

您的簡易 健康指南

體重管理的方案




ISAGENIX®

恭喜您並歡迎加入愛身健麗！

本人僅代表全球優秀的愛身健麗產品使用者，熱烈歡迎您的加入。


我們有效的產品系統改變全球無數人的生命。這個簡單及容易跟隨的指南由多位專家所編寫，及經無數個像您一樣想達到個人目標並得到更健康生活的人所使用。我們的目標是要讓您掌握自己的健康。

祝願成功！

Jim Coover

公司持有人兼行政總裁





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開始 啟動

- 定下個人目標
- 許下承諾
- 拍下個人照片
- 記下您的寸數

您的個人承諾及願景聲明可助您穩固您的承諾及確認您的支援團隊。這是開始啟動其中一個最重要一環，因此請慢慢來並細心思考。

個人承諾及願景聲明

本人, _____, 承諾將突破個人的健康及生活質素。我的目標是要於 _____ 完成 _____, 同時亦要增加我的瘦肌肉及得到更多能量。

我的動機

我知道我的成功將大大改善我的健康、能量指數及生活質素。

當我接近達到目標時, 我每天的生活將會更好, 因為我可

_____。
_____。

我的支援團隊

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 _____。我的教練在旁提供支援、鼓勵、意見、解答問題並帶領我邁向更健康的生活。

我將常常與正面的人在一起, 他們將支援我並了解愛身健麗系統對我的重要性。

我的支援團隊包括:

簽名: _____ 日期: _____

教練簽名: _____ 日期: _____



您的成功之路就在這裡開始。



Abby G.
ISA BODY
 CHALLENGE

拍攝“前照”當您達到目標時可參考您的進度。
 “前照”及“後照”是查看您進度的最佳辦法。想得到最佳效果，可在別人的協助下於空白的牆前拍攝全身照片。請確保選擇正確的衣服，而不要隱藏您的身段。這亦可視為您修身挑戰賽的“前照”。

- 1 量度您的寸數並於第 17 頁記錄您的成功。謹記寸數的減少或增加與體重管理同樣重要。同時亦要專注您的感覺—量度您的能量指數及注意您的衣服是否合適。
- 2 享受公司為您帶來的成功。與您的支援團隊及教練分享您的目標。邀請朋友與您一起改變或邀請他們於日常生活中提供鼓勵、追蹤您的進度及令您專注。向您的教練了解如何邀請別人一起參加以賺取免費產品。
- 3 跟隨於第 10 頁及第 11 頁的每月活動時間表、奶昔日及淨化日時間表，以提醒您使用產品的時間。
- 4 戒掉家中不健康的食物及零食，包括汽水、含人造色素及甜味劑的食物及其他沒有營養的食物。請參考於第 12 頁的飲食指南。
- 5 閱讀您的願景聲明。
- 6 參加修身挑戰賽以協助您達到您的目標，並賺取 200 美元的產品禮券。請瀏覽 HK.IsaBodyChallenge.com 了解更多。

如您已懷孕、是糖尿病患者、正在服藥或剛開始體重管理計劃，請在使用愛身健麗產品或作出任何飲食改變之前查詢醫生的專業意見。如出現敏感反應，請立即停止使用。

減重不應視為常態活動。2012年位於美國芝加哥的伊利諾伊大學研究指出，測試者於使用愛身健麗產品30天後，平均可減去9磅。相比傳統的飲食習慣，測試者較堅持使用愛身健麗產品並有更持續的減重效果。

您的 產品

愛身健麗的獨特之處就是我們對產品
不妥協的配方及我們方便的系統。

來花一點時間了解並體驗這有營養及
美味的產品。



於愛身健麗，我們為產品選用最優質的原料。另外，我們會對所有原材料進行嚴格的檢測及品質驗證，直至完成製成品。我們謹守我們不妥協的策略。

1. 愛麗佳蛋白營養奶昔™

愛麗佳奶昔是美味可口營養均衡的營養餐，為您的身體提供均衡的乳清蛋白、碳水化合物、脂肪、維他命及礦物質。

在這節奏急速的環境，您會很容易失去健康的飲食並錯過您身體所需要的優質營養。愛麗佳奶昔提供優質的原材料及方便的營養，可支援您每天的健康生活習慣。

- 每 40 克食用量中有 16 克的高品質未變性蛋白質，可協助建立及修復身體組織。
- 23 種維他命及礦物質。
- 有草莓味、雲呢拿味及朱古力味。

2. 修身營養素™

修身營養素是一個結合了天然草本淨化及植物營養的產品，它可以補給及滋養您的身體。修身營養素可每天使用，亦是淨化日的重點產品(或深層淨化)。

1



2



3



3. 生之源®

對抗壓力的天然之道。營養豐富的草本植物濃縮精華，可助您保持健康、能量及精神充沛。

4. 代餐點心®

這完美的代餐點心含優質乳清蛋白質、有益脂肪及碳水化合物，助您於淨化日或任何時間都可遠離飢餓感及維持飽足感。

5. 燃脂修身膠囊

燃脂修身膠囊蘊含特選促進新陳代謝成份如咖啡因、綠茶、肉桂及人參等，促進整體健康。

6. 益生舒腸素™

益生舒腸素支援您的健康，增加淨化的作用及助您減重。沒有味道及顏色的粉劑，可與愛麗佳奶昔、水或您喜歡的果汁調配。

7. e+超能量飲濃縮液

這款天然濃縮飲品特選了一系列的適應原助您應對繁忙生活及改善您的專注力*。從綠茶及瑪黛茶萃取的咖啡因為您每日活動及運動表現注入能量。

8. 補水活力飲品™

一款含有維他命C、B1、B2、B3、B5、B6、B12及電解質與營養素的清新補水飲品，可以補充您在壓力下或運動時流失的養份。



我們新的濃縮液系列提供相同的產品好處，但包裝更輕巧方便。您可以隨身攜帶及與朋友分享。

4



5



6



7



8



* 會按要求列出科研實證

您的系統

愛身健麗系統可以助您減重，當中包含了奶昔日及淨化日。奶昔日與淨化日的結合已被證實幫助了很多人減重及有更好的運動表現。系統的設計助您自然地減去體重，同時間供給您維他命、礦物質及其他營養素以支援您的健康需要。



基礎營養及體重管理

16克
蛋白質



匙



補充更多優質蛋白質

24克
蛋白質



匙

彈性份量
準確營養

高質營養 適合每一個人



我們新的產品系列提供相同的營養好處，但更持續、方便及經濟地迎合每個地區的口味、經濟及營養需要。這系列包括愛麗佳奶昔的彈性包裝，生之源、修身營養素、活力補水飲品及e+超能量飲的濃縮液。

什麼是濃縮液？

濃縮產品是靠去除水份或其他稀釋劑以減少體積的食物或液體，令產品效果更佳。我們全新的濃縮液體以一瓶包裝，因此跟隨每天的建議用量亦非常重要。

我們的濃縮液體將提供同樣的產品好處及以一個方便的形式包裝。

小包裝多份量



方便攜帶：
您可以隨身攜帶及
與朋友分享。



如何使用濃縮飲料：

需要快速調製健康飲料？僅僅需要擠壓3次您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。如果您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。



運用體重管理系統從未如此簡單。

您的體重管理系統建基於 2 個重要概念：

奶昔日

淨化日

奶昔日：

以愛麗佳奶昔取代 1 或 2 餐，而餘下的餐也要確保健康及低升糖，並維持於 400-600 卡路里。

很多人會以奶昔作早餐，午餐會作正常飲食然後又以奶昔作晚餐。如果您的健康目標是減重，我們建議您以奶昔取代兩餐。如果您已達到理想體重並想維持，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 卡路里，有只含少量脂肪的蛋白質、全穀類、水果或蔬菜。

每天早上飲用 1 份生之源。

每天飲用足夠的水。
(每天大約 8 個 8 安士水杯的水)

每天早上飲用 e+ 超能量飲提神醒腦。很多人會要 e+ 超能量飲取代咖啡。

睡前飲用一份修身營養素助您每天排毒。

小食選擇

- e+ 超能量飲
- 1 份補水活力飲料 (如果運動)

專業建議：早一點計劃您的 400-600 卡路里餐，大部份成功的人都會預備一整個星期的用餐。

淨化日：

享用 4 個深層淨化份量：

- 1 個在早上
- 1 個在中午
- 1 個在下午
- 1 個在晚餐

飲用 1 份生之源。
於早上或黃昏使用。

每天飲用足夠的水份。(大概 80 安士)

使用 4-6 粒代餐點心

每天選擇以下兩種小吃：早上或黃昏

小食選擇

- ¼ 蘋果或梨
- 1-2 份 e+ 超能量飲

我應該淨化 1 天或 2 天？

利用我們的快速啟動套裝，您應該每星期最少深層淨化一次，您亦可淨化兩天以達至減重的效果，但您絕對不應該超過連續兩天的淨化日。

請翻閱第 12 頁的餐點健康指南。自選的份量及以上額外的資料將不包括於您的愛身健麗系統內，例如小食的選擇，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 C	Day 4 S	Day 5 S	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 C	Day 11 S	Day 12 S	Day 13 S	Day 14 S
Day 15 S	Day 16 S	Day 17 C	Day 18 S	Day 19 S	Day 20* S	Day 21 S
Day 22 S	Day 23 S	Day 24 C	Day 25 S	Day 26 S	Day 27 S	Day 28 S
Day 29 S	Day 30 S					

S=奶昔日

C=淨化日

*請參加自動送貨訂單以確保您在下一個月可得到產品，與您的親推介紹人索取更多資料。

**建議進行您的第一次深層淨化日時先進行 2 天的奶昔日。奶昔日可幫助您的身體建立良好的狀態，令淨化的效果更有效。

我的營養餐單

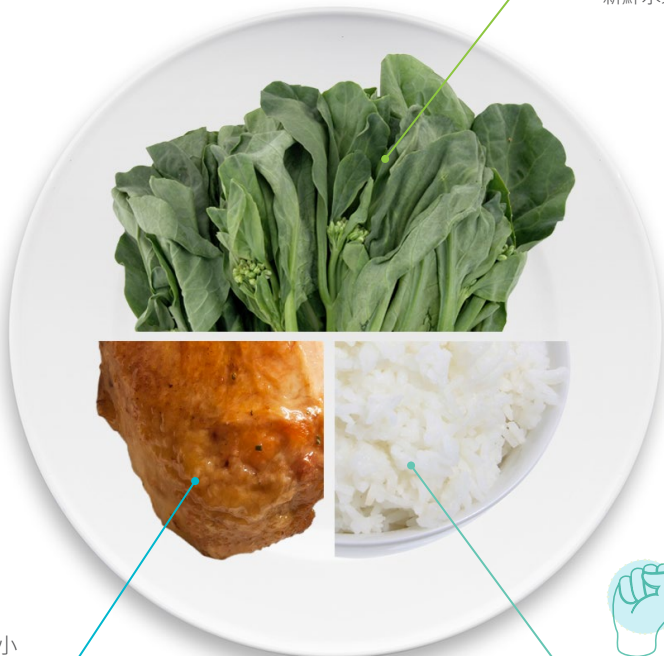
在奶昔日的 400-600 卡路里的餐點當中，不論是午餐或晚餐，都應該是均衡的。即是營養豐富及含均衡蛋白質、碳水化合物、脂肪及纖維的食物。跟隨以下建議可讓您建立一個健康、容易而且美味的餐單。



份量：
2個拳頭的大小

蔬菜

- 生菜
- 焗菜
- 菜湯
- 新鮮水果



份量：
掌心的大小

蛋白質

- 雞
- 牛/羊
- 魚
- 蛋
- 低脂牛奶
- 豆腐



份量：
1個拳頭的大小

複合碳水化合物

- 麵
- 飯
- 麵包

食譜例子



香橙雞肉

- 4, 4-安士雞胸肉
- ½ 茶匙辣椒粉
- 1 中等大小的切片洋蔥
- ½ 杯橙汁
- 2 茶匙紅糖
- 1 茶匙醬油
- ½ 茶匙薑粉
- 4 茶匙雪利酒
- 2 茶匙水
- 荷蘭芹

把雞肉煮熟。把煮熟的雞肉放至烤盤上。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。蓋上並開始焗煮直至雞肉變嫩(大約 35-45 分鐘)。再加上白飯伴碟。

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



三文魚沙律

- 2 杯切碎生菜 (或自選生菜)
- 4 安士焗三文魚
- ½ 杯煮熟的蠶豆
- 2 個焗薯仔, 切一半
- 自家沙律醬 (請參考以下說明)

把三文魚柳放入焗爐 (於華氏 450 度焗 4-6 分鐘)。加入蔬菜、豆及薯仔。再加入三文魚柳並倒入自家沙律醬。

自家沙律醬

- 3:1 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 卡路里、38 克蛋白質、46 克碳水化合物、12 克脂肪、8.5 克纖維。

您的 新生活

當您達成您的目標，您會問自己：
「下一步是什麼？」答案很簡單：
一套為您及家人著想的長遠健康
生活方式。



前



“我很快就發現產品可以改變我的健康甚至人生，所以我將愛身健麗的系統納入我每日的生活中。”

Luna Pang



*減重不應視為常態活動。2012年位於美國芝加哥的伊利諾伊大學研究指出，測試者於使用愛身健麗產品30天後，平均可減去9磅。相比傳統的飲食習慣，測試者較堅持使用愛身健麗產品並有更持續的減重效果。

保持健康指引

當人們達成目標，很多人會發現健康的生活建議很容易跟隨：

- 1 每天飲用一次愛麗佳奶昔
- 2 每兩星期進行一次淨化日
- 3 多飲水
- 4 均常運動

很多人完成愛身健麗系統後每日都會以愛麗佳奶昔作午餐或早餐。我們的家中也會有 e+超能量飲、生之源、活力補水飲品及修身營養素。原因是我們真的很喜歡這些產品。

如您享受產品**布**給您的感覺及其味道，請繼續使用。我們喜歡生之源的自然能量及 e+超能量飲帶給我們的提神效果，尤其是在上班或上學前。

透過分享產品而賺取免費產品

與別人分享您的體驗，其中一個最佳的方法來確保您能維持全新的生活模式，就是了解如何與別人分享愛身健麗產品以賺取免費產品。了解如何與您的家人、朋友及鄰居分享愛身健麗以維持您的全新生活模式。詳情請瀏覽HK.Isagenix.com或致電+852 2779 0222。



常見問題

問：淨化日什麼效用？

答：修身營養素提供維他命、礦物質及植物營養素以滋養您的身體。這不是大腸排毒，但它令您更有活力及滋養您全身。

問：在使用產品的初期會有什麼效果？

答：在最初幾天，您身體會開始吸收愛身健麗產品的營養。如果您跟隨系統，您慢慢會感受到效果。產品可以助您的身體迎接一個有效的減重。

問：如果我會做運動，我可以進行淨化日嗎？

答：可以，您應該跟隨愛身健麗系統的時間表。在淨化日，我們建議您盡量減少運動。同時，早一點睡覺也對您有幫助，這可助您避過吃宵夜的引誘。

問：如果我不肚餓，我可以跳過一餐不進食嗎？

答：我們建議您不要跳過餐。即使您不肚餓，但您的身體都需要一餐或一份愛麗佳奶昔帶給您的營養。看看會否感到肚餓，記謹在奶昔日您要飲用愛麗佳奶昔及吃一個均衡營養餐。

問：可不可以在愛麗佳奶昔中加入水果？

答：您可以在奶昔中加入水果，但記住這樣會增加了您的卡路里吸收。

問：如果我感到疲倦或頭痛，應不應該停止跟隨系統？

答：首先您可以飲一杯水或吃一點小食。疲倦或頭痛可能是您身體缺乏水份或您的血糖偏低。如果情況持續，請諮詢醫生意見。

問：我可否進行連續超過2日淨化日？

答：連續2日淨化日可以加強您的減重效果，但千萬不要進行連續3日淨化日。

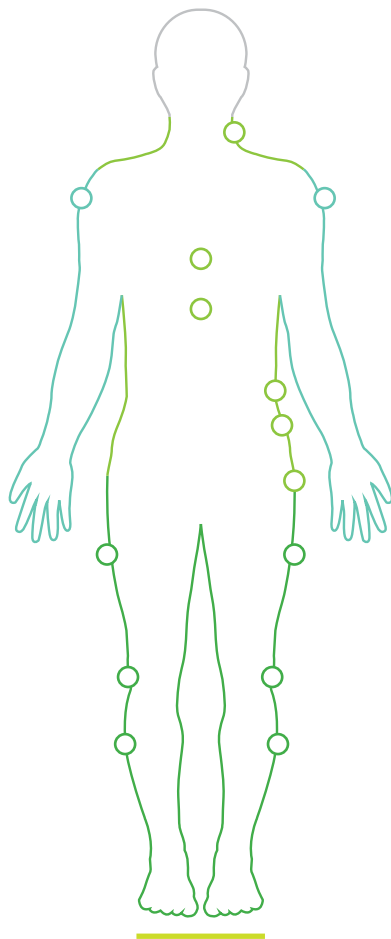


在Facebook上追蹤愛身健麗及加入全球的產品使用者群組。

認識無數個像您一樣成功達到健康目標及正在享受健康生活的人。您可能會發現您可以成為他人的啟發。

指標跟進

	開始	第3天	第9天	第30天	目標
重量					
核心					
頸					
胸					
橫隔膜					
腰					
腹					
臀					
手					
左手臂					
右手臂					
腳					
左大腿					
右大腿					
左膝					
右膝					
左小腿					
右小腿					



跟進您的指標可以助您達成目標。尺寸的減少與實際重量都對您達成減重目標同等重要。

建立自己的行事歷

S=奶昔日

C=淨化日

參考第11頁以知道更多行事歷的選擇。

完成 — 開始挑戰



前
THAI L.



ISABODYCHALLENGE.COM

*請瀏覽 HK.IsabodyChallenge.com 查看規則



A Simple Guide to a Healthier You

Weight Loss 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, 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
OWNER AND 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:

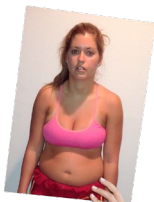
Signature: _____ Date: _____

Coach Signature: _____ Date: _____



YOUR PATH TO SUCCESS BEGINS HERE.

- 1 Take your measurements and track your success with the measurement tracker on Page 37. Remember that centimeters lost or gained are just as important as weight loss. 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 Coach how you can get your products paid for by simply inviting others to join you.
- 3 Follow the right monthly schedule and Shake and Cleanse 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 HK.IsaBodyChallenge.com.



Abby G.



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.

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.

Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 9 pounds with an average of 2 pounds of the loss from visceral fat after 30 days on an Isagenix System. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.

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 delicious 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 cleansing 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 Cleanse Days (or Deep Cleansing).

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 Cleanse 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. FiberPro™

FiberPro supports your health, increases the benefits of nutritional cleansing, and assists with weight management. The flavorless, colorless powder makes it easy to mix into your IsaShake, water, or your favorite juice.

7. e+

This natural balanced beverage concentrate features a selection of Adaptogens ideal for combatting the effects of a busy and demanding lifestyle and improving your focus.* The addition of naturally sourced caffeine from green tea and yerba mate 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 your friends.

4



5



6



7



8



* Scientific references available upon request.

YOUR SYSTEM

Isagenix offers systems for Weight Loss which include a combination of Shake Days and Cleanse Days. The combination of Shake Days and Cleanse Days is shown to help people with weight management and fitness support. These systems are designed to help you shed pounds naturally giving your body the essential vitamins, minerals, and other nutrients it needs for optimal health.



Foundational Nutrition & Weight Management

16 g
of protein



scoops



For More Protein

24 g
of protein



scoops

Flexible Size
SERIOUS NUTRITION

Quality Nutrition FOR EVERYBODY



Our 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 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 WEIGHT LOSS SYSTEMS COULDN'T BE EASIER.

Your Weight Loss Systems rely on two easy-to-follow concepts: **Shake Days** & **Cleanse 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 weight loss, 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 e+ serving 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 cleansing 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.

CLEANSE DAYS:

Enjoy 4 deep cleanse servings:

- 1 in the morning
- 1 at noon
- 1 late afternoon
- 1 at dinner time

1 deep cleanse serving = two servings of Cleanse for Life

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+

SHOULD I CLEANSE 1 OR 2 DAYS?

Within our Quick Start Cleansing Pak, you should deep cleanse at least one day a week, but you can certainly cleanse two days (back-to-back) to maximize your weight-loss results, but you should never exceed two consecutive Deep Cleanse 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 C	Day 4 S	Day 5 S	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 C	Day 11 S	Day 12 S	Day 13 S	Day 14 S
Day 15 S	Day 16 S	Day 17 C	Day 18 S	Day 19 S	Day 20* S	Day 21 S
Day 22 S	Day 23 S	Day 24 C	Day 25 S	Day 26 S	Day 27 S	Day 28 S
Day 29 S	Day 30 S					

S = Shake Day

C = Cleanse Day

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

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

MY PLATE PLANNER

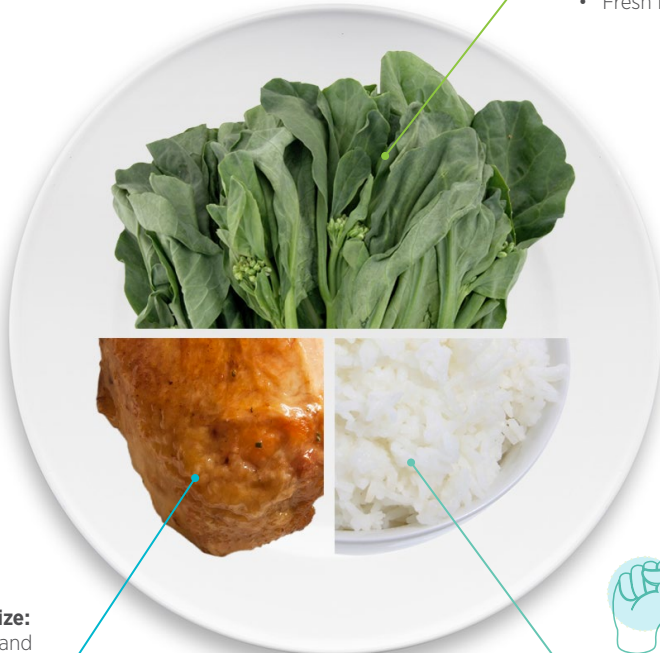
For your 400-600 calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means being nutrient-dense and containing the right balance of protein, carbohydrate, fat, and fiber. Follow these suggestions below to making crafting a healthy third meal easy and delicious.



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

Place chicken in large nonstick frying pan or skillet. Brown the chicken, sprinkle with paprika, then arrange onion slices over top of 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.



Before



“ I immediately discovered the life-changing effect the products had on my health and have ingrained the Isagenix System into my everyday life. ”

Luna Pang



*Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 9 pounds after 30 days on an Isagenix System. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.

MAINTENANCE TIPS

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

- 1 Enjoy one IsaShake per day.**
- 2 Cleanse one 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. It's not because we have to, but because we want to.

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

SHARE YOUR EXPERIENCE WITH OTHERS

One of the best ways to ensure you maintain your new lifestyle is to learn more about how to get paid for sharing Isagenix products with others. Learn how you can sustain your new lifestyle by sharing Isagenix with your family, friends, and neighbors. Visit HK.Isagenix.com or call +852 2779 0222 for more information.



FAQ

Q: How does cleansing 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 will help your body prepare for an efficient Weight Loss.

Q: Should I still cleanse if I'm exercising?

A: Yes, you should follow the recommended cleanse schedule for your Isagenix System. On Cleanse Days we recommend you minimize your physical activity. It may also prove helpful to go to bed earlier on Cleanse Days 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 deep cleanse more than two consecutive days?

A: Cleansing two consecutive days can help you maximize your weight-loss goals, but you should never cleanse more than two days in a row.

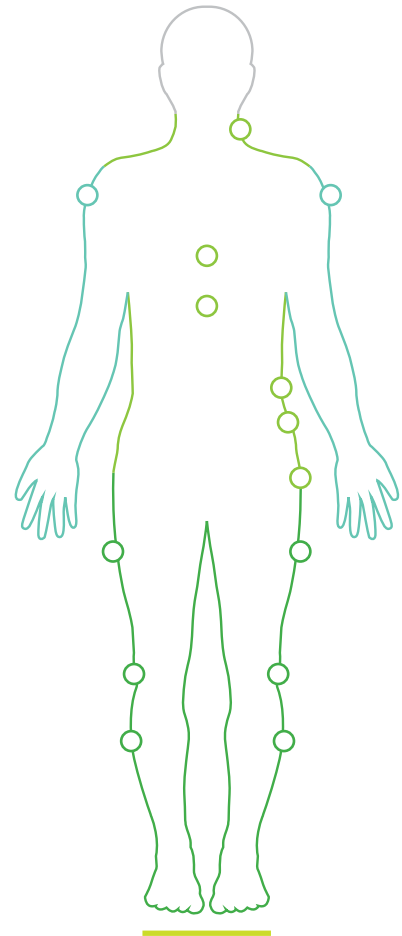


Follow Isagenix on Facebook and join our worldwide community of product users.

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 just as important to your weight-loss success, if not more so, than your actual weight.

BUILD YOUR OWN CALENDAR

S = Shake Day

C = Cleanse Day

For other calendar options, see Page 31.



Complete
~~START THE~~
CHALLENGE



BEFORE
THAI L.



ISABODYCHALLENGE.COM

*For official rules visit HK.IsabodyChallenge.com

