

# Recommended schedule for Shake Days

TIME OF DAY	ACTION	DAY 1 ✓	AMOUNT OF WATER (OZ)	DAY 2 ✓	AMOUNT OF WATER (OZ)
<b>Morning</b>	When you wake up, drink 1-2 oz of Ionix® Supreme to increase energy and help your body better cope with the effects of stress. And, drink 1-2 glasses of purified water. For best results, add IsaWATER™ Alkalized Concentrate.*				
<b>Breakfast</b>	Mix 2 scoops of IsaLean® Shake with 8 oz of purified water. Take 1 Natural Accelerator™ capsule to help jump-start your metabolism. Take 1 AM packet of the Ageless Essentials™ Daily Pack for Men or for Women.**				
<b>Mid-Morning Snack</b>	Pick one option from the <b>Shake Day Support Options</b> below.				
<b>Lunch</b>	Eat a healthy, low-glycemic and balanced 400-600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yogurt.				
<b>Mid-Afternoon Snack &amp; Supplement</b>	Pick one option from the <b>Shake Day Support Options</b> below. Take 1 Natural Accelerator.				
<b>Dinner</b>	Mix 2 scoops of IsaLean Shake with 8 oz of purified water. Take 1 PM packet of the Ageless Essentials Daily Pack for Men or for Women.**				
<b>Evening</b>	Take 1-2 <i>IsaFlush!</i> ™ capsules with 8 oz purified water.				

## Shake Day Support Options:

- 1 serving FiberSnacks!\*
- 1 serving SlimCakes®\*\*
- 1 serving IsaDelight Plus™ (1-2 dark chocolates, up to twice daily)\*
- 1 serving *Isagenix Snacks!*\*
- Add 2 oz Cleanse for Life to 64 oz of purified water and drink throughout the day. (Additional Cleanse for Life will need to be purchased)

\* Product sold separately.

\*\* This planner is based on the 30-Day Cleansing and Fat Burning System with Ageless Essentials Daily Pack. If you purchased the original 30-Day Cleansing and Fat Burning System, disregard the Ageless Essentials Daily Pack in the planner portion of this guide.