

Stubborn Fat Weight Loss Plan

Monday (Low Cal Day)

- Cleanse or Super Cleanse Day
Super Cleanse = consuming an entire bottle of cleanse with lots of water.

Tuesday (Med Cal Day)

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Ionix (2 ounces)
- About 15-20 min after Ionix have a Shake (1/1/1)
 - 1 scoop Isalean Shake, 1 scoop IsaPro, 1 Scoop of IsaFruits
- Consume vitamins for the day
- IsaMune
- Lunch/Meal (protein, veg, no starch) 400 – 600 calories
- Between 2-4 p.m. have an accelerator
- Shake (1/1/1)
- Take IsaCal before bed every night
- Ionix in afternoon or before bed.

Wednesday (High Cal Day)

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Ionix (2 ounces)
- 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
- IsaMune
- Lunch/Meal (protein, veg, and starch) 400 – 600 calories
- Shake (1/1/1) between 2-4 p.m.
- Meal (protein, veg, and starch) 400 – 600 calories
- Take IsaCal before bed every night
- Ionix in afternoon or before bed

Thursday (Med Cal Day)

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Ionix (2 ounces)
- 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
- IsaMune
- Lunch/Meal (protein, carb, veg) 400 – 600 calories
- Between 2-4 p.m. have an accelerator

- Shake (1/1/1)
- Take IsaCal before bed every night
- Ionix in afternoon or before bed.

Friday (Low Cal Day)

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Ionix (2 ounces)
- 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
- IsaMune
- Lunch/Meal – slightly smaller (protein, veg, no starch) 400 – 600 calories
- Shake (1/1/1)
- Take IsaCal before bed every night
- Ionix in afternoon or before bed

Saturday (High Cal Day)

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Ionix (2 ounces)
- 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
- IsaMune
- Lunch/Meal (protein, veg, and starch) 400 – 600 calories
- Shake (1/1/1) between 2-4 p.m.
- Cheat Meal (**EAT WHATEVER YOU'D LIKE**) after 4 p.m.
- Take IsaCal before bed every night
- Ionix in afternoon or before

Sunday (Med Cal Day)

- In the morning on an empty stomach 20-40 minutes of cardio with only 1 accelerator cap,
- Ionix (2 ounces)
- 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
- IsaMune
- Lunch/Meal (protein, carb, veg) 400 -600 calories
- Between 2-4 p.m. have an accelerator
- Shake (1/1/1)
- Take IsaCal before bed every night
- Ionix in afternoon or before bed

The plan is designed to lose weight and to it keep off. It is designed for you to lose 5- 8 pounds at first and then let your body establish itself at that weight before losing anymore pounds, while all the same, the inches will keep coming off. So don't be discouraged if you seem to not be losing anymore weight for about a week. That is all part of the plan.