

Shake Days

Morning:

- 2 tbsp. Ionix supreme (mix with cold or warm water, never hot)
- ~ **WAIT 30 MINUTES** ~
- 1 IsaLean *SHAKE*
- 1 Natural Accelerator
- 1 IsaFlush

Mid-Morning:

- Small meal of your choice (2-4oz. protein & complex carb)
- 1/2 an IsaLean bar is an option

Lunch of your choice:

- Have a healthy 400—600 calorie* lunch that's high in protein and low glycemic vegetables/ fruits.

Mid-Afternoon:

- Small meal of your choice (2-4oz. protein & veggie)
- 1/2 an IsaLean bar is an option
- 1 IsaLean *SHAKE*
- 1 Natural Accelerator
- 1 IsaFlush

Dinner:

TIPS:

- Make sure you're drinking purified water only. Never mix shake with any kind of milk.
- Eat something healthy every 2-3 hours, no matter what, this will keep your metabolism burn- ing.
- Make sure you're drinking at least 1/2 of your body weight in ounces of water every day. This is imperative for the effectiveness of this system.
- Avoid soda pop, sugar sweetened drinks, any food products containing chemicals or artificial flavors, colors or sweeteners, refined sugars or flours, overly processed foods, and try to stay "as close to the Earth as possible" with your food choices. Organic is best.
- Organic coffee is okay. No milk or sweeteners.
- Up to 2 Isadelight chocolates and e+ shots can be enjoyed each day.
- Complete 5-7 Shake Days before doing a Cleanse Day for the best experience.
- If constipation is an issue, you may slowly increase IsaFlush up to 6 per day as needed. If the opposite is an issue, you can skip IsaFlush entirely.
- 400-600 calorie meal is a guideline - most importantly you are choosing a nutritionally dense, balanced meal. *See below for food choice options.*
- You're going to be shocked by how satisfied you will feel. For the first time ever your body will be receiving the 90 complete amino acids (building blocks that give cells structure) it needs, in just one shake. When we fuel our bodies with this nutrition we don't feel as hungry. However, no one wants you to go hungry and be miserable. If you're hungry in between, EAT! This *isn't* about deprivation- this is a lifestyle that's easy. Just choose good, healthy options such as fruits, veggies, and nuts.

Continued...

Shopping List

Protein Options:

chicken
turkey
beef
bison
pork
wild
fish
shrimp
canned tuna

Complex Carbohydrate Options:

Yam
sweet
potato
butternut squash
quinoa
beans
brown/multigrain rice/wild rice

Fruit & Vegetable Options:

mixed salad greens
bell peppers
mushrooms
spinach
kale
onions
garlic
tomatoes
sprouts
cabbage
cucumber
celery

asparagus
eggplant
zucchini
yellow squash
radish
artichoke
chard
shallot
scallion
strawberries
raspberries
blueberries
apples
grapefruit
cherries
pears
peaches
grapes