

TEAM INSPIRATION

11 DAY BOOTY RESET

We Shake

We Cleanse

We RESET

The Results: We Eat Better, We Feel Better



EAT BETTER

We're taking the guesswork out of the equation and making this super simple with complete nutrition and quality ingredients in a conveniently simple superfood smoothie that tastes amazing!



FEEL BETTER

Nourish and support your body's natural detoxification system with a blend of cleanse-supporting herbs, antioxidant botanicals, and rich nutrients. Give yourself a much-needed reset before summer!

TEAM INSPIRATION

Introduction

WHAT IS AN 11 DAY RESET?



We are so happy you are here with us whether it's your first time or you keep coming back again. Our goal is to inspire you hit the goals you have created and then surpass them!

The Isagenix method is an innovative form of intermittent fasting that blends in anti-inflammatory eating for a balanced and clear self. It's incredibly simple but wonderfully successful.

It's as easy as waking up and asking yourself, "Is today a Shake Day or a Cleanse Day?"

- 1 Canister Shake
(different flavors if you like to mix)
- 2 Cleanse for Life
Bottles or Canisters
- 1 Snack Bites
peanut butter or cinnamon roll
- 1 Natural Accelerator

(Highly Recommend
Adding: XM+)



What do I need?

Introduction

YOUR JOURNEY BEGINS WITH PREPARATION

You've made the commitment to yourself. Your box is on the way, but don't delay. Start now.



Drink Water.

Increase your water intake to at least half your body weight in ounces or as much as 80-100 oz per day. This will help your body flush out toxins and eliminate more fatty tissues.



Become Mindful.

Instead of eating more carbs and sugar or drinking more alcohol and sugary drinks, be aware of the foods and drinks you are putting in your body these few days before you officially begin.



Get Organized.

Read through this guide and download the [ISALIFE APP](#) here to start educating yourself about the journey to come.



Go Shopping.

Decide what healthy snacks and meals you will incorporate the first week. Suggestions to follow.



Get support.

Tell your family about your plan and get their support so you don't sabotage your goal by eating that pizza they may order. When you say it out loud you are more likely to stick to your word.

WHY RESET?

...for wellness

...for health

...for routine

...for confidence

...for nutrition

...for relaxation

...for mindfulness

...for results

Reset for you.

What do I do

11 DAY BOOTY RESET

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEIGH MEASURE PHOTOS	DAY 1 	DAY 2 	DAY 3 	DAY 4 	DAY 5 	DAY 6 
DAY 7 	DAY 8 	DAY 9 	DAY 10 	DAY 11 	DAY 12 WEIGH MEASURE PHOTOS	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEELING GOOD?
SOLIDIFY THE BENEFITS
YOU EXPERIENCED BY
DRINKING 1-2 SHAKES
PER DAY THE REST OF
THE MONTH

[CLICK TO JOIN OUR
TEAM INSPIRATION
FACEBOOK PAGE
FOR MORE TIPS.](#)

ACTION PLAN

- 2 Shake Days
- 2 Cleanse Days
- 5 Shake Days
- 2 Cleanse Days



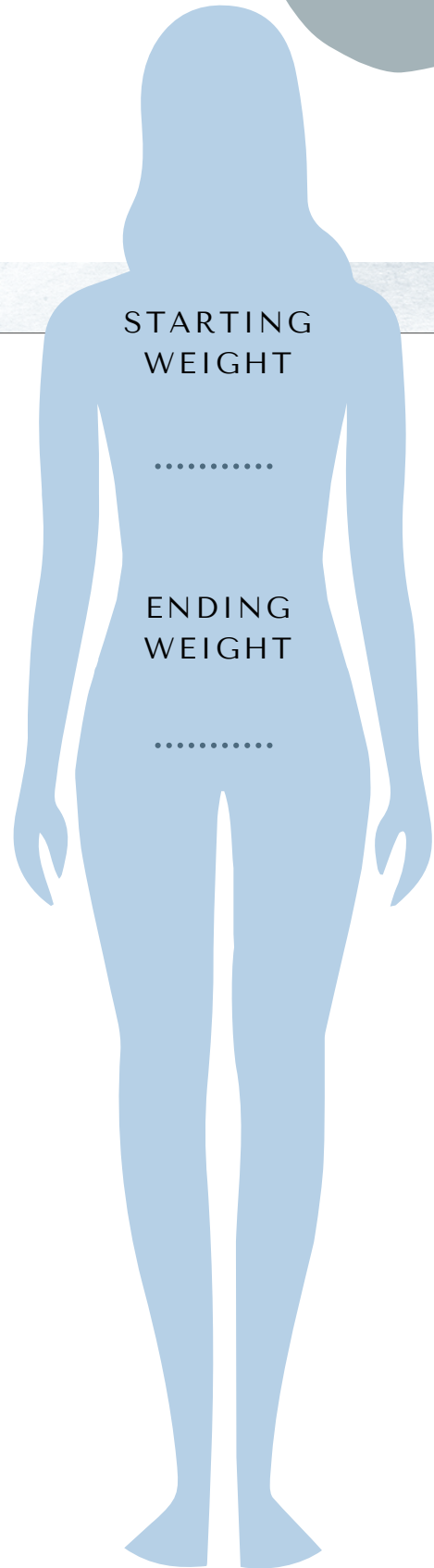
+OPTIONAL
10 MIN BOOTY WORKOUT

Weigh +

MEASURE

KEEP TRACK IN
YOUR ISALIFE
APP HERE

	DAY 1	DAY 12	DAY 30
NECK			
CHEST			
LEFT ARM			
RIGHT ARM			
WAIST			
HIPS			
LEFT THIGH			
RIGHT THIGH			
LEFT CALF			
RIGHT CALF			
WEIGHT			



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Shake Day

SCHEDULE

THE PERFECT METHOD FOR PREMIUM HEALTH

We call them Shake Days. Choose your favorite flavor, and have two shakes per day in addition to a healthy meal. You choose the order that works best for your lifestyle. Mix in some high fiber and high protein snacks and you've got yourself a satisfying and sustainable Shake Day. Here is an example.



SHAKE IT UP

Customize your shake with some of our favorite shake recipes!



EARLY MORNING
optional XM+

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MORNING

Whole Blend or IsaLean Shake
Natural Accelerator (2 capsules)

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MIDMORNING

Optional High Protein/Fiber Snack
(200 Calories or fewer)

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LUNCH

Whole Blend or IsaLean Shake

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MID AFTERNOON

Optional High Protein/Fiber Snack
(200 Calories or fewer)

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LATE AFTERNOON

optional; e+ shot or BEA

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DINNER

400-600 calorie meal

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BEFORE BED

Optional IsaFlush Magnesium
(1-2 capsules with 8 oz. water)

R

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Third Meal

PLANNING AHEAD

Aim for at least .8 grams of protein per pound of lean body mass.
Choose highest- quality sources possible. Think pasture raised and wild caught

FRESH FISH	SCALLOPS	BEEF
CLAMS	SHRIMP	CHICKEN
MUSSELS	CRAB	EGGS
OYSTERS	LOBSTER	TURKEY

Seafood

PORTION SIZE: SIZE OF PALM OR 4-6 OZ



Opt for organic or pesticide-free, local and in-season as available. Enjoy in abundance.

Leafy greens ARUGULA DANDELION GREENS, LETTUCE KALE SPINACH	ASPARAGUS	EGGPLANT
	BELL PEPPERS	GREEN BEANS
	BOK CHOY	JICAMA
	BROCCOLI, BROCCOLINI	MUSHROOMS, ONION
	BRUSSEL SPROUTS	PUMPKIN, RADISHES
	CABBAGE, SAUERKRAUT	SEAWEED, SPAGHETTI
CARROTS, CAULIFLOWER	SQUASH, TOMATOES	
CELERY, CUCUMBERS	ZUCCHINI	

PORTION SIZE: TWO FISTS OR 1 CUP



For individuals who want more nutrient-dense carbs.

BEETS	WHITE POTATOES
PARSNIPS	WINTER SQUASH
SWEET POTATOES	LEGUMES
YAMS	WILD RICE
	QUINOA

PORTION SIZE: CUPPED HAND OR 1/2 CUP COOKED



Use for cooking and to add flavor to dishes.

Condiments made with these fats/oil MAYO SALAD DRESSING	AVOCADOS	WALNUT OIL
	AVOCADO OIL	OLIVES
	GRASS FED BUTTER	OLIVE OIL
	COCONUT OIL	SESAME OIL
	GRASS FED MILK	GHEE
	MACADAMIA NUT OIL	MCT OIL

PORTION SIZE: SIZE OF THUMB OR 1 TBSP



Contains nutrients and fiber, but can also be high-carb.

Organic or pesticide-free, in-season, local are best.

APPLES	CHERRIES	ORANGES	PLUMS
APRICOTS	GRAPEFRUIT	PEACHES	PLAINTAIN
BANANAS	GRAPES	CANTALOUPE	GUAVA
BLACKBERRIES	KIWI	HONEYDEW	MANGO
BLUEBERRIES	LEMONS	WATERMELON	PAPAYA
RASPBERRIES	LIMES	PERSIMMONS	PINEAPPLE
STRAWBERRIES	NECTARINES	POMAGRANATE	FIGS

Can add to flavor, nutritional profile, and enjoyment.

LOW - SUGAR CONDIMENTS BBQ SAUCE BUFFALO SAUCE KETCHUP MUSTARD PASTA SAUCE TERIYAKI	HERBS & SPICES NUTS SEEDS NUT MILKS SUPPLEMENTS
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Keep it simple



Recipes

PLANNING AHEAD



BELLY BUSTER | BOOTY BLASTER

BELLY BUSTER | BOOTY BLASTER

BELLY BUSTER | BOOTY BLASTER

BELLY BUSTER | BOOTY BLASTER

RECIPE

Healthy Baked Chicken Parmesan

1/2 cup unseasoned wholegrain breadcrumbs
 2 tablespoons grated parmesan (or romano) cheese
 1 teaspoon Italian seasoning
 1/2 teaspoon granulated garlic
 1/2 teaspoon onion powder
 1/2 teaspoon salt
 1/2 teaspoon ground pepper
 1 tablespoon olive oil
 2lbs chicken cutlets
 3/4 cup sauce
 3/4 cup mozzarella cheese

Preheat oven to 375 degrees. In a medium bowl mix together the breadcrumbs, parmesan cheese, granulated garlic, onion powder, salt, and pepper. Coat a sheet pan with the olive oil. Dredge each chicken cutlet in the breadcrumb mixture and place on the sheet pan. Discard the rest of the breadcrumb mixture. Bake the chicken for 15 minutes. Turn over and bake for another 15 minutes. Remove the pan from the oven and spread 2 tablespoons of sauce and 2 tablespoons of shredded mozzarella cheese on each chicken cutlet. Place back in the oven and cook for 10-15 minutes or until sauce is hot and cheese is melted. Serve hot.

RECIPE

Chicken Tortilla Soup

1 tablespoon olive oil
 1 onion, diced
 1 green bell pepper or red bell pepper, diced
 1 garlic clove, minced
 1 teaspoon cumin
 1 32-oz box chicken broth
 1 bay leaf
 1 1/2 cup frozen corn
 1 15-oz can diced tomatoes
 1 pound chicken breast, boneless and skinless
 Juice of 1 lime
 Crushed tortilla chips on top

In a large pot, heat olive oil and sauté the onion and salt for 3 minutes. Add bell peppers, garlic and cumin and sauté for 2 minutes. Add the broth and remaining ingredients (except lime and tortilla chips). Bring to boil and reduce to simmer. After 10-15 minutes, remove chicken and shred with a fork. Place shredded chicken back in the pot, add lime juice and simmer for another 3-4 minutes or until chicken is cooked. Remove bay leaf, pour soup into bowls and top with crushed tortilla chips.

optional: top w/ plain Greek yogurt, diced avocado or salsa

RECIPE

Garlic Herb Chicken & Asparagus

3-6 chicken thighs or boneless skinless chicken breasts
 salt and pepper, to taste
 1 pound asparagus, ends trimmed
 3 tablespoons butter, divided
 1 tablespoon minced garlic
 1/2 teaspoon dried basil
 1/2 teaspoon dried oregano
 1/2 teaspoon dried thyme
 1/2 teaspoon onion powder
 salt and pepper, to taste
 fresh herbs for garnish (optional)

Season chicken with salt and pepper on both sides. Melt 2 tablespoons butter in a large pan/skillet over medium-high heat. Stir in garlic and herbs and cook another minute or so until the garlic is fragrant. Reduce heat to medium, add chicken to pan, and cook for 5-7 minutes, then flip and cook another 5-7 minutes. Scoot the chicken over the sides and add remaining 1 tablespoon butter to the empty portion of the pan. Once butter is melted, add asparagus. Season asparagus with salt and pepper. Cook for 4-6 minutes until tender and chicken is completely cooked through. Serve immediately garnished with freshly cracked black pepper and fresh herbs if desired.

RECIPE

Brown Rice Stir-fry w/ Vegetables

1/2 cup uncooked brown rice
 1 cup chopped red cabbage
 1/2 head of broccoli, chopped
 1/2 cup chopped red bell pepper
 1/2 cup chopped zucchini
 2 tbs extra virgin olive oil
 4 cloves of garlic, minced
 1 handful fresh parsley, finely chopped
 1/8 tsp cayenne powder
 2 tsp tamari or soy sauce
 Sesame seeds for garnish (optional)

Cook the brown rice according to package directions. Place some water in a wok or frying pan and bring it to a boil. Then add the veggies (they must be covered by the water) and cook for 1 to 2 minutes over high-heat. Drain the veggies and set aside. Heat the oil in the wok and add the garlic, cayenne powder and parsley. Cook over high-heat for about 1 minute, stirring occasionally. Add the vegetables, rice and tamari. Cook for about 1 to 2 minutes more. Add some sesame seeds for garnish (optional). Store the brown rice stir-fry in a sealed container in the fridge for up to 5 days.



BELLY BUSTER | BOOTY BLASTER

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BELLY BUSTER | BOOTY BLASTER

RECIPE

Quinoa Stuffed Bell Peppers

3 cups cooked quinoa
 1 (4-ounce) can green chiles
 1 cup corn kernels
 1/2 cup canned black beans, drained and rinsed
 1/2 cup petite diced tomatoes
 1/2 cup shredded pepper jack cheese
 1/4 cup crumbled feta cheese
 3 tablespoons chopped fresh cilantro leaves
 1 teaspoon cumin
 1 teaspoon garlic powder
 1/2 teaspoon onion powder
 1/2 teaspoon chili powder, or more to taste
 Kosher salt and freshly ground black pepper, to taste
 6 bell peppers, tops cut, stemmed and seeded

Preheat oven to 350 degrees F. Line a 9x13 baking dish with parchment paper. In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt and pepper, to taste. Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25-30 minutes. Serve immediately.

RECIPE

Banana Muffins

2 ripe bananas mashed
 1/2 cup unsweetened apple sauce
 1/4 cup coconut oil melted
 3 eggs
 1 tsp vanilla powder
 2 cups almond flour
 1 tsp baking powder
 1 tsp baking soda
 1/2 tsp salt
 1 tsp cinnamon

Preheat oven to 350F. Line a muffin tin with cupcake liners or else spray with coconut oil. In a large bowl, combine all of the ingredients and mix well. Spoon mixture evenly between the 12 muffin liners. Bake for 20 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Remove from oven and enjoy.

RECIPE

Honey Garlic Pork Chops

1/4 cup honey
 2 tablespoons lemon juice (about 1 lemon)
 2-3 cloves garlic, minced
 2 teaspoons soy sauce
 4 boneless pork chops (3/4-1" thick)
 salt and pepper, to taste
 2-3 tablespoons olive oil

To make glaze, whisk the honey, lemon juice, minced garlic, and soy sauce together in a bowl. Heat 2-3 tbsp olive oil in a large skillet over medium to medium-high heat, until the oil shimmers. Season pork chops on both sides with salt and pepper. Add to the skillet and let them brown (3-4 minutes). When nicely browned on the first side, flip over and sear the second side, 3 minutes. Reduce the heat to medium-low and add the glaze. Use a spatula to scrape up the browned bits on the bottom of the skillet and stir them into the glaze. Allow the chops to simmer until cooked through, about 4-8 minutes, depending on their thickness. When done remove them to a plate. Continue to simmer the glaze until it's thick enough for a spatula to leave a momentary trail if you scrape the bottom of the pan. Pour the glaze directly over the chops or serve it on the side!

RECIPE

Spaghetti Squash Pad Thai

1/2 spaghetti squash
 1 cup chopped rotisserie chicken
 1 onion sliced
 4 eggs
 1/3 cup pad thai sauce
 1/3 cup cashews chopped
 1/4 cup green onion chopped

Preheat oven to 375°F. Cut spaghetti squash in half lengthwise and remove seeds. Place facedown on a silicon baking mat and bake for 45 minutes. Once spaghetti squash is cool enough to handle, use a fork to remove from shell. In a medium frying pan, brown onion. (Use your choice of cooking oil; we love coconut oil). Once onion slices are caramelized, add 4 eggs to pan and scramble. Remove eggs and onion from pan and set aside. To the same pan you used to cook eggs and onion, add chopped chicken and stir to heat. This also allows the chicken to absorb some of the juices left in the pan. Add spaghetti squash, Pad Thai sauce, eggs, onions and toss to coat evenly. Remove from heat and garnish with green onion and chopped cashews.

Shake Day Snacks

PLANNING AHEAD

Focus on snacks that have high protein or fiber to assist thermogenesis in your body. Try to stay around 100-200 calories unless you are actively working out and you add an extra 100-200 snack. All of your Isagenix snack choices are acceptable on a shake day.



1

PROTEIN

- COTTAGE CHEESE
- EGGS
- TUNA
- SALMON
- GREEK YOGURT
- HUMMUS
- BLACK BEAN DIP
- JERKY



2

FIBER

- APPLE
- BERRIES
- CELERY
- BROCCOLI
- BELL PEPPERS
- CARROTS
- PEPPERS
- NUTS



3

ISAGENIX SNACKS

- WHEY/HARVEST THINS
- 1/2 ISALEAN BAR
- SNACK BITE
- COLLAGEN BONE BROTH

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Cleanse Day

SCHEDULE

Some call it intermittent fasting. We call them Cleanse Days, the better way to fast. We combine fasting with targeted nutritional support from groundbreaking products. Congrats, you've found the better way to burn fat and help your body naturally rid itself of toxins. Here's an example of a killer Cleanse Day!

Have a question?
Here is a link to
some FAQ



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EARLY MORNING
XM+

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MORNING
Cleanse for Life
Natural Accelerator (2 capsules)

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MIDMORNING
Cleanse Day snack bite

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MID DAY
Cleanse for Life

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MID AFTERNOON
Cleanse for Life
Cleanse Day snack bite

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EVENING
Cleanse for Life

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BEFORE BED
Optional IsaFlush Magnesium
(1-2 capsules with 8 oz. water)

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Day 1
SHAKE DAY



RECIPE

Harvest Apple Pie Protein Shake

- 2 scoops IsaLean Creamy French Vanilla Shake
- 1 whole apple
- 1/8 teaspoon cinnamon
- 6 oz water
- ice

Core and roughly chop, but don't peel, the apple. Add all the ingredients into your blender. Fill the container with ice and blend until smooth and creamy.

BOOTY BLASTER WORKOUT
DAY 1

3 ROUNDS



SIDE LUNGES X 10 PER SIDE



JUMPING AIR SQUAT X 15



ONE LEG KICKBACKS X 10 PER SIDE



GLUTE BRIDGES X 15

CHECKLIST

- Follow your Shake Day Schedule
- Do 10 min Booty Blaster Workout
- Exercise and/or go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

DRINK 2-3
LITERS OF WATER
EVERY DAY

Doctors recommend you drink 2-3 liters of water a day in order to stay hydrated and perform at your best! 3 liters of water daily will help cleanse toxins inside your body, boost your immune system, helps give you glowing skin and energy while also assisting with weightloss!



Day 2

SHAKE DAY



RECIPE

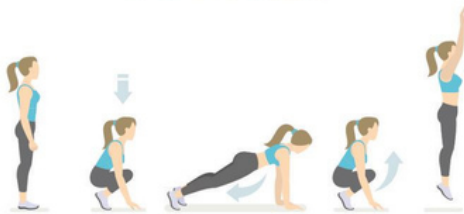
Blueberry Protein Shake

- 1 scoop IsaLean Creamy French Vanilla Shake
- 8 oz water
- 1/2 cup fresh blueberries (get organic if you can!)
- ice

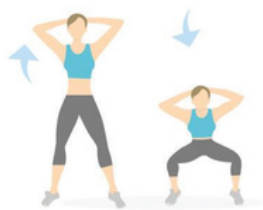
Add all the ingredients into your blender. Fill the container with ice and then blend until smooth and creamy!

BOOTY BLASTER WORKOUT
DAY 2

3 ROUNDS



BURPEES X 15



AIR SQUAT X 25



DUMBBELL STEP UPS
X 10 PER SIDE



BULGARIAN SPLIT SQUAT X 10 PER SIDE

CHECKLIST

- Follow your Shake Day Schedule
- Do 10 min Booty Blaster Workout
- Exercise and/or go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

FRUIT INFUSED WATER

easy combinations for natural detoxification

IMMUNE DEFENSE, DIGESTION & HEARTBURN



BLOOD SUGAR SUPPORT & DIGESTION



FAT-BURNING, DIGESTION & HEADACHES



Day 3

CLEANSE DAY



Cleanse your body on a cellular level

12

About **12 hours** after your last meal, your body will begin to rely on stored nutrients. This means you'll start burning stored fat for energy.

18

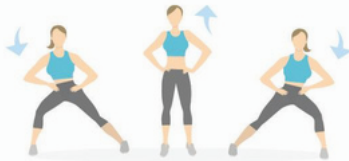
At around **18 hours**, your body will start to increase its ability to stimulate lean muscle growth and release toxins that have long been trapped within your fat cells.

24

About **24 hours** after your last meal, your body will begin to experience increased autophagy. This is a natural process that replaces old cells with new, regenerated cells. This helps your body feel renewed, energized, and reset.

BOOTY BLASTER WORKOUT DAY 3

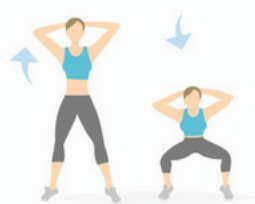
5 ROUNDS



SIDE LUNGES X 10 PER SIDE



DB STEP UPS
X 5 PER SIDE



AIR SQUAT X 10



GLUTE BRIDGES X 15

CHECKLIST

- Follow your Cleanse Day Schedule
- Do 10 min Booty Blaster Workout
- Go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

*Your mind is a powerful thing.
When you fill it with
positive thoughts, your life
will start to change.*

BELLY BUSTER | BOOTY BLASTER

Day 4

CLEANSE DAY



Cleanse your body on a cellular level

12

About **12 hours** after your last meal, your body will begin to rely on stored nutrients. This means you'll start burning stored fat for energy.

18

At around **18 hours**, your body will start to increase its ability to stimulate lean muscle growth and release toxins that have long been trapped within your fat cells.

24

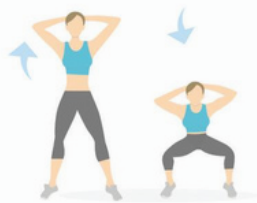
About **24 hours** after your last meal, your body will begin to experience increased autophagy. This is a natural process that replaces old cells with new, regenerated cells. This helps your body feel renewed, energized, and reset.

BOOTY BLASTER WORKOUT DAY 4

3 ROUNDS



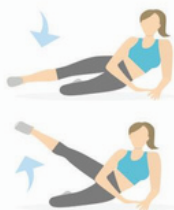
BURPEES X 10



AIR SQUAT X 10



KNEE TUCK JUMPS X 15



SIDE-LAYING LEG LIFT X 15 PER SIDE

CHECKLIST

- Follow your Cleanse Day Schedule
- Do 10 min Booty Blaster Workout
- Go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

Success doesn't come from what you do occasionally. It comes from what you do consistently.

BELLY BUSTER | BOOTY BLASTER

Day 5

SHAKE DAY



RECIPE

Piña Colada Protein Shake

- 2 scoops IsaLean Creamy French Vanilla Shake
- 1/4 cup fresh pineapple (or frozen)
- 1/4 teaspoon coconut extract
- 235mL water
- ice to taste

Blend all ingredients together and in an IsaBlender and serve!

BOOTY BLASTER WORKOUT DAY 5

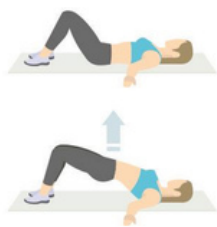
4 ROUNDS



BULGARIAN SPLIT SQUAT X 10 PER SIDE



KNEE TUCK JUMPS X 10



GLUTE BRIDGES X 10



ONE LEG KICKBACKS X 10 PER SIDE

CHECKLIST

- Follow your Shake Day Schedule
- Do 10 min Booty Blaster Workout
- Exercise and/or go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

GET YOUR CAFFEINE FIX

A cup of coffee (yes - just one) is A-OK, but try to avoid drinking it in the afternoon. Caffeine later in the day can negatively affect your sleep at night which is key to a healthy lifestyle. Instead, try swapping out your cold brew and lattes for some green tea for your 4pm pick-me-up!



Day 6

SHAKE DAY



RECIPE

Matcha Protein Shake

- 2 scoops IsaLean Creamy French Vanilla Shake
- 1 teaspoon matcha powder
- 1 tablespoon honey
- 1 cup unsweetened vanilla almond milk
- 4-6 mint leaves (optional)
- Desired amount of ice

Blend all ingredients together and in an IsaBlender and serve!

BOOTY BLASTER WORKOUT
DAY 6

3 ROUNDS



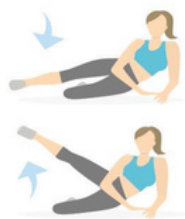
SIDE LUNGES X 10 PER SIDE



KNEE TUCK JUMPS X 10



GLUTE BRIDGES X 10



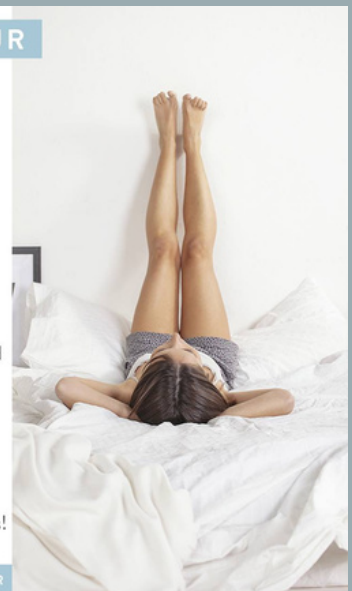
SIDE LAYING LEG LIFT X 10 PER SIDE

CHECKLIST

- Follow your Shake Day Schedule
- Do 10 min Booty Blaster Workout
- Exercise and/or go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

STRETCH YOUR
LEGS UP ON
THE WALL

Stretching your legs straight up a wall is a very powerful and yet incredibly restorative pose that is beneficial to the health of your heart. It doesn't have to pump as hard and helps to slow down your heart rate, leaving you feeling relaxed and with a calmer mind. Spend 5 minutes here noticing the natural rhythm of your breath and see what happens!



RECIPE

PB Chocolate Chip Protein Shake

- 2 scoops IsaLean Creamy French Vanilla Shake
- 2 tablespoons powdered peanut butter
- 1/4 cup old-fashioned oats
- 1 IsaDelight chocolate, crushed
- 8oz water
- ice to taste

Blend all ingredients together and in an IsaBlender and serve!



Day 7

SHAKE DAY

BOOTY BLASTER WORKOUT
DAY 7

3 ROUNDS



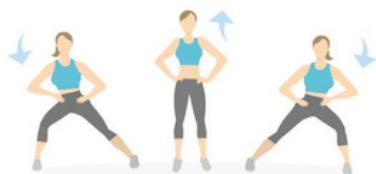
BURPEES X 20



JUMPING AIR SQUAT X 15



DUMBBELL STEP UPS
X 10 PER SIDE



SIDE LUNGES X 10 PER SIDE

CHECKLIST

- Follow your Shake Day Schedule
- Do 10 min Booty Blaster Workout
- Exercise and/or go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

The secret of change is to focus all of your energy, not on fighting the old, but on building the new.

RECIPE

Hazelnut Heaven Protein Shake

- 2 scoops IsaLean Creamy Dutch Chocolate Shake
- 1 tablespoon peanut butter
- 1 tablespoon hazelnut-chocolate spread
- 8 oz water
- ice

Blend all of the ingredients together in an IsaBlender and enjoy!



Day 8

SHAKE DAY

BOOTY BLASTER WORKOUT DAY 8

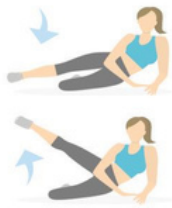
5 ROUNDS



ONE LEG KICKBACKS X 10 PER SIDE



JUMPING AIR SQUAT X 10



SIDE LAYING LEG LIFTS
X 10 PER SIDE



GLUTE BRIDGES X 15

CHECKLIST

- Follow your Shake Day Schedule
- Do 10 min Booty Blaster Workout
- Exercise and/or go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

*At first they'll ask why
you're doing it.
Later they'll ask
how you did it.*

Day 9

SHAKE DAY



RECIPE

Lemon Cookie Protein Shake

- 2 scoops IsaLean Creamy French Vanilla Shake
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract
- 1/2 plain graham cracker
- 8oz water
- ice to taste

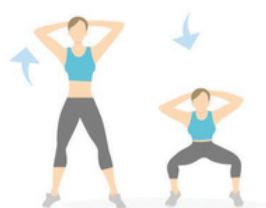
Blend all ingredients together and in an IsaBlender and serve!

BOOTY BLASTER WORKOUT
DAY 9

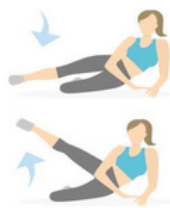
5 ROUNDS



BULGARIAN SPLIT SQUAT X 5 PER SIDE



AIR SQUAT X 10



SIDE LAYING LEG LIFTS X 10 PER SIDE



SIDE LUNGES X 15 PER SIDE

CHECKLIST

- Follow your Shake Day Schedule
- Do 10 min Booty Blaster Workout
- Exercise and/or go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 8 hours of sleep

SLEEP AT LEAST
EIGHT HOURS
A NIGHT

Sleep helps your body to perform at its best every day, all day long! Sleep is important for many reasons: it helps decrease the chance of illness, manages your hunger levels and your metabolism while also boosting your energy, memory and creativity. Consistent and healthy sleep patterns is key to a healthy lifestyle!



Day 10

CLEANSE DAY



Cleanse your body on a cellular level

12

About **12 hours** after your last meal, your body will begin to rely on stored nutrients. This means you'll start burning stored fat for energy.

18

At around **18 hours**, your body will start to increase its ability to stimulate lean muscle growth and release toxins that have long been trapped within your fat cells.

24

About **24 hours** after your last meal, your body will begin to experience increased autophagy. This is a natural process that replaces old cells with new, regenerated cells. This helps your body feel renewed, energized, and reset.

BOOTY BLASTER WORKOUT DAY 10

4 ROUNDS



ONE LEG KICKBACKS X 10 PER SIDE



GLUTE BRIDGES X 10



KNEE TUCK JUMPS X 15



BURPEES X 15

CHECKLIST

- Follow your Cleanse Day Schedule
- Do 10 min Booty Blaster Workout
- Go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 7 hours of sleep

*It's never too early
or too late
to work towards being
the healthiest you!*

BELLY BUSTER | BOOTY BLASTER

Day 11

CLEANSE DAY



Cleanse your body on a cellular level

12

About 12 hours after your last meal, your body will begin to rely on stored nutrients. This means you'll start burning stored fat for energy.

18

At around 18 hours, your body will start to increase its ability to stimulate lean muscle growth and release toxins that have long been trapped within your fat cells.

24

About 24 hours after your last meal, your body will begin to experience increased autophagy. This is a natural process that replaces old cells with new, regenerated cells. This helps your body feel renewed, energized, and reset.

BOOTY BLASTER WORKOUT DAY 10

4 ROUNDS



ONE LEG KICKBACKS X 10 PER SIDE



GLUTE BRIDGES X 10



KNEE TUCK JUMPS X 15



BURPEES X 15

CHECKLIST

- Follow your Cleanse Day Schedule
- Do 10 min Booty Blaster Workout
- Go for a walk or do something fun.
- Spend time in nature or enjoy stillness and/or meditate
- Get 7 hours of sleep



Most People Don't know How good their body Is designed to feel.

isabody challenge

IsaBody Challenge

Want to take your 30-Day Reset lifestyle change to the next level?

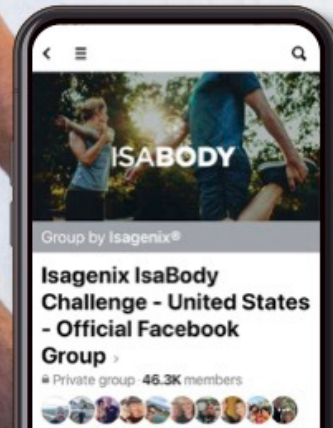
The IsaBody Challenge® is a transformation program designed to provide the community and accountability you need to drive your healthy change. Receive a coupon worth up to US\$200 for Isagenix products when you successfully complete your Challenge. But the biggest reward is the pride you'll feel and the results you'll see.

START TODAY
Are you up for the challenge?



Don't go at it alone

Connecting with like-minded people on your path to wellbeing can create a greater sense of community and accountability. With the IsaBody Challenge comes an online support system of more than 40,000 people strong—sharing struggles, motivating stories, and celebrating wins.



Stay on target
Join IsaBody Challenge

TEAM INSPIRATION

What DO I DO NEXT?

Keep going. We have so many solutions-
an 11 Day Reset is just one. (see below)

Share with your Friends.

Start your own Wellness Circle. We become the people we spend the most time
with. Surround yourself with people who want a healthy lifestyle, JUST LIKE YOU!



WHAT'S NEXT?

Try the Everyday Health Pack

Solutions



TARGETED NUTRITION

- Energy
- Immunity
- Gut Health
- Stress Support
- Healthy Snacking
- Brain Health + Focus
- Vitamins
- Workout Support



NATURAL BEAUTY

- Liquid Collagen
- Hair Support
- Natural Skin Line



WEIGHT MANAGEMENT

30 Day Resets



FINANCIAL WELLNESS

- 20% commission
- Team Residual
- Income on ALL Orders placed.

DO YOU NEED
MORE HELP?

SCHEDULE A CALL
with a leader on our team



Share the Love

TEAM INSPIRATION

Remember the last time one of your friends did something awesome without you? Remember how you felt when you found out? We don't want anyone to have that feeling! WE WANT TO INCLUDE EVERYONE because EVERYONE DESERVES TO EXPERIENCE A

HEALTHY, JOYFUL, ABUNDANT LIFE! Who do you want to include in your wellness bubble? Just by sharing with a few others, you may receive your next order for free or MORE!



Share the love

- Earn 20% commission - [VIDEO](#)
- \$75 product coupon
- Earn repeat income - [VIDEO](#)
- Eligible for Timed Bonuses

Share
Set up your Account

[SET IT UP](#)

the
Tell your Friends

[SHARE VIDEO](#)

[WHAT DO I SAY?](#)

Love
Link a Cart

[MESSAGE THEM A CART](#)