

# Recommended schedule for Cleanse Days (1 or 2 days)

TIME OF DAY	ACTION	DAY 1 ✓	AMOUNT OF WATER (OZ)	DAY 2 ✓	AMOUNT OF WATER (OZ)
7:00 am	8-16 oz. cold water 1 Isagenix Snacks! 4 oz. Cleanse for Life® Liquid or Powder (mix powder per product directions) 1 Natural Accelerator™ 1 serving Ionix® Supreme				
9:00 am	8-16 oz. cold water 1 Isagenix Snacks!				
10:00 am	8-16 oz. cold water 1 IsaDelight®* or 1 IsaDelight Plus™* or 1 Isagenix Snacks!				
11:00 am	8-16 oz. cold water 1 Isagenix Snacks! 4 oz. Cleanse for Life Liquid or Powder (mix powder per product directions)				
2:00 pm	8-16 oz. cold water 1 Natural Accelerator 1 IsaDelight* or 1 IsaDelight Plus* or 1 Isagenix Snacks!				
3:00 pm	8-16 oz. cold water 1 Isagenix Snacks! 4 oz. Cleanse for Life Liquid or Powder (mix powder per product directions)				
5:00 pm	8-16 oz cold water 1 Isagenix Snacks!				
7:00 pm	8-16 oz. cold water 4 oz Cleanse for Life Liquid or Powder (mix powder per product directions)				
9:30 pm	8-16 oz. cold water IsaFlush® if needed				

**RECOMMENDATION:** Go to bed early to avoid cravings.

You may also have Want More Energy?®, Isagenix Greens™, IsaFruits® and IsaCalcium® added to water.

\* IsaDelight is not included in the 9-Day or 30-Day Cleansing and Fat Burning Systems but can be added to any order.

#### OTHER SNACK IDEAS

1 apple

Celery stalks

6 almonds (unsalted, raw)  
throughout the day