

ISAGENIX 11 DAY PROGRAM

SHAKE DAYS		pre cleanse						
		1	2	5	6	7	8	9
8am	shake							
	accelerator capsule							
	1 oz Ionix Supreme							
	water							
10am	2 Isagenix snacks(optional)							
	water							
12pm	healthy meal (4-600 cal)							
	accelerator capsule							
	water							
2pm	2 Isagenix snacks(optional)							
	water							
4pm	whole foods snack							
	water							
6pm	shake							
	1 oz Ionix Supreme							
	water							
8pm	2 Isagenix snacks(optional)							
	water							

water: You MUST drink 1/2 your body weight in ounces every day

CLEANSE DAYS

		3	4	10	11
8am	4 oz cleanse				
	1 oz Ionix Supreme				
	water				
9am	accelerator capsule				
10am	2 Isagenix snacks(required)				
	water				
12pm	4 oz cleanse				
	1 oz Ionix Supreme				
	water				
1pm	accelerator capsule				
2pm	2 Isagenix snacks(required)				
	water				
4pm	4 oz cleanse				
	1 oz Ionix supreme				
	water				
6pm	2 isagenix snacks(required)				
	water				
8pm	4 oz cleanse				
	1 oz Ionix Supreme				
	water				

whole food snack ideas - optional for cleanse days

- 8 organic, unsalted almonds or cashews
- 1 organic apple or cucumber
- 1 hard boiled egg (can remove yolk-less cholesterol)
- celery
- green salad with lemon juice
- up to 6 isadelights (not after 5pm)

* slice of whole wheat toast (not for weight loss)