

SHAKE AND NOURISH PACK

What's in Your Pack?

The Shake and Nourish Pack is designed to support your weight management and overall health goals through a combination of Shake and Cleanse Days¹. Ionix[®] Supreme completes this pack to provide body system support.



2 IsaLean™ Shakes
(any flavour, 28 servings total)
Meal replacement for weight control and muscle building.



2 Nourish for Life™
Nutritional drink mix for health and vitality.



1 Ionix[®] Supreme
A fortified botanical tonic for body system support.

How to Use:

SHAKE AND NOURISH PACK CALENDAR

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

S=Shake Day (26 total) **C**=Cleanse Day¹ (4 total)

Please note: Either four Cleanse Days¹ per month or one 59 ml serving of Nourish for Life daily is recommended.

¹A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.

²Two Shake Days are recommended prior to your first Cleanse Day. These days help to create an environment in the body that helps enhance the effects of Cleanse Days.

Please note that you should never exceed two consecutive Cleanse Days.



TIP

Whatever your weight loss goal, it is recommended that you exercise at moderate intensity at least 150 minutes each week. This can be broken down into 30 minutes, five days per week.



TIP

Stay hydrated throughout the day to support your body's natural functions. We recommend drinking at least eight 235 ml glasses of water daily. If you are exercising, ensure you rehydrate, and replace electrolytes with products such as AMPED Hydrate*.

SHAKE DAYS

For a successful programme, **replace breakfast with one IsaLean Shake** per day and enjoy two healthy, 400-600 kcal meals for lunch and dinner.

BREAKFAST

1 IsaLean Shake
1 serving Ionix Supreme

LUNCH

Nutritionally balanced 400-600 kcal meal

DINNER

Nutritionally balanced 400-600 kcal meal

OPTIONAL MID-MORNING & MID-AFTERNOON SNACK OPTIONS

If hungry between meals, choose a snack that is between 100-200 kcal, such as:
IsaDelight™**
Isagenix Snacks™**
1 small/medium apple or pear

CLEANSE DAYS¹

Enjoy a 118 ml serving of **Nourish for Life** four times per day, with snacks and liquids in between to ensure you stay hydrated.

BREAKFAST

118 ml serving Nourish for Life
1 serving Ionix Supreme

LUNCH

118 ml serving Nourish for Life

MID-AFTERNOON

118 ml serving Nourish for Life

EVENING:

118 ml serving Nourish for Life

MID-MORNING & MID-AFTERNOON SNACK OPTIONS

¼ apple or pear
1-2 IsaDelights™**
Isagenix Snacks™**

The Main Course

When you're not replacing a meal with a delicious IsaLean Shake, a proper 400-600 kcal meal is essential for an upbeat lifestyle. That means being nutrient-dense and containing the right balance of proteins, carbohydrates, fats and fibre. Follow these suggestions below to make crafting a healthy meal easy and delicious.

GOOD FATS

Your body requires small amounts of fat to perform as it should. Unsaturated fat (rich in omega-3 fatty acids) is considered better for you, as it can help to keep blood cholesterol within a normal range.

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil

MICRONUTRIENTS & FIBRE

Vitamins and minerals are key micronutrients required for many chemical reactions your body performs every day. Fruits and vegetables are particularly nutrient-dense, and many provide fibre too. Your recommended fibre intake is 25 grams per day**.

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

PROTEIN

Whatever your goal, protein is essential for every cell in the body. It supports muscle recovery, contributes to the growth of muscle mass and helps maintain normal muscle and bones.

- Poultry
- Beef/lamb
- Fish
- Eggs
- Low-fat dairy
- Peas
- Lentils
- Beans

COMPLEX CARBS

Carbohydrates are the body's preferred source of fuel, and provide energy for daily activities and bodily functions. Swap the 'empty calories' of refined carbs for more nutritious complex carbs found in beans and whole grains.

- Grains
- Quinoa
- Brown rice
- Sweet potatoes
- Cereals (sugar-free, whole grain)
- Legumes



¹A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.

*Product is not included in this pack and must be purchased separately.

** Source: EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal 2010; 8(3): 1462.

