

# SHAKE DAY PLANNER 30-DAY STARTER PAK



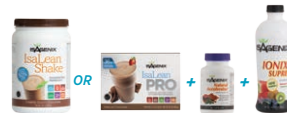
During Shake Days, replace two meals with a nutritious IsaLean™ Shake or IsaLean™ PRO. We recommend replacing breakfast and dinner with a Shake. Ensure your third meal is nutritionally balanced, containing 1600-2500kJ (400-600cal).

**Remember to stay hydrated throughout the day!**

Subscribe to [ANZ.IsaFYI.com](http://ANZ.IsaFYI.com) for meal ideas, or purchase the *Better Living* recipe book, from [IsaSalesTools.com.au](http://IsaSalesTools.com.au)

## BREAKFAST

- 2 scoops *OR* 1 packet IsaLean Shake *OR* 1 packet IsaLean PRO
- 1 Natural Accelerator™\*
- 1 serving Ionix® Supreme liquid *OR* powder



## MID-MORNING

- 1 IsaFlush™
- OPTIONAL*: 1 'Shake Day Snack Idea' *OR* a 400-650kJ (100-150cal) snack



## LUNCH

- 2 scoops *OR* 1 packet IsaLean Shake *OR* 1 packet IsaLean PRO *OR* 1600-2500kJ (400-600cal) meal\*\*



## MID-AFTERNOON

- OPTIONAL*: 1 'Shake Day Snack Idea' *OR* a 400-650kJ (100-150cal) snack



## DINNER

- 2 scoops *OR* 1 packet IsaLean Shake *OR* 1 packet IsaLean PRO *OR* 1600-2500kJ (400-600cal) meal\*\*.
- 1 IsaFlush and 1 Natural Accelerator\*



## SHAKE DAY SNACK IDEAS

- 1 Slim Cakes™
- 1 Fibre Snacks™†
- 6 raw almonds
- 1 IsaDelight™†
- 1-2 servings of Replenish™† (if you are exercising)
- 1 boiled egg
- 1 e+† (maximum 2 per day)
- 1 piece of fruit or vegetable

Visit the 30 Day Starter Pak page on [Isagenix.com](http://Isagenix.com) for a digital version of this planner.

† Product not included in this Pak and must be purchased separately.

\* Always read the label. Not suitable for children. Use only as directed. Vitamin supplements should not replace a balanced diet. Consult your healthcare professional before beginning any diet or weight loss program.

\*\* Be sure to consume at least one traditional, healthy 1600-2500kJ (400-600cal) meal every Shake Day



# CLEANSE DAY PLANNER 30-DAY STARTER PAK



On Cleanse Days, you restrict your kilojoule intake while nourishing your body with the nutrients in Cleanse For Life™.

**Remember to stay hydrated throughout the day!**

For more information about the Isagenix products visit [IsaProductAU.com](http://IsaProductAU.com)

## BREAKFAST

- 1 serving Cleanse for Life
- Natural Accelerator™\*
- Ionix® Supreme liquid **OR** powder

## MID-MORNING

- 1 IsaFlush™
- 2 Isagenix Snacks **OR** 1 'Cleanse Day Support Option' from list below

## LUNCH

- 1 serving Cleanse for Life

## EARLY AFTERNOON

- 2 Isagenix Snacks **OR** 1 'Cleanse Day Support Option' from list below

## MID-AFTERNOON

- 1 serving Cleanse for Life

## EARLY EVENING

- 2 Isagenix Snacks **OR** 1 'Cleanse Day Support Option' from list below

## EVENING

- 1 serving Cleanse for Life
- 1 IsaFlush and 1 Natural Accelerator\*



## CLEANSE DAY SUPPORT OPTIONS

- 1 IsaDelight™† (maximum 2 per day)
- 1 e+† (maximum 2 per day)
- 1-2 servings of Replenish™† (if you are exercising)
- ¼ apple **OR** pear

† Product is not included in the this Pak and must be purchased separately.

\* Always read the label. Not suitable for children. Use only as directed. Vitamin supplements should not replace a balanced diet.

