

Healthy Lifestyle/Maintenance Sample

S Day 1	S Day 2	S Day 3	S Day 4	S Day 5	P Day 6	C Day 7
S Day 8	S Day 9	S Day 10	S Day 11	S Day 12	S Day 13	S Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	P Day 20	C Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	S Day 28
S Day 29	S Day 30					

C = Cleanse day **P** = Pre Cleanse **S** = Shake days

Cleanse Days

7:00 a.m. - Isagenix Cleanse for Life (4 oz liquid or 2 scoops powder) + 8 oz cold water + Ionix Supreme (1 oz liquid or 1 scoop powder)

8:00a.m. - 1 Natural Accelerator capsule

10:00 a.m. - 2 Isagenix Snacks

12:00 p.m. - Isagenix Cleanse for Life (4 oz liquid or 2 scoops powder) + 8 oz cold water + Ionix Supreme (1 oz liquid or 1 scoop powder)

1:00 p.m. - 1 Natural Accelerator capsule

2:00 p.m. - 2 Isagenix Snacks

3:00p.m. - Isagenix Cleanse for Life (4 oz liquid or 2 scoops powder) + 8 oz cold water + 1 oz Ionix Supreme (1 oz liquid or 1 scoop powder)

4:30p.m. - 2 Isagenix Snacks

7:00p.m. - Isagenix Cleanse for Life (4 oz liquid or 2 scoops powder) + 8 oz cold water + Ionix Supreme (1 oz liquid or 1 scoop powder)

Pre Cleanse Days

7:00 a.m. - Isalean Shake + Ionix Supreme (1 oz liquid or 1 scoop powder) + 1 Natural Accelerator capsule

9:30 a.m. - 2 Isagenix Snacks

12:30 p.m. - Healthy Meal (for ideas follow this link:

http://media01.isagenix.com/corporate/ww/PDFs/400_600CalMeals.pdf)

2:30 p.m. - 2 Isagenix Snacks + 1 Natural Accelerator capsule

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6:00 p.m. – Isalean Shake + Ionix Supreme (1 oz liquid or 1 scoop powder) + 1 Natural Accelerator capsule

8:00p.m. 2 Isagenix Snacks

Shake Days

Isalean Shake for breakfast + Ionix Supreme + Accelerator capsule

Mid morning: 2 Isagenix snacks or healthy whole food snack

Lunch: Healthy Meal (for ideas follow this link:

http://media01.isagenix.com/corporate/ww/PDFs/400_600CalMeals.pdf) + Accelerator capsule

Dinner: Healthy Meal (see above)

Dessert: ½ - 1 Isalean Shake

As a general guideline:

- Drink half of your body weight in ounces of water on all days
- Take the Natural Accelerator capsule with purified water – not cleanse drink or shake
- Throughout all days, use these optional snacks as needed:
 - Raw Almonds (preferably organic)
 - Celery
 - Cucumbers
 - Hard boiled egg
 - Green salad (with lemon juice)
- On Shake days, you can choose to split your healthy meal between lunch and dinner, and then have an Isalean shake for dessert.
- The times on this sheet are only a guideline – use the times that work best with your schedule
- **If you have any conflicts, go back to your coach for a solution!**
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****This is just a sample - figure out with your coach the best plan for you.**

****Use these tools to keep you healthy and on track, but it is mandatory that you have fun and enjoy your food and your life!**