

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

| TIME OF DAY | ACTION  | DAY 1<br>✓ | AMOUNT OF WATER (OZ) | DAY 2<br>✓ | AMOUNT OF WATER (OZ) |
|-------------|---|------------|----------------------|------------|----------------------|
| 7:00 am     | 8-16 oz. cold water<br>1 Isagenix Snacks!<br>4 oz. Cleanse for Life® Liquid or Powder (mix powder per product directions)<br>1 Natural Accelerator™<br>1 serving Ionix® Supreme |            |                      |            |                      |
| 9:00 am     | 8-16 oz. cold water<br>1 IsaDelight®  |            |                      |            |                      |
| 10:30 am    | 8-16 oz. cold water<br>1 Isagenix Snacks!   |            |                      |            |                      |
| 12:30 pm    | 8-16 oz. cold water<br>1 Isagenix Snacks!<br>4 oz. Cleanse for Life Liquid or Powder (mix powder per product directions)  |            |                      |            |                      |
| 2:00 pm     | 8-16 oz. cold water<br>1 Natural Accelerator<br>1 IsaDelight  |            |                      |            |                      |
| 3:30 pm     | 8-16 oz. cold water<br>1 IsaDelight®  |            |                      |            |                      |
| 5:00 pm     | 8-16 oz. cold water<br>1 Isagenix Snacks!<br>4 oz. Cleanse for Life Liquid or Powder (mix powder per product directions)  |            |                      |            |                      |
| 6:00 pm     | 8-16 oz cold water<br>1 Isagenix Snacks!  |            |                      |            |                      |
| 8:00 pm     | 8-16 oz. cold water<br>1 Isagenix Snacks!<br>4 oz Cleanse for Life Liquid or Powder (mix powder per product directions)   |            |                      |            |                      |
| 9:30 pm     | 8-16 oz. cold water<br>IsaFlush® if needed  |            |                      |            |                      |

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

**OTHER DETAILS:** Can also use Want More Energy?®, Isagenix Greens™, IsaFruits® and IsaCalcium® added to water. If snacking on almonds, have a maximum of 6 raw almonds spread out through the day.

## SNACK IDEAS

1 apple

Celery stalks

6 almonds (*unsalted, raw*)  
throughout the day