

Recommended schedule for Shake Days

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

OTHER DETAILS:

Can also use 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 (<i>unsalted, raw</i>)
1 hard-boiled egg	6 almonds (<i>unsalted, raw</i>)