

SHAKE DAY PLANNER ULTIMATE PACK



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 1600-2500 kJ (400-600 cal).

Remember to stay hydrated throughout the day!

Subscribe to ANZ.IsaFYI.com for meal ideas, or purchase the *Better Living* recipe book, from IsaSalesTools.com.au

BREAKFAST

- 2 scoops **OR** 1 packet Isalean Shake **OR** 1 packet Isalean PRO **OR** 1 Isalean™ Bar
- 1 Complete Essentials™ with IsaGenesis™ AM pack, 2 Natural Accelerator™* and 1 IsaFlush™
- 1 serving Ionix® Supreme liquid or powder



MID MORNING

- OPTIONAL:** 1 Whey Thins™ **OR** 1 Isadelight™ **OR** 1 'Shake Day Snack Idea' **OR** a 400-650 kJ (100-150 cal) snack **AND/OR** (if exercising) 1-2 serves of Replenish™



LUNCH

- 2 scoops **OR** 1 packet Isalean Shake **OR** 1 packet of Isalean PRO **OR** 1 Isalean Bar **OR** 1600-2500 kJ (400-600 cal) meal**



MID AFTERNOON

- OPTIONAL:** 1 Whey Thins **OR** 1 Isadelight **OR** 1 'Shake Day Snack Idea' **OR** a 400-650 kJ (100-150 cal) snack **AND/OR** 1 e+



DINNER

- 2 scoops **OR** 1 packet Isalean Shake **OR** 1 packet Isalean PRO **OR** 1 Isalean Bar **OR** 1600-2500 kJ (400-600 cal) meal**
- 1 Complete Essentials with IsaGenesis PM pack and 1 IsaFlush



SHAKE DAY SNACK IDEAS

- 1 Slim Cakes™†
- 6 almonds
- 1 piece of fruit or vegetable
- 1 Fibre Snacks™†
- 1 boiled egg

Visit IsaProductAU.com and scroll down to Product Resources for a digital version of this planner.

† Product not included in this Pack 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 1600-2500 kJ (400-600 cal) meal every Shake Day.



CLEANSE DAY PLANNER ULTIMATE PACK



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

BREAKFAST

- 1 serving Cleanse for Life
- 1 Complete Essentials™ with IsaGenesis™ AM pack, 2 Natural Accelerator™* and 1 IsaFlush™
- 1 serving Ionix® Supreme liquid **OR** powder

MID MORNING

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

LUNCH

- 1 serving Cleanse for Life

EARLY AFTERNOON

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

MID AFTERNOON

- 1 serving Cleanse for Life

EARLY EVENING

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

EVENING

- 1 serving Cleanse for Life
- 1 Complete Essentials with IsaGenesis PM pack and 1 IsaFlush



CLEANSE DAY SUPPORT OPTIONS

- 1 e+ (maximum 2 per day)
- 1-2 servings of Replenish™ (if you are exercising)
- 1 packet Whey Thins (maximum 1 throughout the day)
- ¼ apple **OR** pear

† Product is not included in the this Pack 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.

** Maximum 2 per day.

