

# Recommended schedule for Shake Days

| TIME OF DAY                                 | ACTION  | DAY 1<br>✓ | AMOUNT OF WATER (OZ) | DAY 2<br>✓ | AMOUNT OF WATER (OZ) |
|---|---|------------|----------------------|------------|----------------------|
| <b>Morning</b>                              | When you wake up, drink 1-2 oz of Ionix® Supreme to increase energy and help your body better cope with the effects of stress. And, drink 1-2 glasses of purified water. For best results, add IsaWATER™ Alkalized Concentrate.*  |            |                      |            |                      |
| <b>Breakfast</b>                            | Mix 2 scoops of IsaLean® Shake with 8 oz of purified water. Take 1 Natural Accelerator™ capsule to help jump-start your metabolism. Take 1 AM packet of the Ageless Essentials™ Daily Pack for Men or for Women.**  |            |                      |            |                      |
| <b>Mid-Morning Snack</b>                    | Pick one option from the <b>Shake Day Support Options</b> below.  |            |                      |            |                      |
| <b>Lunch</b>                                | Eat a healthy, low-glycemic and balanced 400-600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yogurt. |            |                      |            |                      |
| <b>Mid-Afternoon Snack &amp; Supplement</b> | Pick one option from the <b>Shake Day Support Options</b> below. Take 1 Natural Accelerator.  |            |                      |            |                      |
| <b>Dinner</b>                               | Mix 2 scoops of IsaLean Shake with 8 oz of purified water. Take 1 PM packet of the Ageless Essentials Daily Pack for Men or for Women.**  |            |                      |            |                      |
| <b>Evening</b>                              | Take 1-2 <i>IsaFlush!</i> ™ capsules with 8 oz purified water.  |            |                      |            |                      |

## Shake Day Support Options:

- 1 serving FiberSnacks!\*
- 1 serving SlimCakes®\*\*
- 1 serving IsaDelight Plus™ (1-2 dark chocolates, up to twice daily)\*
- 1 serving *Isagenix Snacks!*\*
- Add 2 oz Cleanse for Life to 64 oz of purified water and drink throughout the day. (Additional Cleanse for Life will need to be purchased)

\* Product sold separately.

\*\* This planner is based on the 30-Day Cleansing and Fat Burning System with Ageless Essentials Daily Pack. If you purchased the original 30-Day Cleansing and Fat Burning System, disregard the Ageless Essentials Daily Pack in the planner portion of this guide.

# Recommended schedule for Cleanse Days

| TIME OF DAY                           | ACTION  | DAY 1<br>✓ | AMOUNT OF WATER (OZ) | DAY 2<br>✓ | AMOUNT OF WATER (OZ) |
|---------------------------------------|---|------------|----------------------|------------|----------------------|
| <b>Cleanse One (Breakfast)</b>        | Drink 4 oz of Cleanse for Life® liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water. Take 1 Natural Accelerator capsule to help jump-start your metabolism. Take 1 AM packet of the Ageless Essentials Daily Pack for Men or for Women.** |            |                      |            |                      |
| <b>Morning Snack</b>                  | Take 2 <i>Isagenix Snacks!</i> and drink 1-2 glasses of purified water. Drink 1-2 oz of Ionix Supreme to increase energy and help your body better cope with the effects of stress.   |            |                      |            |                      |
| <b>Cleanse Two (Late Morning)</b>     | Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water.   |            |                      |            |                      |
| <b>Afternoon Snack</b>                | Take 2 <i>Isagenix Snacks!</i> and drink 1-2 glasses of purified water. Take 1 Natural Accelerator capsule.   |            |                      |            |                      |
| <b>Cleanse Three (Late Afternoon)</b> | Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water.   |            |                      |            |                      |
| <b>Evening Snack</b>                  | Take 2 <i>Isagenix Snacks!</i> and drink 1-2 glasses of purified water.   |            |                      |            |                      |
| <b>Cleanse Four (Dinner)</b>          | Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water. Take 1-2 <i>IsaFlush!</i> capsules with 8 oz purified water. Take 1 PM packet of the Ageless Essentials Daily Pack for Men or for Women.**            |            |                      |            |                      |

## Cleanse Day Support Options:

- 1 to 2 IsaDelight Plus can be taken twice daily 30 minutes before eating *Isagenix Snacks!* or 2 hours after.  
**Important:** the amino acids in IsaDelight Plus encourage natural production of mood-elevating brain chemicals that can help satisfy appetite. Amino acids found in protein from foods can interfere, so IsaDelight Plus should be consumed on an empty stomach.
- For a boost of energy or to manage blood sugar add 1/4 apple or pear.

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