



Stay Trim and Warm With IsaLean® Soup

Cuddle up with a tasty and healthy bowl of IsaLean® Soup this winter season. With the same nutritional value as your shake, it makes a great alternative to mix up your daily routine. Try these quick and delicious new soup recipes.

HOLIDAY HEARTH

2 scoops or 1 packet IsaLean® Soup in Savory Tomato
1 cup water to prepare soup
3/4 cup cooked brown rice
2 tablespoons sun-dried tomatoes
1/2 cup grated sweet potato
Italian parsley for garnish

Directions:

- Cook rice with sun-dried tomatoes
- Add grated sweet potato to rice 10 minutes before it's finished cooking
- Prepare IsaLean Soup as directed
- Add rice mixture to soup
- Garnish with parsley

Yields: One serving

Submitted by Becky, CA

**SAVE
\$5**

on IsaLean® Soup*
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TOMATO BASIL SOUP

2 scoops or 1 packet IsaLean® Soup in Savory Tomato
1 cup water to prepare soup
Approx. 4 fresh organic basil leaves

Directions:

- Prepare soup as directed
- A few minutes before serving, tear basil into small pieces and add to soup to infuse with basil flavor

Yields: One serving

Submitted by Andrea, CA

DR. BECKY'S SPICY CHICKEN SOUP

4 scoops IsaLean® Soup in Classic Creamy Chicken
16 oz cold purified water
1/4 cup chopped organic broccoli
1/4 cup organic corn, cooked or raw off of the cob
Pepper to taste
1/4 cup green salsa
Jalapeno peppers (to taste) finely diced
1 tablespoon IsaCrunch™
Organic chicken pieces or assorted steamed vegetables (optional)

Directions:

- Place broccoli and corn in a pan on low heat or in a steamer
- Add black pepper and fresh garlic
- Mix soup with cold water in IsaBlender™
- Add green salsa and jalapenos
- Blend together and add to veggies over low heat
- Add organic chicken pieces or assorted steamed vegetables (optional)
- Sprinkle IsaCrunch® on top

Yields: Two servings

Calories: 400-500 per serving

Submitted by Dr. Becky, CO

GOLDEN CHICKEN BULGAR

2 scoops or 1 packet IsaLean® Soup in Classic Creamy Chicken
1 cup water to prepare soup
1 cup cooked bulgur
2 tablespoons sun-dried tomatoes

Directions:

- Cook bulgur with tomatoes
- Prepare IsaLean Soup as directed
- Add bulgur mixture to soup

Yields: One serving

Submitted by Becky, CA

DR. BECKY'S GINGER-CURRY SOUP

4 scoops IsaLean® Soup in Classic Creamy Chicken
16 oz purified water, cold
1 teaspoon spicy yellow curry powder
Pinch organic ginger (fresh or powdered)
1 cup cooked organic brown rice
1 medium organic yellow potato, cooked and diced
Leafy green vegetables of your choice, chopped
into medium-sized pieces

Directions:

- Blend the first four ingredients well
- Cook over low heat (do not boil or the enzymes can be compromised) Cooks quickly so watch closely
- Add rice, potatoes and veggies

Yields: Two servings

Calories: 400-500 per serving

Submitted by Becky, CA

Order Your IsaLean® Soup Today In Your Back Office.



*** Order one canister or a 15-packet box and you can save \$5 on the second one for a limited time in the U.S. only.**