

### SHAKE DAY

### CLEANSE DAY

#### 7 am/Early morning

- Drink 1-2 glasses of purified water
- Enjoy 1 serving of Ionix Supreme
- Take 2 capsules of IsaOmega Supreme® (optional)

#### 7 am/Early Morning Cleanse 1

- Drink 1-2 glasses of purified water
- Enjoy 2 servings of Cleanse for Life™
- Take 2 capsules of IsaOmega Supreme®

#### 7:30 am/Breakfast

- Enjoy 1 serving of IsaLean™ Shake
- Take 2 capsules of Product B™ (optional)
- Take 1-2 capsules of Natural Accelerator

#### 9 am/Mid Morning Snack (optional)

- Enjoy 1 serving of Ionix Supreme
- Take 2 capsules of Product B™ & 2 wafers of Isagenix Snacks™
- Take 1-2 capsules of Natural Accelerator

#### 10:30 am/Snack time (optional)

- Drink 1-2 glasses of purified water
- Try an e+ for mid-morning energy boost
- Enjoy either 1 Fiber Snack™ or 2 wafers of Isagenix Snacks™

#### 11 am/Late Morning Cleanse 2

- Try an e+ for mid-morning energy boost
- Enjoy 2 servings of Cleanse for Life™

#### 1 pm/Lunch

- Drink 1-2 glasses of purified water
- Eat a healthy and balanced 400-600Kcal meal that contains ½ Vegetables, ¼ Protein & ¼ Starch

#### 1 pm/Early Afternoon Snack (optional)

- Drink 1-2 glasses of purified water
- Enjoy 1 serving of AMPED™ Hydrate to replenish electrolytes & boost energy
- Take 2 wafers of Isagenix Snacks™

#### 4 pm/Snack time (optional)

- Enjoy either 1 Fiber Snack™ or 2 wafers of Isagenix Snacks™
- Enjoy 1 serving of AMPED™ Hydrate to replenish electrolytes & boost energy

#### 3 pm/Mid Afternoon Cleanse 3

- Enjoy 2 servings of Cleanse for Life™

#### 7 pm/Dinner

- Enjoy 1 serving of IsaLean™ Shake
- Take 2 capsules of Product B™

#### 5 pm/Early Evening Snack (optional)

- Drink 1-2 glasses of purified water
- Take 2 wafers of Isagenix Snacks™

#### 10 pm/Before Bed (optional)

- Enjoy 1 serving of Cleanse for Life™
- Take 1-2 capsules of IsaFlush

#### 7 pm/Late Evening Cleanse 4

- Enjoy 2 servings of Cleanse for Life™
- Take 2 capsules of Product B™

#### 9 pm/Before Bed (optional)

- Take 1-2 capsules of IsaFlush

### 30-DAY CALENDER

S	M	T	W	T	F	S

Please fill up your Shake day and Cleanse day in this 30-day Calendar.  
**S = SHAKE DAY**    **C = CLEANSE DAY**

**Cleanse Day Options/Support:** For boost of energy or to manage blood sugar, eat ¼ apple or pear.