

Isagenix Stubborn Fat Weight Loss Plan by Susan Sly- 6 Star Golden Circle

General:

- Daily Water Consumption: Days 2 to 7, Consume $\frac{1}{2}$ oz. to 1 oz. of good filtered water per pound of body weight.
- Isaflush is taken at bedtime as needed but definitely on Day 1.
- Take Ionix Supreme – 2 oz per day for all 7 days.
- Take IsaCal daily before bedtime.
- Herbal teas can be consumed in lieu of water.
- Take 2 accelerators daily – 1 in am; 1 during afternoon.
- Take 6 snacks daily if required but definitely on the Cleanse Day
- Healthy Greens are optional – consumed alone or with a Shake.
- IsaFruits are consumed with the Isalean Shakes
- Exercise daily though it may be a lighter workout on Day one.
- Take 6 sprays of Isamune throughout the day
- Body temperature is taken the first thing in the morning on days 3 and 6. This is done to assess whether the body is burning fat at rest. According to many alternative health practitioners and those in bodybuilding community, this is an easy way to detect a sluggish metabolism. The temperature should be higher than 96-97 degrees F.
- Lunch/ meals should be a protein such as chicken, fish, tofu, egg whites, lean beef, game meat, tempeh, or seafood; vegetables (all sorts); and when a starch is allowed(at lunches) it can be rice, sweet potato, baked potato, 1 piece of whole grain bread, rice or spelt pasta, whole grains. In the evening meal, there is no starch.
- Choose to eat organic foods as much as possible.
- If people are hungry, they can add an extra half scoop of IsaPro to the shake.
- Sleep is also important in order to achieve optimum weight loss. To ensure the optimal fat levels, it is advised that you get a minimum of 7 hours of good quality restful sleep each night.

Day 1 (Low Cal Day)

- ❖ Cleanse or Super Cleanse Day (one day per week)
Super Cleanse = consuming an entire bottle of cleanse (8 servings at 4 oz each = 32 oz.) plus minimum 4 liters of water during the day .
- Take Want More Energy on cleanse day to keep mineral levels up.
- Take 2 accelerators – 1 in am; 1 during afternoon.
- Take minimum 6 snacks spread between cleanse drinks.
- Take 2 Isaflush at bedtime.
- Take 1 oz of Ionix Supreme in morning and 1 oz in afternoon or before bedtime
- Take IsaCal before bed.
- 6 sprays of Isamune throughout the day.

Day 2 (Med Cal Day)

- Daily Water Consumption: Day 2, Consume $\frac{1}{2}$ oz. to 1 oz. of good filtered water per pound of body weight.
- In the morning on an empty stomach, 20-40 minutes of cardio with only 1 accelerator cap,
- Take 1 oz of Ionix Supreme in morning and 1 oz in afternoon or before bedtime
- ❖ About 15-20min after Ionix have a Shake (1/1/1)
 - 1 scoop Isalean Shake, 1 scoop IsaPro, 1 Scoop of IsaFruits
- Consume your vitamins for the day
- ❖ Lunch/Meal (protein, vegetables, starch)
- Between 2-4 p.m. have 2nd accelerator
- ❖ Supper – Consume Shake (1/1/1) per morning contents.
- Take IsaCal before bed.
- 6 sprays of Isamune throughout the day
- Take Isaflush as needed.

Day 3 (High Cal Day)

- Daily Water Consumption: Day 3, Consume $\frac{1}{2}$ oz. to 1 oz. of good filtered water per pound of body weight.
- Take temperature first thing in the morning.

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Take 1 oz of Ionix Supreme in morning and 1 oz in afternoon or before bedtime
- ❖ About 15-20min after Ionix have a Shake (1/1/1)
 - 1 scoop Isalean Shake, 1 scoop IsaPro, 1 Scoop of IsaFruits
- Consume vitamins for the day
- ❖ Lunch/Meal (protein, vegetables, and starch)
- Between 2-4 p.m. have 2nd accelerator
- ❖ Consume Shake (1/1/1) per morning contents between 2-4 p.m.
- ❖ Meal (protein, vegetables, and no starch)
- Take IsaCal before bed.
- 6 sprays of Isamune throughout the day
- Take Isaflush as needed.

Day 4 (Med Cal Day)

- Daily Water Consumption: Day 4, Consume ½ oz. to 1 oz. of good filtered water per pound of body weight.
- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Take 1 oz of Ionix Supreme in morning and 1 oz in afternoon or before bedtime.
- ❖ About 15-20min after Ionix have a Shake (1/1/1)
 - 1 scoop Isalean Shake, 1 scoop IsaPro, 1 Scoop of IsaFruits
- Consume vitamins for the day
- ❖ Lunch/Meal (protein, vegetables, starch)
- Between 2-4 p.m. have a 2nd accelerator
- ❖ Supper - Consume Shake (1/1/1) per morning contents.
- Take IsaCal before bed every night
- 6 sprays of Isamune throughout the day
- Take Isaflush as needed.

Day 5 (Low Cal Day)

- Daily Water Consumption: Day 5, Consume ½ oz. to 1 oz. of good filtered water per pound of body weight.

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Take 1 oz of Ionix Supreme in morning and 1 oz in afternoon or before bedtime.
- ❖ About 15-20min after Ionix have a Shake (1/1/1)
 - 1 scoop Isalean Shake, 1 scoop IsaPro, 1 Scoop of IsaFruits
- Consume vitamins for the day
- ❖ Lunch/Meal – slightly smaller (protein, vegetables, starch)
- Between 2-4 p.m. have a 2nd accelerator
- ❖ Supper – Consume Shake (1/1/1) per morning contents.
- Take IsaCal before bed every night
- 6 sprays of Isamune throughout the day.
- Take Isaflush as needed.

Day 6 (High Cal Day)

- Daily Water Consumption: Day 6, Consume ½ oz. to 1 oz. of good filtered water per pound of body weight.
- Take temperature first thing in the morning.
- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Take 1 oz of Ionix Supreme in morning and 1 oz in afternoon or before bedtime.
- ❖ About 15-20min after Ionix have a Shake (1/1/1)
 - 1 scoop Isalean Shake, 1 scoop IsaPro, 1 Scoop of IsaFruits
- Consume vitamins for the day
- ❖ Lunch/Meal (protein, vegetables, and starch)
- ❖ Consume Shake (1/1/1) per morning contents between 2-4 p.m.
- Between 2-4 p.m. have a 2nd accelerator
- ❖ Dinner - Cheat Meal (EAT WHATEVER YOU'D LIKE) after 4 p.m.
- Take IsaCal before bed every night
- 6 sprays of Isamune throughout the day
- Take Isaflush as needed.

Day 7 (Med Cal Day)

- Daily Water Consumption: Day 7, Consume ½ oz. to 1 oz. of good filtered water per pound of body weight.

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Take 1 oz of Ionix Supreme in morning and 1 oz in afternoon or before bedtime.
- ❖ About 15-20min after Ionix have a Shake (1/1/1)
 - 1 scoop Isalean Shake, 1 scoop IsaPro, 1 Scoop of IsaFruits
- Consume vitamins for the day
- ❖ Lunch/Meal (protein, vegetables, starch)
- Between 2-4 p.m. have an accelerator
- ❖ Supper – Consume Shake (1/1/1) per morning contents.
- Take IsaCal before bed every night
- 6 sprays of Isamune throughout the day
- Take Isaflush as needed.

Repeat Cycle

- People can stay on the plan as long as they like.