

## ISAGENIX SHAKE DAYS:

You should be having either a meal or snack about every 3 hours to keep your blood-sugar and energy levels steady, and to speed up your metabolism. Your snacks can be something as simple as a 1/4 cup of blueberries or 6-8 raw almonds. You can fill in the time you wake up below, along with the approximate times for meals and snacks so you have a solid schedule to follow.

### The night before you get started:

1. **Weigh yourself and take all your measurements**
2. **Take your before pictures (you're going to thank yourself!)**
3. **Take 2 Isaflush before bed with 8 ounces of water**

\_\_\_\_\_ a.m. (upon waking): 1 oz. of Ionix Supreme (If you do not have a one-ounce shot glass, then measure about 2 capfuls – using the black cap on top of bottle if you are using liquid Ionix Supreme) – have this on an empty stomach and wait 20 minutes or more before breakfast shake

\_\_\_\_\_ a.m. **Breakfast** – Isalean Shake mixed with 8-10 oz. of cold (filtered or bottled) water and a few ice cubes – take one NATURAL ACCELERATOR CAPSULE WITH BREAKFAST SHAKE – **Remember to drink your shake within 20 minutes of blending.** Take Vitamins or any of your regular medicines with your breakfast shake.

\_\_\_\_\_ a.m. **Mid-Morning Snack:** Stick with any items on the approved Food Shopping List – Some examples: a few slices of a Granny Smith Apple or 1/4-1/2 cup of fresh berries, or some sliced cucumbers or other approved veggie – or a hard-boiled egg, or 6-8 raw unsalted almonds. You could also choose to have an IsaDelight or 1/2 of an Isalean Bar.

\_\_\_\_\_ p.m. **Lunch:** Take one NATURAL ACCELERATOR CAPSULE WITH LUNCH. You have a choice of having your IsaLean Shake **OR** a meal for lunch. Your balanced meal should be between 400-600 calories. Have 4-6 oz. of grilled chicken, turkey or fish -- or ground turkey or ground chicken flavored with natural spices (tofu/protein for vegetarians) – and then compliment that protein with a healthy, gluten-free carb (Some examples of a healthy carb might be a small sweet potato, 1/2 cup cooked quinoa, a 1/2 cup of brown rice, or 1-2 slices of Ezekiel bread or Ezekiel Wrap) – then I also include some type of vegetable like sautéed spinach or kale (1 whole cup) or have a salad . . . It's also helpful to know that it is best to have your meal mid-day – and shake for dinner. You can switch it depending on your daily schedule. Controlling your calories later in the day /evening helps to promote healthy weight loss.

\_\_\_\_\_ a.m. **Mid-Afternoon Snack:** Stick with any items on the approved Food Shopping List – Some examples: a few slices of a Granny Smith Apple or 1/4-1/2 cup of fresh berries, or some sliced cucumbers or other approved veggie – or a hard-boiled egg, or 6-8 raw unsalted almonds. You could also choose to have an IsaDelight or 1/2 of an Isalean Bar.

\_\_\_\_\_ **Dinner:** Isalean Shake **OR** have your meal if you didn't have it at lunchtime. Take Vitamins with dinner shake or meal.

\_\_\_\_\_ **Evening:** Try to avoid snacking in the evening – but if you are really hungry, stick with raw veggies or even a garden salad with raw veggies only and a sprinkle of vinegar (no oils, fats or proteins).

\_\_\_\_\_ **Evening – Before Bed:** Two Isaflush Capsules every night (to keep you regular/bowel movements).

**Please note:** You can have green tea while on this plan if you need energy – remember, green tea promotes an alkaline balance which is pleasing to the digestive system. And you can drink Isagenix coffee that is lower in acid and not stressful on the digestive system like regular coffee can be. You would still eliminate dairy so use a splash of almond milk in your Isagenix coffee or in your Tea.

**Your water intake is CRUCIAL during this program. Work your way up to 128 ounces per day, which is 1 gallon.**

**HYDRATE:** Feel free to have a Hydrate stick in your water any day EXCEPT a cleanse day. Hydrate is the powder you add to your water bottle . . . it adds delicious flavor, and provides your body with Vitamin C, Vitamin B-6 & B-12, along with electrolytes. It also makes a great pre-workout or post-workout beverage.

**E+SHOTS:** These are a great way to boost energy and improve mental focus and you are allowed to have them on Shake Days AND Cleanse Days! They are also great for pre-workout!