

SHAKE - MEAL - SHAKE TIMETABLE

TIME LINE - The consistent timing of the nutrient intake with water is a powerful part of achieving your best results. Modify times to fit your schedule. Your first meal (the Isalean shake) should be consumed within 1/2 hour of waking up.

TIME OF DAY	ACTION	TIME DONE	AMOUNT OF WATER (OZ)
7:00AM	Breakfast: Isalean Shake (Blend 2 scoops with 8-12 oz of cold water and ice cubes as desired) One IsaFlush capsule 1-2 oz Ionix Supreme / One Natural Accelerator capsule		
9:00AM	One Isagenix Snack / 8 to 16 oz cold water / "Optional" two dry roasted, unsalted almonds		
10:30AM	One Isagenix Snack / 8 - 16 oz cold water / "Optional" two dry roasted , unsalted almonds/ one Natural Accelerator capsule / One IsaFlush capsule		
12:30PM	Lunch: 400-600 calorie meal; preferably lean protein/ vegetable combination.		
2:00PM	One Isagenix Snack / 8 to 16 oz cold water / "Optional" two dry roasted, unsalted almonds		
3:30PM	One Isagenix Snack / 8 to 16 oz cold water / "Optional" two dry roasted, unsalted almonds		
5:00PM	Dinner: Isalean Shake (Blend 2 scoops with 8-12 oz of cold water and ice cubes as desired)		
6:00PM	One Isagenix Snack / 8 to 16 oz cold water / "Optional" two dry roasted, unsalted almonds		
8:00PM	One Isagenix Snack / 8 to 16 oz cold water / "Optional" two dry roasted, unsalted almonds		

Other Details:

NOTE: If you ordered only the 9 Day Program, you will not have received the IsaFlush or the Ionix Supreme. We strongly recommend that you order both of these products. They are not "essential", but WE certainly wouldn't do a 9 Day Cleanse without them! (The Ionix Supreme and the IsaFlush are included with the 30 Day Program Order, but not the 9 Day Order Program.)

* Stay away from starches and fatty toxic processed foods!

Remember - the goal of this program is to get your body into Fat-Burning Mode! One bite of toast, one sip of soda puts you right back into Sugar-Burning Mode.