



Preparation Time: 10 mins



Makes: 1 serving

Ingredients:

- 1 packet ISOLution® (Vanilla or Decaf Coffee)
- ½ cup instant oats
- 1 cup boiling water
- ½ cup strawberries

Directions:

1. Boil water.
2. In a bowl, with the oats, add in the hot water and stir.
3. Let sit for 3 mins to thicken.
4. Mix in ISOLution®.
5. Top with strawberries.

Nutrition Tip:

Switch up the berries with blueberries, raspberries or golden berries. Recipe works with fresh, frozen or canned fruit.

Nutritional Information

*Per serving with ISOLution®
Vanilla*

Calories: 426 kcal**Fat:** 9 g**Carbs:** 54 g**Fibre:** 8 g**Sugar:** 14 g**Protein:** 33 g**Cholesterol:** 5 mg**Sodium:** 499 mg**Nutritional Information**

*Per serving with ISOLution®
Decaf Coffee*

Calories: 436 kcal**Fat:** 9 g**Carbs:** 57 g**Fibre:** 8 g**Sugar:** 14 g**Protein:** 34 g**Cholesterol:** 5 mg**Sodium:** 500 mg


26 g
PROTEIN



Preparation Time: 5 mins



Makes: 1 serving

Ingredients:

- 1 packet ISolution® (Vanilla or Decaf Coffee)
- 1 cup 2% plain yogurt
- 2 tbsp chia seed
- ½ cup berries of your choice
- ¼ cup granola

Directions:

1. Combine ISolution®, yogurt, chia seeds and berries in a small bowl or glass.
2. Top with granola.

For best results: refrigerate ISolution®, yogurt, and chia seed mixture overnight to allow chia seeds to absorb liquid. When ready to eat, top with granola and berries.

Don't have berries?

Use diced peaches, pears, apples or bananas instead.
May also use nuts, seeds and dried fruit instead of granola.

Nutritional Information

*Per serving with ISolution®
Vanilla*

Calories: 580 kcal

Fat: 21 g

Carbs: 56 g

Fibre: 12 g

Sugar: 29 g

Protein: 44 g

Cholesterol: 30 mg

Sodium: 296 mg

Nutritional Information

*Per serving with ISolution®
Decaf Coffee*

Calories: 590 kcal

Fat: 21 g

Carbs: 58 g

Fibre: 12 g

Sugar: 29 g

Protein: 45 g

Cholesterol: 30 mg

Sodium: 297 mg

26 g
PROTEIN



Preparation Time: 5 mins



Makes: 1 serving

Ingredients:

- 1 packet ISolution® (Vanilla or Decaf Coffee)
- 2 tbsp hot water
- 8 oz (250 mL) brewed coffee

Directions:

1. In a mug, whisk warm water and ISolution® until evenly blended.
2. Slowly mix in brewed coffee and stir to combine.

Not a fan of coffee?

Substitute the coffee with steeped black tea or add warm milk, 1 tbsp cocoa powder, and 1 tsp sugar for a hot cocoa treat.

Nutritional Information

*Per serving with ISolution®
Vanilla*

Calories: 228 kcal

Fat: 6 g

Carbs: 18 g

Fibre: 1 g

Sugar: 9 g

Protein: 26 g

Cholesterol: 5 mg

Sodium: 208 mg

Nutritional Information

*Per serving with ISolution®
Decaf Coffee*

Calories: 238 kcal

Fat: 6 g

Carbs: 20 g

Fibre: 1 g

Sugar: 9 g

Protein: 27 g

Cholesterol: 5 mg

Sodium: 209 mg



Preparation Time: 5 mins



Makes: 1 serving

**Ingredients:**

- 1 packet ISOlution® (Vanilla or Decaf Coffee)
- 1 cup 2% milk
- 1 cup ice

Directions:

1. Add milk to a blender.
2. Add all other ingredients.
3. Blend until smooth.

For a nutritional boost:

Add 1 tbsp cocoa powder or 1 tbsp of your favorite nut or seed butter (e.g. almond, peanut, sunflower seed).

Nutritional Information

*Per serving with ISOlution®
Vanilla*

Calories: 335 kcal**Fat:** 10 g**Carbs:** 26 g**Fibre:** 1 g**Sugar:** 22 g**Protein:** 34 g**Cholesterol:** 25 mg**Sodium:** 295 mg**Nutritional Information**

*Per serving with ISOlution®
Decaf Coffee*

Calories: 345 kcal**Fat:** 10 g**Carbs:** 28 g**Fibre:** 1 g**Sugar:** 22 g**Protein:** 35 g**Cholesterol:** 25 mg**Sodium:** 295 mg

26 g
PROTEIN



Preparation Time: 2 mins



Makes: 1 serving

Ingredients:

- 1 packet ISolution® (Vanilla or Decaf Coffee)
- 1 cup 2% milk
- 1 cup bran flakes
- ¼ cup berries

Directions:

1. Pour cereal into a bowl.
2. In a shaker bottle (or any cup or jar with a lid), add milk then ISolution® and shake for 10 seconds.
3. Pour ISolution® and milk mixture over cereal.
4. Top with berries of your choice

Nutritional Information

*Per serving with ISolution®
Vanilla*

Calories: 520 kcal

Fat: 12 g

Carbs: 73 g

Fibre: 10 g

Sugar: 38 g

Protein: 39 g

Cholesterol: 25 mg

Sodium: 506 mg

Nutritional Information

*Per serving with ISolution®
Decaf Coffee*

Calories: 530 kcal

Fat: 12 g

Carbs: 75 g

Fibre: 10 g

Sugar: 38 g

Protein: 40 g

Cholesterol: 20 mg

Sodium: 506 mg



26 g
PROTEIN

Nutrition Tip:
To increase your fibre intake, look for cereals with **>4g of fibre** per serving.