

WELCOME TO ISAGENIX!

BEFORE YOU START:

Find your IsaBodyChallenge weight and measurement chart and record your weight, your measurements and take before pictures from the front, back and side!

Your 30 day schedule:

5 Shake Days

2 Days Deep Cleanse

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Finish out the rest with Shake Days

* There MUST be at least 5 days of shakes BEFORE and IN BETWEEN your deep cleanse rounds to give your body the opportunity to establish a strong nutritional foundation and receive the best results from the cleanse. Deep Cleanse days can be pushed back to accommodate your schedule/lifestyle specifics. Discuss scheduling particulars with you coach!

EVERYDAY ROUTINE: (regardless of whether it's a shake day or cleanse day):

1. Start every morning first thing with IONIX SUPREME: 1 oz (2TBS) of the liquid OR 1 scoop of the powder dissolved in water
2. WATER WATER WATER!!!! It's extremely important that you hit 128 oz of water every day!

SHAKE DAYS:

1. IONIX SUPREME first thing in the morning
2. BREAKFAST SHAKE ~ blended with 8-12 oz of water and ice, depending on the consistency and texture you desire. Shakes can also be made with hot tap water, NOT water out of a Keurig or teapot as the high temp will kill the digestive enzymes and probiotics.
3. LUNCH SHAKE ~ blended with 8-12 oz of water and ice, depending on the consistency and texture you desire. Shakes can also be made with hot tap water, NOT water out of a Keurig or teapot as the high temp will kill the digestive enzymes and probiotics. **You can have your fork and knife meal for lunch instead of a shake, which means you will have your shake for dinner instead.
4. DINNER ~ Healthy choices for protein, carb and veggies. We are NOT about weighing, calorie counting and measuring but more about making healthy choices. You can have for example: an entire chicken breast, a whole sweet potato and a bunch of cooked veggies. **If you had your fork and knife meal for lunch, you will have your second shake for dinner.

- On shake days you can have green tea (regular or decaf), herbal teas, eShots and Replenish
- WATER WATER WATER!!!! If you get tired of plain water, try adding things like: lemon, lime, ginger, mint or cucumbers.
- If you are hungry between shakes and dinner, YOU SHOULD EAT!!! This is NOT about deprivation!

SNACKS FOR SHAKE DAYS:

EVERY shake day you can have **ALL** of the following:

1. ALL vegetables (except peas, corn and carrots) ALL DAY ~ they can be raw, steamed, baked or stir fried
2. 1 Green Apple
3. 12-15 Mary's Gone Crackers ~ nut and seed, gluten free cracker that comes in a variety of flavors

EVERY shake day you can **choose 2 to 4** of the following protein based snacks:

1. 3 TBS Almond Butter OR a handful of almonds ~ ideally RAW but if they are roasted its ok, just watch the salt, and make sure the butter does not have added sugar!
2. Hard Boiled Egg ~ can be dipped in mustard or hot sauce
3. 3 TBS Hummus ~ can be any flavor
4. 1 Avocado
5. ½ an Isalean Bar
6. 1 Fiber Snacks Bar

** Depending on the level of activity you are doing during the day will determine how many protein based snacks you should incorporate into your daily routine. ~ ALWAYS check in with your coach if you are snacking and are STILL hungry, they will have other suggestions for you!!

ISAGENIX SHOPPING LIST:

YES FOODS:

Almonds ~ raw or roasted, lightly salted is ok, but best unsalted
Almond Butter ~ raw or roasted, just watch for any added sugar!
Green Apples
ALL Vegetables except Peas, Corn and Carrots
Tomatoes, beets, beans and legumes in moderation ~ one serving of each every day is ok
Hummus ~ ANY flavor
Avocados
Eggs ~ cooked ANY way
Chicken
Turkey
Fish/Seafood/Shellfish
Tofu
Sushi with brown rice
Brown Rice
Quinoa
Brown Rice or Quinoa Pasta ~ just watch for corn ingredients
Ezekiel products ~ breads, wraps, pasta, English muffins
Sweet potatoes and Yams
Squashes ~ Butternut, Acorn, Spaghetti, etc
Turnips
Mary's Gone Crackers
Salad dressing without dairy and low in carbs
Oils ~ olive, coconut, avocado, grapeseed, etc
Vinegars ~ white, red, coconut and balsamic
Spices ~ ALL spices are ok to cook with
Green Tea ~ Regular and Decaf
ALL Herbal Teas
Stevia

NO FOODS:

Alcohol
Soda/Diet Soda/Sugary drinks/Vitamin Water/Gatorade/Red Bull
Cold Cuts
Processed or frozen prepared foods
Artificial sweeteners ~ Splenda, Equal, Sweet & Low, Nutrisweet
No honey or Agave
NO Dairy
NO Pork or Red Meat
NO coffee
NO peas, corn or carrots ~ watch for corn in other products as well!
NO Fruit except green apples

Cleanse Day Schedule

This is a Sample Schedule. Contact your coach to discuss what works best for you.

8am 1 oz. Ionix

9am CFL drink (2 Scoops or 4 Oz. each time with 8 oz. of water)

10am 1-2 Isagenix Snacks/Nat. Accelerator

11 am 1 Isadelight

12pm CFL drink (2 Scoops/4 Oz. with 8 oz of water)

1pm 1 IsaDelight/Nat.Accelerator

2pm 2 Isa Snacks

3pm CFL drink (2 Scoops/4 Oz .with 8 oz of water)

4pm IsaDelight

5pm 2 Isa Snacks

6pm CFL drink (2 Scoops/4 Oz. with 8 oz of water)

7pm IsaDelight

8pm 2 Isa Snacks (Only if needed)

Bedtime 2 IsaFlush

DRINK WATER!!!!

Green Tea, Herbal Tea and eShots are OK on cleanse days!