



# WELCOME TO ISAGENIX!

## BE SURE TO COMPLETE THESE CRUCIAL FIRST STEPS BEFORE YOUR BOX ARRIVES:

1. Weigh and Measure yourself (chart here on page 2).
2. Register for the [IsaBody Challenge](#) to help keep you accountable (ask your coach for your back office login information).
3. Familiarize yourself with the resources on [www.TeamHealthy.me](http://www.TeamHealthy.me), as well as the [TeamHealthy](#) and [TeamHealthy Eats](#) groups on Facebook
4. Schedule a box opening call with your coach to review instructions prior to day one.
5. Start to wean yourself off all non-Isagenix coffee. Isagenix Coffee is allowed, as are other sources of caffeine including organic Green Tea or Isagenix eShots. You can drink up to two e-shots per day.
6. Start getting in your gallon of (flat) water a day before starting the program. You can flavor your water with mint, cucumber, lemon or lime slices, or ginger.

## OPENING AND SORTING YOUR BOX

When you receive your box, sort items into three piles:

Every Day: Ionix Supreme , Natural Accelerator, IsaFlush, Ageless Essentials vitamins (if you have them), E+shots

Shake Days: IsaLean or IsaLean Pro Shakes, Replenish (optional), IsaLean Bars, other snacks

Cleanse Days: Cleanse for Life , IsaDelights, Isagenix Snacks

The schedules on the following pages offer more information on how and when to use each product.

# Track Your Progress

Use the charts below to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process. Success breeds success.

## Track Your Measurements and Weight

MEASUREMENTS	START	DAY 8	DAY 18	DAY 30
Neck				
Upper Arm (left)				
Upper Arm (right)				
Chest (men: armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen (6" below waist)				
Buttocks (9" below waist)				
Upper Thigh (left)				
Upper Thigh (right)				
Calf (left)				
Calf (right)				
Upper Knee (left)				
Upper Knee (right)				
My Total Inches				
My Total Inches Lost				
My Weight				
My Weight Lost to Date				

## Compute Your Body Mass Index (BMI)

Before BMI: \_\_\_\_\_ (Weight x 703 ÷ Height ÷ Height)

After BMI: \_\_\_\_\_

*Example: BMI: Bob is 5'7" and weighs 155 pounds. Bob's BMI is 24.3 (155 x 703 ÷ 67 ÷ 67). Therefore, according to the chart below, his weight status is normal.*

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and Above	Obese

# SHAKE DAY SCHEDULE

(Days 1-5, 8-12, 15-30)

*The Night Before Starting*– 2 IsaFlush at Bedtime

**Shake Day Schedule – Drink 1 Gallon of Pure Water per Day!**

*Immediately upon waking up*- 1 oz. Ionix Supreme and at least 8 oz of water

*Within 1 hour of waking up*– Shake and AM Ageless Essentials vitamins (if you have them). Be sure to drink your shake within 20 minutes of mixing it.

*15 minutes after shake*– 1 Natural Accelerator

*Mid-Morning*– 100 to 150 calorie snack

*Lunch*– 2<sup>nd</sup> shake or 400-600 calorie meal following basic food guidelines

*15 minutes after shake*– 1 Natural Accelerator

*Mid-Afternoon*– 100-150 calorie snack

*Before 7:30 pm\**– 2<sup>nd</sup> Shake (if you ate meal at lunch) or 400-600 Calorie Meal and PM vitamins (if you have them)

*Bedtime*– 2 IsaFlush capsules

## SHAKE DAY TIPS:

- ✓ Drink a full gallon of water every day (green tea not included toward this count). No Gatorade, flavored water, seltzer or carbonated water.
- ✓ Follow food rules laid out here on page 5.
- ✓ For recipe ideas, visit [www.teamhealthy.me/recipes](http://www.teamhealthy.me/recipes) or [Team Healthy Eats](#) on Facebook.
- ✓ Your fork-and-knife meal may be eaten at either lunch or dinner time. We've found that it tends to be easier to stick with the program, and results tend to be better, for those who eat their meal at lunch.
- ✓ \* All fork-and-knife meals and snacks should be consumed by 7 pm. If you do choose to eat your meal at lunch, your evening shake may be consumed as late as 9 pm. Shakes are easier for your body to process, so won't impact your sleep or cause digestive issues the same way eating a late meal will.

# CLEANSE DAY SCHEDULE

(Days 6-7 and 13-14)

8 AM	1 oz Ionix Supreme and 16 oz water
9 AM	4 oz or 2 scoops Cleanse for Life, AM vitamins, 8 oz water
10 AM	2 Isagenix Snacks, 1 Natural Accelerator, 16 oz water
11 AM	1 Isadelight, 16 oz water
12 PM	4 oz or 2 scoops Cleanse for Life, 8 oz water
1 PM	1 Isadelight, 1 Natural Accelerator, 8 oz water
2 PM	2 Isagenix Snacks, 8 oz water
3 PM	4 oz or 2 scoops Cleanse for Life, 8 oz water
4 PM	1 Isadelight, 8 oz water
5 PM	2 Isagenix Snacks, 8 oz water
6 PM	4 oz or 2 scoops Cleanse for Life, PM vitamins, 8 oz water
7 PM	1 Isadelight, 8 oz water
8 PM	2 Isagenix Snacks (only if needed), 8 oz water
Bedtime	2 IsaFlush

## Cleanse Day Tips

Follow the schedule below as closely as you can. The CFL drink will ensure that your body gets what it needs nutritionally, and the wafers/IsaDelights contain just enough protein/carb to ensure that the body continues to metabolize, while breaking from digestion. In short, it will ensure your body continues to burn fat, but doesn't burn lean tissue.

Drink as much Isagenix Coffee and/or organic green tea as you want/need on cleanse days. Up to two eShots per day are also allowed

Refrain from heavy exercise during your first 2-day cleanse. You may be able to do some light exercise, but it is important to stay in tune with your body. DON'T over-do it!

# BASIC FOOD GUIDELINES

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.

Green Apples  
Vegetables, excluding peas/carrots/corn  
Tomatoes (in moderation)  
Olive, Coconut and Avocado Oil  
Chicken/Fish/Seafood/Turkey  
Tofu  
Brown Rice  
Quinoa  
Quinoa and Brown Rice Pasta  
Mary's Gone Crackers  
Stevia (liquid leaf is best)

Sea and Himalayan Salt  
Berries  
Beans and Legumes  
Balsamic Vinegar  
Brown Rice Sushi  
Eggs and Egg Whites  
Sweet Potatoes  
Ezekiel Bread/Pasta  
Ezekiel Wraps  
Suzie's Thincakes  
Hummus

## ABSOLUTELY AVOID:

Alcohol  
Coffee (except Isagenix coffee)  
Sugar/Artificial  
Sweeteners  
Processed Foods  
Soda/Carbonation  
Caffeine/Energy Drinks  
Flavored Water  
Cold Cuts

Most bottled/boxed foods\*  
Soy (use Coconut Aminos instead of Soy Sauce)  
Red Meat  
Dairy  
Fruit (other than above)  
Corn, Carrots, Peas  
White Potatoes/Rice  
White Flour/Bread  
Iodized Salt

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

## RESTAURANT OPTIONS:

Sushi with Brown Rice  
Fish w/ steamed vegetables  
Sweet Potato

Sashimi (no soy sauce)  
Rotisserie or Baked Chicken  
Vegetable Omelet

## SNACK IDEAS:

½ an Isalean Bar \*  
Fiber Snacks \*  
Slimcakes \*  
Green Apple  
Green Pear  
Veggies (unlimited!)

Suzie's Thincakes  
Mary's Gone Crackers  
Hummus  
Hard Boiled Egg  
Roasted Chickpeas