

30-Day Kosher Cleansing and Fat Burning System



The night before you get started:

- ❖ Weigh yourself and record your weight
- ❖ Take your measurements and record them.
- ❖ Take before pictures; front and side.

***Drink a minimum of a gallon of water (128 ounces daily)**

Extremely important in the beginning of this program

Sample Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Day 1 Shake Day	Day 2 Shake Day	Day 3 Shake Day	Day 4 Shake Day
Day 5 Shake Day	Day 6 Cleanse Day	Day 7 Cleanse Day	Day 8 Shake Day	Day 9 Shake Day	Day 10 Shake Day	Day 11 Shake Day
Day 12 Shake Day	Day 13 Cleanse Day	Day 14 Cleanse Day	Day 15 Shake Day	Day 16 Shake Day	Day 17 Shake Day	Day 18 Shake Day
Day 19 Shake Day	Day 20 Shake Day	Day 21 Shake Day	Day 22 Shake Day	Day 23 Shake Day	Day 24 Shake Day	Day 25 Shake Day
Day 26 Shake Day	Day 27 Shake Day	Day 28 Shake Day	Day 29 Shake Day	Day 30 Shake Day	Begin Maintenance Program	Or continue 30 Day program

THIS IS JUST A SAMPLE. YOU MUST CONTACT YOUR COACH TO PLAN YOUR PROGRAM

Shake Days

Replace 2 of your meals with Isalean Shakes and enjoy one healthy meal between 400-600 calories. Use 2 scoops of Isalean shake or one packet with 8 oz. water and ice in a blender. You can also use a hand-shaker when on the go. Drink shakes within 20 minutes of blending.

For best results, do NOT add anything to shakes during the first 30 days except Mint leaves.

Breakfast	Lunch	Dinner
Isalean Shake	Isalean Shake or Healthy Meal (400-600 calories)	Isalean Shake or Healthy Meal (400-600 calories)

SNACKS for SHAKE DAYS:

celery, cucumber, 8 raw almonds, a few slices of a green apple, hard-boiled egg whites, half of shake, ½ Isalean bar, fiber snacks, IsaSnacks, IsaDelight

Cleanse Days

Mix 4 oz of Cleanse for Life with 8 ounces of water.

Drink Cleanse for Life 4 times per day, 4 hours apart.

4 IsaDelight Chocolates, 4 hours apart.

Breakfast	Lunch	Mid Day	Bedtime
4 oz Cleanse for Life + 8oz water 1-IsaDelight chocolate	4 oz Cleanse for Life + 8oz water 1-IsaDelight chocolate	4 oz Cleanse for Life + 8oz water 1-IsaDelight chocolate	4 oz Cleanse for Life + 8oz water 1-IsaDelight chocolate

*Print out Cleanse Day Schedule for detailed schedule for a successful cleanse day with times.

* Print Shopping List for suggested food list

Things to Avoid While on the Program

*All white breads, pasta, and rice *All processed foods i.e., deli meats, hot dogs * Fruit because they're high in natural sugar; no peas, carrots, or corn *Coffee, All soda and diet sodas and teas. * Artificial sweeteners and dairy products

* Read labels carefully. There are a lot of hidden sugars, fats and chemicals