

HERE IS YOUR STEP-BY-STEP GUIDE TO GET YOU STARTED:

The night before you get started:

- ✓ Weigh yourself and record the weight.
- ✓ Take your measurements and record them.
- ✓ Take your before pictures (wear a bathing suit or work out clothes); front and side pictures.
- ✓ Take two (2) IsaFlush with 8 ounces of water.

DAILY SHAKE DAY SCHEDULE:

SHAKE DAYS – A typical shake day consists of:

- Two (2) **Isalean** meal replacement shakes
- One (1) healthy meal (400 to 600 calories)
- Two (2) main snacks planned mid-morning and mid-afternoon.

Unless, your coach advises you otherwise, you will have five (5) shake days prior to your first round of cleanse. For best results, do NOT add any additional ingredients to your Isalean shakes during the first 30 days or until your coach advises otherwise.

Daily Schedule

1. **Ionix Supreme** - 1 ounce (liquid) or 1 scoop (powder) mixed with 4 to 6 ounces of water.
2. **Breakfast**
 - **IsaLean** shake and take one (1) **Natural Accelerator** capsule and the “AM Pack” of the **Ageless Essentials** (if applicable).
3. **Mid-Morning Snack**
 - You can have one (1) **snack** in the 100 to 150 calorie range. See suggested list.
4. **Lunch**
 - **Isalean Shake** or **Healthy Balanced Meal** and take one (1) **Natural Accelerator** capsule.
5. **Mid-Afternoon Snack**
 - You can have one (1) **snack** in the 100 to 150 calorie range. See suggested list.
6. **Dinner**
 - Either an IsaLean shake or a healthy meal. You will also take the “PM Pack” of the **Ageless Essentials** (if applicable).
7. **Bedtime**
 - Take two (2) **IsaFlush** capsules with 8 ounces of water.

***RECOMMENDED SNACKS ON SHAKE DAYS** - The Isagenix system includes great snacks including: 1/2 **Isalean Bar**; 1/2 **Isalean Shake**; **Isagenix Snacks** (2 per serving) or one (1) **IsaDelight**. Isagenix offers a variety of other snacks too such as **Fiber Snacks**, **Slim Cakes** and **Whey Thins**. Other healthy snack options you will provide include: green apples; organic green pears; 1/4 - 1/2 cup of vegetables (with the exception of peas, carrots and corn); hard-boiled eggs or 6-8 raw almonds or walnuts.

WATER CONSUMPTION – The goal is to drink 128 ounces of water everyday.

COFFEE / TEA - **Isagenix Coffee only** is permitted on the system, along with organic green tea or herbal teas.

You can incorporate **AMPED Hydrate** (if included in your system)

E+SHOTS are a great way to boost energy and improve mental focus! One (1-2) E+ Shot per day is allowed on Cleanse Days and Shake Days.

CLEANSE DAYS – You and your coach will review the “Cleanse Day Schedule” the day prior to your first round of cleanse.

NOTE: **Ionix Supreme**, **Natural Accelerator**, **Ageless Essentials** (if applicable) and **IsaFlush** are used on Shake days, as well as, Cleanse days.