

# 100 CALORIES WORTH OF HEALTHY SNACKS



1/2 CUP  
EDAMAME



1 SWEET  
POTATO



1/2 MEDIUM  
CANTALOUPE



4 MEDIUM  
CARROTS



20 ROASTED  
PEANUTS



28 GRAPES



3 CLEMENTINES



1/2 AN  
AVOCADO



4 SLICES  
TURKEY BREAST



1 CUP  
BLUEBERRIES



14 ALMONDS



2 CUPS DICED  
WATERMELON



33 CHERRY  
TOMATOES



1 TABLESPOON  
PEANUT BUTTER



1 1/4  
STRING CHEESES



1 WHOLE EGG  
+ 1 EGG WHITE



3 CUPS  
POPCORN



1 SMALL  
BANANA



1 APPLE

## Foods to enjoy

- FRESH Fruits and vegetables! Organic if possible
- Green leafy vegetables
- Olive Oil/Coconut Oil instead of cheaper vegetable oils and salad dressings
- FRESH Lemon Juice instead of salad dressings
- Turkey/Chicken – not deli meats or fried Organic if possible
- Fish/Seafood – broiled/boiled/baked
- Eggs
- Rice/ Brown Rice preferred
- Potatoes/ sweet preferred
- Quinoa
- Tofu for vegans
- Green Tea / Herbal Naturally Caffeine Free Tea
- Stevia is an all-natural sweetener and allowed in moderation on SHAKE DAYS/ be SURE to check the labels/ many brand name sweeteners SAY stevia but when you check ingredients they have excess chemicals

## Foods to avoid or limit

- NO Soda/Diet Soda/ Splenda/ Equal/ NutraSweet/ Gatorade/ Red Bull
- Limit breads/ chips/ and pastas
- Frozen or microwaved food
- All processed foods
- Limit or omit Alcohol \*1-2 drinks/week-not on a cleanse day or day before a cleanse
- Eliminate coffee for first 30 days due to acidic nature
- Limit dairy (try to have organic if possible/ i.e. cheese and cottage cheese)
- Limit pork/red meat
- Corn/ peas/ carrots/ beets/ potatoes/ legumes/ beans/ bananas are all healthy for you but treat them as a carbohydrate as they are high glycemic food and limit consumption to 1/2 cup per serving as the smallest portion of your full meal and not as regular snack

## General healthy food tips

- Drink LOTS of purified/spring water (not tap water) in ounces all day! Average 91 oz. women 125 oz. men.
- Don't count teas or other drinks in your water allotment/ water should stay in it's pure state.
- Try to wean off COFFEE BEFORE the 30-day system/ decaf is no better as it's the acidic nature of coffee that keeps the body from releasing toxins/ coffee can be reintroduced after the 30 days Google acid vs. alkaline for more detailed reasons
- Use Pink Himalayan salt or sea salt vs regular salt - Google it for more info
- Use a small amount 1-3 Tbsp. of olive oil/ fresh lemon juice or vinegar for salad dressing instead of store bought which has many chemicals.
- Check the labels! The more processed or ingredients you cannot pronounce the less you should eat them.
- If the food goes bad fast it is ALIVE and it is GOOD for you if it doesn't go bad it is not alive and therefore not full of nutrients. For example fruit vs pretzels.
- Steam vegetables is best/ boil or stir-fry with olive oil, remember microwaves kill all nutrients.
- Don't be afraid of fat just use it in moderation, it actually keeps you satiated

## Short List of healthy snack ideas for Shake Days

SHAKE DAYS you should be eating a healthy snack (approx. 150-200 calories) every 2-3 hours in between shakes

For best results choose something that contains high quality protein (which keeps you feeling full) and a fruit or vegetable.

If you are still hungry drink water and wait 30 min and reevaluate hunger and add another snack YOU SHOULD NOT BE HUNGRY ON A SHAKE DAY, it's counter productive for weight loss.

- Hard Boiled Egg
  - Get fancy add 1 Tbsp. olive oil/ sliced tomatoes
- Small Apple or piece of fruit
- ½ cup cottage cheese (organic if possible any %fat is fine)
  - Get fancy add tomatoes/lettuce
  - ¼ cup berries/ citrus fruit
  - 8 grapes
- ¼ Tuna/ splash olive oil/ dab of mayo/ diced celery/ bed of lettuce
- ½ Apple & 6 raw nuts (I know not many/ but start with that and see how you feel in 15 min)
- ½ an Isolean protein bar – they come in some packs
- 6-8 almonds
- ½ avocado
  - Get fancy add 1 Tbsp. and chopped veggies
- 2 Isa Delight Chocolates
- IsaSnacks (protein powder tablets)
- 2 ounces cheese and ½ an apple/fruit or vegetable.
- 1/3 cup hummus and vegetables
- ½ cup Greek yogurt and fruit
- 1/3 cup granola and fruit

There are many recipes for snacks and meals just inquire with your coach.

## Tips for a successful cleanse day

- Prepare 8-10 bottles of water to drink during your day.
- Green Tea is allowed on cleanse days in ADDITION to the water.
- If you feel lightheaded or blood sugar fluctuation have a few extra IsaSnack protein powder tablets and if needed ¼ apple/pear. Your body will likely get better at cleansing as time goes on.
- A two day cleanse is 80% more fat loss and is advisable for weight loss but if you feel nauseas, bowel issues reach out to your coach so they can assist, it could be that you are detoxing too fast and need to do everyday cleansing before a full cleanse day.
- This is a great resource for tips on a cleanse day  
<http://www.isagenixhealth.net/9-tips-prepare-successful-cleanse-day/>
- Take one IsaFlush/IsaComfort at night if you feel constipated start to increase by 1 each night.