

# Basic Food Guidelines

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Below are all the foods you can enjoy on the program. Daily meals should be kept to about 600 calories. Snacks should be 100 – 150 calories. Add sea salt, pepper, lemon, lime, organic herbs and spices and a tad of olive oil for additional flavor.

Fresh Vegetables*	Green Tea
Leafy Greens	Lemon
Sweet Potato	Lime
Eggs and Egg Whites	Stevia
Lean Meats (Chicken, Fish, etc.)	Almonds (watch calories!)
Brown Rice	Green Apple
Quinoa	Pear
Farro	Berries
Ezekiel or 100% Whole Grain	Olive Oil
Pasta or Bread	Coconut Milk
Sea Salt	Almond Milk
Beans/Hummus	Avocado
	Mary's Gone Crackers

\* Except those below

## Absolutely Avoid

Alcohol	Most bottled/boxed foods*
Coffee	Soy
Sugar/Artificial Sweeteners	Red Meat
Processed Foods	Dairy
Soda/Carbonation	Fruit (other than above)
Caffeine/Energy Drinks	Corn, Carrots, Peas
Flavored Water	White Potatoes/Rice
Cold Cuts	White Flour/Bread
	Iodized Salt

\*Look for preservatives, natural flavors, other chemicals in ingredients list

## Restaurant Options

Do you have job that includes lunches or dinners out? Don't worry. It is totally doable. Here are a few suggestions:

Sushi with Brown Rice	Sashimi (no soy sauce)
Fish w/ steamed vegetables	Rotisserie or Baked Chicken
Sweet Potato	Vegetable Omelet



# Thinking Ahead Plan for Maintenance

## Fast Forward - Maintenance.

Maintenance differs for every body, and depends on your individual goals. Tony – who had significant weight to lose – followed the full 30-day protocol for 3 months, while I moved to maintenance after just a single 30-day cycle. Because they provide nutrition that you can't get anywhere else, you want to continue to use Isagenix products, though the monthly investment required for maintenance is not the same as the first 30-day plan. At a minimum, you should plan to include the trifecta of health when planning for maintenance. That includes:

- Ageless Essentials with Product B
- Ionix Supreme
- IsaLean or IsaLeanPro Shakes

It costs about \$3 per shake to start your morning with 24-36 grams of undenatured protein, 80 ionic trace minerals, 18 amino acids and so much more. Ionix will continue to balance cortisol levels and manage stress, and the Ageless Essentials will ensure that any/all nutritional gaps are filled. Isagenix products work because they are comprised of high-quality ingredients in dosages backed by science.

The ingredients sustainably sourced, non-GMO, contain no herbicides or pesticides and nothing artificial. You will not get this kind of quality nutrition anywhere else!

**Make sure you stay enrolled in Autoship to receive the best pricing. 10% for Autoship participants! There is no minimum and dates are flexible. Plan to hear from me about two to three weeks into your program to start planning for the next phase.**

**TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.**

## 7 Day Cycling Calorie Plan for Maintenance:

Monday: Cleanse day:

Tuesday: 2 shakes and one meal

Wednesday: 2 shakes and 2 meals

Thursday: 2 shakes and one meal

Friday: 2 shakes and one meal

Saturday: Cheat day. Have a least one shake or two and then eat whatever you want.

Sunday: 2 shakes and one meal

REPEAT THE CYCLE.

## ISAGENIX VS Do It Yourself

Proven, well documented, easy to follow info that creates weight loss success.

GOOD, CONSISTENT INFORMATION?

Confusing & conflicting info everywhere makes dieting tough to figure out.

Yes. You get free personal coaching and the expertise of an entire team.

COACHING FROM EXPERTS?

No. You're on your own.

Yes. Isagenix is scientifically engineered to give your body exactly what it needs.

GET MAXIMUM NUTRITION?

Unlikely unless you take time to become a professional dietician.

An energetic and enthusiastic team on your side makes a difference.

MOTIVATION

If you're not self motivated, losing weight can be a struggle.

This system is easy to follow and the products help keep you energized.

LAZINESS A PROBLEM?

Often. Diets are a ton of work not to mention the mental torture.

Our system helps you get thin, stay thin and gives you a chance to make income while doing it.

OPPORTUNITY

Diets involve spending money, not making money.