

您的簡易 健康指南

每日營養方案



**ISAGENIX[®]**



恭喜並歡迎來到愛身健儷!

來自世界各地成功的代表愛身健儷的產品使用者,我衷心的歡迎你。

我們有效的產品系統正在影響世界各地的人們的生活。這個簡單、容易遵循的指南,由專家發展,及像你一樣的使用者應用此指南以達到成功的目標及訴求更健康生活方式。我們的目標是讓你可以一手掌握健康。

祝你成功!

共同創辦人及總裁

Jim Coover



這指南分為5個部分:

開始啟動 4

您的產品 6

您的系統 8

您全新的生活方式 14

實用資料 16

開始啟動

- 設定你的目標
- 許下承諾
- 拍攝照片
- 測量記錄

您的個人誓言和願景聲明將幫助您鞏固您的承諾，並確定您的支持團隊是誰。這是起步中最重要的步驟之一，所以需要慢慢仔細考慮周全。

個人誓詞及願景聲明

我 _____, 完全致力於突破我個人的健康及生活品質。我的目標是藉由 _____ 增加 我的肌肉組織及獲得更多能量 _____。

我的“為什麼”

我知道我的成功將會大大的改善我的健康, 能量狀態, 及整體生活品質。
我的生活將會一天比一天更好, 達到我將要達到的
_____ 目標。

我的支持團隊

研究證實把目標記錄下來有助達到目標, 與別人分享您的目標亦有助您邁向成功。

我的聯營商教練是 _____, 我的教練提供支持、激勵及建議, 回答問題並指引我透過旅行到更健康的新生活方式。

我將常常與正面的人在一起, 他們將支援我並了解愛身健體系統對我的重要性。
我的支援團隊包括:

簽名: _____ 日期: _____

教練簽名: _____ 日期: _____



您的成功之路就從這裡開始

- 1 運用你的測量結果及追蹤你的成功紀錄在17頁。謹記尺寸公分數的減少或增加，是達成你的目標的重要指標。集中注意在你感受如何-衡量你的能量狀態及注意你穿著是否合身。
- 2 享受公司為你帶來的成功。和支持你的團隊會員及你的教練分享你的目標。邀請其他人參與你的轉變或讓他們透過激勵、追蹤你的進度及使你專心致力以提供每日支持。詢問你的推薦人如何和其他人分享愛身健儷產品以賺取免費產品。
- 3 遵循在第10頁及11頁正確的每月活動時間表、奶昔日及養生日，以提醒自己攝取每種產品的時間。
- 4 購買保健食品及規劃美味餐點。除去家中不健康的食物及點心，包含蘇打水、含人工甜味劑、色素及其他垃圾食物。餐點規劃祕訣請看第12頁。
- 5 每天閱讀你的願景聲明。
- 6 參加修身挑戰賽幫助你達成你的改變，並賺取US\$200美金的产品抵用卷。想要學習更多，請參閱 TW.IsaBodyChallenge.com。



拍攝”使用前”

照片，當你達成目標時可以看出你的進展。使用前及使用後照片是一個可以看出你的改變的很棒方式。為了達到最佳效果，要求參賽者站在光線充足的房間，背景空白的牆壁前拍攝全身照片。確認你的衣服不要遮住你的身型，這照片也可以做為你參加修身挑戰賽的使用前照片。

如果你懷孕、住院、糖尿病、服用藥物，有醫療狀況，或開始用體重控制計畫，在使用愛身健儷產品前或改變飲食時請諮詢你的醫生。若有任何副作用請勿繼續使用。

您的產品

愛身健儷的獨特之處就是我們永不妥協的產品配方及便利的解決方案系統。

來花點時間了解並體驗這營養及美味產品。



在愛身健儷，我們只選取最高品質的原料製作產品。除此之外，從原料至成品我們進行嚴格的檢測及品質管控。我們堅守永不妥協的原則。

1. 愛麗佳蛋白營養奶昔粉

愛麗佳蛋白營養奶昔粉是健康及均衡的一餐，提供你乳清蛋白、碳水化合物、脂肪、維生素及礦物質的均衡營養。

在當今快節奏的世界中，很容易就遠離健康飲食的軌道，並錯過身體所需要的高品質營養。愛麗佳蛋白營養奶昔，提供優質的成分及便利營養，可支持你每天所需的健康生活方式。

- 每40公克奶昔粉包含16公克的高品質未變性蛋白，幫助你健身支持及及補充更多優質蛋白質。
- 23種維生素及礦物質
- 提供草莓、香草及巧克力風味

2. 養生濃縮飲料

愛身健儷養生濃縮飲料是天然的草本植物及設計用來激活及滋養你全身的植物協同配方。養生濃縮飲料適合用於每天飲用，也適合用在完整的養生日。

1



2



3



3. 愛活力

對抗壓力的天然解決方案。營養豐富的草本植物濃縮精華，可助您保持每日良好健康、能量及活力。

4. 愛身健麗營養咀嚼錠

這些完美的小點心含高品質乳清蛋白、酪蛋白、脂肪及碳水化合物可以幫助抑制食慾，滿足你在養生日或其他任何一天。

5. 愛身健麗膠囊

愛身健麗膠囊包含精心挑選的產熱成分，如辣椒素、綠茶、肉桂、人參，適合您的整體健康。

6. 愛麗舒暢膠囊

愛麗舒暢膠囊含草本植物的補充品，可以幫助消化。

7. e+超能量飲濃縮液

這款天然平衡的超能量飲含天然草本適應原成分，可幫助對抗忙碌生活壓力。萃取自綠茶的天然來源咖啡因，可提供能量以支持每日活動或運動效能。

8. 補水活力飲料

富含維生素C、B1、B2、B3、B5、B6及B12，電解質及營養素，補充在壓力及運動時流失的清爽補水飲料。



我們液體濃縮飲料產品以便利包裝提供相同優勢的產品，你可在旅途中隨身攜帶，或隨時隨地和朋友分享。

4



5



6



7



8



*根據要求提供科學參考資料

您的系統

適合每日營養及健康的愛身健體系統，包含奶昔及養生日的組成。

奶昔日及養生日的組成已被証實幫助了很多人健康管理及更好的運動表現。這些系統設計用來幫助健康管理，提供你的天然維生素、礦物質及最佳健康需要的其他營養素。



基礎營養及健康管理

16公克
蛋白質



匙



補充更多優質蛋白質

24公克
蛋白質



匙

彈性份量
準確營養

優質營養 適合每個人



我們的濃縮液和愛麗佳蛋白營養奶昔產品系列提供相同的營養優勢，但以更持久、方便及便利達到符合每個地區需求的獨特口味，經濟及營養需求。產品系列包含彈性包裝的愛麗佳蛋白營養奶昔及濃縮液飲料含愛活力、養生粉、補水活力飲料及e+超能量飲。

甚麼是濃縮飲料？

濃縮飲料是靠去除水份或其他稀釋劑以減少體積的食物或液體，使產品的效能更好。我們的濃縮飲料以一瓶包裝，所以遵照每天的建議飲用量是很重要的。

我們的液體濃縮飲料產品以便利包裝提供相同優勢的產品。

小包裝大份量



方便攜帶：
您可以隨身攜帶及
與朋友分享



如何飲用濃縮飲料？

如何使用濃縮飲料。需要快速調製健康飲料嗎？您僅需要擠壓3次最喜愛的濃縮飲料在60-120毫升的水中，便可調製出一杯您最喜愛的飲料。在調配補水活力飲品，請加入120-180毫升的水中並依據您個人口味調整水量。

溫和地擠壓 3次



60-120毫升

運用每日營養系統從未如此簡單

您的每日營養系統建基於2個重要概念：

奶昔日
養生日

奶昔日

以愛麗佳蛋白營養奶昔取代方便的1或2餐，以確保其餘一餐也要健康及低升糖指數，並維持於400-600大卡。

大多數人會以奶昔作早餐，午餐會規畫正常飲食，然後以奶昔作晚餐。如果您的健康目標是管理健康，我們建議您以奶昔取代兩餐。如果您已達到理想體重並想繼續維持，您可以取代一餐。正因為計劃很有彈性，您可以奶昔取代任何一餐，記謹在其他餐您要保持在400-600大卡，含少量脂肪的蛋白質、全穀類、水果或蔬菜。

每天早上飲用1份愛活力

每天飲用足量水份
(一天大約飲用2400毫升的水份)

每天早上飲用1份e+超能量飲濃縮液增加活力。很多人會以e+超能量飲濃縮液取代咖啡。

睡前飲用1份養生濃縮飲料，如果你每天持續養生可以幫助您每天排出身體毒素。

點心選擇

- e+超能量飲濃縮液
- 1份補水活力飲料(如果運動)

專業建議：提早規劃您的400-600卡路里的餐，大部份成功的人都會預備一整個星期的用餐

養生日

飲用8份養生濃縮飲料
早上2份
中午2份
下午2份
晚餐2份

飲用1份愛活力草本營養濃縮飲料
上午或下午飲用。

一天之內飲用足量的開水(大約2400毫升)

攝取4-6顆愛身健儷營養咀嚼錠

選擇1天2份點心: 早上及下午

點心選擇
¼顆蘋果或梨子
1-2份e+超能量飲

我應該採用1或2天養生日?

使用我們的快速啟動套裝，一周你應該至少作1天養生日，你也可以一周計劃2天養生日以達到最大的效果。然而，一周最多不要超過2天養生日。

請參閱12頁的餐點健康指南。自選的份量及額外的上述項目將不包括於您的愛身健儷系統內，例如點心的選擇，將需要額外購買。

這個時間表可協助您安排您的計劃。如您需要設計個人的時間表，請翻閱第18頁。

30天時間表

Day 1 S**	Day 2 S**	Day 3 R	Day 4 S	Day 5 S	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 R	Day 11 S	Day 12 S	Day 13 S	Day 14 S
Day 15 S	Day 16 S	Day 17 R	Day 18 S	Day 19 S	Day 20* S	Day 21 S
Day 22 S	Day 23 S	Day 24 R	Day 25 S	Day 26 S	Day 27 S	Day 28 S
Day 29 S	Day 30 S					

S=奶昔日
R=養生日



小秘訣：於您的時間表內加入額外的養生日以協助您開始每日營養系統。

在第18頁建立你自己的時間表

*請參加自動送貨訂單以確保您在下一個月可得到產品。與您的推薦人索取更多資料。

**建議進行您的第一次完整的養生日時先進行2天的奶昔日。奶昔日可幫助您的身體建立良好的狀態，令養生濃縮飲料的效果更有效。

我的營養菜單

在奶昔日的400-600卡熱量健康餐(午餐或晚餐), 健康餐包含充足營養及含均衡蛋白質、碳水化合物、脂肪及纖維。遵循以下建議, 可讓您建立一個健康、容易而且美味的菜單。



份量:
2個拳頭大

蔬菜

- 生菜
- 燙蔬菜
- 蔬菜湯
- 新鮮水果



份量:
一個手掌大

蛋白質

- 雞肉
- 牛肉/羊肉
- 魚
- 蛋
- 低脂奶製品
- 豆腐



份量:
1個拳頭大

複合碳水化合物

- 麵
- 飯
- 麵包

食譜範例



香橙雞肉

- 4.4盎司雞胸肉
- ½茶匙辣椒粉
- 1份中等大小的切片洋蔥
- ½杯柳橙汁
- 2湯匙砂糖
- 1茶匙醬油
- ½茶匙薑粉
- 4茶匙雪利酒
- 2茶匙水
- 巴西里

把雞肉煮熟，放至烤盤上。在雞肉上撒上辣椒粉。把切片洋蔥放在雞肉上。把橙汁、紅糖、醬油、薑粉、水及雪利酒倒入雞肉及洋蔥上。蓋上並開始燜煮直至雞肉變嫩（大約35-45分鐘）。再加上白飯供餐。

1份：406大卡、35公克蛋白質、6公克脂肪、39公克碳水化合物、6公克纖維



鮭魚沙拉

- 2杯切碎生菜(或自選生菜)
- 4盎司烤鮭魚
- ½杯煮熟的蠶豆
- 2個烤馬鈴薯，切一半
- 自製沙拉(請參考以下說明)

把鮭魚片放入烤箱(於華氏450度烤4-6分鐘)。加入蔬菜、豆子和馬鈴薯。再加入鮭魚片淋上自製沙拉醬。

自製沙拉醬

- 3:1的油:醋(或檸檬汁)
- 加入少量醬油或海鹽
- 加入2茶匙蜜糖或楓樹糖漿
- 加入腰果或杏仁奶油
- 加入香草及喜愛的香料

1份：575大卡、38公克蛋白質、46公克碳水化合物、12公克脂肪、8.5公克纖維

您全新的生活方式

—但你達成你的目標，你可能會問自己，「下一個目標是什麼？」答案是簡單的：一個適合你及家人終生健康的生活方式。



維持祕訣

在達成目標之後，許多人發現我們維持健康的生活方式是容易遵循的：

- 1 每日享用愛麗佳蛋白營養奶昔
- 2 隔周計劃1日完整的養生日
- 3 飲用大量水分
- 4 規律運動

我們大部分都已經成功的完成愛身健儷系統，並每日於早餐或晚餐持續的享用愛麗佳蛋白營養奶昔。

我們的櫥櫃持續擺放著e+超能量飲、愛活力、補水活力飲料及養生濃縮飲料。不只是因為我們必須要，而是因為我們想要。

我們喜愛享受產品給我們的感受，我們愛它們的口味。我們喜愛每天早上享用愛活力及來自e+超能量飲濃縮液的天然能量，補給我們在工作或學校忙碌的一天的精力。

與其他人分享愛身健儷產品獲得的報酬

如果愛身健儷正是適合你賺取額外收入的方法，學習如何開始創造額外收入。你的推薦人可以告訴你更多關於如何與更多家庭、朋友及鄰居分享愛身健儷，也可以幫助你維持愛身健儷的生活方式。

更多資訊請參考 TW.Isagenix.com
或撥 + 886 2 25789677

您全新的生活方式



常見問題

Q: 養生濃縮飲料是如何運作的?

A: 養生濃縮飲料含維生素、礦物質及草本植物可以幫助滋養身體。它不是一種腸道淨化,但是可以幫助活化及滋養全身。

Q: 在使用產品過程期間我可以期待什麼?

A: 在使用產品過程初期時,你的身體將開始吸收愛身健儷產品的營養成分。如果你遵照建議的愛身健儷系統,你應該開始看到成果及感覺到差異。這產品將幫助你身體改變。

Q: 我應該在完整的養生日運動嗎?

A: 是的,你應該遵照愛身健儷系統建議的養生日時間表。在養生日我們建議你減少身體活動。它也證明在養生日早點入眠,有助於你避免深夜吃零食的衝動。

Q: 如果我不飢餓,我可以忽略一餐或奶昔嗎?

A: 我們建議你不要忽略一餐或奶昔。即使你不覺得肌餓,你的身體仍然需要每日正餐及奶昔的持續營養。如果你開始覺得肌餓,等一會並看看,但務必要確保你攝取愛麗佳蛋白營養奶昔,及奶昔日的均衡正餐。

Q: 我可以將水果加在愛麗佳蛋白營養奶昔?

A: 你可以將水果加在愛麗佳蛋白營養奶昔,但是謹記這會增加你的奶昔熱量攝取。

Q: 如果我感到疲倦或頭痛,我應該停止持續養生日嗎?

A: 首先,嘗試飲用一杯水或吃一顆咀嚼錠。如果你沒有攝取足夠的水分或是正在經歷低血糖,疲倦及頭痛是常常發生在身體的狀況。如果這狀況持續發生,請諮詢你的醫師。

Q: 我可以計劃2日以上的養生日嗎?

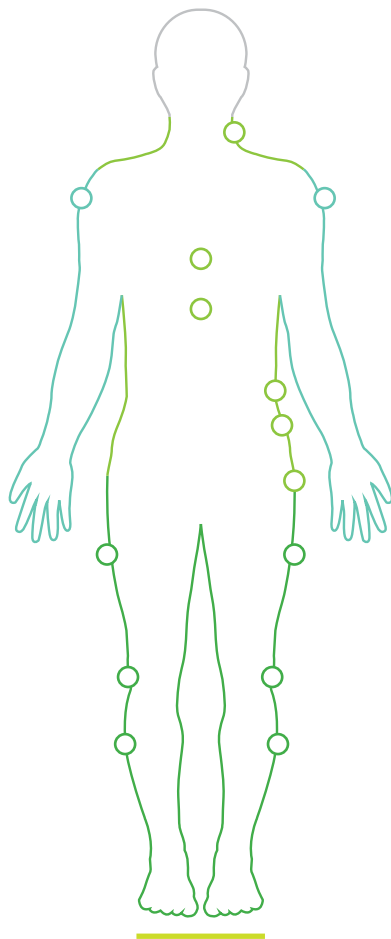
A: 養生日2日可以幫助你達成健康管理目標的最大效果,但你絕不應該超過2天。



加入愛身健儷臉書,成為我們全球產品的愛用者社群。與成千上萬像你一樣已經成功地達到了自己目標並正在享受健康的生活方式的人相遇。你甚至可能會發現,你在同一趟旅程中,也可以對別人有所啟發。

量測數值

	開始	第3天	第9天	第30天	目標
體重					
核心					
頸部					
胸部					
橫膈部位					
腰部					
胃部					
臀部					
手臂					
左邊手臂					
右邊手臂					
腿					
左邊大腿上部					
右邊大腿上部					
左邊膝蓋上部					
右邊膝蓋上部					
左小腿					
右小腿					



追蹤測量數值是衡量你成功的好方法。減去的尺寸公分數是衡量你整體健康改變的重要指標。

建立你自己的時間表

S=奶昔日

R=養生日

想要更多的時間表選項,請見第11頁

完成 ~~開始~~挑戰



ISABODYCHALLENGE.COM

想要了解更多資訊請參考



A Simple Guide to a Healthier You

Everyday Nutrition Solutions




ISAGENIX[®]

Congratulations and Welcome to Isagenix!

On behalf of successful Isagenix product users worldwide, I extend a heartfelt welcome to you.

Our effective product systems are changing lives around the world. This simple, easy-to-follow guide was developed by experts and used by people like you who have been successful at reaching their goals and claiming a healthier lifestyle. Our goal is to put you in control of your health.

To your success!

Jim Coover
CO-FOUNDER & CEO





This guide is divided into five sections:

GETTING STARTED 24

YOUR PRODUCTS 26

YOUR SYSTEM 28

YOUR NEW LIFESTYLE 34

HELPFUL RESOURCES 36

GETTING STARTED

- Set Your Goals
- Take the Pledge
- Take Your Picture
- Take Your Measurements

Your Personal Pledge & Vision Statement will help you solidify your commitment and identify who your Support Team is. This is one of the most important steps to getting started, so take your time and be thoughtful.

PERSONAL PLEDGE & VISION STATEMENT

I, _____, am fully committed to creating a breakthrough in my personal health and quality of life. My goal is to _____ by _____ while increasing my lean muscle and gaining more energy.

My “Why”

I know that my success will greatly improve my health, energy levels, and overall quality of life. My life will be better with each day that I get closer to reaching my goal because I will be able to _____

My Support Team

Research has proven that written goals are much more likely to be achieved and sharing your goals with others will further support your success.

My Associate Coach is _____. My Coach is there to offer support, encouragement, and advice, and to answer questions and guide me through my journey to a healthier new lifestyle.

I will surround myself with positive people who will support me and understand how important my Isagenix program is to me. My Support Team includes:

Signed: _____ Date: _____

Coach Signature: _____ Date: _____





Take a “before”

photo to see the progress you’ve made when you reach your goal. “Before” and “after” photos are a great way to see just how far you’ve come. For best results, ask someone to take a full-body photograph of you standing in front of a blank wall in a well-lit room. Be sure to select clothes that do not hide your physique. This picture can also serve as your “before” picture for the IsaBody Challenge.

YOUR PATH TO SUCCESS BEGINS HERE.

- 1** Take your measurements and track your success with the measurement tracker on Page 37. Remember, centimeters lost or gained is a great indicator of progress towards your goals. Also focus on how you feel—gauge your energy levels and pay attention to how your clothes fit.

- 2** Success enjoys company. Share your goals with your Support Team members and your Coach. Invite others to join you in your transformation or have them offer daily support by providing encouragement, tracking your progress, and keeping you focused. Ask your Enrolling Sponsor how you can get paid for sharing Isagenix products with others.

- 3** Follow the right monthly schedule and Shake and Revitalize Day planner on Pages 30 and 31 to remind you when to take each product.

- 4** Buy healthy foods and plan great-tasting meals. Limit temptations by removing unhealthy foods and snacks from your home including soda, foods with artificial sweeteners and coloring, and other “junk” foods. See meal planning tips on Page 32.

- 5** Read your Vision Statement daily.

- 6** Join the IsaBody Challenge to help you achieve your transformation and earn a US\$200 product certificate. Learn more at TW.IsaBodyChallenge.com.

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight-control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.

YOUR PRODUCTS

What makes Isagenix unique and special is our no-compromise approach to product formulation and our convenient solution systems.

Let's take a moment to get to know the nutritious and delicious products you are about to experience.



At Isagenix, we select only the highest-quality ingredients for our products. In addition, we conduct rigorous testing and quality verification on all of our raw materials through to our finished products. We stand by our no-compromise policy.

1. IsaShake™

IsaShake is a healthy and balanced meal providing your body with a great combination of whey protein, carbohydrates, fats, vitamins, and minerals.

In today's fast-paced world it is easy to get off track from your healthy diet and miss out on the quality nutrition your body needs. Including IsaShake in your everyday routine supports your healthy lifestyle through high-quality ingredients and convenient nutrition.

- Each 40-gram serving contains 16 grams of high-quality undenatured protein, which helps to build and repair body tissues.
- 23 vitamins and minerals.
- Available in Strawberry Cream, Creamy Vanilla and Creamy Chocolate

2. Cleanse for Life™

Cleanse for Life is a synergistic blend of natural herbs and botanicals designed to revitalize and nourish your whole body. Cleanse for Life is perfect for everyday use and is an essential component for use on Revitalize Days.

1



2



3



3. Ionix® Supreme

Nature's answer to stress. A daily, proprietary botanical drink designed to help maintain good health, energy and vitality.

4. Isagenix Snacks!

These perfect little snacks help curb appetite thanks to high-quality whey and casein protein, fats, and carbohydrates that will satisfy you on Revitalize Days or any day.

5. Natural Accelerator

Natural Accelerator contains carefully selected thermogenic ingredients such as cayenne, green tea, cinnamon, and ginseng for your overall health.

6. IsaFlush!™

An herbal supplement to encourage digestive regularity.

7.e+

This natural balanced energy shot concentrate features a selection of Adaptogens ideal for combatting the effects of a busy and demanding lifestyle.* The addition of naturally sourced caffeine from green tea provides energy to support everyday activities or athletic performance.

8. AMPED™ Hydrate

A refreshing, hydrating drink enriched with vitamins C, B1, B2, B3, B5, B6, and B12, as well as electrolytes and nutrients that are lost during stress and exercise.



Our liquid concentrate line provides the same great product benefits in one convenient sized bottle. You can take your concentrate bottle on the go, or you can share with friends.

4



5



6



7



8



* Scientific references available upon request.

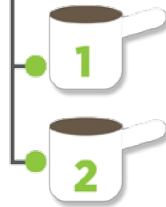
YOUR SYSTEM

Isagenix offers systems for Everyday Nutrition which include a combination of Shake Days and Revitalize Days. The combination of Shake Days and Revitalize Days is shown to help people with health management and fitness support. These systems are designed to help you regain control of your health while naturally delivering the essential vitamins, minerals, and other nutrients your body needs for optimal health.



Foundational Nutrition & Health Management

16 g
of protein



scoops



For More Protein

24 g
of protein



scoops

Flexible Size
SERIOUS NUTRITION

Quality Nutrition FOR EVERYBODY



Our concentrate and IsaShake product line delivers the same nutritional benefits but in a more sustainable, convenient and affordable way that meets the unique taste preferences, and economic and nutritional needs specific to each region. The line includes the IsaShake “flex-serve” pouch and liquid concentrates Ionix Supreme, Cleanse for Life, AMPED Hydrate, and e+ Natural Balanced Energy Shot Concentrate.

YOUR SYSTEM

What is a concentrate?

A concentrate is food or liquid that has been reduced in volume by the removal of water or other diluting agent making it more potent. Our liquid concentrates definitely pack a punch, so it’s important that the daily consumption amount is still followed.

Our liquid concentrate line provides the same great product benefits in one convenient sized bottle.

A LITTLE GOES A LONG WAY.



Convenience On the Go:

You can take your concentrate bottle on the go, or you can share with your friends.



How to use a concentrate.

Need to make a drink fast? Instantly make one serving of your favorite drink by adding three (3) squeezes of liquid concentrate to 60-120 mL of water. For AMPED Hydrate concentrate, add to 120-180 mL of water. (Adjust water to taste.)

Gently Squeeze x3



60-120 mL

USING YOUR EVERYDAY NUTRITION SYSTEMS COULDN'T BE EASIER.

Your Everyday Nutrition Systems rely on two easy-to-follow concepts:

Shake Days Revitalize Days

SHAKE DAYS:

Replace 1 or 2 conventional meals with a nutritious IsaShake and ensure your remaining meals are healthy, low-glycemic, and 400-600 calories.

Most people enjoy a shake for breakfast, plan their meal for lunch, then enjoy another shake for dinner. If your wellness goal is focused on managing your health, it is recommended to replace two meals of your choice with a shake. If you have reached your goal weight and are focused on maintaining, feel free to only replace 1 conventional meal. Because this plan is so flexible, you can replace any meal you'd like with an IsaShake, just as long as your other meals are 400-600 calories, and are made with lean proteins, whole grains, fruits, and vegetables.

Drink 1 serving of Ionix Supreme each morning.

Drink enough water throughout the day. (Approximately 8, 8-ounce glasses of water a day)

Drink 1 serving of e+ any time during the day for a quick energy boost. *Many people choose to replace their coffee with e+.*

Drink Before bed, drink 1 serving of Cleanse for Life to help your body eliminate impurities if you follow a daily revitalize routine.

Snack Options

- e+
- 1 serving pf AMPED™ Hydrate (if exercising)

Pro Tip: Plan your 400-600 calorie meals in advance. Most successful people plan a full week of meals at one time.

REVITALIZE DAYS:

Enjoy 8 Cleanse for Life servings:
2 in the morning
2 at noon
2 late afternoon
2 at dinnertime

Drink 1 serving of Ionix Supreme.
Drink mid-morning OR in the late afternoon.

Drink enough water throughout the day (about 80 oz total).

Enjoy 4 to 6 Isagenix Snacks™

Choose 2 snacks a day from the options below: one mid-morning and one early evening.

Snack Options

- ¼ apple or pear
- 1-2 servings of e+

HOW MANY REVITALIZE DAYS SHOULD I SCHEDULE?

Within our Quick Start Pak, you should schedule a Revitalize Day at least one day a week, but you can certainly schedule two Revitalize Days (back-to-back) to maximize your results, but you should never exceed two consecutive Revitalize Days.

See Page 32 for healthy guidelines on meals. Optional servings and additional items listed above that are not included in your Isagenix System, such as many of the snack options, will need to be purchased separately.

This calendar will help you organize your programs. If you would like to design your own program, see the Page 38.

30-DAY CALENDAR

Day 1 S**	Day 2 S**	Day 3 R	Day 4 S	Day 5 S	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 R	Day 11 S	Day 12 S	Day 13 S	Day 14 S
Day 15 S	Day 16 S	Day 17 R	Day 18 S	Day 19 S	Day 20* S	Day 21 S
Day 22 S	Day 23 S	Day 24 R	Day 25 S	Day 26 S	Day 27 S	Day 28 S
Day 29 S	Day 30 S					

S = Shake Day
R = Revitalize Day



Pro Tip: Get a head start on your Everyday Nutrition System by adding extra Revitalize Days to your calendar.

Build your own calendar on Page 38.

*To ensure you have product for next month, be sure to enroll in the Autoship Rewards program. Speak with your Enrolling Sponsor for more details.

**Two Shake Days are recommended prior to your first set of back-to-back Revitalize Days. These days help to create an environment in the body that helps enhance the effects of Cleanse for Life.

MY PLATE PLANNER

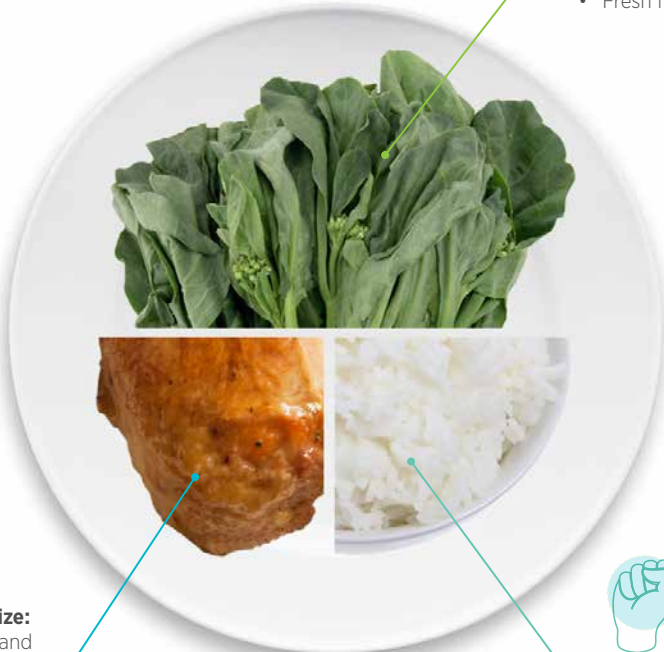
For your 400-600 calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means being nutrient-dense and containing the right balance of protein, carbohydrate, fat, and fiber. Follow these suggestions below to making crafting a healthy third meal easy and delicious.



Portion Size:
Size of 2 Fists

VEGETABLES

- Raw veggies
- Cooked veggies
- Veggie soups
- Fresh fruit



Portion Size:
Palm of Hand

PROTEIN

- Chicken
- Beef/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Tofu



Portion Size:
Size of Fist

COMPLEX CARBS

- Noodle
- Rice
- Breads

SAMPLE RECIPES



CHICKEN IN ORANGE SAUCE

- 4,4 oz chicken breasts
- ½ teaspoon paprika
- 1 medium onion sliced
- ½ cup orange juice
- 2 tablespoons brown sugar
- 1 teaspoon soy sauce
- ½ teaspoon ground ginger
- 4 teaspoons sherry
- 2 teaspoons water
- parsley

Brown the chicken pieces under broiler. Place chicken in a greased baking dish. Sprinkle chicken with paprika. Arrange onion slices over chicken. Combine orange juice, brown sugar, parsley, soy sauce, ginger, water, and sherry in a bowl then pour over chicken and onions. Cover and simmer until chicken is tender (approx. 35-45 minutes). Serve over steamed rice.

Per serving: 406 calories, 35 grams protein, 6 grams fat, 39 grams carbohydrates, 6 grams fiber



SAVORY SALMON SALAD

- 2 cups shredded romaine lettuce (or lettuce of choice)
- 4 oz baked salmon
- ½ cup cooked fava beans
- 2 small potatoes, baked & halved
- Homemade salad dressing (See below for instructions.)

Bake salmon fillet (4-6 minutes at 450 degrees Fahrenheit). Combine salad greens, beans, and potatoes. Top with salmon fillet and drizzle with homemade salad dressing.

Homemade Salad Dressing

- 3:1 oil to vinegar (or lemon juice)
- Add a dash of soy sauce or sea salt
- Add 2 teaspoons honey or maple syrup
- Add cashews or almond butter
- Add flavor with herbs and spices of choice

Per serving: 575 calories, 38 grams protein, 46 grams carbohydrates, 12 grams fat, 8.5 grams fiber

YOUR NEW LIFESTYLE

Once you've reached your goal, you'll probably ask yourself, "What next?" The answer is simple: a lifelong healthy lifestyle for you and your family.



MAINTENANCE TIPS

After reaching their goals, many people find our healthy lifestyle maintenance recommendations easy to follow:

- 1 Enjoy one IsaShake per day.**
- 2 Schedule one Revitalize Day every other week.**
- 3 Drink lots of water.**
- 4 Exercise regularly.**

Most of us who successfully complete the Isagenix System continue enjoying our IsaShakes for breakfast or lunch, every day. Our cupboards stay stocked with e+, Ionix, AMPED Hydrate, and Cleanse for Life. It's not because we have to, but because we want to.

We enjoy how the products make us feel, and we love how they taste. We like the morning boost Ionix Supreme gives us and the natural energy from an e+ before a busy day at work or school.

GET PAID FOR SHARING ISAGENIX PRODUCTS WITH OTHERS

Find out if earning extra income with Isagenix is the right fit for you and learn how to start building a residual income. Your Enrolling Sponsor can tell you more about how sharing Isagenix with family, friends, and neighbors can help you sustain your new Isagenix lifestyle.

For more information, visit TW.Isagenix.com or call +886 2 2578 9677.



FAQ

Q: How does Cleanse for Life work?

A: Cleanse for Life helps nourish your body with vitamins, minerals, and botanicals. It's not a colon cleanse, but a product aimed to revitalize and nourish the entire body.

Q: What should I expect during the first few days of my journey?

A: During the first few days, your body will begin absorbing the nutritious ingredients in your Isagenix products. If you follow your system as recommended, you should begin to see results and feel the difference. The products should help your body prepare for a transformation.

Q: Should I still exercise on Revitalize Days?

A: Yes, you should follow the recommended Revitalize Day for your Isagenix System. On Revitalize Days we recommend you minimize your physical activity. It may also prove helpful to go to bed earlier to avoid the urge for late-night snacking.

Q: If I'm not hungry can I skip a meal or shake?

A: We recommend you not skip a meal or IsaShake. Even though you might not feel hungry, your body needs the ongoing nourishment of your daily meal and IsaShake. Wait a while to see if you begin to feel hungry, but always ensure you consume your IsaShakes and a balanced meal on every Shake Day.

Q: Can I add fruit to my IsaShake?

A: You can add fruit to your IsaShake, but keep in mind that adding to your shake increases the caloric intake.

Q: If I feel tired or have a headache, should I discontinue my System?

A: First, try to drink a glass of water or eat a snack. Fatigue and a headache are often signs your body is not getting enough water or you might be experiencing low blood sugar. If it continues, please consult your physician.

Q: Can I schedule more than two consecutive Revitalize Days?

A: Two consecutive Revitalize Days can help you maximize your health management goals, but you should never schedule more than two days in a row.

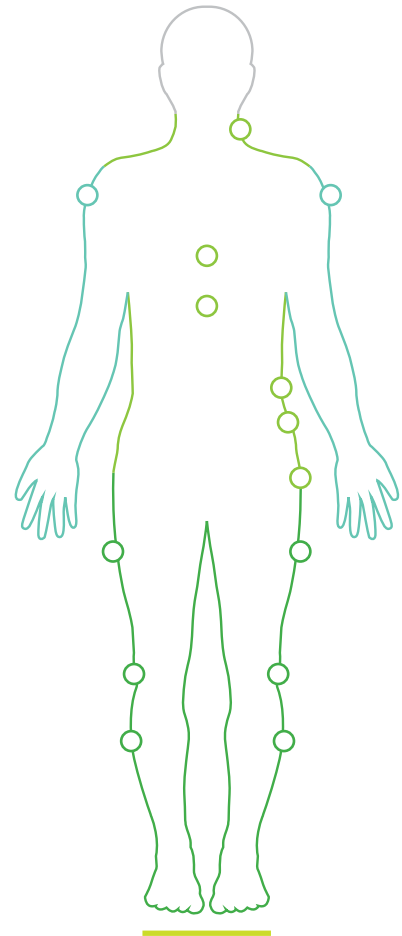


Follow Isagenix on Facebook and join our worldwide community of product users.

Meet thousands of people like you who have successfully reached their goals and are enjoying a healthy lifestyle. You might even find that you are an inspiration for others on the same journey.

MEASUREMENT TRACKER

	Start	Day 3	Day 9	Day 30	Goal
Weight					
Core					
Neck					
Chest					
Diaphragm					
Waist					
Abdomen					
Buttocks					
Arms					
L Upper Arm					
R Upper Arm					
Legs					
L Upper Thigh					
R Upper Thigh					
L Upper Knee					
R Upper Knee					
L Calf					
R Calf					



Tracking your measurements is a great way to gauge your success. Centimeters lost are a great indicator of your overall health transformation.

BUILD YOUR OWN CALENDAR

S = Shake Day

R = Revitalize Day

For other calendar options, see Page 31.



Complete
~~START THE~~
CHALLENGE



ISABODYCHALLENGE.COM

*For official rules visit TW.IsabodyChallenge.com

