

50 Isagenix Shake Recipes

I created some of these shake recipes and collected others from [Pinterest](#).

There is no order to these and I haven't tried them all.

Be careful what you add to your shake if you are trying to lose weight.

The amount of water and ice can vary. Start with less and add more as you go.

I like to use an IsaBlender with 8 oz of water and my husband uses a regular blender with 14 oz of water.

If you don't have an IsaBlender [the Hamilton Beach Personal Single Serve Blender on Amazon](#) is less expensive and works nicely.

Keep It Simple

If you are just getting started with Isagenix you should stick to drinking the Isalean or Isalean Pro Shakes with only water and ice.

These shakes have the right macro nutrients to feed your body perfect nutrition.

It may take a week to get adjusted to drinking meal replacement shakes if you are accustomed to eating processed foods.

Adding additional ingredients to the shakes is not necessary unless you have very specific fitness goals.

You can add **Isagenix Fruits**, **Isagenix Greens**, **Amped Hydrate**, or powdered **Ionix Supreme** without concern as they will give you a new taste without adding anything that will derail your progress.

Don't Add Sugar

Be particularly cautious about adding honey, juice, or fruits high in sugar such as bananas until you reach your weight loss goals.

If you think your shake needs to be a little sweeter try adding [organic stevia](#) before adding fruit.

Berries are good for your first experiment with changing shake flavors because they are low in sugar.

2 Scoops = 1 Shake Packet

1. **Green Smoothie:** 2 scoops Vanilla Isalean Shake and 1 serving Isagenix Greens
2. **Fruit Smoothie:** 2 scoops Vanilla Isalean Shake and 1 serving Isagenix Fruits
3. **Strawberry Fruit Smoothie:** 2 scoops Strawberry Isalean Shake and 1 serving Isagenix Fruits
4. **"Wendy's Frosty":** 2 scoops Chocolate Isalean Shake and 1 scoop Isagenix Greens
5. **Orange Dreamsicle:** 2 scoops Vanilla Isalean Shake and 1 serving Orange Isagenix Amped Hydrate
6. **Cherry Shake:** 2 scoops Vanilla Isalean Shake and 1 cup frozen dark Cherries
7. **Coffee Shake:** 8 oz. Cold Organic Coffee, 2 scoops Vanilla Isalean Shake and 1/2 scoop Chocolate Isalean shake
8. **Chocolate Berry:** Chocolate IsaLean or IsaLean Pro and 1/3 cup organic berries
9. **Chocolate Delight:** 2 scoops Chocolate IsaLean or IsaLean Pro, 1/2 Banana, 1 Tbsp. unsweetened Cocoa Powder, 1 Tbsp. [Almond Butter](#), 8 oz Coconut Milk, and 1 crushed IsaDelight to top
10. **Chocolate Peanut Butter:** 2 Scoops Chocolate IsaLean or IsaLean Pro, 1 Banana, and 2 Tbsp. [Powdered Peanut Butter](#)
11. **Chocolate Peanut Butter Brownie Shake:** 2 Scoops Chocolate IsaLean or IsaLean Pro, 2 Tbsp. [Powdered Peanut Butter](#), 1/3 cup dates, 1/2 banana, and 8 oz Almond Milk
12. **Choco Nut:** 2 scoops Vanilla Isalean Shake, 1/2 cup coconut extract, and 1 Tbsp of Chocolate Isalean Shake
13. **Apple Smoothie:** 6 oz. unsweetened Apple Juice, 2 scoops Vanilla Isalean shake, half a scoop [Orange Amped Hydrate](#), 2 tsp Cinnamon and 1/2 tsp [Vanilla Extract](#)
14. **Almond Joy:** 2 Scoops Chocolate IsaLean or IsaLean, Pro, 8oz Coconut water and Tbsp. Raw Coconut, 4 Almonds

15. **Banana & Kiwi Smoothie:** 2 scoops Vanilla Isalean shake, 1/2 frozen banana, and 1/2 cup peeled kiwi slices
16. **Banana Cake:** 2 scoops Vanilla Isalean Shake, 1 small banana and 1 tsp Vanilla Extract
17. **Banana Nut Cake:** 2 scoops Vanilla Isalean Shake, 1/2 Banana, 1 tsp Cinnamon, and 1/2 tsp Vanilla Extract
18. **Banana Spice:** 2 scoops Vanilla Isalean Shake, 1 small Banana, 1 tbsp Cinnamon, and pinch of Nutmeg
19. **Banana Split:** 2 scoops Vanilla Isalean Shake, 1 small Banana, 1/4 scoop Chocolate Isalean Shake, and 3 Frozen Strawberries
20. **Summer Breeze:** 2 scoops Vanilla Isalean Shake, 1/2 frozen Banana, and 1/2 tsp Coconut Extract
21. **Berries and Cherries:** 2 scoops Vanilla Isalean Shake, 1/4 cup frozen Raspberries, 1/4 cup frozen Blackberries, 1/4 cup frozen Strawberries, and 1/4 cup Cherries
22. **Black Strawberry:** 2 scoops Vanilla Isalean Shake, 1/2 frozen Blackberries, and 1/2 cup frozen Strawberries
23. **Black Appleberry:** 6 oz. unsweetened Apple juice, 2 scoops Vanilla Isalean Shake, 10 frozen Blackberries, & 7 ice cubes.
24. **Black Raspberry Cake:** 2 scoops Vanilla Isalean Shake, 5 frozen Blackberries, 5 frozen Raspberries, and 1 tsp Vanilla Extract
25. **Black Smoothie:** 2 scoops Vanilla Isalean Shake and 10 frozen Blackberries
26. **Blackberry Muffins:** 2 scoops Vanilla Isalean Shake, 1 cup frozen Blackberries, 1 Tbsp Graham Cracker crumbs, and 1 tsp Vanilla Extract
27. **Blue Lemonade:** 2 scoops Vanilla Isalean Shake, 1/2 cup frozen Blueberries, and 1 serving Citrus Amped Hydrate
28. **Blue Mango:** 2 scoops Vanilla Isalean Shake, 1/2 cup frozen Blueberries, and 1/4 cup Mango chunks
29. **Blue Peaches:** 2 scoops Vanilla Isalean Shake, 10 frozen Blueberries, 1/4 cup peaches, and 1 tsp Vanilla Extract
30. **Blueberry Pie Smoothie:** 2 scoops Vanilla Isalean Shake, 10 frozen Blueberries, 1 tbsp. Graham Cracker crumbs, and 1 tsp Vanilla Extract

31. **Blue Pomegranate Shake:** 2 scoops Vanilla Isalean Shake, 10 frozen Blueberries, and 1/4 cup Pomegranate Juice
32. **Blueberry Cream Cheese:** 2 scoops Vanilla Isalean Shake, 10 frozen Blueberries, 1 tsp Graham Cracker Crumbs, and 1 oz. Cream Cheese
33. **Blueberry Shake:** 2 scoops Vanilla Isalean shake and Handful of Blueberries
34. **Chocolate Cake:** 2 scoops Vanilla Isalean Shake, 1/4 scoop Chocolate Isalean Shake, and 1/2 tsp vanilla extract
35. **Cinnamon Vanilla Swirl:** 2 scoops Vanilla IsaLean or IsaLean Pro, 1 Teaspoon Cinnamon, and 1 teaspoon Vanilla Extract
36. **Chocolate Coconut Cake:** 2 scoops Chocolate Isalean Shake, 1/2 tsp Coconut Extract, and 1/2 tsp Vanilla Extract
37. **Energy booster:** 2 Scoops Vanilla or Strawberry Isalean Shake, 1 serving Citrus Amped Hydrate, and 1 serving Tropical Amped Hydrate
38. **Green Mix-Up:** 2 scoops Vanilla Isalean Shake, 1 serving Isagenix Greens, 10 frozen Blueberries, and 1/2 frozen Banana
39. **Strawberry Banana Smoothie:** 2 scoops Vanilla Isalean Shake, 1 serving IsaFruits, 3 Strawberries and 1/2 Banana
40. **Strawberry Green Smoothie:** 2 scoops Strawberry Isalean Shake, 1 serving Isa Greens, and 1 serving powdered Ionix Supreme
41. **Peanut Butter Chocolate:** 2 scoops Chocolate Isalean Shake, and 2 TBS peanut butter (for fewer calories use [peanut butter powder](#))
42. **Kiwi Vanilla Shake:** 2 scoops Vanilla Isalean Shake and 1 peeled Kiwi
43. **Chia Protein Smoothie:** 2 scoops Vanilla or Chocolate Isalean Shake and 1 Tbsp [Chia Seeds](#) (put the chia seeds in water about 20 minutes before using)
44. **Flax Protein Smoothie:** 2 scoops Vanilla or Chocolate Isalean Shake and 1 Tbsp [Ground Flax Seeds](#)
45. **Pineapple Smoothie:** 2 scoops Vanilla Isalean Shake, and 1/4 cup frozen pineapple
46. **Pineapple Strawberry Smoothie:** 2 scoops Strawberry Isalean Shake and 1/4 cup frozen pineapple

47. **French Toast Shake:** 2 scoops Vanilla Isalean Shake, 1 tsp Maple Extract, 1/2 tsp [Butter Extract](#), 1/2 tsp Cinnamon, dash of Nutmeg and Stevia to taste
48. **Strawberry Chocolate Valentine's Shake:** 2 scoops Strawberry Isalean Shake, 2 Isadelights crushed, and 3 tbsp [shredded coconut](#)
49. **Strawberry Cheesecake Shake:** 1 scoop Strawberry Isalean Shake, 1 scoop Vanilla shake, 3 frozen strawberries, 3-4 drops [cheesecake flavored oil](#) or 1 oz cream cheese, and 1/4 tsp vanilla extract
50. **Strawberry Sunrise Shake:** 2 scoops Strawberry Isalean Shake, 1 serving Orange Amped Hydrate and 1/2 banana

If you still need to order the Isagenix shakes or the 30 Fat Burning and Cleansing System go to

www.stacyrussell.com

Send me a message and let me know what your favorite shake flavor is.

Stacy Russell

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