

**ISOWHEY<sup>®</sup>** IW8

**8 WEEK CHALLENGE**



Please seek the approval of your healthcare practitioner before starting this Program.  
Use IsoWhey in conjunction with a balanced diet and appropriate exercise program.

# 02

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## WELCOME TO THE IW8

**Welcome to our IsoWhey 8 Week Challenge!**

We want to commend you for making the commitment to do this program, and just know that the IW8 is designed to make your life easier, not harder. Yes, there will be some exercise, yes, there will be some new food choices which, at times, may be uncomfortable to make. But we've designed the IW8 to be as time efficient as possible, so healthy choices can fit into our busy lives.

Over the next 8 weeks, you will be set up to become more organised, to become stronger (physically and mentally), to lose weight, and you will come out the otherside renewed, re-energised, and with new habits that, if you continue, have the potential to change your life for the better.

**LET'S DO THIS!**

**The IW8 support team** *xoxo*

#IsoWhey8 #IW8

“

**Highly recommend anyone to participate in the next challenge, it kept me accountable and it's helping me get beach ready.**

”

- TAMMY,  
ISOWHEY LOVER

“

**CUSTOMER TESTIMONIAL**

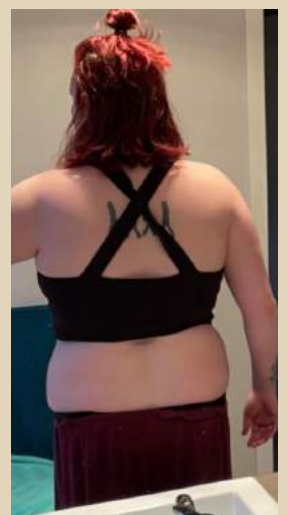
In my first accountability post I stated I struggled with my weight for many years, always being the “big girl” and never managing to really find the motivation to do something about it so I just felt sorry for myself, after becoming a mum I knew I had to do something but kept putting it off, well the weight just piled on and after my second son I'd had enough and saw the IsoWhey challenge post.

I've gone from 91.6kg to 86.4kg and a shocking 53.8% body fat to 47.6% and not long until I go from “obese” category to “overweight” which I have not been for a very long time.

***To others this may not seem huge but to me this is massive.***

Thank you IsoWhey for giving me the motivation I needed to get up and get moving toward a healthier lifestyle not only for myself but for my boys, this is just the beginning! I'm feeling confident, strong and new.

- SELBY JAMES,  
ISOWHEY CHALLENGE WINNER

**BEFORE****AFTER****DOWN 5.2KG IN 4 WEEKS!**

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# MEET YOUR TEAM

We created the IW8 because we know that sometimes starting is the hardest part when it comes to losing weight and taking control of your health. You will probably start and stop many times on your journey and we truly want to help you feel like you have every tool available to help you succeed.

One of the core values we have is to acknowledge that you must first love yourself. If you are down on yourself, push yourself too hard or hate the person you see in the mirror it can be hard to stick to a plan or goal as the second you slip up you will come down hard on yourself.

That's why the IsoWhey team of nutritionists, trainers and health coach have put together a holistic program that is not just about weight loss, but also about total health - mental, emotional and physical. Helping to nourish your body inside and out.

We also know that there is not a one size fits all approach to losing weight and changing your mindset, that's why we have designed this program to be able to be used with any of our product ranges and with different focusses in each section so you can try out new things and hopefully find the results that are going to work for you in the long term.

We have a great team who have put together this program and are here to support you over the next 8 weeks and good luck!



## KERRY-LEE DEWING

Personal trainer, F45 Instructor,  
Former Dancer, and IsoWhey Fitness Trainer



## AMELIA PHILIPS

Nutritionist, Exercise Scientist,  
Weight Management Specialist,  
and Mum of Four

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## IW8 OVERVIEW

OUR PROGRAM IS UNDERPINNED BY TWO MAIN PRINCIPLES:

## Principle #1 You've got to take your MEDS

If your goal is health, not just weight loss, then we need to take our meds, not the pill kind (unless of course your doc has prescribed them!), we're talking about the MEDS principle:

MINDFULNESS

EXERCISE

DIET

SLEEP

This is a simple term coined by behavioural consultant, Nicholas Bate to describe a holistic approach to weight loss and health. Our goal in this program is to improve all four areas, to help make lasting changes.

A study by the National Weight Control Registry examined the characteristics of 6000 people who maintained a weight loss of at least 13 kilograms for an average of more than five years, and the results highlighted a holistic approach. Most of them did a high level of exercise daily (walking, exercising at home, with friends and in a group, were popular), watched less than 10 hours of TV weekly, and were more likely to describe themselves as "morning people". They also tended to cook at home, monitor their weight and diet by weighing themselves, reducing the quantity of food eaten and reducing high-fat and sugar-laden foods. On top of that, they had lower levels of depressive symptoms and disinhibited eating.

So get your MEDS humming (heck get even two humming), your energy levels and health will start to fly. Each fortnight, we will drill down into one area and make that our focus. By the end of the program you should feel armed with the tools to take your MEDS every single day.

## Principle #2 Intermittent Fasting

On this program you will be replacing 1-2 meals per day with an IsoWhey Shake, and in addition be following a type of intermittent fasting called 'daily time restricted fasting.'

This means you eat within a 12 hour designated eating period, and fast for 12 hours each day. For example, if you stop eating at 8 pm, your next meal will be 12 hours later at 8 am.

## SAMPLE DAY

8 AM	Breakfast
1 PM	Lunch
6:30 PM	Dinner
7:30 PM	After dinner snack
8 PM	No more food or drink until breakfast (herbal tea allowed)

*\*It doesn't matter when your designated eating window is (for example you may prefer to have breakfast at 6am, but that would mean dinner is done by 6pm), simply find a timeframe that works for you.*

Intermittent Fasting aims to increase the time the body is in the fasting state and burning calories and fat. There are different styles of intermittent fasting, popular methods include time-restricted eating (what we are doing), the 5:2 (five days of regular eating followed by two days on 500 calories), and regular 24-hour fasts of one or more days.

**Research behind Intermittent Fasting is positive and growing.**

## BENEFITS:



WEIGHT LOSS



REDUCTION IN OXIDATIVE STRESS AND INFLAMMATION



IMPROVES HEART HEALTH



TRIGGERS CELLULAR REPAIR



IMPROVES BRAIN HEALTH

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## IW8 OVERVIEW

## PROGRAM

**THE PROGRAM IS BROKEN INTO  
4 X 2-WEEK SEGMENTS,  
WHICH WE HAVE OUTLINED  
FOR YOU HERE:**

	MINDFULNESS	EXERCISE	DIET	SLEEP
<p><b>WEEKS 1 &amp; 2 CLEANSE</b></p> <p>Think of these two weeks as a reset. With a focus on mindfulness.</p>	<p><b>CHOOSE 1:</b></p> <ol style="list-style-type: none"> <li>1. Box Breathing</li> <li>2. "I am.." Mantra</li> <li>3. Meditation Podcast</li> </ol>	<p><b>2-3 WORKOUTS/ WEEK</b></p> <ol style="list-style-type: none"> <li>1. Cardio + HITT (outdoors)</li> <li>2. Body Weight Resistance (indoors)</li> <li>3. Cardio + HITT finisher</li> </ol>	<p><b>INTERMITTENT FASTING</b></p> <p><b>12:12</b> [ 12h fasting, 12 hr eating ]</p> <p>2 shakes per day</p>	<p><b>TRACK HOURS OF SLEPT x 5 DAYS/WK</b></p> <p>Start to record how many hours you sleep per night. If you have a sleeptracker, start to monitor it.</p>
<p><b>WEEKS 3 &amp; 4 POWER</b></p> <p>These two weeks are fitness focused. We are building power, purpose and resilience.</p>	<p>Pick one mindfulness activity to continue</p>	<p><b>FORTNIGHTLY FOCUS</b></p> <p>4-5 workouts per week</p>	<p><b>INTERMITTENT FASTING</b></p> <p><b>12:12</b> [ 12h fasting, 12 hr eating ]</p> <p>1-2 shakes per day</p>	<p>Go to bed within a 1hr window for 5-7 days.</p>
<p><b>WEEKS 5 &amp; 6 NOURISH</b></p> <p>These two weeks are <b>food focused</b>. Balanced eating/ cooking hacks.</p>	<p>Pick one mindfulness activity to continue</p>	<p><b>FORTNIGHTLY FOCUS</b></p> <p>2-4 workouts per week</p>	<p><b>INTERMITTENT FASTING</b></p> <p><b>12:12</b> [ 12h fasting, 12 hr eating ]</p> <p>2 shakes per day</p>	<p>Go to bed within a 30min earlier for 5-7 days.</p>
<p><b>WEEKS 7 &amp; 8 RESTORE</b></p> <p>These two weeks are focused on confidence and sleep.</p>	<p>Pick one mindfulness activity to continue</p>	<p><b>FORTNIGHTLY FOCUS</b></p> <p>4-5 workouts per week</p>	<p><b>INTERMITTENT FASTING</b></p> <p><b>12:12</b> [ 12h fasting, 12 hr eating ]</p> <p>1-2 shakes per day</p>	<p><b>FORTNIGHTLY FOCUS</b></p> <p>Dr. Carmel Harrington</p>

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## IW8 FAQs

### WHO CAN I CONTACT FOR SUPPORT?

You can send us an email anytime at [info@isowhey.com.au](mailto:info@isowhey.com.au) or another great place to get support and connect with others is in the IsoWheySupport Group on Facebook: [www.facebook.com/isowheysupportgroup](http://www.facebook.com/isowheysupportgroup)

### CAN WE HAVE ALCOHOL AND CAFFEINE?

One coffee or three black tea's per day within your designated eating window is fine. Sugary sodas are not encouraged. Herbal tea anytime is fine (no milk). Two standard drinks twice per week is fine (within designated eating window).

### WHY AREN'T WE CALORIE COUNTING?

There's no need to calorie count on this program because the shakes naturally bring your caloric intake down, and intermittent fasting has also been shown to reduce caloric intake.

### DO I NEED TO FOLLOW THE PROGRAM 100%?

No. This is a framework for you to adapt to your personal situation. We would rather you adjust the program to be sustainable than overcommit and be unable to continue.

### SHOULD I HAVE ONE OR TWO SHAKES PER DAY?

For rapid weight loss, have two shakes per day, but once you are within 5kg of your goal weight, dropping to one shake per day is fine or add to your shake (eg. spinach leaves, chia seeds, frozen berries).

### DOES IT MATTER WHAT FLAVOUR SHAKES I HAVE?

Not at all, choose your favourites. We do recommend mixing it up for variety.

### DOES IT MATTER WHAT ISOWHEY SHAKES I CHOOSE?

No, this program can be done with any of our great shakes, just pick whichever one you think is going to suit you and your tastes best!

### I CAN'T/DON'T WANT TO DO THIS EXERCISE PROGRAM.

We strongly recommend you exercise during this program. However, feel free to choose any type of exercise you feel is sustainable. If you're already in a routine, keep that up (maybe amp it up in week's 2-4 and 6-8). If you're getting back into exercise after a break, our program is set at beginner level, so a great place to start.

### WHAT DO I DO AFTER THE PROGRAM IS FINISHED?

Keep going! The habits you've learned are designed to become part of your lifestyle, including continuing your shakes 1-2 times per day. We recommend setting a goal around your fitness, to keep you motivated, and continually tracking your MEDS. You are welcome to repeat the IW8 anytime you like.



NOW YOU'VE GOT YOUR OVERVIEW, LET'S GET INTO THE PROGRAM...



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## WEEK 1 &amp; 2 - CLEANSE

## NUTRITION

The theme of these two weeks is 'Cleanse'. We are creating a reset by reducing the amount of food (alcohol and caffeine) we eat, and when we eat it. Changing our diet can be challenging, emotionally (especially if we have been using food as a crutch), and logistically. The good news is by replacing two meals per day with a shake, food prep and decision-making becomes easier. The other good news is that by eating within a short time frame, you shouldn't get

as hungry between meals than if it was spread out. Ride any hungry moments like a wave, distract yourself, drink water/herbal tea, do some brisk exercise and remember it's your body adjusting to correct total daily calories, and, in a few weeks, you won't feel hungry anymore. Also recognize true hunger (below the waist, tummy grumbling) from emotional hunger (in your head, an apple wouldn't cut it) and just observe which feeling you get more often.

	BREAKFAST	LUNCH	DINNER	SNACKS	ANYTIME
MONDAY	Coffee Shake	Vanilla Shake	Mexican Steak with Grilled Corn, Avocado and Cos Salad	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
TUESDAY	Coffee Shake	Choc Mint Shake	5 Veg & Lentil Cottage Pie	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
WEDNESDAY	Coffee Shake	Easy Tuna Bento Box	Vanilla Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
THURSDAY	Open Croque Madame	Vanilla Shake	Choc Mint Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
FRIDAY	Coffee Shake	Choc Mint Shake	Speedy Thin & Crispy Pizza	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SATURDAY	Breakfast Burrito	Vanilla Shake	Choc Mint Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SUNDAY	Coffee Shake	Green Pea Falafel Plate	Vanilla Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day



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## IW8 EXERCISE

A MESSAGE FROM *Kerry-Lee*

Kick start the challenge with a focus on a holistic mindset. Implementing healthy and sustainable practices which will benefit you in the long term. Depending on your starting point use these 2 weeks to get your body accustomed to the adjustment in your new day-to-day routine and get the body working for you. Be patient and gentle through this initial phase. Your body is capable and willing it just needs to be guided in the right direction.

## WARM UPS AND COOL DOWNS ARE ESSENTIAL

If you are going straight into a HIIT or Resistance session be sure to do a functional warm up for 5-10 min before. Upon completion of your workout move through a sequence of static stretches for about 10 min as you bring your heart rate down simultaneously.

## WARM UP 1

[https://www.youtube.com/watch?v=oaH\\_cHOyfAA](https://www.youtube.com/watch?v=oaH_cHOyfAA)

## WARM UP 2

<https://www.youtube.com/watch?v=8XFRBvFI0rc>

## WORKOUT #1

## CARDIO + HIIT OUTDOOR

 20-40 MINS

Go for a brisk walk, swim, cycle, or jog – choose something that's meditative and that you enjoy, where you can tune out and focus simply on the task at hand.

Pick a pace that you can maintain for the duration of time.

## HIIT OUTDOOR

 10 MINS

Hill/Stairs – Pick a steep hill or long flight of stairs (around 50-100m) and either walk, jog or sprint up, walking back down as an active recovery.

Repeat as many times as possible for 10 min.

## WORKOUT #2

## BODY WEIGHT RESISTANCE

 25 MINS

Follow IsoWhey Trainer Kerry-Lee's Body Weight Resistance workout

## BEGINNER

[https://www.youtube.com/watch?v=48UklsED3\\_8](https://www.youtube.com/watch?v=48UklsED3_8)

## INTERMEDIATE

[https://www.youtube.com/watch?v=4qTfI3U\\_F7E](https://www.youtube.com/watch?v=4qTfI3U_F7E)

## ADVANCED

[https://www.youtube.com/watch?v=gMXKi\\_ZiJjQ](https://www.youtube.com/watch?v=gMXKi_ZiJjQ)

## WORKOUT #3

## CARDIO + HIIT FINISHER

 20-40 MINS

Go for a brisk walk, swim, cycle, or jog – choose something that's meditative and that you enjoy, where you can tune out and focus simply on the task at hand.

Pick a pace that you can maintain for the duration of time.

## BODY WEIGHT HIIT FINISHER

 10 MINS

Move through each exercise with as little break in-between as possible. Once you've reached the end of the set rest for 1 min.

Repeat 3 times.

## OPTION 1

20 squats  
40 sec plank  
15 crunches  
20 high knees  
15 tricep dips  
1 min wall sit  
20 Russian twists  
30 star jumps

## OPTION 2

20 squat and high knee raise  
12 leg raises  
10 tricep dips  
15 butt kicks  
5 push ups  
10 lunges  
15 sit ups  
30 sec each side, side plank

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## IW8 MINDFULNESS



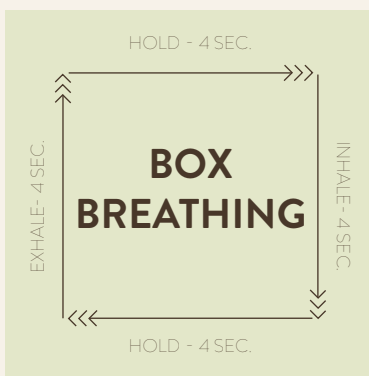
When it comes to weight loss and health, managing stress and our mood is paramount. Levels of the stress hormone cortisol rise during tension-filled times, which triggers our body to crave more high calorie foods.

Because of these increased levels, the hormone insulin can also spike, causing our blood sugar to drop, resulting in more cravings of sugary, fatty foods. And so, the cycle continues.

During these two weeks, we've got three methods we'd love you to try, which are all designed to bring down your cortisol levels, trigger your parasympathetic nervous system and help you feel calm, less stressed, and positive. Try all and pick your favourite to continue daily for the next two weeks.

## METHOD #1

## BOX BREATHING



This two minute exercise is great for people new to any kind of meditation, and who want a simple, effective way to destress. Perform this every day just before going to sleep, or during periods of high stress.

Read more about Box Breathing here:

<https://health.clevelandclinic.org/box-breathing-benefits/>

## INSTRUCTIONS

1. Breathe out slowly, releasing all the air from your lungs.
2. Breathe in through your nose as you slowly count to four in your head (side one of a box). Be conscious of how the air fills your lungs and stomach.
3. Hold your breath for a count of four (side three of a box).
4. Exhale for another count of four (side three of a box).
5. Hold your breath again for a count of four (side four of a box).
6. Repeat for three to four rounds or two minutes.

## METHOD #2

## 4 WORD MANTRA

This is a great mindfulness activity to do when you're out doing repetitive exercise, such as a walk, run or swim, designed to shift the focus away from negative thoughts, to positive feelings.

Pick three to four words to finish this statement: I am.... (love, joy, peace, purpose, abundance, power, true, focus etc). For each word think of a) a specific memory where you felt that feeling, and b) a present day example of where that feeling is active. For example if one of your words is 'Joy', think of a time when you belly laughed so hard, spend some time sitting with that memory. Then look around you and take that feeling to the joy you might feel watching your dog walk by your side, or the sunrise. The activity helps bring past positive feelings to the present.

Repeat the mantra over and over again during your exercise, or even during quiet moments. The more you do it, the faster you can connect with those feelings. It's a fast mood shifter.

Read more about Meditation and Mantras here:

<https://www.healthline.com/health/mantra-meditation#benefits>



## METHOD #3

## GUIDED MEDITATION PODCAST

If you're ready to dive into meditation, following a guided meditation is a great way to start. Find a comfortable, quiet space to sit or lie down. Follow a guided meditation podcast, anywhere from 5-30min depending on your experience. Start shorter and over time you will build up your stillness fitness. We love the Meditation Oasis Podcast which has many different guided meditations with varying timeframes, some with music, some without.

If you want to bring more mindfulness into your life, check out these two apps:

**Calm and Headspace**




PODCAST

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## IW8 RECIPES

## MEXICAN STEAK WITH GRILLED CORN, AVOCADO, AND COS SALAD

PREP + COOK TIME:  30 MINS  
SERVES: 2

## INGREDIENTS

2 tsp extra virgin olive oil  
3 cloves garlic, crushed  
1 lime, rind, and juice  
1 tsp smoked paprika  
½ tsp ground cumin  
225g sirloin steak  
extra virgin olive oil spray  
1 trimmed corn cob (250g)  
½ small red onion (50g), sliced thinly  
1 baby cos lettuce (150g), quartered lengthways  
2 tbsp high protein natural yoghurt  
½ medium avocado (125g), sliced thinly  
4 radishes (60g), sliced thinly  
½ cup coriander leaves

## METHOD

1. Preheat a chargrill pan.
2. Combine half the oil, 2 crushed garlic cloves, half the lime rind and juice, and the spices in a bowl. Season. Add steak; turn to coat. Set aside.
3. Meanwhile, spray corn cob lightly with oil spray; chargrill, turning occasionally, for 8 mins or until charred. When cool enough to handle, cut the kernels from cob and place in a medium bowl.
4. Meanwhile, combine onion and remaining lime juice in a small bowl. Set aside.
5. Spray cos lettuce quarters with oil spray; chargrill, cut side down, for 2 mins or until lightly charred.
6. Drizzle steak with remaining oil. Chargrill steak for 4 mins each side for medium-rare. Transfer to a plate. Rest for 5 mins; thinly slice.
7. Meanwhile, drain onion, reserving liquid. Squeeze onion dry and add to corn in bowl. Combine yoghurt, reserved pickling liquid and remaining garlic and lime rind in a small bowl, season.
8. Add avocado, radish, and coriander to corn mixture, season with pepper; toss to combine. Divide cos lettuce, steak and corn salad among plates, drizzle with yoghurt mixture.

NUTRITIONAL INFORMATION  
PER SERVE

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:	SODIUM:
1653kJ (395 Cal)	15g	20.2g (4.5g saturated)	33.2g	9.5g	116mg

# 12 IW8 RECIPES

## 5 VEG & LENTIL COTTAGE PIE

**PREP + COOK TIME:**  **35 MINS**  
**SERVES:** 4

### INGREDIENTS

olive oil cooking spray  
1 medium brown onion (180g), chopped finely  
200g button mushrooms, chopped finely  
300g extra lean beef mince  
400g can crushed tomatoes with garlic and herbs  
½ cup (95g) split red lentils  
1 tbsp worcestershire sauce  
350g cauliflower florets (1/2 head)  
200g peeled and diced sweet potato  
1/3 cup (40g) shredded light tasty cheese  
1/4 cup flat-leaf parsley

### METHOD

1. Heat a large ovenproof frying pan over medium-high; spray lightly with olive oil. Cook onion and mushrooms, stirring for 4 mins or until onion softens.
2. Add mince to pan; cook, breaking it up with a wooden spoon for 5 mins or until evenly browned. Stir in tomatoes, 1½ cups water, lentils and Worcestershire sauce;
3. Simmer over low heat for 15 mins or until lentils are tender and sauce thickens.
4. Meanwhile, place cauliflower and sweet potato in a medium saucepan; cover with water. Bring to boil over high heat; cook for 8 mins or until tender. Drain well.
5. Using a stick blender, blend until smooth; season. Spread mash over top of dish
6. Scatter with tasty cheese.
7. Preheat oven grill to high. Cook cottage pie under oven grill for 5 mins or until cheese melts and turns golden.
8. Serve topped with parsley leaves.




### NUTRITIONAL INFORMATION PER SERVE

<b>ENERGY:</b> 1835kJ (438 Cal)	<b>CARBS:</b> 30g	<b>FAT:</b> 16g (5.7g saturated)	<b>PROTEIN:</b> 39g	<b>FIBRE:</b> 8.8g
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## IW8 RECIPES

## EASY TUNA BENTO BOX

**PREP + COOK TIME:**  20 MINS  
**SERVES:** 2

**INGREDIENTS**

1 cup (180g) microwave brown rice  
 80g frozen podded edamame (soybeans)  
 1¼ cups (100g) finely shredded cabbage  
 2 radishes (70g), sliced  
 1 tsp japanese 7-spice mix (optional)  
 1 tsp black sesame seeds  
 2 tsp pickled pink ginger  
 2 tsp gluten-free tamari  
 20g sachet instant miso soup with wakame creamy tuna  
 80g silken tofu, drained, patted dry  
 1 tsp wasabi paste  
 2 tsp gluten-free tamari  
 185g can tuna in spring water, drained, flaked

**METHOD**

1. Blend tofu, wasabi and tamari in a blender until smooth. Transfer to a bowl; stir through tuna.
2. Heat rice in microwave following packet directions.
3. Blanch edamame in a small saucepan of boiling water for 1 min, drain; rinse under cold water.
4. Divide cabbage between two containers with three sections; top with creamy wasabi tuna and radishes.
5. Spoon rice into another section; top with edamame, japanese 7-spice mix (if using) and sesame seeds.
6. In remaining section, add pickled ginger, tamari and, if you like, a little more wasabi.
7. Before serving, prepare miso soup following packet directions; divide into two small cups.


**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1466kJ (345 Cal)	<b>CARBS:</b> 35g	<b>FAT:</b> 8.6g (1.5g saturated)	<b>PROTEIN:</b> 29g	<b>FIBRE:</b> 5.7g
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## IW8 RECIPES

## OPEN CROQUE MADAME

PREP + COOK TIME:  15 MINS  
SERVES: 2

## INGREDIENTS

1/2 bunch asparagus (90g), sliced thinly lengthways  
Olive-oil spray  
2 large eggs (50g each)  
2 slices wholemeal sourdough (100g)  
5g butter, softened  
3 tsp dijon mustard  
100g thinly sliced lean ham  
2 tbsp gruyere, cheddar or mozzarella cheese  
50g baby rocket

## METHOD

1. Place asparagus in a heatproof bowl, pour over boiling water from a kettle; stand 30 secs. Drain and cool under running water.
2. Heat a small non-stick frying pan over high heat; spray with oil. Fry eggs until cooked to your liking.
3. Preheat a grill or sandwich press. Grill bread for 1 min each side or until golden.
4. Spread butter and mustard over toast; top with ham and cheese.
5. Place toasts under a grill (or sandwich press with the top slightly ajar); grill for 1 min or until cheese melts. Top with egg, asparagus and rocket; season to taste.


NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1234kJ (295 Cal)	<b>CARBS:</b> 21g	<b>FAT:</b> 12.8g (5g saturated)	<b>PROTEIN:</b> 21g	<b>FIBRE:</b> 4.3g
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## IW8 RECIPES

## SPEEDY THIN &amp; CRISPY PIZZA

**PREP + COOK TIME:**  MINS  
**SERVES:** 2

**INGREDIENTS**

Olive oil cooking spray  
 2 low-carb wraps (142g)  
 2 tbsp basil pesto  
 1 small zucchini (125g), peeled into ribbons  
 100g broccolini  
 8 cherry tomatoes (80g), halved, seeds squeezed out  
 75g bocconcini  
 20g finely grated parmesan  
 ¼ cup basil leaves

**METHOD**

1. Preheat oven to 240°C.
2. Lightly spray wraps evenly with oil. Bake on an oven tray for 6 mins or until crisp. Spread bases evenly with pesto.
3. Divide zucchini, broccolini and tomato between bases. Tear bocconcini and divide among pizza.
4. Bake for 5 mins to melt cheese and heat through. Scatter with parmesan and basil. Serve straight away.

**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1670kJ (399 Cal)	<b>CARBS:</b> 36g	<b>FAT:</b> 18.8g (11g saturated)	<b>PROTEIN:</b> 20g	<b>FIBRE:</b> 3g
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## IW8 RECIPES

## BREAKFAST BURRITO

PREP + COOK TIME:  15 MINS  
SERVES: 2

## INGREDIENTS

Olive oil cooking spray  
2 halved shortcut bacon slices (60g)  
6 asparagus spears (80g)  
2 natural mountain bread wraps (50g)  
2 large eggs (50g each), whisked lightly  
1/3 cup (40g) shredded light tasty cheese  
125g can black beans, drained, rinsed  
1/2 small red capsicum (100g), sliced thinly  
30g baby spinach leaves  
1 tbsp smoky barbecue sauce  
1/3 cup (40g) shredded light tasty cheese  
1/4 cup (70g) of no-fat greek-style yoghurt

## METHOD

1. High heat.
2. Cook bacon slices and asparagus spears for 4 mins, turning halfway.
3. Divide bacon, asparagus and spinach between mountain bread wraps, leaving 3cm at ends to fold over.
4. Pour eggs into the pan; cook, stirring gently, for 1-2 mins or until just set.
5. Add eggs to wraps with black beans and capsicum drizzle with barbecue sauce and sprinkle with cheese.
6. Spread 1 1/2 tbsp yoghurt lengthways along edges; fold over ends and roll up tightly to enclose. Place seam-side down and cut in half.

NUTRITIONAL INFORMATION  
PER SERVE

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:
1982kJ (473 Cal)	36g	21g (7.8g saturated)	34g	6g



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## IW8 RECIPES

## GREEN PEA FALAFEL PLATE

PREP + COOK TIME:  20 MINS

SERVES: 2 (plus bonus falafel to freeze)

## INGREDIENTS

400g can chickpeas, drained, rinsed  
 1 cup (145g) thawed frozen peas  
 1 cup (60g) packed mint leaves  
 2½ tbsp pistachio dukkha  
 2 tbsp chia seeds  
 1 tsp grated lemon rind  
 1 tbsp extra virgin olive oil  
 250g vacuum-pack cooked beetroot, chopped  
 1 cup mint leaves, extra  
 ½ cup (80g) thawed frozen peas, extra  
 125g baby cucumbers, sliced lengthways  
 ½ cup (140g) no-fat greek-style yoghurt

To serve: lemon wedges

## METHOD

1. Combine chickpeas, peas, 1 mint leaves, 2tbsp of the dukkha, chia seeds and lemon rind in food processor; season; pulse until evenly chopped to a rough paste.
2. Shape falafel mixture into 12 round falafel patties. Heat olive oil in a large non-stick frying pan over medium-high heat. Cook falafel patties for 3 mins, each side until crisp.
3. Divide beetroot, extra mint leaves, extra peas, and cucumber spears among plates. Add falafel patties to plates with yoghurt; sprinkle with remaining 2 tsp dukkha; serve with lemon wedges.

**NOTE:** Cool and freeze six patties in an airtight container for up to 1 month.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1634kJ (390 Cal)	<b>CARBS:</b> 39.5g	<b>FAT:</b> 12.2g (1.8g saturated)	<b>PROTEIN:</b> 18g	<b>FIBRE:</b> 20g
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## WEEK 3 &amp; 4 - POWER

## NUTRITION

Now that we're entering into a new phase of the IW8, we'll be shifting your meal plan to only one shake per day and two meals. We don't mind which meal you'd like to replace with your shake, you can decide for yourself or follow the meal plan we've set out. But, we would still encourage you to continue intermittent fasting.

If you are worried about weight gain due to the extra meal, you can limit any snacks for these two weeks. Also plan ahead for those hungry moments, for example if it's the afternoon, try to push lunch (or your lunch shake) out to as late as possible and bring your

dinner forward. If it's after dinner, fill a large teapot with a strong herbal tea that you can sip on.

Due to the high amount of nutrients in IsoWhey shakes, this protocol is sustainable long term, meaning that you could keep following the one shake/two meal intermittent fasting protocol indefinitely. So throughout these two weeks have a think about how you can work with this to make it a permanent eating plan, even after the eight weeks is up.

	BREAKFAST	LUNCH	DINNER	SNACKS	ANYTIME
MONDAY	Banana Shake	Super Chicken Salad	Spiced Carrot and Coconut Dhal	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
TUESDAY	Strawberry Shake	Smashed Hummus and Za'atar Crunch Wrap	Mediterranean Fish Parcels	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
WEDNESDAY	Protein Oats	Green Nacho Bowl	Salted Caramel Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
THURSDAY	Protein Oats	Rainbow Slaw and Salmon Bowl	Salted Caramel Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
FRIDAY	Banana Shake	Caesar Salad Big Roll	Prawn Bibimbap	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SATURDAY	Fluffy Parmesan Mushroom Omlette	Strawberry Shake	Loaded Schnitzels	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SUNDAY	Vanilla & Berry Nana Pancakes	Salted Caramel Shake	Thai Beef Salad	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day

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IW8 EXERCISEA MESSAGE FROM *Kerry-Lee*

Hi gang! These two weeks are fitness focussed, about power, purpose and resilience.

I'm asking you to increase your workouts to 4-5 times per week and/or upping the intensity of some of these sessions. We want to hold onto the idea of consistency – across all aspects of the program. With the workouts we want to engage in all-encompassing movements, recruiting as many muscle groups as possible in each movement in order to build strength and reduce body fat. As you move through the weeks, set little goals to challenge yourself. See if you can do one more rep, one more flight of stairs or keep the jog going for that extra 5 min. You are ready to dig deep, get that heart rate going and push yourself that bit harder.

## WARM UPS AND COOL DOWNS ARE ESSENTIAL

If you are going straight into a HITT or Resistance session be sure to do a functional warm up for 5-10 min before. Upon completion of your workout move through a sequence of static stretches for about 10 min as you bring your heart rate down simultaneously.

## WARM UP 1

[https://www.youtube.com/watch?v=oaH\\_cHOyfAA](https://www.youtube.com/watch?v=oaH_cHOyfAA)

## WARM UP 2

<https://www.youtube.com/watch?v=8XFRBvFI0rc>

## WORKOUT #1

## CARDIO + CORE



MINS

Start where you left off last week and step it up a notch. Remember you are in control of your own progression so if last week was a 20 min jog make this week 30 and next 40!

## CORE



SECS

WITH 45 SECS BREAK

Move through the 5 exercisers below twice. Perform each move as many times as possible for 30 secs, resting only for the time needed to transition from one move to the next. Once you have come to the end on the second set have a 45 sec break and then repeat exactly the same for a second time.

## OPTION 1

## ANKLE TAPS

Feet flat on the ground like you are about to do a situp. Instead crunch up so your shoulders are just off the ground and reach for your ankles.

## 100'S HUNDREDS

Keeping your legs at 90 degrees off the ground, keep your arms down next to your sides and pulse or flutter just off the ground.

## PLANKS

Alternating, toe taps out to the side and returns to centre.

## STRAIGHT LEG TOE TOUCHES

Legs straight up in the air above your hips and reach fingertips towards toes.

## ARM &amp; LEG RAISE

On all fours raising opposite arm and leg simultaneously.

## OPTION 2

## PIKE UP

Downward dog into high plank.

## PLANK ROLLS

Alternating hip drops down toward the ground.

## BUTTERFLY SIT UPS

Feet together, knees out wide.

## SIDE PLANK HIP RAISES

From a side plank position raise and lower your hips from the floor to the sky. On the next round do the opposite side.

## REVERSE CRUNCHES

Bringing legs up to a 90 degrees position.

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## IW8 EXERCISE

WORKOUT #2

## HIIT INDOOR/STATIONARY



MINS

Pick a workout from the beginner, intermediate or advanced video workouts and follow along. No equipment required just the commitment to work at your max effort through the working periods and use the recovery time efficiently to bring your heart rate back down.

**BEGINNER**

<https://www.youtube.com/watch?v=nMbfESznkLI>

**INTERMEDIATE**

<https://www.youtube.com/watch?v=wYp0uvba11w>

**ADVANCED**

<https://www.youtube.com/watch?v=INBdTCTKHw0>

WORKOUT #3

## WEIGHTED RESISTANCE



MINS

Follow this weighted resistance video. If you have access to weights great! If not, you are not at a disadvantage! Get creative with ordinary house hold items and use areas in & around your space to provide extra resistance. For example – a park bench or ledge to perform step ups or tricep dip. Cans or drink bottles in lieu of resistance bands, to perform lateral raises or bicep curls. A filled backpack to increase the intensity of squats, or across your hips when doing glute bridges.

**RESISTANCE WORKOUT 1**

<https://www.youtube.com/watch?v=gMF0Bvw9W7U>

WORKOUT #4

## LIGHT CARDIO + OUTDOOR HIIT



MINS

**CARDIO WARM UP**

Go for a brisk walk, swim, cycle or jog to get the heart pumping, muscles warm and get in the right headspace for the next challenge.



MINS

**HIIT**

Hill/Stairs – Pick a steep hill or long flight of stairs (70 meters) and either walk, jog or sprint up, walking back down as an active recovery. Repeat as many times as possible in 15 min.

WORKOUT #5

## BODY WEIGHT + RESISTANCE



MINS

Pick a workout from the beginner, intermediate or advanced video workouts and follow along. The key to increasing resistance and intensity with no equipment is by; slowing down the pace of your movements and finding extra depth or reach where possible. For example, try taking a full 4 counts to move through the downward phase of a squat and 1 count to return to standing. This way we are practicing time under tension and benefiting from every working moment.

**BEGINNER**

[https://www.youtube.com/watch?v=48UklED3\\_8](https://www.youtube.com/watch?v=48UklED3_8)

**INTERMEDIATE**

[https://www.youtube.com/watch?v=4qTfI3U\\_F7E](https://www.youtube.com/watch?v=4qTfI3U_F7E)

**ADVANCED**

[https://www.youtube.com/watch?v=gMXKi\\_ZiJjQ](https://www.youtube.com/watch?v=gMXKi_ZiJjQ)

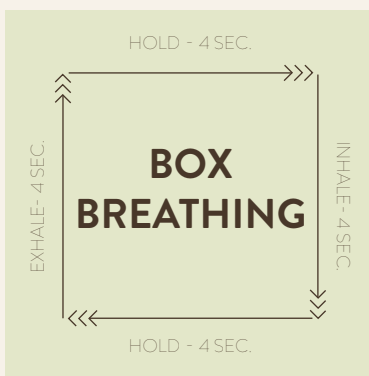
# 21 IW8 MINDFULNESS



PICK ONE OF THE  
3 MINDFULNESS ACTIVITIES  
BELOW:

## METHOD #1

### BOX BREATHING



This two minute exercise is great for people new to any kind of meditation, and who want a simple, effective way to destress. Perform this every day just before going to sleep, or during periods of high stress.

Read more about Box Breathing here:

<https://health.clevelandclinic.org/box-breathing-benefits/>

#### INSTRUCTIONS

1. Breathe out slowly, releasing all the air from your lungs.
2. Breathe in through your nose as you slowly count to four in your head (side one of a box). Be conscious of how the air fills your lungs and stomach.
3. Hold your breath for a count of four (side three of a box).
4. Exhale for another count of four (side three of a box).
5. Hold your breath again for a count of four (side four of a box).
6. Repeat for three to four rounds or two minutes.

## METHOD #2

### 4 WORD MANTRA



This is a great mindfulness activity to do when you're out doing repetitive exercise, such as a walk, run or swim, designed to shift the focus away from negative thoughts, to positive feelings.

Pick three to four words to finish this statement: I am.... (love, joy, peace, purpose, abundance, power, true, focus etc). For each word think of a) a specific memory where you felt that feeling, and b) a present day example of where that feeling is active. For example if one of your words is 'Joy', think of a time when you belly laughed so hard, spend some time sitting with that memory. Then look around you and take that feeling to the joy you might feel watching your dog walk by your side, or the sunrise. The activity helps bring past positive feelings to the present.

Repeat the mantra over and over again during your exercise, or even during quiet moments. The more you do it, the faster you can connect with those feelings. It's a fast mood shifter.

Read more about Meditation and Mantras here:

<https://www.healthline.com/health/mantra-meditation#benefits>

## METHOD #3

### GUIDED MEDITATION PODCAST

If you're ready to dive into meditation, following a guided meditation is a great way to start. Find a comfortable, quiet place to sit or lie down. Follow a guided meditation podcast, anywhere from 5-30min depending on your experience. Start shorter and over time you will build up your stillness fitness. We love the Meditation Oasis Podcast which has many different guided meditations with varying timeframes, some with music, some without.

If you want to bring more mindfulness into your life, check out these two apps:

**Calm and Headspace**




PODCAST

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## IW8 RECIPES

## SUPER CHICKEN SALAD

**PREP + COOK TIME:**  **30 MINS**  
**SERVES:** 2

**INGREDIENTS**

¼ Cup (40g) dried apricots, chopped finely  
 2 tbsp basil leaves, chopped coarsely  
 ¼ cup (60ml) apple cider vinegar  
 1 tsp hulled tahini  
 1 small orange sweet potato (200g)  
 Olive oil cooking spray  
 200g chicken tenderloins  
 1 bunch broccolini (175g), trimmed, halved lengthways  
 2 small zucchini (180g), sliced into thin ribbons  
 1½ cups (120g) finely shredded red cabbage  
 2 radishes (70g), quartered  
 2 tsp sunflower seeds, toasted

**METHOD**

1. Preheat a large chargrill plate or barbecue over high heat.
2. For dressing, place apricots, basil, vinegar and tahini in a small jug with 2 tbsp water; stir dressing until combined.
3. Using a mandoline or v-slicer, thinly slice sweet potato lengthways. Spray slices with oil, then cook in a single layer on the heated grill plate, for 2 mins each side or until softened and char marks appear. Transfer to a large plate.
4. Cook chicken on chargrill plate for 4 mins each side or until cooked through; transfer to plate with sweet potato. Grill broccolini for 3 mins or until just softened; transfer to same plate. Grill zucchini for 1 min each side; transfer to same plate.
5. Cut chicken into thick slices. Divide cabbage and radishes between two plates; top with grilled vegetables, chicken and sunflower seeds.
6. Serve salad with tahini dressing.


**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1422kJ (339 Cal)	<b>CARBS:</b> 29.8g	<b>FAT:</b> 6.5g (1g saturated)	<b>PROTEIN:</b> 32.7g	<b>FIBRE:</b> 10.6g
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## IW8 RECIPES

## SPICED CARROT &amp; COCONUT DHAL

PREP + COOK TIME:  MINS  
SERVES: 2

## INGREDIENTS

2 tsp extra virgin olive oil  
1 medium onion (180g), sliced thinly  
1 medium carrot (120g), grated coarsely  
1 tbsp finely grated ginger  
1 tsp garam masala  
1 tsp curry powder  
2 medium tomatoes (300g), diced  
½ cup (70g) red lentils  
½ cup (125ml) light coconut milk  
1/2 cup (90g) microwave brown rice  
40g baby spinach leaves  
2 tbsp light coconut milk, extra

To serve: Lemon cheeks

## METHOD

1. Heat olive oil in large frying pan over low-medium heat.
2. Cook onion and carrot, stirring, for 5mins or until softened.
3. Add ginger, garam masala and curry powder; cook for 1 min or until fragrant.
4. Stir in half the tomato; cook, stirring, for 3 mins until soft.
5. Add lentils, coconut milk and 1½ cups (375ml) water; simmer, stirring often over medium heat for 20 mins or until thickened. Season.
6. Meanwhile, reheat rice following packet directions.
7. Divide dhal and brown rice between bowls.
8. Top with remaining tomato and spinach leaves.
9. Drizzle with extra coconut milk and serve with lemon cheeks.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1521kJ (363 Cal)	<b>CARBS:</b> 44g	<b>FAT:</b> 11.9g (4.7g saturated fat)	<b>PROTEIN:</b> 13.5g	<b>FIBRE:</b> 12.3g
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## IW8 RECIPES

## SMASHED HUMMUS &amp; ZA'ATAR CRUNCH WRAP

PREP + COOK TIME:  MINS  
SERVES: 2

## INGREDIENTS

2 tbsp extra virgin olive oil  
1 cup (180g) drained canned chickpeas  
1 tbsp za'atar, plus 1 tsp extra  
2 tsp honey  
2 x 23cm lebanese bread rounds (60g)  
¾ cup (85g) ready-made tabouli  
80g sliced roasted capsicum strips  
40g shredded light tasty cheese  
Olive oil cooking spray  
½ cup (140g) no-fat greek yoghurt  
2 tbsp chopped flat-leaf parsley

## METHOD

1. Heat olive oil in a large frying pan over high heat.
2. Cook chickpeas until well toasted.
3. Stir in 1 tbsp of the za'atar and honey; cook for 1 min or until crisp.
4. Using a fork, roughly smash chickpeas. Set aside.
5. Cut a slit on one side of bread each round to the middle. Top one quadrant or each bread with smashed chickpeas, capsicum and tabouli.
6. Sprinkle cheese on second quadrant above first. Fold quarter with tabouli upon to cheese quarter then fold that quadrant to the right into a half moon, then in half again to form a neat triangle. Repeat with second bread.
7. Spray wraps lightly with oil spray. Heat a frying pan over medium heat; cook wraps for 2 mins each side or until toasted.
8. Serve topped with yoghurt, sprinkled with extra za'atar and parsley.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 2503kJ (598 Cal)	<b>CARBS:</b> 50.3g	<b>FAT:</b> 28.8g (5.8g saturated fat)	<b>PROTEIN:</b> 23.8g	<b>FIBRE:</b> 11.2g
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## IW8 RECIPES

## MEDITERRANEAN FISH PARCELS

**PREP + COOK TIME:**  30 MINS  
**SERVES:** 2

**INGREDIENTS**

200g bunch broccolini  
 12 cherry truss tomatoes (100g)  
 1/3 cup (35g) drained mixed olives with garlic and chilli  
 50g smooth reduced-fat fetta, crumbled  
 2 x 125g thick skinless firm white fish fillets  
 6 thin lemon slices  
 1 tbsp chilli garlic marinade from olives

**METHOD**

1. Trim broccolini into 6cm lengths, splitting any thick stems.
2. Divide broccolini between two 30 cm squares of baking paper with tomatoes, mixed olives and fetta.
3. Top with fish fillets and lemon slices, drizzle with 1 tbsp chilli garlic marinade from olives.
4. Fold ends and sides of paper over to enclose fish, secure parcels with kitchen string. Place parcels on an oven tray.
5. Bake parcels for 20 mins or until fish is just cooked.
6. Transfer parcels on plates. Using scissors, snip open the paper.


**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1087kJ (259 Cal)	<b>CARBS:</b> 5g	<b>FAT:</b> 11g (3.2g saturated fat)	<b>PROTEIN:</b> 31.4g	<b>FIBRE:</b> 5g
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## IW8 RECIPES

## PROTEIN OATS

PREP + REFRIGERATION TIME:  4 HRS  
SERVES: 2

## INGREDIENTS

150g silken tofu, drained  
1 cup (150g) frozen mixed berries, thawed, undrained  
280g low-fat high-protein natural yoghurt  
1 tbsp maple syrup  
2 tsp vanilla extract  
1 tsp ground cinnamon  
1 cup (90g) rolled oats  
1 large zucchini (150g), grated  
60g strawberries, sliced

## METHOD

1. Wrap tofu in paper towel; stand for 10 mins to remove moisture, then pat dry.
2. Blend drained tofu, berries, yoghurt, maple syrup, vanilla and cinnamon until smooth.
3. Place oats and tofu mixture in a medium bowl with all but ¼ cup of the zucchini.
4. Stir to combine. Cover bowl.
5. Refrigerate overnight.
6. Spoon oat mixture between two 2-cup (500ml) glasses or jars, layering with reserved zucchini.
7. Serve protein oats topped with strawberries.


NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1822kJ (435 Cal)	<b>CARBS:</b> 51.4g	<b>FAT:</b> 6.9g (2.4g saturated fat)	<b>PROTEIN:</b> 37.1g	<b>FIBRE:</b> 11.8g
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## IW8 RECIPES

## GREEN NACHO BOWL

**PREP + COOK TIME:**  **15 MINS**  
**SERVES:** 2

**INGREDIENTS**

1½ cups (200g) coarsely grated broccoli  
 1 wholegrain tortilla (64g)  
 Olive oil cooking spray  
 ½ tsp smoked paprika  
 ⅓ cup (85g) no-fat greek yoghurt  
 1 tsp chipotle chilli sauce  
 1 tbsp lime juice  
 125g drained canned red kidney beans  
 ¼ cup (65g) chunky tomato salsa  
 ½ medium sliced avocado (80g)  
 100g cherry tomatoes, halved  
 30g baby spinach  
 To serve: lime wedges

**METHOD**

1. Cover broccoli with boiling water; stand for 1 minute; drain and season.
2. Meanwhile, spray tortilla with olive oil; sprinkle with paprika and season. Heat a small frying pan over medium heat; cook tortilla for 1½ mins each side or until crisp. Cut into 16 wedges.
3. Combine yoghurt, chilli sauce and lime- juice in a small bowl.
4. Combine kidney beans with salsa in a small bowl.
5. Arrange broccoli rice, bean mix, tortilla chips, avocado, tomatoes and baby spinach in 2 shallow bowls. Drizzle with yoghurt dressing and serve with lime wedges.


**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1431kJ (341 Cal)	<b>CARBS:</b> 34g	<b>FAT:</b> 11.4g (2.9g saturated fat)	<b>PROTEIN:</b> 17g	<b>FIBRE:</b> 16.2g
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## IW8 RECIPES

## RAINBOW SALMON BOWL

PREP + COOK TIME:  30 MINS  
SERVES: 2

## INGREDIENTS

100g vacuum-packed cooked beetroot  
2 tbsp lemon juice  
95g low-fat high-protein natural yoghurt  
2 x 100g salmon fillets  
140g canned cannellini beans, rinsed, drained  
2 tsp lemon rind  
1 baby fennel bulb (130g), fronds reserved, shaved  
2 radishes, sliced thinly  
1 medium carrot (120g), sliced thinly lengthways  
1 small zucchini (90g), shaved lengthways  
1 cup (80g) finely shredded red cabbage  
¼ cup mint leaves

## METHOD

1. To make beetroot dressing, process beetroot with the lemon juice and yoghurt until smooth. Season to taste.
2. Place salmon, beans, lemon rind and 2tbsp chopped fennel fronds in a large bowl; toss to coat. Season to taste.
3. Heat a medium non-stick frying pan over medium heat. Cook salmon for 2 mins, turn and cook a further 1 min or until almost cooked and still pink in the centre. Transfer to a plate; keep pan on the heat.
4. Add bean mixture to pan; cook, stirring frequently, for 2 mins or until warmed through.
5. Divide sliced fennel, radish, carrot, zucchini and cabbage between two plates. Top with salmon, bean mixture and mint. Serve with dressing.


NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1629kJ (389 Cal)	<b>CARBS:</b> 22.8g	<b>FAT:</b> 16g (3.8gsaturated)	<b>PROTEIN:</b> 33.9g	<b>FIBRE:</b> 10.6g
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## IW8 RECIPES

## CAESAR SALAD BIG ROLL

**PREP + COOK TIME:**  **25 MINS**  
**SERVES:** 2

**INGREDIENTS**

220g chicken breast  
 2 large eggs (50g each), rinsed  
 1 tsp extra virgin olive oil  
 2 slices ham (60g)  
 2 sourdough buns (60g each), halved  
 4 baby cos lettuce leaves  
 1 small carrot (70g), cut into julienne  
 6 baby cucumbers (200g), sliced lengthways

**CAESAR DRESSING**

½ cup (140g) no-fat greek yoghurt  
 2 tsp dijon mustard  
 1 tbsp finely grated parmesan  
 1 tsp lemon juice  
 ½ clove garlic, crushed

**METHOD**

1. Place chicken and eggs in deep non-stick frying pan; cover with water and bring to the boil. Reduce heat to a gentle simmer; cook for 8 mins or until chicken is cooked and eggs are hard-boiled.
2. Remove chicken; set aside to cool. Remove eggs and cool under cold running water; peel and slice. Rinse and dry frying pan.
3. Meanwhile, to make caesar dressing, combine ingredients in a bowl. Season to taste.
4. Heat oil in cleaned pan over medium heat; cook ham for 1 min each side or until crisp. Remove from pan.
5. Cook buns, cut-side-down, cook for 1 min or until toasted.
6. To assemble rolls, spread bases with 1 tbsp dressing, then top with lettuce, carrot, cucumber, ham, chicken, egg and remaining dressing. Season with pepper, then sandwich with bun tops.


**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1987kJ (474 Cal)	<b>CARBS:</b> 43g	<b>FAT:</b> 10.3g (2.4g saturated fat)	<b>PROTEIN:</b> 46.3g	<b>FIBRE:</b> 5.5g
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## IW8 RECIPES

### PRAWN BIBIMBAP

**PREP + COOK TIME:**  **15 MINS**  
**SERVES:** 2

#### INGREDIENTS

2 tsp sesame oil  
 200g button mushrooms, diced  
 1 clove garlic, finely chopped  
 1 cup (180g) microwave brown rice  
 1 bunch gai lan (200g), trimmed, cut into 4cm lengths  
 1 large carrot (120g), cut into julienne  
 2 large eggs (50g each)  
 8 large peeled green prawns (250g)  
 2 tbsp soy sauce  
 2 tsp honey  
 1 tbsp chilli sauce  
 1 green onion, shredded  
 1 tsp toasted sesame seeds

#### METHOD

1. Heat 1 tsp sesame oil in a large non-stick frying pan over medium-high heat; stir-fry mushrooms and garlic for 3 min or until browned.
2. Add rice, break up clumps with a spoon, and cook for 5 mins to heat through. Divide between 2 bowls; cover and keep warm.
3. Stir-fry carrots and choy sum separately in the same pan for 2 mins each or until tender crisp.
4. Arrange cooked vegetables in sections around rice.
5. Heat remaining 1 tsp of sesame oil in the same pan. Stir-fry prawns for 3 mins or until changed in colour completely.
6. Add soy sauce and honey to pan; stir-fry 1 min or until prawns are cooked through. Spoon prawns into bowls; drizzle with any pan juices; cover and keep warm.
7. Fry eggs in the same pan, cooking until whites are just set and yolks are still runny. Top each bowl with a fried egg then drizzle with chilli sauce and sprinkle with seeds.
8. Mix it up! Swap the brown rice for cauli or broccoli rice to make this grain-free.




#### NUTRITIONAL INFORMATION PER SERVE

<b>ENERGY:</b> 2084kJ (497 Cal)	<b>CARBS:</b> 50.5g	<b>FAT:</b> 14.6g (4.2g saturated fat)	<b>PROTEIN:</b> 40.4g	<b>FIBRE:</b> 10.1g
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## IW8 RECIPES

FLUFFY PARMESAN  
MUSHROOM OMELETTE

PREP + COOK TIME:  15 MINS  
SERVES: 1

## INGREDIENTS

200g mixed mushrooms, sliced thickly  
125g can four-bean mix, drained, rinsed  
1 clove garlic, crushed  
2 tsp thyme leaves  
2 tsp apple cider vinegar  
1 tbsp drained semi-dried tomatoes, chopped finely  
2 large eggs (50g each)  
1 large egg white (50g egg)  
2 tbsp sparkling mineral water  
25g baby rocket leaves  
1 tbsp grated vegetarian parmesan-style cheese

## METHOD

1. Heat a small (22cm) non-stick frying pan over high heat; cook mushrooms, stirring, for 2 mins.
2. Add beans, garlic, thyme and 2 tbsp water; cook for 1 min or until mushrooms start to soften.
3. Stir in vinegar, tomatoes and pepper to taste; cook for a further 1 min. Transfer to a bowl; cover to keep warm. Wipe pan clean.
4. Whisk eggs, egg white and mineral water in a small bowl; season with pepper.
5. Heat frying pan over medium-high heat. Pour in egg mixture; using a spatula, push cooked mixture from the outer edge into the centre, then tilt the pan so the uncooked mixture runs onto the base of the pan. Cook for 1 min or until puffed and almost set in the centre. Slide omelette from pan onto a plate.
6. Spoon mushroom filling onto omelette. Top with rocket and parmesan. Serve straight away.


NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1318J (315 Cal)	<b>CARBS:</b> 23g	<b>FAT:</b> 10.1g (3.2gsaturated)	<b>PROTEIN:</b> 29.2g	<b>FIBRE:</b> 10.4g
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## IW8 RECIPES

## LOADED SCHNITZELS

**PREP + COOK TIME:**  35 MINS  
**SERVES:** 4

## INGREDIENTS

8 chicken tenderloins (500g)  
 2 tbsp wholemeal plain flour  
 2 extra-large egg whites (60g each)  
 1 cup (75g) panko (japanese) breadcrumbs  
 30g salt-reduced taco seasoning mix  
 400g can diced tomatoes, strained  
 150g chargrilled peppers, sliced  
 2 baby cos lettuce (260g), quartered lengthways  
 1/3 cup (95g) low-fat greek yoghurt  
 1/2 small avocado (100g), diced  
 70g low-salt tortilla strips or corn chips  
 1/2 cup coriander leaves  
 To serve: 1 lime (65g), halved

## METHOD

1. Preheat oven to 200°C. Line a large oven tray with baking paper.
2. Place chicken in a bowl, dust with flour and toss well to coat.
3. Whisk egg whites in a bowl with a fork until frothy.
4. Combine breadcrumbs and taco seasoning in third bowl.
5. Dip one piece of chicken at a time in egg white, then in bread crumb mixture, pressing firmly to coat;
6. Transfer to lined tray. Repeat with remaining chicken.
7. Spoon tomato over the middle section of chicken pieces, leaving the ends uncovered.
8. Top with peppers. Bake for 20 mins or until light golden and cooked through.
9. Serve chicken schnitzels with lettuce wedges, yoghurt, avocado, tortilla strips and coriander. Squeeze lime juice over from halves and season with pepper.

NUTRITIONAL INFORMATION  
PER SERVE


<b>ENERGY:</b> 1829J (437 Cal)	<b>CARBS:</b> 37.7g	<b>FAT:</b> 13g (4.2gsaturated)	<b>PROTEIN:</b> 37.9g	<b>FIBRE:</b> 6.4g
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## IW8 RECIPES

## THAI BEEF SALAD

PREP + COOK TIME:  20 MINS  
SERVES: 2

## INGREDIENTS

300g beef fillet steak  
2 teaspoons olive oil  
80g sugar snap peas, sliced  
1 lebanese cucumber, sliced  
½ red onion, sliced  
50g baby spinach

## DRESSING

¼ cup lime juice  
1 tablespoon fish sauce  
2 teaspoons chopped fresh mint  
1 tablespoon chopped fresh coriander  
1 clove garlic, crushed  
1 teaspoon finely chopped fresh lemongrass

## METHOD

1. Season the steak with the oil, salt and pepper.
2. Cook on a preheated grill plate or barbecue until cooked to your liking.
3. Remove from heat and allow to rest for 5 minutes.
4. Meanwhile, combine dressing ingredients in a screw-top jar and shake well.
5. Slice steak into strips.
6. Toss together with the sugar snap peas, cucumber, onion and spinach.
7. Pour over the dressing and serve.

NUTRITIONAL INFORMATION  
PER SERVE

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:
1829J (437 Cal)	37.7g	13g (4.2gsaturated)	37.9g	6.4g

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## WEEK 5 &amp; 6 - NOURISH

**Welcome to the halfway mark! Congratulations for making your health a priority these last four weeks. If you're happy with your weight loss thus far, fantastic, keep it going! If you'd like to see a more rapid weight loss you may choose to go back up to replacing two meals per day with shakes, instead of just one.**

**NUTRITION**

These next two weeks are Nutrition focused, prioritising your diet, healthy eating, correct portions and sticking to our intermittent fasting designated eating window. We encourage you to cook the recipes we provide, to eat out less and avoid any extra snacks here and there.

When it comes to weight loss, and keeping it off, finding an eating pattern that keeps your energy intake in line with your metabolism is paramount. Unfortunately we live in a society where portion sizes are way too big, food is packed with way too much fat, sugar and salt, all making it very

challenging to keep our energy intake down. Couple that with sedentary jobs, poor sleep, stress and getting older and it's no wonder so many of us struggle with our weight. But the good news is, programs like IsoWhey meal replacements, and Intermittent fasting have been shown as great solutions to keeping energy intake at acceptable levels. So use these next two weeks to really focus on making your eating regime a sustainable one. For example, it is perfectly acceptable to eat two normal meals with one shake per day, as a long term solution.

	BREAKFAST	LUNCH	DINNER	SNACKS	ANYTIME
MONDAY	Coffee Shake	Beetroot and Grilled Feta Salad	Lemongrass Pumpkin and Chicken Curry	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
TUESDAY	Strawberry Shake	Rainbow Slaw and Salmon Bowl	5 Veg & Lentil Cottage Pie	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
WEDNESDAY	Peach Pie Overnight Oats	Cheesy Cauliflower Toasts	Salted Caramel Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
THURSDAY	Peach Pie Overnight Oats	Rainbow Slaw and Salmon Bowl	Salted Caramel Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day

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## WEEK 5 &amp; 6 - NOURISH

	BREAKFAST	LUNCH	DINNER	SNACKS	ANYTIME
FRIDAY	Coffee Shake	Baked Veggie Pakora Bowls	Pulled Chicken Tortillas	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SATURDAY	Breakfast Loaves	Strawberry Shake	Chicken Tikka Masala Pockets	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SUNDAY	Choc Granola Clusters	Salted Caramel Shake	Green Pea Falafel Plate	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day



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## IW8 EXERCISE

A MESSAGE FROM *Kerry-Lee*

Feeling stronger and more familiar with the movements we can shift our focus to quality. Mind to Muscle connection – making each movement considered and purposeful. During your workouts think about which muscles are engaging and channel your energy in that direction. For example take slightly longer to do a squat. Think about placing your body weight evenly though the soles of your feet, then hinging at the hips and sitting back down towards an invisible chair. Keep your chest, chin and eyes proud on the decent. Once you reach your depth squeeze your glutes and feel your upper thighs cork screwing outwards as you slowly return to standing with hips and pelvis in a neutral position. Try maintain a level of active consciousness throughout, paying more attention to quality rather than aiming to simply "get through".

We'll be adding a cardio variation, keeping up those hybrid HIIT sessions which include cardio + resistance and tacking on specific upper and lower body workouts to build muscle strength.

## WARM UPS AND COOL DOWNS ARE ESSENTIAL

If you are going straight into a HIIT or Resistance session be sure to do a functional warm up for 5-10 min before. Upon completion of your workout move through a sequence of static stretches for about 10 min as you bring your heart rate down simultaneously.

## WARM UP 1

[https://www.youtube.com/watch?v=oaH\\_cHOyfAA](https://www.youtube.com/watch?v=oaH_cHOyfAA)

## WARM UP 2

<https://www.youtube.com/watch?v=8XFRBvFI0rc>

## WORKOUT #1

## CARDIO + CORE



35-45 MINS

Start where you left off last week and step it up a notch. Go for a brisk walk, swim, cycle or jog at a steady pace which you can maintain for the duration of time. Remember you are in control of your own progression so if last week was a 20min jog make this week 30 and next 40!

## UPPER BODY

Move through the below sequence for the prescribed reps resting briefly in-between. Repeat each exercise 2-3 times before moving on. Requires 2 dumbbells, cans or water bottles. Rep range – You should be reaching a point of fatigue by the end of your set so use this to gauge your weight choice.

1. Push-up with single arm reach ( Knees or feet ) 6-8 Reps x 2
2. Around the world 15 Reps (weight)
3. Lateral scoop into front raise 12 Reps (weights)
4. High plank shoulder taps 15 Reps
5. Arnold Press 10-12 Reps (weights)

## WORKOUT #2

## HIIT INDOOR/STATIONARY



30-40 MINS

Pick a workout from the beginner, intermediate or advanced video workouts and follow along. No equipment required just the commitment to work at your max effort through the working periods and use the recovery time efficiently to bring your heart rate back down.

## BEGINNER

<https://www.youtube.com/watch?v=nMbfESznkLI>

## INTERMEDIATE

<https://www.youtube.com/watch?v=wYp0uvba11w>

## ADVANCED

<https://www.youtube.com/watch?v=INBdTCTKHwo>

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## IW8 EXERCISE

## WORKOUT #3

## CARDIO + CORE

Toggle between 3min of skipping at a steady pace & 30 sec of the alternating exercise. Each round is 10min 30 sec. Rest for 30 sec at the end of the round and repeat 3 times. Remember this is cardio so work at a pace you can maintain.

1. SKIP or jog around the block
2. Squat Jumps
3. SKIP or jog around the block
4. 2x lateral runs with high knee hold
5. SKIP or jog around the block
6. Ice skaters

## CORE

Move through the below sequence performing each exercise as many times as possible for 30 sec with as little downtime between each. When you get to the end of the set rest for 45sec. Repeat twice 5 min Ab Blast.

1. Bicycles – opposite elbow to knee
2. Plank – bringing knee out to the side
3. Scissors – hands under bum perform small flutter kicks
4. Russian twists- heels off the ground
5. Dead bug – on back legs at 90 degrees drop opposite hand and leg simultaneously

## WORKOUT #4

## COMBO - CARDIO + STRENGTH

A strength & cardio hybrid with a focus on the lower posterior.

## LIGHT CARDIO

Go for a 20-40min walk, jog, swim or cycle followed by the below. Perform the required reps resting for 10-15 seconds between each.

Repeat the round 2-3 times. Remember to focus on quality! Take as much time as required to perform the full range of motion.










1. Squat Shoulder press w diagonal arm reach (weights) x 8 each side
2. Burpee - squat jump out in to high plank squat & stand x 12
3. Pike into opposite knee reaches to elbow x6 each side
4. Curtsy - arms extending overhead through centre (weights) x 8 each side
5. In – out squat jumps with touchdown x15
6. Plank rotations x6 each side
7. Reverse lunge into knee drive with bicep curl (weights) x8 each leg
8. High plank jump in and out x12
9. V ups x12
10. Side lunge (weight) x8 each side

## WORKOUT #5

## FULLY BODY HITT

Using ONLY your Body Weight as the tool to smash through this high intensity workout.

You'll be toning muscles and burning calories all in one. The format is a 1:1 ratio - Working at a moderate pace for 1 min and then all out for 1minute. Move through these 9 exercises with as little rest in-between as possible. Having a breather at the end of each round. Repeat 3 times.

- |   |  |
|---|--|
|  | 1. 180 degree squat jump                     |
|  | 2. Downward dog dive & reverse               |
|  | 3. Fast feet – 4 counts close, 4 counts wide |
|  | 4. Hip raises into table top                 |
|  | 5. Wide squat into lateral leg raise         |
|  | 6. Punches 4 low, 4 medium & 4 high          |
|  | 7. Bear Crawl 2x forward 2x back             |
|  | 8. Cross reach and crouch                    |
|  | 9. Lateral hops                              |

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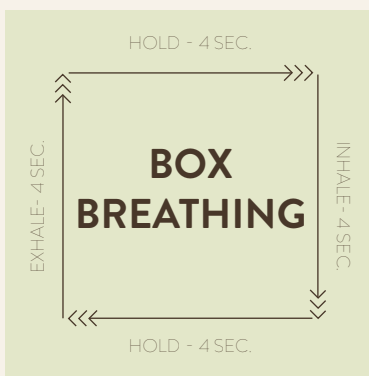
## IW8 MINDFULNESS



## PICK ONE OF THE 3 MINDFULNESS ACTIVITIES BELOW:

### METHOD #1

#### BOX BREATHING



This two minute exercise is great for people new to any kind of meditation, and who want a simple, effective way to destress. Perform this every day just before going to sleep, or during periods of high stress.

Read more about Box Breathing here:

<https://health.clevelandclinic.org/box-breathing-benefits/>

#### INSTRUCTIONS

1. Breathe out slowly, releasing all the air from your lungs.
2. Breathe in through your nose as you slowly count to four in your head (side one of a box). Be conscious of how the air fills your lungs and stomach.
3. Hold your breath for a count of four (side three of a box).
4. Exhale for another count of four (side three of a box).
5. Hold your breath again for a count of four (side four of a box).
6. Repeat for three to four rounds or two minutes.

### METHOD #2

#### 4 WORD MANTRA

This is a great mindfulness activity to do when you're out doing repetitive exercise, such as a walk, run or swim, designed to shift the focus away from negative thoughts, to positive feelings.

Pick three to four words to finish this statement: I am.... (love, joy, peace, purpose, abundance, power, true, focus etc). For each word think of a) a specific memory where you felt that feeling, and b) a present day example of where that feeling is active. For example if one of your words is 'Joy', think of a time when you belly laughed so hard, spend some time sitting with that memory. Then look around you and take that feeling to the joy you might feel watching your dog walk by your side, or the sunrise. The activity helps bring past positive feelings to the present.

Repeat the mantra over and over again during your exercise, or even during quiet moments. The more you do it, the faster you can connect with those feelings. It's a fast mood shifter.

Read more about Meditation and Mantras here:

<https://www.healthline.com/health/mantra-meditation#benefits>



### METHOD #3

#### GUIDED MEDITATION PODCAST

If you're ready to dive into meditation, following a guided meditation is a great way to start. Find a comfortable, quiet space to sit or lie down. Follow a guided meditation podcast, anywhere from 5-30min depending on your experience. Start shorter and over time you will build up your stillness fitness. We love the Meditation Oasis Podcast which has many different guided meditations with varying timeframes, some with music, some without.

If you want to bring more mindfulness into your life, check out these two apps:

**Calm and Headspace**



PODCAST

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## IW8 RECIPES

GREEK BEETROOT  
& GRILLED FETTA SALAD

PREP + COOK TIME:  15 MINS  
SERVES: 2

## INGREDIENTS

100g reduced-fat fetta, halved  
1 tbsp extra virgin olive oil  
1 tbsp sesame seeds  
200g lebanese cucumber  
200g vacuum-packed  
Cooked baby beetroot  
1 large (250g) beef steak  
Tomato, sliced thickly  
60g butter lettuce leaves

## PICKLED RED ONION

½ small red onion (50g)  
Thinly sliced  
1 tbsp apple cider vinegar  
1 tbsp lemon juice  
1 tbsp chopped dill  
1 tsp maple syrup

## METHOD

1. To make pickled red onion, combine ingredients in a small bowl; season with salt and pepper. Set aside for 5 mins to pickle.
2. Meanwhile, heat a non-stick frying pan over high heat. Coat fetta slices lightly in 1 tsp of olive oil; cook for 2 mins each side or until golden, adding seeds to pan for the final minute to lightly toast.
3. Halve, seed and thinly slice cucumber; quarter beetroot. Place tomato, cucumber and beetroot into a shallow serving dish with salad leaves. Top with pickled red onions, reserving pickling liquid.
4. Whisk remaining oil into reserved pickling liquid. Top salad with pan-fried fetta; spoon over dressing and sprinkle with toasted seeds.

**TIP:** Store any leftover pickled red onion in a sealed jar in the fridge for up to 3 days.


NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1426kJ (340 Cal)	<b>CARBS:</b> 18.1g	<b>FAT:</b> 20.6g (7.3gsaturated)	<b>PROTEIN:</b> 18.2g	<b>FIBRE:</b> 5.4g
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## IW8 RECIPES

LEMONGRASS PUMPKIN  
& CHICKEN CURRY

PREP + COOK TIME:  45 MINS  
SERVES: 2

## INGREDIENTS

6 x 2cm wedges kent pumpkin (750g)  
4 chicken tenderloins (250g)  
400g can chickpeas, drained, rinsed  
3/4 cup (180ml) light coconut milk  
2 tbsp red thai curry paste  
1 tbsp fish sauce  
1 tbsp finely chopped lemongrass  
250g bought zucchini noodles (zoodles)  
1 cup thai basil leaves  
1/4 cup (10g) toasted coconut flakes

To serve: lime wedges

## METHOD

1. Preheat oven to 220°C.
2. Place pumpkin and chicken in a large oven proof dish. Scatter chickpeas around edges.
3. Drizzle with combined 1/4 cup (60ml) of the coconut milk, the red thai curry paste, fish sauce and lemongrass.
4. Bake curry for 30 mins or until the pumpkin is tender and chickpeas are crisp.
5. Add zucchini noodles to pan; pour over remaining 1/2 cup (125ml) coconut milk; bake for a further 5 mins or until sauce is bubbling. Scatter with thai basil and coconut flakes. Serve with lime wedges.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 2029kJ (484 Cal)	<b>CARBS:</b> 40.6g	<b>FAT:</b> 12.8g (6gsaturated)	<b>PROTEIN:</b> 41.8g	<b>FIBRE:</b> 16.2g
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## IW8 RECIPES

## RAINBOW SALMON BOWL

PREP + COOK TIME:  30 MINS  
SERVES: 2

## INGREDIENTS

100g vacuum-packed cooked beetroot  
2 tbsp lemon juice  
95g low-fat high-protein natural yoghurt  
2 x 100g salmon fillets  
140g canned cannellini beans, drained, rinsed  
2 tsp lemon rind  
1 baby fennel bulb (130g), fronds reserved, shaved  
2 radishes, sliced thinly  
1 medium carrot (120g), sliced thinly lengthways  
1 small zucchini (90g) shaved lengthways  
1 cup (80g) finely shredded red cabbage  
¼ cup mint leaves

## METHOD

1. To make beetroot dressing, process beetroot with the lemon juice and yoghurt until smooth. Season to taste.
2. Place salmon, beans, lemon rind and 2 tbsp Chopped fennel fronds in a large bowl; toss to coat. Season to taste.
3. Heat a medium non-stick frying pan over medium heat. Remove salmon from bean mixture; add to pan. Cook for 2 mins, skin-side down first, then turn and cook other side for a further 1 min or until almost cooked and still pink in the centre. Transfer to a plate.
4. Add bean mixture to pan; cook, stirring frequently, for 2 mins or until warmed through.
5. Divide sliced fennel, radish, carrot, zucchini and cabbage between two plates. Top with salmon, bean mixture and mint. Serve with dressing.

NUTRITIONAL INFORMATION  
PER SERVE

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:
1629kJ (389 Cal)	22.8g	16g (3.8gsaturated)	33.9g	10.6g

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## IW8 RECIPES

## 5 VEG &amp; LENTIL COTTAGE PIE

**PREP + COOK TIME:**  **35 MINS**  
**SERVES:** 4

**INGREDIENTS**

olive oil cooking spray  
 1 medium brown onion (180g), chopped finely  
 200g button mushrooms, chopped finely  
 300g extra lean beef mince  
 400g can crushed tomatoes with garlic and herbs  
 ½ cup (95g) split red lentils  
 1 tbsp worcestershire sauce  
 350g cauliflower florets (1/2 head)  
 200g peeled and diced sweet potato  
 1/3 cup (40g) shredded light tasty cheese  
 1/4 cup flat-leaf parsley

**METHOD**

1. Heat a large ovenproof frying pan over medium-high; spray lightly with olive oil. Cook onion and mushrooms, stirring for 4 mins or until onion softens.
2. Add mince to pan; cook, breaking it up with a wooden spoon for 5 mins or until evenly browned. Stir in tomatoes, 1½ cups water, lentils and Worcestershire sauce;
3. Simmer over low heat for 15 mins or until lentils are tender and sauce thickens.
4. Meanwhile, place cauliflower and sweet potato in a medium saucepan; cover with water. Bring to boil over high heat; cook for 8 mins or until tender. Drain well.
5. Using a stick blender, blend until smooth; season. Spread mash over top of dish
6. Scatter with tasty cheese.
7. Preheat oven grill to high. Cook cottage pie under oven grill for 5 mins or until cheese melts and turns golden.
8. Serve topped with parsley leaves.


**NUTRITIONAL INFORMATION  
PER SERVE**

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:
1835kJ (438 Cal)	30g	16g (5.7g saturated)	39g	8.8g

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## IW8 RECIPES

## CHEESY CAULIFLOWER TOASTS

**PREP + COOK TIME:**  20 MINS  
**SERVES:** 2

**INGREDIENTS**

½ medium cauliflower (400g), cut into small florets  
 1 cup (250ml) vegetable stock  
 1 small clove garlic, peeled  
 1 small head broccoli (150g), cut into small florets  
 4 thin slices (120g) sourdough bread  
 Olive oil cooking spray  
 ½ cup (125ml) milk  
 30g vegetarian parmesan-style cheese, grated finely  
 2 tsp dijon mustard  
 ½ cup (60g) shredded light tasty cheese  
 2 tbsp chopped flat-leaf parsley

**METHOD**

1. Place cauliflower, stock and garlic in a saucepan; bring to boil. Reduce heat to medium; simmer gently, covered, for 4mins. Add broccoli; cook for a further 5mins, or until cauliflower is tender.
2. Meanwhile, preheat oven grill to high. Place sourdough on an oven tray; spray with oil. Grill for 1 min each side or until toasted.
3. Using a slotted spoon, remove half the cauliflower florets and all of the broccoli; place in a bowl and set aside. Add milk to the remaining cauliflower, stock and garlic in pan. Using a stick blender, puree until smooth. Stir in cheese and mustard; season well.
4. Spread toasts on tray with a little of the cauliflower sauce. Pile cauliflower and broccoli florets on toasts, then spoon remaining cauliflower sauce over top; sprinkle with cheese. Cook under oven grill for 3 mins or until golden and bubbling. Serve sprinkled with parsley.

**TIPS:** If you don't have a stick blender, use a blender or food processor instead. You can also serve toasts sprinkled with dried chilli flakes or chives.

**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1835kJ (438 Cal)	<b>CARBS:</b> 30g	<b>FAT:</b> 16g (5.7gsaturated)	<b>PROTEIN:</b> 39g	<b>FIBRE:</b> 8.8g
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## IW8 RECIPES

## GREEN PEA FALAFEL PLATE

PREP + COOK TIME:  20 MINS

SERVES: 2 (plus bonus falafel to freeze)

## INGREDIENTS

400g can chickpeas, drained, rinsed  
 1 cup (145g) thawed frozen peas  
 1 cup (60g) packed mint leaves  
 2½ tbsp pistachio dukkha  
 2 tbsp chia seeds  
 1 tsp grated lemon rind  
 1 tbsp extra virgin olive oil  
 250g vacuum-pack cooked beetroot, chopped  
 1 cup mint leaves, extra  
 ½ cup (80g) thawed frozen peas, extra  
 125g baby cucumbers, sliced lengthways  
 ½ cup (140g) no-fat greek-style yoghurt

To serve: lemon wedges

## METHOD

1. Combine chickpeas, peas, 1 mint leaves, 2tbsp of the dukkha, chia seeds and lemon rind in food processor; season; pulse until evenly chopped to a rough paste.
2. Shape falafel mixture into 12 round falafel patties. Heat olive oil in a large non-stick frying pan over medium-high heat. Cook falafel patties for 3 mins, each side until crisp.
3. Divide beetroot, extra mint leaves, extra peas, and cucumber spears among plates. Add falafel patties to plates with yoghurt; sprinkle with remaining 2 tsp dukkha; serve with lemon wedges.

**Note:** Cool and freeze six patties in an airtight container for up to 1 month.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1634kJ (390 Cal)	<b>CARBS:</b> 39.5g	<b>FAT:</b> 12.2g (1.8g saturated)	<b>PROTEIN:</b> 18g	<b>FIBRE:</b> 20g
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## IW8 RECIPES

## BAKED VEGIE PAKORA BOWLS

PREP + COOK TIME:  MINS

SERVES: 2

## INGREDIENTS

- ½ cup (40g) quinoa flakes
- 3 egg whites (60g each)
- 2 tsp smoked paprika
- 2 tsp ground cumin
- ¼ tsp bicarbonate of soda
- 2 tsp lemon rind
- 750g cauliflower, cut into small florets
- 175g mini vine capsicums, quartered
- 1 medium eggplant (300g), halved
- ½ bunch kale (125g), stems removed, torn
- ½ cup flat-leaf parsley leaves
- 140g low-fat high-protein natural yoghurt
- 2 tsp tahini

## METHOD

1. Combine chickpeas, peas, 1 mint leaves, 2tbsp of the dukkha, chia seeds and lemon rind in food processor; season; pulse until evenly chopped to a rough paste.
2. Shape falafel mixture into 12 round falafel patties. Heat olive oil in a large non-stick frying pan over medium-high heat. Cook falafel patties for 3 mins, each side until crisp.
3. Divide beetroot, extra mint leaves, extra peas, and cucumber spears among plates. Add falafel patties to plates with yoghurt; sprinkle with remaining 2 tsp dukkha; serve with lemon wedges.

**Note:** Cool and freeze six patties in an airtight container for up to 1 month.

NUTRITIONAL INFORMATION  
PER SERVE

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:
1341 (320 Cal)	29.3g	6.1g (0.8gsaturated)	27.1g	18.4g

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## IW8 RECIPES

## CHICKEN TIKKA MASALA POCKETS

PREP + COOK TIME:  MINS

SERVES: 4

## INGREDIENTS

- 1 large red onion (300g)
- 1 tsp extra virgin olive oil
- 400g chicken breast fillets, cut into 2cm cubes
- 1½ tbsp tikka masala paste
- ⅓ cup (80ml) canned light coconut milk
- 2 wholemeal pitta pockets (100g), halved
- ⅓ cup (95g) low-fat greek yoghurt
- 150g mixed colour cherry tomatoes, quartered
- 1 lebanese cucumber (130g), chopped finely
- 75g paneer cheese, crumbled
- ½ cup mint leaves

## METHOD

1. Cut two slices from the centre of the red onion and separate slices into rings; finely chop remaining red onion.
2. Heat oil in a medium non-stick frying pan over medium heat; cook chicken, stirring, for 3 mins or until just brown. Add tikka paste and chopped onion; cook, stirring, for 2 mins. Add coconut milk; simmer for 3 mins, stirring occasionally, until chicken is cooked through (mixture should still be saucy). Transfer to a bowl; cover and refrigerate until required.
3. To serve, spread inside of pitta pockets with yoghurt. Fill with chicken mixture, tomatoes, cucumber, onion rings and paneer. Sprinkle with mint leaves.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1297kJ (310 Cal)	<b>CARBS:</b> 19.5g	<b>FAT:</b> 10.1g (4.2gsaturated)	<b>PROTEIN:</b> 31.6g	<b>FIBRE:</b> 5.3g
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## IW8 RECIPES

## PULLED CHICKEN TORTILLAS

PREP + COOK TIME:  40 MINS (+ COOLING)

SERVES: 2

## INGREDIENTS

200g chicken breast fillet  
 ½ cup (125ml) chicken stock  
 ½ tsp smoked paprika  
 ½ tsp ground cumin  
 1 clove garlic, crushed  
 ½ small onion (40g), chopped finely  
 ½ large tomato (110g), diced finely  
 2 wholemeal tortillas (80g)  
 2 tbsp low-fat high protein natural yoghurt

## CRUNCH SALAD

½ small green apple (65g)  
 1 cup (80g) shredded white cabbage  
 ½ cup coriander leaves  
 2 tsp extra virgin olive oil  
 1 tsp apple cider vinegar

## METHOD

1. Place chicken, stock, spices, garlic, onion and tomato in a medium heavy-based saucepan; bring to the boil over high heat. Reduce heat to low; cook, covered, for 12 mins. Remove from heat; leave chicken to cool in sauce for 10 mins.
2. Remove chicken from sauce; shred using two forks return pan to heat; bring sauce to the boil. Cook over high heat for 15 mins or until thickened and reduced by half.
3. Meanwhile, to make crunch salad, core apple and thinly slice. Place sliced apple, cabbage and ¼ cup coriander in a bowl with oil and vinegar, season with pepper; toss gently to combine.
4. Warm tortillas following packet directions.
5. Fill tortillas evenly with salad, chicken and the thickened sauce.
6. Blend remaining coriander from crunch salad with yoghurt until smooth. Serve with tortillas.

NUTRITIONAL INFORMATION  
PER SERVE

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:
1297kJ (310 Cal)	19.5g	10.1g (4.2gsaturated)	31.6g	5.3g

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## IW8 RECIPES

## OATY CHOC GRANOLA CLUSTERS

PREP + COOK TIME:  20 MINS

SERVES: 4

## INGREDIENTS

- ¾ cup rolled oats (65g)
- ¾ cup (25g) natural puffed rice
- 2 level scoops (50g) IsoWhey ivory coast chocolate
- ¼ cup (35g) pepitas
- ⅓ cup (95g) natural almond spread
- 2 tbsp maple syrup
- 1 extra-large egg white (60g), whisked lightly
- ¼ cup (10g) coconut flakes
- ¼ cup (50g) fresh raspberries (per serve)
- ½ cup (125ml) full-fat milk (per serving)

## METHOD

1. Preheat oven to 180°C. Line an oven tray with baking paper.
2. Combine oats, puffed rice, IsoWhey and pepitas in a large bowl. Stir in almond spread, maple syrup and egg white.
3. Spread oat mixture evenly over lined tray. Bake for 15mins, stirring halfway through cooking time, or until dry and crisp.
4. Add coconut flakes to tray; bake for a further 3 mins or until lightly toasted; cool granola on tray. (Makes 3 cups/300g.)
5. Serve ¾ cup (75g) of granola with ¼ cup (50g) raspberries and ½ cup (125ml) full-fat milk.
6. Storage refrigerate granola in an airtight container for up to 3 weeks.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1999kJ (477 Cal)	<b>CARBS:</b> 40.4g	<b>FAT:</b> 25.3g (6.0gsaturated)	<b>PROTEIN:</b> 21.6g	<b>FIBRE:</b> 7.4g
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# WEEK 7 & 8 - RESTORE

## We're on the home stretch!

But we don't want you to think of it that way... we want you to think of how you can take your learnings from the IW8 and adopt them into a long-term approach. For example, it's perfectly fine if you want to continue your shakes for one or two meals per day, especially if you still have some weight to lose. These last two weeks we are going to focus on sleep - yes sleep! Did you know that one of the best things you can do for your health (and weight management) is sleep well consistently achieving 6-8 hr per night. Easier said than done right!? And if you are a parent, that throws a whole new set of sleep challenges. What we'd love you to focus on for these two weeks is the sleep hygiene practices that are within your control. Try some of these or try all of these, and we recommend you track your sleep, either through a journal or a sleep app.

### TRY THESE AND SEE HOW YOUR SLEEP RESPONDS:

- Box breathing for 2-5min right before bed (see week's 1&2)
- Maintain a regular bedtime and awakening time.
- Do not sleep during the day
- Avoid alcohol
- Avoid caffeinated beverages after noon
- Do not smoke before bedtime
- Do exercise, but not within 3 hours of bedtime
- Finish eating 2-3 hours before bedtime
- Adopt a going-to-bed routine: One hour before bed turn off all technology and dim all lighting. Perhaps do a relaxation exercise and/or have a hot shower (the body sleeps better on a falling temperature)
- Do not use the bed or bedroom for anything other than sleep and sexual activity (do not watch TV, read complex material, do crosswords etc)
- Keep the bedroom cool, dark, and quiet



### NUTRITION

During these last two weeks let's get super tight with our eating. Stick to your intermittent fasting designated eating window, ramp up to two shakes per day if you want to drive some extra weight loss (you can even pick certain days to double up, and certain days to stick to one shake). Outside of your shakes, focus on food quality. As we want this to be a long term program, you are also allowed indulgences from time to time, hence we've included some healthy snack recipes for you to try.



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## WEEK 7 &amp; 8 - RESTORE

	BREAKFAST	LUNCH	DINNER	SNACKS	ANYTIME
MONDAY	Quinoa Breakfast Trifles (batch for tomorrow)	Vanilla Shake	Mexican Steak with Grilled Corn, Avocado and Cos Salad	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
TUESDAY	Quinoa Breakfast Trifles	Choc Mint Shake	5 Veg & Lentil Cottage Pie	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
WEDNESDAY	Green Eggs with Capsicum	Easy Tuna Bento Box	Vanilla Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
THURSDAY	Open Croque Madame	Vanilla Shake	Choc Mint Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
FRIDAY	Vanilla and Berry Nana Pancakes (batch fortomorrow)	Choc Mint Shake	Speedy Thin & Crispy Pizza	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SATURDAY	Vanilla and Berry Nana Pancakes	Vanilla Shake	Choc Mint Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day
SUNDAY	Coffee Shake	Green Pea Falafel Plate	Vanilla Shake	1 Coffee / 3 Teas, Veggie Crudités, A piece of fruit, or snack from recipes section	Herbal Tea 1.5 - 2 Litres of water per day

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## IW8 EXERCISE

A MESSAGE FROM *Kerry-Lee*

By this stage all the hard work, determination & commitment will be paying off. It's worth thinking about how much your fitness, strength and energy levels have improved. Hopefully you will be feeling lighter and stronger from the inside out.

As we head into the last block, and then into a maintenance phase, we want to choose a combination of workouts that continue to challenge us, but are equally realistic within our day to day lives. After this final push, continue to prioritise this time for yourself. Pick the workout combos you enjoy and continue to progress on the incredible achievements you have made.

## TIPS

On the days you're not doing an allocated workout, why not incorporate some active play. Moving purely for the fun of it! Do something that you truly enjoy, that evokes positive energy and nourishes your soul. Movement can also be used in a meditative way to reduce stress and encourage mindfulness. For example yoga, dance classes, running around with the kids, social sport, hiking, paddle boarding, sailing.

## WORKOUT #1

## LEGS

After a 3-5min warmup, perform each of the below for 35 sec resting for 15sec. This is a chance to build strength, so grab your(home) weights for exercise 1,3 & 5. Perform each exercise 4 times before moving on.

1. Step ups into reverse lunge
2. Hip thrusts – legs on chair
3. Squat & Lateral raise
4. Donkey Kicks
5. Sumo Squat 1 & half pulse

## LIGHT/MODERATE CARDIO

35-45 min walk, jog, swim or cycle. Go slightly easier for long or with moderate intensity for a shorter duration.

## WORKOUT #2

## STRENGTH + CARDIO

Your strength & cardio hybrid. Perform the required reps resting for 10-15 seconds between each. Repeat the entire workout 3-4 times. Remember to focus on quality! Taking as much time as required to perform the full range of motion.

- Squat Shoulder press and diagonal arm reach combo (weights) x10 each side
- Burpee - squat jump out into high plank squat & stand x12
- Pike into opposite knee reaches to elbow x6 each side
- Curtsy - arms extending overhead through centre (weights) x8 each side
- In - out squat jumps with touchdown x15
- Plank rotations x6 each side
- Reverse lunge into knee drive with bicep curl (weights) x8 each leg
- High plank jump in and out x12
- V ups x12
- Side lunge (weight) x8 each side

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## IW8 EXERCISE

## WORKOUT #3

**MODERATE CARDIO WITH  
5x MAX EFFORTS TACKED ON THE END**

20min Cardio at a moderate pace finishing off with 5 max efforts – this can be a flight of stairs or a steep hill. 30/30 x5– work at your max for 30 sec and recovery for the following 30sec repeating 5 times. Don't forget to stretch at the end.

## WORKOUT #4

**WEIGHTED RESISTANCE VIDEO + CORE VIDEO**

Follow this weighted resistance video. If you have access to weights great! If not, you are not at a disadvantage! Get creative with ordinary house hold items and use areas in & around your space to provide extra resistance. Forexample – a park bench or ledge to perform step ups or tricep dip. Cans or drink bottles in lieu of resistance bands, to perform lateral raises or bicep curls. A filled backpack to increase the intensity of squats, or across your hips when doing glute bridges.

**IsoWhey Resistance Workout with Equipment: 2**

<https://www.youtube.com/watch?v=qAvXFktHSC4>

## WORKOUT #5

**FULLY BODY HITT**

Using ONLY your Body Weight as the tool to smash through this high intensity workout.

You'll be toning muscles and burning calories all in one. The format is a 1:1 ratio - Working at a moderate pace for 1 min and then all out for 1minute. Move through these 9 exercises with as little rest in-between as possible.

Having a breather at the end of each round.

Do one light round to warm up then go all out for 4 rounds.



1. 3x squat pulse & 1 squat jump



2. Planks jumps L/R and centre pike



3. Fast feet – 4 counts close, 4 counts wide



4. Hip raises into table top



5. Wide squat into lateral leg raise



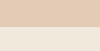
6. A steps



7. Tricep dips



8. Cross reach and crouch



9. Lunge jumps – hands reaching for the ground

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## IW8 RECIPES

## QUINOA BREAKFAST TRIFLE

PREP + COOK TIME:  30 MINS (+ COOLING)

SERVES: 2

## INGREDIENTS

1½ cup (65g) tri-coloured quinoa, rinsed  
 1 tbsp raw buckwheat  
 1 tsp ground cinnamon  
 210g gluten-free low-fat high-protein natural yoghurt  
 125g silken tofu, drained, patted dry  
 1 heaped scoop (32g) IsoWhey madagascar vanilla  
 100g strawberries, quartered  
 1 large kiwifruit (100g), peeled, cut into wedges  
 ½ small mango (100g), diced  
 2 tbsp passionfruit pulp, halved  
 1 tbsp natural flaked  
 Almonds, toasted

## METHOD

1. Combine quinoa, buckwheat, cinnamon and 1½ cups (375ml) water in a small saucepan, cover; bring to the boil over high heat. Reduce heat to medium; cook for 14 mins or until water is absorbed. Spread mixture over a large tray to cool.
2. Meanwhile, blend or process yoghurt, tofu, IsoWhey and half of the strawberries until smooth. Refrigerate until required.
3. Spoon yoghurt mixture between two glasses or jars; top with quinoa mixture, remaining fruit and almonds.
4. Batch it up! Double the recipe, portion into jars and refrigerate for a 'grab and go' brekkie.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1674kJ (399 Cal)	<b>CARBS:</b> 45g	<b>FAT:</b> 8.6g (1.6gsaturated)	<b>PROTEIN:</b> 29.9g	<b>FIBRE:</b> 13.4g
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## IW8 RECIPES

## GREEN EGGS WITH CAPSICUM

PREP + COOK TIME:  15 MINS

SERVES: 1

## INGREDIENTS

- 1 cup coriander sprigs
- 60g baby spinach leaves
- ½ cup (20g) shredded kale
- 2 tbsp skim milk
- ½ tsp onion powder
- 2 pieces corn mountain bread (50g)
- 2 small red capsicums (300g), sliced thinly
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp dried chilli flakes, plus extra to serve
- 1 extra-large egg (60g)
- 2 extra-large egg whites (60g each)

## METHOD

1. Reserve 2 tbsp coriander sprigs to serve. Pulse remaining coriander with spinach, kale, milk and onion powder in a large food processor until coarsely chopped. Season with salt and pepper.
2. Preheat a baking paper-lined sandwich press. Place bread on paper; scrunch to form ripples. Bake with press slightly ajar for 4 mins or until golden and crisp. Transfer to a plate.
3. Place a large non-stick frying pan over high heat; cook capsicum, stirring, for 4 mins or until starting to brown around edges. Add paprika, garlic powder, chilli flakes and 2 tbsp water; cook, stirring for 1 min. Spoon capsicum mixture onto toasted bread; wipe pan clean.
4. Whisk egg and egg whites in a small bowl. Heat cleaned pan over medium heat. Add blended greens; cook, stirring, for 2 mins or until softened. Pour in egg mixture. Using a spatula, pull egg into centre and around the pan slowly and continuously for 30 secs or until egg is softly set. Spoon over capsicum mixture. Serve topped with extra chilli flakes and reserved coriander sprigs.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1519kJ (372 Cal)	<b>CARBS:</b> 42.5g	<b>FAT:</b> 6.7g (1.5gsaturated)	<b>PROTEIN:</b> 29.4g	<b>FIBRE:</b> 11.9g
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## IW8 RECIPES

VANILLA & BERRY-NANA  
PANCAKESPREP + COOK TIME:  20 MINS

SERVES: 2

## INGREDIENTS

- ½ cup (110g) mashed ripe banana
- 1 heaped scoop (32g) IsoWhey Madagascar vanilla
- 2 extra-large eggs (60g each), separated
- 1/3 cup (45g) wholemeal self-raising flour
- 2 tbsp maple syrup
- ¼ tsp ground cinnamon
- 2/3 cup (100g) blueberries
- olive oil cooking spray
- ½ cup (140g) natural no-fat greek yoghurt

## METHOD

1. Place mashed banana, IsoWhey, 2 egg yolks, flour, 1 tbsp of the maple syrup and the cinnamon in a bowl; stir to form a thick batter.
2. Using an electric mixer, whisk egg whites until they form stiff peaks; fold through batter. Scatter over half of the blueberries.
3. Lightly spray a non-stick frying pan with oil; heat over low heat. Working in batches, drop spoonfuls of batter into the pan; cook for 3 mins each side until golden, to make 6 pancakes.
4. Serve pancakes topped with yoghurt, remaining blueberries and maple syrup.
5. Meal prep make pancakes; separate with pieces of baking paper and freeze. To reheat, microwave on medium (80%) for 30 secs-1 min.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1633kJ (390 Cal)	<b>CARBS:</b> 56.1g	<b>FAT:</b> 8g (2.2gsaturated)	<b>PROTEIN:</b> 20.4g	<b>FIBRE:</b> 7.9g
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## IW8 RECIPES

## OPEN CROQUE MADAME

PREP + COOK TIME:  15 MINS  
SERVES: 2

## INGREDIENTS

1/2 bunch asparagus (90g), sliced thinly lengthways  
Olive-oil spray  
2 large eggs (50g each)  
2 slices wholemeal sourdough (100g)  
5g butter, softened  
3 tsp dijon mustard  
100g thinly sliced lean ham  
2 tbsp gruyere, cheddar or mozzarella cheese  
50g baby rocket

## METHOD

1. Place asparagus in a heatproof bowl, pour over boiling water from a kettle; stand 30 secs. Drain and cool under running water.
2. Heat a small non-stick frying pan over high heat; spray with oil. Fry eggs until cooked to your liking.
3. Preheat a grill or sandwich press. Grill bread for 1 min each side or until golden.
4. Spread butter and mustard over toast; top with ham and cheese.
5. Place toasts under a grill (or sandwich press with the top slightly ajar); grill for 1 min or until cheese melts. Top with egg, asparagus and rocket; season to taste.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1234kJ (295 Cal)	<b>CARBS:</b> 21g	<b>FAT:</b> 12.8g (5g saturated)	<b>PROTEIN:</b> 21g	<b>FIBRE:</b> 4.3g
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## IW8 RECIPES

## 5 VEG &amp; LENTIL COTTAGE PIE

**PREP + COOK TIME:**  35 MINS  
**SERVES:** 2

**INGREDIENTS**

olive oil cooking spray  
 1 medium brown onion (180g), chopped finely  
 200g button mushrooms, chopped finely  
 300g extra lean beef mince  
 400g can crushed tomatoes with garlic and herbs  
 ½ cup (95g) split red lentils  
 1 tbsp worcestershire sauce  
 350g cauliflower florets (½ head)  
 200g peeled and diced sweet potato  
 ⅓ cup (40g) shredded light tasty cheese  
 ¼ cup flat-leaf parsley

**METHOD**

1. Heat a large ovenproof frying pan over medium-high; spray lightly with olive oil. Cook onion and mushrooms, stirring for 4 mins or until onion softens.
2. Add mince to pan; cook, breaking it up with a wooden spoon for 5 mins or until evenly browned. Stir in tomatoes, 1½ cups water, lentils and Worcestershire sauce;
3. Simmer over low heat for 15 mins or until lentils are tender and sauce thickens.
4. Meanwhile, place cauliflower and sweet potato in a medium saucepan; cover with water. Bring to boil over high heat; cook for 8 mins or until tender. Drain well.
5. Using a stick blender, blend until smooth; season. Spread mash over top of dish
6. Scatter with tasty cheese.
7. Preheat oven grill to high. Cook cottage pie under oven grill for 5 mins or until cheese melts and turns golden.
8. Serve topped with parsley leaves.

**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1835kJ (438 Cal)	<b>CARBS:</b> 30g	<b>FAT:</b> 16g (5.7g saturated)	<b>PROTEIN:</b> 39g	<b>FIBRE:</b> 8.8g
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## IW8 RECIPES

## SPEEDY THIN &amp; CRISPY PIZZA

**PREP + COOK TIME:**  15 MINS  
**SERVES:** 2

**INGREDIENTS**

Olive oil cooking spray  
2 low-carb wraps (142g)  
2 tbsp basil pesto  
1 small zucchini (125g), peeled into ribbons  
100g broccolini  
8 cherry tomatoes (80g), halved, seeds squeezed out  
75g bocconcini  
20g finely grated parmesan  
¼ cup basil leaves

**METHOD**

1. Preheat oven to 240°C.
2. Lightly spray wraps evenly with oil. Bake on an oven tray for 6 mins or until crisp. Spread bases evenly with pesto.
3. Divide zucchini, broccolini and tomato between bases. Tear bocconcini and divide among pizza.
4. Bake for 5 mins to melt cheese and heat through. Scatter with parmesan and basil. Serve straight away.

**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1670kJ (399 Cal)	<b>CARBS:</b> 36g	<b>FAT:</b> 18.8g (11g saturated)	<b>PROTEIN:</b> 20g	<b>FIBRE:</b> 3g
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## IW8 RECIPES

## GREEN PEA FALAFEL PLATE

PREP + COOK TIME:  20 MINS

SERVES: 2 (plus bonus falafel to freeze)

## INGREDIENTS

400g can chickpeas, drained, rinsed  
 1 cup (145g) thawed frozen peas  
 1 cup (60g) packed mint leaves  
 2½ tbsp pistachio dukkha  
 2 tbsp chia seeds  
 1 tsp grated lemon rind  
 1 tbsp extra virgin olive oil  
 250g vacuum-pack cooked beetroot, chopped  
 1 cup mint leaves, extra  
 ½ cup (80g) thawed frozen peas, extra  
 125g baby cucumbers, sliced lengthways  
 ½ cup (140g) no-fat greek-style yoghurt

To serve: lemon wedges

## METHOD

1. Combine chickpeas, peas, 1 mint leaves, 2tbsp of the dukkha, chia seeds and lemon rind in food processor; season; pulse until evenly chopped to a rough paste.
2. Shape falafel mixture into 12 round falafel patties. Heat olive oil in a large non-stick frying pan over medium-high heat. Cook falafel patties for 3 mins, each side until crisp.
3. Divide beetroot, extra mint leaves, extra peas, and cucumber spears among plates. Add falafel patties to plates with yoghurt; sprinkle with remaining 2 tsp dukkha; serve with lemon wedges.

**Note:** Cool and freeze six patties in an airtight container for up to 1 month.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1634kJ (390 Cal)	<b>CARBS:</b> 39.5g	<b>FAT:</b> 12.2g (1.8g saturated)	<b>PROTEIN:</b> 18g	<b>FIBRE:</b> 20g
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## IW8 RECIPES

## EASY TUNA BENTO BOX

**PREP + COOK TIME:**  20 MINS  
**SERVES:** 2

**INGREDIENTS**

1 cup (180g) microwave brown rice  
 80g frozen podded edamame (soybeans)  
 1¼ cups (100g) finely shredded cabbage  
 2 radishes (70g), sliced  
 1 tsp japanese 7-spice mix (optional)  
 1 tsp black sesame seeds  
 2 tsp pickled pink ginger  
 2 tsp gluten-free tamari  
 20g sachet instant miso soup with wakame creamy tuna  
 80g silken tofu, drained, patted dry  
 1 tsp wasabi paste  
 2 tsp gluten-free tamari  
 185g can tuna in spring water, drained, flaked

**METHOD**

1. Blend tofu, wasabi and tamari in a blender until smooth. Transfer to a bowl; stir through tuna.
2. Heat rice in microwave following packet directions.
3. Blanch edamame in a small saucepan of boiling water for 1 min, drain; rinse under cold water.
4. Divide cabbage between two containers with three sections; top with creamy wasabi tuna and radishes.
5. Spoon rice into another section; top with edamame, japanese 7-spice mix (if using) and sesame seeds.
6. In remaining section, add pickled ginger, tamari and, if you like, a little more wasabi.
7. Before serving, prepare miso soup following packet directions; divide into two small cups.


**NUTRITIONAL INFORMATION  
PER SERVE**

<b>ENERGY:</b> 1466kJ (345 Cal)	<b>CARBS:</b> 35g	<b>FAT:</b> 8.6g (1.5g saturated)	<b>PROTEIN:</b> 29g	<b>FIBRE:</b> 5.7g
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## IW8 RECIPES

## MEXICAN STEAK WITH GRILLED CORN, AVOCADO, AND COS SALAD

PREP + COOK TIME:  MINS  
SERVES: 2

## INGREDIENTS

2 tsp extra virgin olive oil  
3 cloves garlic, crushed  
1 lime, rind, and juice  
1 tsp smoked paprika  
½ tsp ground cumin  
225g sirloin steak  
extra virgin olive oil spray  
1 trimmed corn cob (250g)  
½ small red onion (50g), sliced thinly  
1 baby cos lettuce (150g), quartered lengthways  
2 tbsp high protein natural yoghurt  
½ medium avocado (125g), sliced thinly  
4 radishes (60g), sliced thinly  
½ cup coriander leaves

## METHOD

1. Preheat a chargill pan.
2. Combine half the oil, 2 crushed garlic cloves, half the lime rind and juice, and the spices in a bowl. Season. Add steak; turn to coat. Set aside.
3. Meanwhile, spray corn cob lightly with oil spray; chargill, turning occasionally, for 8 mins or until charred. When cool enough to handle, cut the kernels from cob and place in a medium bowl.
4. Meanwhile, combine onion and remaining lime juice in a small bowl. Set aside.
5. Spray cos lettuce quarters with oil spray; chargill, cut side down, for 2 mins or until lightly charred.
6. Drizzle steak with remaining oil. Chargill steak for 4 mins each side for medium-rare. Transfer to a plate. Rest for 5 mins; thinly slice.
7. Meanwhile, drain onion, reserving liquid. Squeeze onion dry and add to corn in bowl. Combine yoghurt, reserved pickling liquid and remaining garlic and lime rind in a small bowl, season.
8. Add avocado, radish, and coriander to corn mixture, season with pepper; toss to combine. Divide cos lettuce, steak and corn salad among plates, drizzle with yoghurt mixture.

NUTRITIONAL INFORMATION  
PER SERVE

ENERGY:	CARBS:	FAT:	PROTEIN:	FIBRE:	SODIUM:
1653kJ (395 Cal)	15g	20.2g (4.5g saturated)	33.2g	9.5g	116mg

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## IW8 RECIPES

## CHOCOLATE BARS

**PREP + COOK TIME:**  20 MINS (+ FREEZING)  
**MAKES:** 16

**IDARK CHOC-CARAMEL CRISP**

1. Process 150g pitted medjool dates, 80g peeled ripe banana, 2 heaped scoops (64g) IsoWhey Ivorycoast chocolate, 2 tbsp smooth peanut butter and 1 tbsp chia seeds until smooth.
2. Transfer to a large bowl. Add 2 ½ cups (85g) puffed rice; mix well. Spread over base of a lined 20cmsquare pan; smooth top. Freeze for 30 mins.
3. Melt 75g chopped dark 70% chocolate in a microwave-safe bowl in 30 sec bursts, stirring
4. Between bursts. Quickly spread chocolate thinly over top of puffed rice. Sprinkle with 2 tsp sea salt flakes. Using a hot sharp knife, cut slice into 16 bars, wiping and reheating knife between cuts. Store in the freezer for up to 1 month.

## NUTRITIONAL INFORMATION PER SERVE

<b>CAL:</b> 478kJ (114 cal)	<b>CARBS:</b> 14.7g	<b>TOTAL FAT:</b> 4.2g (1.7g saturated fat)	<b>PROTEIN:</b> 3.7g	<b>FIBRE:</b> 2.3g
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**ALMOND LATTE**

1. Following recipe for dark choc caramel crisp (above), use IsoWhey classic coffee; swap peanut butter with almond spread and milk chocolate for dark. Top with 30g toasted flaked almonds instead of sea salt flakes.

## NUTRITIONAL INFORMATION PER SERVE

<b>CAL:</b> 508kJ (121 cal)	<b>CARBS:</b> 15.6g	<b>TOTAL FAT:</b> 4.5g (1.3g saturated fat)	<b>PROTEIN:</b> 4g	<b>FIBRE:</b> 2.7g
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**WHITE CHOCOLATE TAHINI**

1. Following recipe for dark choc caramel crisp (above), use IsoWhey strawberry smoothie; swap peanut butter with tahini, white chocolate for dark and add 1 tbsp (7g) crushed freeze-dried strawberry crisps. Top with another 1 tbsp crushed freeze-dried strawberry crisps.

## NUTRITIONAL INFORMATION PER SERVE

<b>CAL:</b> 485kJ (116 cal)	<b>CARBS:</b> 16g	<b>TOTAL FAT:</b> 3.9g (1.5g saturated fat)	<b>PROTEIN:</b> 3.5g	<b>FIBRE:</b> 2.5g
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## IW8 RECIPES

## SOFT SERVE

PREP + COOK TIME:  5 MINS  
MAKES: 2

## IVANILLA TROPICS

1. Process 110g chopped frozen banana, 1 cup (120g) frozen chopped mango, ¼ cup (65g) no-fat greek yoghurt, 1 heaped scoop (32g) IsoWhey madagascan vanilla and 1 tbsp maple syrup until thick and smooth. Pipe or scoop into two small bowls. Top soft serves with 1 tbsp passionfruit pulp.

## NUTRITIONAL INFORMATION PER SERVE

CAL:	CARBS:	TOTAL FAT:	PROTEIN:	FIBRE:
857kj (204 cal)	35.3g	1.3g (0.7g saturated fat)	11g	5.3g

## CHOC CHIP

1. Process 220g chopped frozen banana, ¼ cup (65g) no-fat greek yoghurt, 1 heaped scoop (32g) IsoWhey ivory coast chocolate, 2 tbsp (15g) grated dark 70% chocolate and 1 tbsp maple syrup until thick and smooth. Pipe or scoop into two small bowls. Top with 1 tbsp extra finely grated dark 70% cocoa chocolate.

## NUTRITIONAL INFORMATION PER SERVE

CAL:	CARBS:	TOTAL FAT:	PROTEIN:	FIBRE:
508kj (121 cal)	15.6g	4.5g (1.3g saturated fat)	4g	2.7g

## BERRY FIELDS

1. Process 110g chopped frozen banana, 1 cup (135g) frozen raspberries, ¼ cup (65g) no-fat greek yoghurt, 1 heaped scoop (32g) IsoWhey strawberry smoothie and 1 tbsp maple syrup until thick and smooth. Pipe or scoop into two small bowls. Top soft serves with 1 tbsp crumbled frozen raspberries.

## NUTRITIONAL INFORMATION PER SERVE

CAL:	CARBS:	TOTAL FAT:	PROTEIN:	FIBRE:
848kj (202 cal)	31.5g	1.6g (1g saturated fat)	10.9g	6.9g



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## IW8 RECIPES

## OATY CHOC GRANOLA CLUSTERS

PREP + COOK TIME:  MINS

SERVES: 4

## INGREDIENTS

- ¾ cup rolled oats (65g)
- ¾ cup (25g) natural puffed rice
- 2 level scoops (50g) IsoWhey ivory coast chocolate
- ¼ cup (35g) pepitas
- ⅓ cup (95g) natural almond spread
- 2 tbsp maple syrup
- 1 extra-large egg white (60g), whisked lightly
- ¼ cup (10g) coconut flakes
- ¼ cup (50g) fresh raspberries (per serve)
- ½ cup (125ml) full-fat milk (per serving)

## METHOD

1. Preheat oven to 180°C. Line an oven tray with baking paper.
2. Combine oats, puffed rice, IsoWhey and pepitas in a large bowl. Stir in almond spread, maple syrup and egg white.
3. Spread oat mixture evenly over lined tray. Bake for 15mins, stirring halfway through cooking time, or until dry and crisp.
4. Add coconut flakes to tray; bake for a further 3 mins or until lightly toasted; cool granola on tray. (Makes 3 cups/300g.)
5. Serve ¾ cup (75g) of granola with ¼ cup (50g) raspberries and ½ cup (125ml) full-fat milk.
6. Storage refrigerate granola in an airtight container for up to 3 weeks.

NUTRITIONAL INFORMATION  
PER SERVE

<b>ENERGY:</b> 1999kJ (477 Cal)	<b>CARBS:</b> 40.4g	<b>FAT:</b> 25.3g (6.0gsaturated)	<b>PROTEIN:</b> 21.6g	<b>FIBRE:</b> 7.4g
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**ISOWHEY<sup>®</sup>**

IW8 **8 WEEK CHALLENGE**

