



By Sean and Crystal Escobar

Fresh Start  
Relieve Bloating  
Release Fat  
Boost Energy  
Detox  
Sleep better  
Glowing Skin  
Mental Clarity



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The **11 Day ER Shred** is a system that:

- 1- Eliminates all food culprits from the body for a period of time by eating one large meat meal per day In conjunction with balanced nutrient meal replacement shakes.
- 2- Reset the system via Nutrition Cleansing Days supported with Collagen Bone Broth.
- 3- Shred the body by leveraging a scientific incubation process which increases net protein utilization of our grass fed whey protein by 450%.
- 4- Our ER Shred community on Facebook is now over 20,000 strong and growing daily. Support is half the battle when attempting to make a lifestyle change and we have you covered with meal ideas, education, inspiration, and fun. Join us at [www.ershredders.com](http://www.ershredders.com)



There has never been an easier way to take control of your dietary pitfalls and cravings. The key is to get down to a simple baseline diet while simultaneously satiating the body with nutrient dense foods which do not contain any of the most common culprits. Hence we avoid gluten, corn, soy, white sugar, corn syrup, anything artificial, oils, pesticides, dairy etc for a period of time In order to recalibrate the body.



The magic happens once the body is no longer having the inflammatory pushback from the many culprits we encounter each day In the standard American diet.

ER Shred is supporting your body to get back to a simple healthy state so that you can begin to better listen to and adjust to your body's feedback from the foods you eat everyday. If done right, it is a powerful resource. A tool that you can use to make better dietary choices moving forward.

Creating a lifestyle change is the mission. It's learning the skills to be in tune with ones own body.

- Sean Escobar





# THE ER SHRED PAK

(\$311 US /\$344 CA)



Want to shred unwanted pounds? Our Shred Pack is designed for those with both weight-loss and keeping lean muscle as their goal. This pack comes with IsaLean® Pro Shakes to help boost your metabolism and build lean muscle, as well as Collagen Bone Broth, Cleanse for Life®, and electrolyte-packed AMPED™ Hydrate.

## Contents

- 3 IsaLean® Pro Shakes
- 2 Collagen Bone Broth
- 2 Cleanse for Life®
- 1 AMPED™ Hydrate

Need specific support? Check out these Shred Approved Add ons



Sleep Support & Renewal

To support a Restful Night's Sleep



Isagenix Snack Wafers

To support Blood Sugar Balance



IsaFlush

To Assist Regularity

# SCHEDULE

The schedule below is just a recommendation.  
Adjust times and meals to fit your lifestyle

**Days 1 & 2 Shake Days**

**Days 3 & 4 Cleanse Reset Days**

**Days 5 - 9 Shake Days**

**Days 10 & 11 Cleanse Reset Days**

**The ER Shred Protocol does NOT restrict calories.**

**When you are hungry, eat a snack!**

## **SHAKE DAY:**

**9:00 am-** Incubated IsaLean  
Pro Shake

**10:30 am-** Bone Broth

**12:00 pm-** Meat meal with  
butter and salt

**3:00 pm-** Bone Broth

**6:00 pm-** Incubated IsaLean  
Pro Shake

\*Shred approved snacks, as  
needed.

(optional: Black or Buttered  
Coffee in the morning and 1-2  
servings of AMPED Hydrate.)

Every Day - drink 1/2 body  
weight in oz of water

\*\*Be mindful this includes Shakes,  
Hydrate, Bone Broth, coffee, tea and  
even the foods you consume.\*\*

## **RESET CLEANSE DAY:**

**8:00 am:** 1 dose - Cleanse For Life

**10:00 am:** Bone Broth

**12:00 pm:** 1 dose - Cleanse For  
Life

**2:00 pm:** Bone Broth

**4:00 pm:** 1 dose - Cleanse For Life

**6:00 pm:** Bone Broth

**8:00 pm:** 1 dose - Cleanse For Life

*\*1 dose Cleanse for Life: 4 oz of liquid  
concentrate, 2 individual bottles, or 2  
scoops of powder with water to your  
liking.*

**Add more bone broth as needed.**

*Blood sugar concerns? Grab the  
IsaSnacks*

(optional Black Coffee in the morning  
& 1-2 servings of AMPED Hydrate)

**MOVE 10-20 MINUTES**

**(Walk or workout of your choice)**

# MEAT MEAL AND INCUBATION



## EAT A VARIETY OF MEAT

Cook meat as desired (bacon grease may be used during cooking), then add 1-2 tablespoons of Butter and Sea Salt to taste once cooked through. Do not add any extra oil, and eat until satisfied.

Grass fed, Grass finished beef is the optimal option, but not necessary. Eggs, fatty fish (salmon, mackerel etc) and seafood are also great options for your meat meal.

## SHAKE INCUBATION

This process is necessary to achieve baseline results.

Make your shake (either shake in your shaker cup or in a blender) with room temperature to 85 degree water, and let sit uncovered for 45 to 120 minutes. Re-blend and add ice, if desired, to drink, or refridgerate for up to 12 hours then reblend and enjoy.

When incubated, the shakes are 450% more likely to absorb properly in your system.



# TIPS FOR OPTIMAL RESULTS

## **EAT!**

The ER Shred is not about counting calories! Eat until you are satiated. If you are hungry during your shake days, eat a meat snack. On a cleanse day? Have more Bone Broth

## **KEEP A NUTRITIONAL JOURNAL!**

You are going to start feeling so great that looking back on how you felt before will keep you motivated to move forward!

## **WORKOUT!**

Shake days- whatever type of workout you desire  
Cleanse days- 20-30 minute walk

## **USE YOUR AMPED HYDRATE!**

Should you find that you are experiencing muscle cramps, headaches, or fatigue, use your Lemon Lime AMPED Hydrate to help your body respond more positively.

## **NO IONIX DURING THE 11 DAY ER RESET!**

Although we love our Ionix, we want to encourage you to remove all the glucose/sugar for optimal results.

## **SET ALARMS ON YOUR PHONE!**

If you need to be reminded of when to do what, set alarms on your phone as a reminder.

## **NO ISALEAN PRO? NO WORRIES!**

You can mix 1.5 scoops of INCUBATED IsaLean with 1 scoop of IsaPro .

## **GET INVOLVED**

Be active in our Facebook Community. Not on Facebook? Go to [www.ershred.biz](http://www.ershred.biz) to get the latest from our Shred Leaders.



# YOU DID IT! NOW LET'S MAINTAIN IT!

## CONGRATULATIONS!

You have chosen well for yourself! Your body and mind are thanking you for the work you have done.

As a reward, you will notice that you have extra IsaLean Pro. Please consider enjoying 1-2 incubated shakes per day to continue and maintain your results along with the Bone Broth and one set of Cleanse days each month.

Now is the time to begin slowly introducing other healthy foods that are not mainly based in gluten, soy, sugar, or dairy into your lifestyle. Your body will tell you quickly what your "culprits" are. This is news you can use moving forward.

Experiment with other snack options as well. Zero Sugar Beef Jerky, Cookie dough bites made with Isagenix Tri-Release, and almonds are a great start.

Our hope is that you use IsaLean Pro and the Collagen Bone Broth as a food staple for your ongoing wellbeing.

To you and your health!





### DSHEA Disclaimer

The statements (appearing on this Web site) have not been evaluated by the Food and Drug Administration. The erShred program , along with Isagenix products, are not intended to diagnose, treat, cure or prevent any disease.

### Safety Disclaimer

Note: If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before starting the erShred program, using Isagenix products, or making any other dietary changes.

Discontinue use if adverse events occur.

### Information for General Purposes Only

Information provided on this Web site and on all publications, packaging, and labels is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your physician or health-care professional.