

## SHAKE DAY PLANNER

### Early Morning

- Drink 1 serving of Ionix Supreme
- Drink 1-2 glasses of purified water

### Morning—Breakfast

- Enjoy an IsaLean or IsaLean Pro Shake.
- Take 1 Natural Accelerator capsule
- Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Morning—Snack

- Optional: Choose one serving of a Shake Day snack
- Drink 1-2 glasses of purified water

### Early Afternoon—Lunch

- Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Drink 1-2 glasses of purified water

### Midafternoon—Snack

- Optional: Choose one serving of a Shake Day snack
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Evening—Dinner

- Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Evening—Bedtime

IsaFlush = IsaComfort in Canada

- Take 1-2 IsaFlush!® capsules, as needed

*For more information on meal options that suit your needs, see page 6, check with your trainer, dietary professional or the USDA "My Plate Guidelines" at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)*

To benefit from everyday cleansing, drink 1 everyday cleansing serving of Cleanse for Life in the morning and either midmorning or midafternoon as a snack. (Additional Cleanse for Life will need to be purchased.)

## SHAKE DAY SNACK OPTIONS:

- 2 *Isagenix Snacks!*™  
Isagenix Snacks = Chewables in Canada
- 1 *FiberSnacks!*™\*\*\*
- 1 *SlimCakes*\*\*
- 1-2 IsaDelight Plus chocolates (Milk or Dark Chocolate)\*\*
- 1-2 servings of e+ or Want More Energy?\*\*\*
- 6 unsalted almonds
- *Whey Thins*™\*\*\*

## CLEANSE DAY PLANNER

### Early Morning—Cleanse 1

- Enjoy 1 deep cleansing serving\*\*\* of Cleanse for Life
- Take 1 Natural Accelerator capsule

### Midmorning—Snack

- Drink 1 serving of Ionix Supreme
- Recommended: Enjoy up to 2 IsaDelight Plus chocolates\*\*
- Take 2 *Isagenix Snacks!*™—30 minutes after consuming IsaDelight Plus chocolates
- Drink 1-2 glasses of purified water
- Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Morning—Cleanse 2

- Enjoy 1 Deep Cleansing serving\*\*\* of Cleanse for Life

### Early Afternoon—Snack

- Take 2 *Isagenix Snacks!*
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Midafternoon—Cleanse 3

- Enjoy 1 deep cleansing serving\*\*\* of Cleanse for Life

### Early Evening—Snack

- Recommended: Enjoy up to 2 IsaDelight Plus chocolates\*\*
- Take 2 *Isagenix Snacks!*™—30 minutes after consuming IsaDelight Plus chocolates
- Drink 1 serving of Ionix Supreme\* (optional)
- Drink 1-2 glasses of purified water

### Evening—Cleanse 4

- Enjoy 1 deep cleanse serving\*\*\* of Cleanse for Life
- Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Evening—Bedtime

- Take 1-2 IsaFlush!® capsules with 8 oz of purified water

\*\*\* Follow "Deep Cleansing Directions" on the Cleanse for Life label to ensure proper serving size.

## CLEANSE DAY OPTIONS/SUPPORT:

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1-2 IsaDelight Plus chocolates (Milk or Dark Chocolate)\*\*
- 1-2 servings of e+ or Want More Energy?\* (if you are exercising)\*\*
- 2 *Isagenix Snacks!*