

# Shake & Cleanse Days

**USING YOUR  
CLEANSING & FAT  
BURNING SYSTEM  
COULDN'T  
BE EASIER.**

Your Cleansing and Fat Burning System relies on two easy-to-follow components:

**Shake Days  
& Cleanse Days.**

Here's how each works.

## WHY CLEANSE?

Unlike harsh laxative cleanses, Isagenix Cleanse for Life is scientifically developed to nourish your body with the vital nutrients it needs while ridding your body of impurities.

Cleansing isn't about deprivation; it's about nourishment! **You will be amazed at how easy it is to cleanse.**



## SHAKE DAYS:

**Replace** conventional meals with 2 IsaLean Shakes per day + 1 healthy, low-glycemic, 400-600-calorie meal.

*Most people enjoy a shake for breakfast, plan their meal for lunch, then enjoy another shake for dinner. But you can easily plan your one meal for either dinner or lunch—it's your choice!*

**Drink** 1 serving of Ionix Supreme before your shake + take 2 Natural Accelerator capsules (1 in the morning and 1 in the afternoon).

**Drink** enough water throughout the day to stay well hydrated.

**Plan** 2 snacks a day: 1 mid-morning and 1 mid-afternoon. *See below.*

**Take** 1-2 IsaFlush capsules with 8 oz of water before bedtime.

### Snack Options

- IsaDelight®
- e+™
- Isagenix Greens™
- Isagenix Fruits™
- Slim Cakes®
- Whey Thins™
- Fiber Snacks™

**Pro Tip:** Plan your low-glycemic, 400-600 calorie meals in advance. Some people find it beneficial to plan a full week of meals at one time.

**Pro Tip:** For people engaging in physical activity, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro® to your favorite IsaLean Shake. Extra protein can help curb hunger and satisfy longer.

## CLEANSE DAYS:

**Enjoy** 4 deep cleanse servings:

- 1 in the morning
- 1 at noon
- 1 late afternoon
- 1 at dinnertime

**Drink** 1 serving of Ionix Supreme when you wake up and (optional) in the early evening + take 2 Natural Accelerator capsules (1 in the morning and 1 in the afternoon).

**Drink** Isagenix Coffee throughout the day to boost energy, if needed. Be sure to stay properly hydrated throughout Cleanse Days.

**Enjoy** 4-6 Isagenix Snacks throughout the day to curb cravings (any flavor or combination).

**Choose** 2 snacks a day from the options below: 1 mid-morning and 1 early evening.

**Take** 1-2 IsaFlush capsules with 8 oz of water before bedtime.

### Snack Options

- 1-2 IsaDelight chocolates (Choose from four delicious flavors.)
- ¼ apple or pear
- 1 serving of AMPED Hydrate (if exercising)
- 1-2 servings of e+™
- 1 Bag of Whey Thins™\*

\*Whey Thins are now approved for Cleanse Days when enjoyed as the only snack option. Limit one bag throughout the day.

See Page 11 for healthy guidelines on meals. Optional servings and additional items listed above that are not included in your Isagenix System, such as many of the snack options, will need to be purchased separately.

# Shake & Cleanse Days

## SHAKE DAY PLANNER

### Early Morning

- Drink 1 serving of Ionix Supreme
- Drink 1-2 glasses of purified water

### Morning—Breakfast

- Enjoy an IsaLean or IsaLean Pro Shake
- Take 1 Natural Accelerator capsule
- Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Morning—Snack

- Optional: Choose one serving of a Shake Day snack
- Drink 1-2 glasses of purified water

### Early Afternoon—Lunch

- Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Drink 1-2 glasses of purified water

### Midafternoon—Snack

- Optional: Choose one serving of a Shake Day snack
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Evening—Dinner

- Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Evening—Bedtime

- Take 1-2 IsaFlush® capsules, as needed

*For more information on meal options that suit your needs, see page 6, check with your trainer, dietary professional or the USDA "My Plate Guidelines" at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)*

To benefit from everyday cleansing, drink 1 everyday cleansing serving of Cleanse for Life in the morning and either midmorning or midafternoon as a snack. (Additional Cleanse for Life will need to be purchased.)

## SHAKE DAY SNACK OPTIONS:

- 2 Isagenix Snacks™
- 1 FiberSnacks™\*\*
- 1 SlimCakes\*\*
- 1-2 IsaDelight Plus chocolates (Milk or Dark Chocolate)\*\*
- 1-2 servings of e+ or Replenish™\*\*
- 6 unsalted almonds
- Whey Thins™\*\*

\* Additional product will need to be purchased

## CLEANSE DAY PLANNER

### Early Morning—Cleanse 1

- Enjoy 1 deep cleansing serving\*\*\* of Cleanse for Life
- Take 1 Natural Accelerator capsule

### Midmorning—Snack

- Drink 1 serving of Ionix Supreme
- Recommended: Enjoy up to 2 IsaDelight Plus chocolates\*\*
- Take 2 Isagenix Snacks™—30 minutes after consuming IsaDelight Plus chocolates
- Drink 1-2 glasses of purified water
- Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Morning—Cleanse 2

- Enjoy 1 Deep Cleansing serving\*\*\* of Cleanse for Life

### Early Afternoon—Snack

- Take 2 Isagenix Snacks™
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Midafternoon—Cleanse 3

- Enjoy 1 deep cleansing serving\*\*\* of Cleanse for Life

### Early Evening—Snack

- Recommended: Enjoy up to 2 IsaDelight Plus chocolates\*\*
- Take 2 Isagenix Snacks™—30 minutes after consuming IsaDelight Plus chocolates
- Drink 1 serving of Ionix Supreme\* (optional)
- Drink 1-2 glasses of purified water

### Evening—Cleanse 4

- Enjoy 1 deep cleanse serving\*\*\* of Cleanse for Life
- Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Evening—Bedtime

- Take 1-2 IsaFlush® capsules with 8 oz of purified water

\*\*\* Follow "Deep Cleansing Directions" on the Cleanse for Life label to ensure proper serving size.

## CLEANSE DAY OPTIONS/SUPPORT:

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1-2 IsaDelight Plus chocolates (Milk or Dark Chocolate)\*\*
- 1-2 servings of e+ or Replenish™ (if you are exercising)\*\*
- 2 Isagenix Snacks™





**Need to do something every hour on a cleanse day? Try this schedule.**

### **Perfect Cleanse** Step-by-step guide

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- **8 am** 1 scoop or 1 oz Ionix Supreme. Try mixing it with 6-8 oz of hot or cold water or with an orange replenish stick and 16 oz water.
- **9 am** Mix TWO scoops of Cleanse for Life powder or 4 oz liquid cleanse with 8-16 oz of hot or cold purified/spring water with or without ice.
- **10 am** IsaDelight Plus and/or eshot or Replenish or IsaCoffee or Isagenix Chai+
- **11 am** 2 Isagenix Snacks and Natural Accelerator and Vitamins
- **12 pm** Mix TWO scoops of Cleanse for Life powder or 4 oz liquid cleanse with 8-16 oz of hot or cold purified/spring water with or without ice.
- **1 pm** IsaDelight Plus and/or 1 scoop or 1 oz Ionix Supreme. Try mixing it with 6-8 oz of hot or cold water or with an orange replenish stick and 16 oz water.
- **2 pm** 2 Isagenix snacks
- **3 pm** Mix TWO scoops of Cleanse for Life powder or 4 oz liquid cleanse with 8-16 oz of hot or cold purified/spring water with or without ice.
- **4 pm** IsaDelight Plus and/or eshot or Replenish or IsaCoffee or Isagenix Chai+
- **5 pm** 2 Isagenix Snacks and Natural Accelerator and Vitamins
- **6 pm** Mix TWO scoops of Cleanse for Life powder or 4 oz liquid cleanse with 8-16 oz of hot or cold purified/spring water with or without ice.
- **7 pm** IsaDelight Plus
- **8 pm** 2 Isagenix Snacks (only if needed)
- **Bedtime** IsaFlush (only as needed)

Note: If needed you may replace one snack with a 1/4 organic apple or pear.

**Need  
something  
to CRUNCH  
on a cleanse  
day?  
Try this  
schedule.**



### Cleanse Day Schedule with Whey Thins

#### Early Morning

- 1 serving [Ionix® Supreme](#)
- 1 cup [Isagenix Coffee](#)
- 2 Isagenix Snacks™
- 1 [Natural Accelerator™](#) capsule

#### Mid-morning

- 1 Deep Cleansing serving [Cleanse for Life®](#)
- ¼ packet Whey Thins (about 4-5 crackers)
- Optional: Go for a walk or perform light exercise (drink [e+™](#) or [AMPED Hydrate](#))

#### Noon

- 1 Deep Cleansing serving [Cleanse for Life®](#)
- ¼ packet Whey Thins (about 4-5 crackers)
- 2 Isagenix Snacks

#### Mid-afternoon

- 1 Deep Cleansing serving [Cleanse for Life®](#)
- ¼ packet Whey Thins (about 4-5 crackers)
- 1 [Natural Accelerator™](#) capsule

#### Evening

- 1 Deep Cleansing serving [Cleanse for Life®](#)
- 1-2 [IsaFlush®](#) capsules
- ¼ packet Whey Thins (about 4-5 crackers)
- 1 [IsaDelight](#) chocolate (optional)

[Click Here](#)

For more information about cleanse days with Whey Thins

# Deep Cleanse Days too difficult? Try Daily Cleansing.

## Daily Cleanse Step-by-step guide

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### Morning Cleanse

- When you wake up drink 1-2 glasses of hot or cold purified/spring water, try adding freshly squeezed lemon.
- Mix one scoop of Cleanse for Life powder or 2 oz Cleanse for Life liquid with hot or cold purified/spring water with or without ice.

### Breakfast

- 2 scoops of IsaLean or IsaLean Pro Shake mixed with 8 oz of purified/spring water OR a 400-600 calorie healthy balanced breakfast including lean protein/fruit or veggie/complex carb/good fat.
- Mix 1 scoop of Ionix Supreme in your shake or try mixing it with 6-8 oz of hot or cold water or try it with an orange replenish stick and 16 oz water.

### Morning Snack

- Drink: 1 bottle of e+, a healthy energy shot or 1 cup of IsaCoffee or Chai+ or 1 serving of Replenish or 1 serving of IsaGreens or IsaFruits  
OR
- Eat: 1 Slimcake or 1 Fiber Snack or 1 bag of Whey Thins or 1-2 Isagenix Snacks! or 1 IsaDelight Plus or 4-6 almonds or walnuts (raw & unsalted) or 1 Apple or 1-2 medium size organic carrots or 2 stalks of organic celery.

### Lunch

- 2 scoops of IsaLean or IsaLean Pro Shake mixed with 8 oz of purified/spring water OR a 400-600 calorie healthy balanced lunch including lean protein/fruit or veggie/complex carb/good fat.

### Afternoon Snack

- Drink: 1 bottle of e+, a healthy energy shot or 1 cup of IsaCoffee or Chai+ or 1 serving of Replenish or 1 serving of IsaGreens or IsaFruits  
OR
- Eat: 1 Slimcake or 1 Fiber Snack or 1 bag of Whey Thins or 1-2 Isagenix Snacks! or 1 IsaDelight Plus or 4-6 almonds or walnuts (raw & unsalted) or 1 Apple or 1-2 medium size organic carrots or 2 stalks of organic celery.

### Dinner

- 2 scoops of IsaLean or IsaLean Pro Shake mixed with 8 oz of purified/spring water OR a 400-600 calorie healthy balanced lunch including lean protein/fruit or veggie/complex carb/good fat.

### Evening Snack

- Drink: 1 cup of Chai+ or 1 serving of Replenish or 1 serving of IsaGreens or IsaFruits  
OR
- Eat: 1 Slimcake or 1 Fiber Snack or 1 bag of Whey Thins or 1-2 Isagenix Snacks! or 1 IsaDelight Plus or 4-6 almonds or walnuts (raw & unsalted) or 1 Apple or 1-2 medium size organic carrots or 2 stalks of organic celery.

### Bedtime Cleanse (min 2 hours after dinner)

- Drink 1 glass of purified/spring water.
- Mix one scoop of Cleanse for Life powder or 2 oz Cleanse for Life liquid with hot or cold purified/spring water with or without ice.

Note: For best results, we suggest that you replace up to 2 meals per day with IsaLean or IsaLean Pro Shake. Vary your snack choices throughout the day.