

# Steps to Success — Easy as 123

## 1 PRE-CLEANSE



IsaLean® Shake  
(replaces 1 meal)



Sensible Meal  
(400-600 calories)



IsaLean® Shake  
(replaces 1 meal)

## 2 CLEANSE DAYS



Cleanse for Life™  
(4 oz. liquid or two well-rounded  
scoops powder mixed with purified  
water 4 times per day)



Purified water  
(8+ glasses per day)



Isagenix Snacks!™  
(up to 6 per day)

## 3 SHAKE DAYS



IsaLean® Shake  
(replaces 1 meal)



Sensible Meal  
(400-600 calories)



IsaLean® Shake  
(replaces 1 meal)

& EVERY DAY



Natural Accelerator™  
(2 capsules)

Purified water  
(8+ glasses per day)  
Exercise  
(20+ minutes per day)

