## Recommended schedule for Pre-Cleanse and Shake Days

| TIME OF<br>DAY              | ACTION   | DAY 1<br>√ | AMOUNT OF<br>WATER (OZ) | DAY 2<br>√ | AMOUNT OF<br>WATER (OZ) |
|-----------------------------|--|------------|-------------------------|------------|-------------------------|
| <b>7:00 am</b><br>Breakfast | 1 IsaLean® Shake (2 scoops, blended per<br>product directions)<br>1 Natural Accelerator™<br>1 serving Ionix® Supreme       |            |                         |            |                         |
| 9:00 am                     | 8-16 oz. cold water<br>1 IsaDelight®, 1 Isagenix Snacks!™ or 1 option<br>from the Snack Ideas chart                        |            |                         |            |                         |
| 10:30 am                    | 8-16 oz. cold water  |            |                         |            |                         |
| 12:30 pm<br>Lunch           | 400 - 600 calorie meal (preferably lean protein/vegetable combination)   |            |                         |            |                         |
| 2:00 pm                     | 8-16 oz. cold water<br>1 Natural Accelerator<br>1 IsaDelight, 1 Isagenix Snacks! or 1 option<br>from the Snack Ideas chart |            |                         |            |                         |
| 3:30 pm                     | 8-16 oz. cold water<br>1 IsaDelight, 1 Isagenix Snacks! or 1 option<br>from the Snack Ideas chart                          |            |                         |            |                         |
| 5:00 pm<br>Dinner           | 1 IsaLean Shake<br>(2 scoops, blended per product directions)  |            |                         |            |                         |
| 6:00 pm                     | 8-16 oz. cold water  |            |                         |            |                         |
| 8:00 pm                     | 8-16 oz. cold water<br>IsaFlush® if needed   |            |                         |            |                         |

You may also have Want More Energy?®, Isagenix Greens™, IsaFruits® and IsaCalcium® added to water. Stay away from starches and fatty, toxic processed foods.

| SNACK IDEAS       |                                      |  |  |  |
|-------------------|--------------------------------------|--|--|--|
| 1 apple           | Celery stalks                        |  |  |  |
| 1 SlimCakes®      | 4 cashews or walnuts (unsalted, raw) |  |  |  |
| 1 hard-boiled egg | 6 almonds (unsalted, raw)            |  |  |  |

