

# Recommended schedule for Pre-Cleanse and Shake Days

TIME OF DAY	ACTION	DAY 1 ✓	AMOUNT OF WATER (OZ)	DAY 2 ✓	AMOUNT OF WATER (OZ)
<b>7:00 am</b> Breakfast	1 IsaLean® Shake (2 scoops, blended per product directions) 1 Natural Accelerator™ 1 serving Ionix® Supreme				
<b>9:00 am</b>	8-16 oz. cold water 1 IsaDelight®, 1 Isagenix Snacks!™ or 1 option from the Snack Ideas chart				
<b>10:30 am</b>	8-16 oz. cold water				
<b>12:30 pm</b> Lunch	400 – 600 calorie meal (preferably lean protein/vegetable combination)				
<b>2:00 pm</b>	8-16 oz. cold water 1 Natural Accelerator 1 IsaDelight, 1 Isagenix Snacks! or 1 option from the Snack Ideas chart				
<b>3:30 pm</b>	8-16 oz. cold water 1 IsaDelight, 1 Isagenix Snacks! or 1 option from the Snack Ideas chart				
<b>5:00 pm</b> Dinner	1 IsaLean Shake (2 scoops, blended per product directions)				
<b>6:00 pm</b>	8-16 oz. cold water				
<b>8:00 pm</b>	8-16 oz. cold water IsaFlush® if needed				

You may also have Want More Energy?®, Isagenix Greens™, IsaFruits® and IsaCalcium® added to water. Stay away from starches and fatty, toxic processed foods.

SNACK IDEAS	
1 apple	Celery stalks
1 SlimCakes®	4 cashews or walnuts ( <i>unsalted, raw</i> )
1 hard-boiled egg	6 almonds ( <i>unsalted, raw</i> )