

FOODS TO ENJOY WHILE CLEANSING

Adapted from "Eat to Live: Isagenix Healthy Family Recipes Vol. I"
Available from your Isagenix Cleanse Coach

There are plenty of foods you can enjoy on your 9-day or 30-day cleanse. In addition to what's recommended in the program guide that comes with your cleanse system below are a few more suggestions.

We want to stress the importance of using fresh, organic whole grains, meats and produce whenever possible. Vitality in your food creates vitality in your body.

ON SHAKE DAYS...

Apples	Pasta (whole wheat)
Asparagus	Pears
Avocado	Peppers (green, red, yellow, orange)
Beef (in moderation)	Pork
Berries (blueberries, cranberries, strawberries, raspberries)	Potato
Broccoli	Radish
Cauliflower	Raw almonds, walnuts, pecans
Chicken (preferably organic with skin removed)	Rice, brown
Cooking oils, non-hydrogenated (coconut, olive, sesame)	Salba (chia seed)
Cucumber	Sea vegetables (kelp, kombu, hijiki, nori)
Dark, leafy greens (spinach, chard, kale)	Sprouted breads or 100% whole grain bread
Eggs	Sprouts
Fish (various coldwater fish)	Squash
Herbal teas (i.e. green tea)	Sweet potatoes
Lentils	Tomatoes
Lettuce (all varieties)	Turkey
Mushrooms	Whole grains (including brown rice and quinoa)
	Zucchini

Be creative! Use lemon, garlic, onion, etc. to zip up your taste buds!

ON CLEANSE DAYS...

Avoid all meats. Keep the above listed foods to a minimum on Cleanse Days for best results BUT respect your physical hunger and feed your self when needed (this is NOT a fast). If you have low blood sugar or feel like you have to eat, stick to eating Isagenix Snacks, the foods recommended here and perhaps one mini meal. Just keep it to what's required to feel satisfied; if you eat too much, you may disrupt the cleansing process and not get the results you are hoping for. If food in addition to the Isagenix snacks is needed on Cleanse Days then choose from the following:

- Fruits combined with nuts (almonds or walnuts)
- Raw vegetables or salad
- Celery with raw almond or natural peanut butter
- Hard-boiled eggs
- Salba (can be taken alone or added to your salad)

Note: These are the foods to have if you feel very hungry, or have blood sugar issues when cleansing. Please contact your cleanse coach if you need additional suggestions or have questions.



FOODS TO AVOID WHILE CLEANSING

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There are certain foods we recommend that you avoid on your 9-day or 30-day cleanse. We encourage you to avoid processed foods, fast food and anything laden with chemicals and preservatives.

FOR THE WHOLE PROGRAM...

Alcohol	Fruit juice
Artificial colourings	High-fat cheese
Artificial flavourings	Instant, packaged foods
Artificial sweeteners	Margarine
Bacon	Peas
Caffeinated beverages* (including coffee, tea, soda)	Preservatives
Chips	Processed food
Cold cuts	Refined carbohydrates
Cooking oils (canola, safflower, sunflower, corn, peanut)	Salt
Deep-fried foods	Shortening
Enriched foods	Sugar (including brown, powdered and confectioner's)
Enriched pasta	White flour
Fast food	White rice

* Caffeine will adversely affect cleansing results. Coffee specifically contains extremely high amounts of pesticides, herbicides and even DDT. Even "de-caffeinated" contains these chemicals PLUS the chemicals to "de" caffeinate it.

Remember: First and foremost, this is a CLEANSING program. The elimination of impurities and degree of fat loss will be reflective of the chemicals you limit into your body. Please look at all of your exposures to toxins. If you want to really impact You and Your Family, talk to us about Skin Care, Household Cleaning, and how you Cook your food. Exposure to chemicals and cleansing is NOT just about FAT LOSS!



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