with a nutritious IsaLean™ Shake. We recommend replacing breakfast and dinner with a Shake. Ensure your third meal is nutritionally balanced, containing 1600-2500 kJ.

Remember to stay hydrated throughout the day!

EARLY MORNING

1 Natural Accelerator™**

BREAKFAST

IsaLean Shake OR IsaLean™ Bar, Ageless Actives™, Essentials for Women™ OR Essentials for Men™, IsaGenesis™*, Ionix® Supreme

MID-MORNING

IsaFlush™
OPTIONAL: 400-650 kJ snack

LUNCH

IsaLean Shaken OR IsaLean Bar OR 1600-2500 kJ meal***

MID-AFTERNOON

OPTIONAL: 400-650kJ snack

DINNER

IsaLean Shake OR IsaLean Bar OR 1600-2500 kJ meal***, Ageless Actives, Essentials for Women OR Essentials for Men, IsaGenesis

BEFORE BED

IsaFlush, Natural Accelerator**

SHAKE DAY SNACK IDEAS

IsaDelight™*, e+* (maximum 2 per day) Slim Cakes™*, Fibre Snacks™*, Replenish™* (if exercising), 6 almonds, 1 boiled egg, 1 piece of fruit or vegetable

CLEANSE DAYS:

On Cleanse Days, you restrict your kilojoule intake while nourishing your body with the nutrients in Cleanse For Life™. Remember to stay hydrated throughout the day!

EARLY MORNING

Natural Accelerator**, Ionix Supreme

BREAKFAST

Cleanse for Life, Ageless Actives, Essentials for Women OR Essentials for Men, IsaGenesis

MID-MORNING

IsaFlush, Isagenix Snacks OR 'Cleanse Day Support Option'

LUNCH

Cleanse for Life

EARLY AFTERNOON

Isagenix Snacks OR 'Cleanse Day Support Option'

MID-AFTERNOON

Cleanse for Life

EARLY EVENING

Isagenix Snacks OR 'Cleanse Day Support Option'

EVENING

Cleanse for Life, Ageless Actives, Essentials for Women OR Essentials for Men, IsaGenesis,

BEFORE BED

Natural Accelerator*, IsaFlush

CLEANSE DAY SUPPORT OPTIONS

IsaDelight* (maximum 2 per day), e+* (maximum 2 per day), Whey Thins™†, Replenish (if exercising), ¼ apple or pear

* Products are not included in all Packs and can be purchased separately. Visit Isagenix.com for more information on products you can add to your next order.

** Always read the label. Not suitable for children. Use only as directed. Vitamin supplements should not replace a balanced diet. Consult your healthcare professional before beginning any diet or weight loss program.

*** Be sure to consume at least one traditional, healthy 1600-2500kJ (400-600cal) meal every Shake Day.

† Whey Thins are approved on Cleanse Days when they are enjoyed as the sole snack option between Cleanse for Life servings. Limit one packet each Cleanse Day.

These calendars can help guide you through your System. If you would like to create your own calendar, see the inside back panel of this guide.

30-DAY STANDARD CALENDAR

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

30-DAY FAST START OPTION

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

Visit IsaSalesTools.com.au to purchase this calendar as a fridge magnet.

S= Shake Day **C**= Cleanse Day

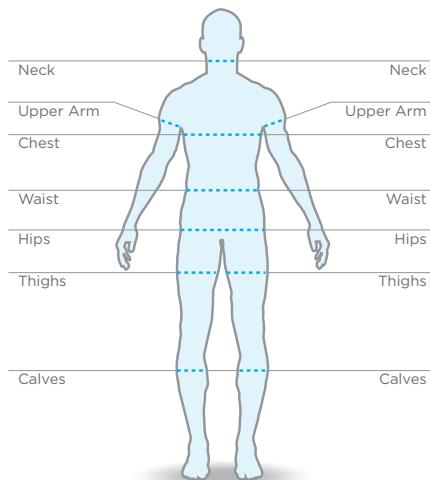
*To ensure you have product for next month, be sure to enrol in Autoship. Speak with your Sponsor for more details.

**Two Shake Days are recommended prior to your first set of back-to-back Deep Cleanse Days. These days help to create an environment in the body that helps enhance the effects of cleansing.

MEASUREMENT TRACKER

Tracking your measurements is a great way to measure your success in reaching your goals. It will also help to keep you motivated during your IsaBody Challenge!

	Goal	Start	Day 9	Day 20	Day 30
Weight					
Neck					
Upper Arm L					
Upper Arm R					
Chest					
Waist					
Hips					
Thigh L					
Thigh R					
Calf L					
Calf R					



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.



Danielle Jones
Isagenix Customer since 2015
IsaBody Challenge Finalist 2015

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.

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

Set realistic expectations. Most people don't put weight on in just a few days, so remember that it will take more than a few days to release it. It's not a race; it's about developing a healthy lifestyle.

Schedule Cleanse Days when you can ensure success. Cleansing on busy days keeps your mind off snacking.

Drink plenty of water. The National Health and Medical Research Council of Australia recommends 2.1 L per day for women and 2.6 L 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 weight-loss 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 in striving to achieve the best possible results.



Philip Liang
Isagenix Customer
since 2015

Emma Makila
Isagenix Customer
since 2014

Ben Kelly
Isagenix Customer
since 2012

FAQS

Q: Why do I need to cleanse?

A: Cleansing helps kick-start your metabolism and supports healthy digestion. Cleanse For Life is specially formulated to provide your body with the nourishment it needs while it rids itself of harmful impurities.

Q: What should I expect during the first few days of my journey?

A: Understand you are at the beginning of a transformation and that the introduction of nutritious and scientifically supported Isagenix products will begin to give your body what it needs to be healthy. The program will help you prepare for efficient, sustainable weight loss. If you follow your system as outlined, you should begin to experience results and feel the difference.

Q: Should I still cleanse if I'm exercising?

A: Yes, you should follow the recommended cleanse schedule for your system. On Cleanse Days, we recommend you minimise your physical activity. If you choose to be active, do so in moderation and support your body throughout the day with Replenish, IsaDelight and Isagenix Snacks. It may also prove helpful to go to bed earlier on Cleanse Days to avoid any urge for late-night snacking.

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

A: We recommend you not skip a meal or IsaLean Shake. Even though you may not feel hungry, your body needs ongoing nourishment. Wait a while to see if you begin to feel hungry, but always ensure you consume two IsaLean Shakes and one meal on every Shake Day.

Q: Can I add fruit to my IsaLean Shake?

A: You can customise your Isagenix system to meet your needs. 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 when cleansing or changing your normal eating habits to experience side effects. These may include headache, fatigue or constipation. Depending on your

side effect, you may try drinking more water or eating a snack. Fatigue and headache may 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: Should I cleanse for 1 or 2 Days?

A: Within our 30-Day Nutritional Cleansing Program, you should deep cleanse at least one day a week, but you can certainly cleanse two days (back-to-back) to maximise your weight-loss results. However, you should never exceed two consecutive Deep Cleanse Days.

Q: Can I deep cleanse more than two consecutive days?

A: Cleansing two consecutive days can help you maximise your weight-loss results but you should never cleanse more than two days in a row.

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?

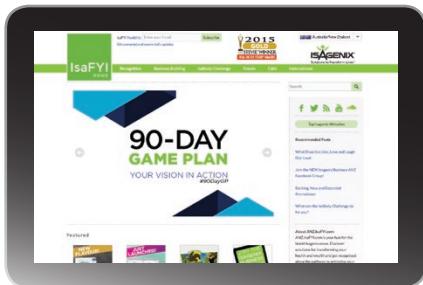
A: There are several things you can do. We recommend you switch out one or both of your IsaLean Shakes with IsaLean PRO or add a scoop of IsaPro to your IsaLean Shake. This will increase your protein and kilojoule intake safely. The extra protein will fuel your body for working out while helping to keep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



Tami Shervey
Isagenix Customer
since 2011
IsaBody Challenge
Grand Prize Winner 2013

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, news, information and the latest science.

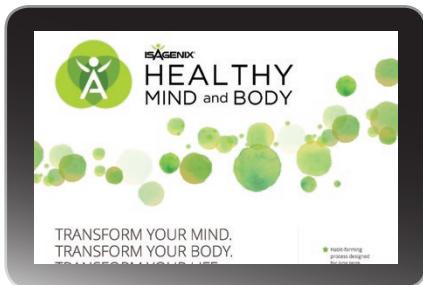


ANZ.IsaBodyChallenge.com

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

Visit www.nutritionaustralia.org for more information

YOUR NEW LIFESTYLE

Once you've reached your first goal, you may ask yourself, 'What next?' The answer is simple – a lifelong healthy lifestyle for you and your family.



Sarah and **Jamie's** journeys show that success doesn't happen overnight. Reaching your goals may require subsequent Weight Loss Systems but with commitment, consistency, determination and the support of Isagenix, you can continue to achieve the results you're striving for.

“*Isagenix is a company that is all about its people and truly empowering them to be their best, live their best and share their best.*”

Sarah McMinn

Isagenix Customer since 2015
IsaBody Challenge
Finalist 2016



“*Isagenix allows me to help others regain their wellbeing. I am passionate about motivating others to pursue healthier lives like I have.*”

Jamie Eddey

Isagenix Customer since 2014
100 Pound Club Member





MAINTENANCE PROGRAM

The Isagenix lifestyle doesn't end at the completion of your 30-Day System. Many people transition to a new Isagenix Solution or use our helpful lifestyle maintenance recommendations below.

- 1 Enjoy 1-2 IsaLean Shakes per day as part of a nutritious, balanced diet.**
- 2 Deep cleanse one day each week or try everyday cleansing – enjoy a glass of Cleanse For Life in the morning or before you go to bed.**
- 3 Drink lots of water – the National Health and Medical Research council of Australia recommends 2.1 L per day for women and 2.6 L per day for men.**
- 4 Exercise regularly to ensure your kilojoule intake doesn't exceed your energy output.**
- 5 Replace unhealthy snacks with Slim Cakes or Fibre Snacks.**



THE NEXT SOLUTIONS

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

ENERGY

Experience more energy during your everyday activities and exercise.

PERFORMANCE

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



BACKED BY SCIENCE

Independent research from the University of Illinois at Chicago and Skidmore College showed that the Isagenix Program was superior to a traditional heart-healthy diet for weight loss and improving cardiovascular health markers. The 15-month study done at Skidmore followed the Cleanse Day and Shake Day protocol compared to a nutritionally balanced diet and validated safe, healthy weight loss and long-term maintenance. Participants who used the Isagenix Program during the maintenance phase of the study maintained their weight loss, fat loss, and visceral fat loss while heart-healthy diet participants rebounded. Isagenix maintenance participants also improved their muscle status during the maintenance phase while heart-healthy participants did not.

YOUR 30-DAY PLANNER

Customise this calendar to suit your Weight Loss System 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					



RECIPES



LEMON CHICKEN

- 2 free-range 150g chicken breast fillets
- 1 Tbsp fresh rosemary, chopped
- Juice and finely grated rind of 1 lemon
- 2 cloves garlic, crushed
- $\frac{1}{2}$ cup polenta
- 2 cups mixed lettuce
- 1 tomato, cut into wedges
- 1 Tbsp balsamic vinegar

Preheat oven to 180°C. Lightly grease a shallow baking dish and place chicken breasts in it. Pour lemon juice around fillets. In a small bowl, combine garlic, rosemary, lemon rind and polenta and spread evenly on top of the fillets. Bake for 25 minutes or until cooked through. Meanwhile, toss lettuce, tomato and balsamic vinegar. Remove chicken from oven and rest for 5 minutes.

Serve with salad.

Serves 2.

Per serve: 951 kJ; 25 g protein; 22.7 g carbs; 2.5 g fat; 22.7 g carbs.



VEGIE STICKS WITH EDAMAME DIP

- 300g frozen edamame
- $\frac{1}{2}$ cup Greek yoghurt
- 1 red chilli, finely chopped
- Juice of 1 lime
- 1 clove garlic, crushed
- $\frac{1}{2}$ red onion, finely diced
- $\frac{1}{4}$ cup coriander, chopped
- 1 large carrot, unpeeled, cut into sticks
- 2 celery, cut into sticks
- 1 Lebanese cucumber, cut into sticks
- 1 broccoli, cut into florets

Bring a saucepan of water with 1 tsp salt to the boil. Add edamame and boil for 5 minutes. Drain and rinse under cold water. When cool enough, remove beans from shells and discard shells.

Combine beans, yoghurt, chilli, lime juice and garlic in a food processor and blitz until smooth.

Serve with vegetable pieces.

Serves 2.

Per serve: 694 kJ; 14 g protein; 74 g carbs; 10 g fat; 16.4 g fibre.



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