



11 Day 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!

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 to hit the goals you have created and then surpass them! The Isagenix Reset 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?”



CLICK HERE TO LEARN
MORE
What is an 11 day?



SHAKE DAY

Simply replace 2 meals per day with an IsaLean® Shake, enjoy up to 2 100-to-200-calorie snacks in between meals, and then have 1 400-to-600-calorie balanced 3rd meal

This schedule allows your body to receive maximum nutrition in a minimal amount of calories, which helps improve body composition, build muscle, and burn fat without severely limiting the amount of other yummy foods you love to consume in your diet



CLEANSE DAY

No matter your specific goals, everyone reaps the rewards of intermittent fasting on our Cleanse Days. It's a process that has been used by many cultures around the world for centuries for good reason

Abstaining from whole “fork and knife” meals for a certain window of time and instead supplying your body with natural botanicals from our Cleanse for Life, as well as nutritionally supported snack options will leave you feeling your best in no time



What do I need?

Your Reset Pack



1 Canister Shake

(ADD AN ADDITIONAL FLAVOR IF YOU LIKE TO MIX)

2 Cleanse for Life

BOTTLES OR CANISTERS

1 Snack Bites

PEANUT BUTTER OR CINNAMON ROLL

1 Natural Accelerator

OPTIONAL: HIGHLY RECOMMEND

ADDING IONIX, SUPERMIX, SMARTMIX OR XM+

TEAM INSPIRATION

Your Products

MEET YOUR NEW BEST FRIENDS



IsaLean® Shake

Our famous, nutritious superfood shake.



Ionix® Supreme -optional

Botanical adaptogens to combat the negative effects of stress.†



Cleanse for Life®

The detox tonic. Nutritional support for your body's natural detox process.†



SuperMix SmartMix XM+ optional

[LEARN
MORE HERE](#)



Snack Bites:

Upgraded satisfaction. Stay on track with individually packaged deliciousness.

Natural Accelerator™

Kick-start your body's thermogenesis.



What do I do?

11 Day Reset Calendar



SHAKE DAY



CLEANSE DAY

| 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 |
| <p>FEELING GOOD? SOLIDIFY THE BENEFITS YOU EXPERIENCED BY DRINKING 1-2 SHAKES PER DAY THE REST OF THE MONTH</p> | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | <p>CLICK TO JOIN OUR TEAM INSPIRATION FACEBOOK PAGE FOR MORE TIPS</p> | | |

11 Days



ACTION PLAN

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

DAILY



- DRINK 80-100 OZ WATER
- FOLLOW YOUR SHAKE DAY SCHEDULE
- CONNECT WITH YOUR COACH DAILY
- MOVE YOUR BODY FOR 20-30+ MINUTES
- GET 7-8 HOURS OF SLEEP

Be Prepared

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.

WHY RESET?

...for wellness
...for health
...for routine
...for confidence
...for nutrition
...for relaxation
...for mindfulness
...for results

Reset for you.



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.



**UNPACK YOUR
BOX WITH US**

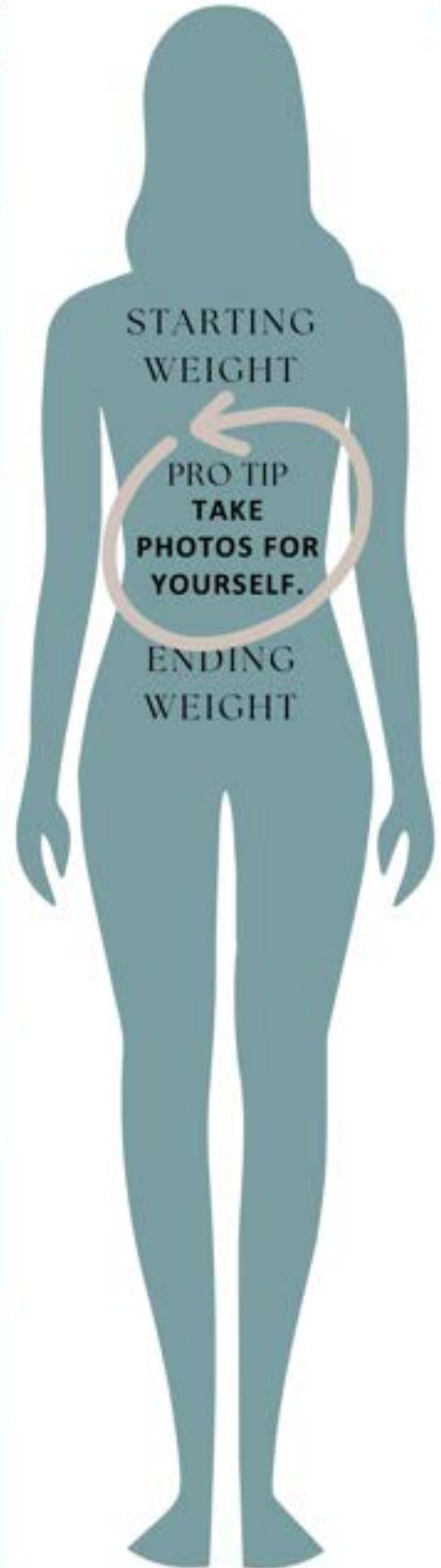


Weigh + measure

[CLICK HERE TO KEEP TRACK IN YOUR ISALIFE APP](#)



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



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.



**CLICK HERE TO SHAKE IT UP AN
CUSTOMIZE YOUR SHAKE WITH SOME
OF OUR FAVORITE SHAKE RECIPES!**



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake

Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

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Third Meal

planning ahead

pro tip: screenshot this page to help you grocery shop

PROTEINS

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



LOWER CARB AND NON STARCHY VEGGIES

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

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

PORTION SIZE: TWO FISTS OR 1 CUP



HIGHER CARB VEGGIES AND STARCHES

For individuals who want more nutrient-dense carbs.

| | |
|----------------|---------------|
| BEETS | WINTER SQUASH |
| PARSNIPS | LEGUMES |
| POTATOES | WILD RICE |
| SWEET POTATOES | QUINOA |
| YAMS | |

PORTION SIZE: CUPPED HAND OR 1/2 CUP COOKED



HEALTHY FATS AND OILS

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



FRUITS

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 | POMEGRANATE | FIGS |

ENHANCEMENTS

Can add to flavor, nutritional profile, and enjoyment.

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

Keep it simple





Recipes for Shake Days



LEMON GARLIC BUTTER STEAK AND BROCCOLI SKILLET

Ingredients

- 1 1/2 lb (650g) sirloin steak, sliced against the grain
- 2 broccoli heads, cut into florets
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 3 tablespoons grass fed butter
- Juice of 1/2 lemon
- 1/4 cup (60ml) low-sodium beef broth
- 1/4 cup chopped parsley + or garnish
- 1/4 teaspoon crushed red pepper flakes, optional
- Fresh cracked black pepper, to taste
- Fresh thyme, for garnish
- The steak marinade:
 - 1/3 cup low-sodium soy sauce (or coconut amino if you're strictly paleo)
 - 1/2 cup olive oil
 - 1 tablespoon Sriracha sauce (or any hot chili sauce you like)

Directions

1. Combine the ingredients for the marinade (soy sauce, olive oil and hot sauce) in a shallow plate or bowl. Add the steak strips into the marinade and allow to marinate in the refrigerator for 30 minutes to one hour.
2. In the meantime, wash and break down the broccoli heads into florets. Blanch the florets into boiling water for 1 or 2 minutes, then rinse with cold water.
3. Bring the steak to room temperature and heat oil and one tablespoon butter in a large skillet over medium-high heat — reserve the juices of the marinade for later. Sear the steak strips in batches for 1-2 minutes each side until edges are crispy and browned, adding extra oil if needed. Remove the steak strips from the skillet and set aside to a plate.
4. Using the same skillet, lower the heat to medium. Melt 2 tablespoons butter, then add lemon juice, minced garlic, beef broth, and remaining marinade juices. Bring to a simmer then stir in the fresh parsley and broccoli florets and toss regularly until the sauce is reduced and the broccoli is cooked to your liking.
5. Add the steak strips back to the pan to reheat quickly. Serve immediately with thyme, chili flakes, more parsley, and lemon slices. Enjoy!



Recipes for Shake Days



BUFFALO CHICKEN STUFFED PEPPERS



Ingredients

- 4 medium multicolored bell peppers, halved lengthwise and seeded
- 1 tablespoon extra-virgin olive oil
- 2 ½ cups shredded cooked chicken
- ½ cup plain whole-milk Greek yogurt
- ½ cup shredded low-moisture part-skim mozzarella cheese
- ¼ cup hot sauce, such as Frank's RedHot
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper
- ¼ cup chopped scallions, divided
- 3 tablespoons blue cheese dressing or ranch yogurt dressing, such as Bolthouse Farms

Directions

1. Preheat oven to 400°F. Line a rimmed baking sheet with foil. Rub or brush all sides of bell peppers evenly with oil. Arrange the peppers, cut- sides down, on the prepared pan. Bake until slightly softened, about 10 minutes.
2. Meanwhile, stir chicken, yogurt, mozzarella, hot sauce, onion powder, garlic powder, cayenne and 2 tablespoons scallions together in a large bowl until combined.
3. Remove the peppers from the oven and flip them; pour off and discard any excess juices. Spoon the chicken mixture evenly into the pepper cavities (a heaping 1/3 cup each). Bake until the peppers are tender and the filling is heated through, about 15 minutes.
4. Drizzle evenly with dressing and sprinkle with the remaining 2 tablespoons scallions.

Nutrition Facts (per serving)
304 Calories 12g Fat 11g Carbs 36g Protein



Recipes for Shake Days



ONE-POT GARLICKY SHRIMP & BROCCOLI

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 6 medium cloves garlic, sliced, divided
- 4 cups small broccoli florets
- ½ cup diced red bell pepper
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound peeled and deveined raw shrimp (21-30 count)
- 2 teaspoons lemon juice, plus more to taste

Directions

1. Heat 2 tablespoons oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, about 1 minute. Add broccoli, bell pepper and 1/4 teaspoon each salt and pepper. Cover and cook, stirring once or twice and adding 1 tablespoon water if the pot is too dry, until the vegetables are tender, 3 to 5 minutes. Transfer to a bowl and keep warm.
2. Increase heat to medium-high and add the remaining 1 tablespoon oil to the pot. Add the remaining garlic and cook until beginning to brown, about 1 minute. Add shrimp and the remaining 1/4 teaspoon each salt and pepper; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes. Return the broccoli mixture to the pot along with lemon juice and stir to combine.

Nutrition Facts (per serving)

214 Calories 11g Fat 6g Carbs 25g Protein



Recipes for Shake Days



GROUND TURKEY ZUCCHINI BOATS

Ingredients

- 4 medium zucchini, halved lengthwise
- 1 tablespoon olive oil
- 12 ounces lean ground turkey
- 1 ¼ cups thinly sliced bell peppers
- 1 tablespoon finely chopped garlic
- 1 tablespoon ancho chile powder
- 2 teaspoons ground cumin
- ¾ teaspoon salt, divided
- ½ teaspoon dried oregano
- ½ teaspoon smoked paprika
- 1 tablespoon tomato paste
- ¼ cup water
- ¾ cup shredded pepper Jack cheese
- ¼ cup chopped fresh cilantro

Directions

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper. Arrange zucchini halves cut-side down on the prepared baking sheet. Bake until just tender, about 15 minutes. Let stand until cool enough to handle, about 10 minutes.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add turkey and peppers; cook, stirring often, until the turkey is browned and the peppers are mostly tender, 5 to 6 minutes. Stir in garlic, ancho, cumin, 1/2 teaspoon salt, oregano and smoked paprika; cook, stirring constantly, until fragrant, about 1 minute. Add tomato paste; cook, stirring constantly, until the turkey and vegetables are coated, about 1 minute. Stir in water; cook, stirring occasionally, until thickened, about 1 minute. Remove from heat.
3. Carefully scoop out the center from each cooled zucchini half, leaving a 1/2-inch-thick shell. Chop the scooped-out zucchini flesh; stir into the turkey mixture. Arrange the zucchini halves cut-side up on the baking sheet. Sprinkle evenly with the remaining 1/4 teaspoon salt.
4. Stuff about 1/3 cup turkey mixture into each zucchini half. Sprinkle evenly with cheese (about 1 1/2 tablespoons each). Bake until heated through and the cheese is melted, about 8 minutes. Sprinkle with cilantro before serving.

Nutrition Facts (per serving)

304 Calories 19g Fat 12g Carbs 25g Protein



Recipes for Shake Days



GARLIC ROASTED SALMON & BRUSSEL SPROUTS

Ingredients

- 14 large cloves garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

Directions

1. Preheat oven to 450 degrees F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and 1/2 teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Nutrition Facts (per serving)

334 Calories 15g Fat 10g Carbs 33g Protein



Recipes for Shake Days



FIREHOUSE ENCHILADAS

Ingredients

- ½ cup chopped onion (1 medium)
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 2 (8 ounce) cans no-salt-added tomato sauce
- ¾ cup water
- 1 ½ pounds 95% lean ground beef
- 3 ounces reduced-fat Monterey Jack cheese, shredded (¾ cup)
- 1 4-ounce can diced, green chile peppers, undrained
- 12 6-inch corn tortillas
- Bottled hot pepper sauce
- ¼ cup thinly sliced green onions (2)

Directions

1. Preheat oven to 375 degrees F.
2. For sauce, in a medium saucepan cook onion in hot oil over medium heat about 3 minutes or until tender. Stir in flour, chili powder, cumin and salt. Cook and stir 1 minute. Stir in tomato sauce and the water. Cook and stir until thickened and bubbly; reduce heat. Simmer, uncovered, 5 minutes, stirring occasionally. Remove from heat.
3. Meanwhile, in a large skillet cook ground beef until meat is brown, using a wooden spoon to break up meat as it cooks. Drain well; return meat to skillet. Stir in ½ cup of the sauce, ¼ cup of the shredded cheese, and the chile peppers.
4. Spoon ½ cup of the sauce into the bottom of a 3-quart rectangular baking dish; set aside. Wrap tortillas in microwave-safe paper towels. Microwave on 100% power (high) 1 minute. Working with one at a time, spoon about ¼ cup of the meat mixture onto each tortilla; roll up. Place filled tortillas, seam sides down, in the prepared baking dish. Stir any remaining meat mixture into the remaining sauce. Spoon sauce evenly over tortilla rolls in baking dish. Sprinkle with the remaining ½ cup cheese.
5. Bake, uncovered, about 20 minutes or until bubbly. Drizzle with hot pepper sauce and sprinkle with green onions before serving.

Nutrition Facts (per serving)

334 Calories 15g Fat 10g Carbs 33g Protein



Recipes for Shake Days



HEALTHY SKILLET CHEESESTEAK

Ingredients

- 1 tbsp avocado or coconut oil
- 1 pound chip steak or chicken, thinly sliced
- 1 small green bell pepper, sliced
- 1 small red bell pepper, sliced
- 1 small yellow onion, sliced
- 4oz baby bella mushrooms
- 4 cloves garlic, minced
- 1 tsp salt
- ¼ tsp black pepper
- 1 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 2 oz grated pecorino romano cheese
- 4 oz shredded mozzarella cheese

Directions

1. Add the thinly sliced steak to a small mixing bowl and season with salt and pepper. Stir until the steak is well coated.
2. Heat a large skillet over medium high heat. Once the skillet is hot, add in the oil. Next, add the thinly sliced steak to the skillet and cook for two to three minutes on each side until brown. Once the steak has browned, remove it from the skillet and set aside.
3. Add the coconut aminos and vinegar to the skillet and stir to release any brown bits from the bottom of the pan. Next, add the peppers, onion, garlic, and mushrooms to the skillet and cook the veggies until the peppers are tender but still crisp.
4. Add the steak back to the skillet and stir until everything is well combined. Sprinkle the shredded cheese on top and then cover with a lid to allow the cheese to melt. Once the cheese has melted, remove the skillet from the heat and serve immediately. Enjoy!

Nutrition Facts (per serving)

327 Calories 12g Fat 12g Carbs 40g Protein



Recipes for Shake Days

SHAKE CAKE

PROTEIN BALLS



Ingredients

- 2 scoops IsaLean Shake
- 7 TBS water
- 1 Tbs nut butter or sliced fruit

Directions

1. Mix the water and shake powder together in a mug.
2. Microwave 90-120 seconds.
3. Top with sliced fruit or 1 TBS of your favorite nut butter.

Ingredients

- 2 scoops IsaLean Shake
- 3/4 cup all-natural peanut/almond butter
- 1 C uncooked dry rolled oats
- 1/3 C raw honey
- 1 tsp vanilla

Directions

1. Mix all ingredients at together in a bowl.
2. Roll into 1" balls.
3. Refrigerate for 1 hour.



Recipes for Shake Days

PROTEIN WAFFLES

PROTEIN PANCAKES



Ingredients

Makes: 2 IsaWaffle

- 2 scoops of shake
- 1 egg
- Add enough water to loosen to a semi thick waffle like batter
- Sliced Fruit

Directions

1. Mix all ingredients together making a batter.
2. Heat pan over medium heat and add coconut oil or spray.
3. Pour into waffle iron and cook 3-5 minutes.
4. Top with some fresh fruit

Ingredients

- 2 scoops of any flavor shake
- 1 egg
- 1/3 cup egg whites
- 1 ripe banana
- 2/3 cup water

Directions

1. Mix all ingredients together making a batter.
2. Heat pan over medium heat and add coconut oil or spray.
3. Pour palm-sized amounts of batter into pan and cook 3-5 minutes.

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

2 EGGS 12G
3/4 C COTTAGE CHEESE 21G
1/2 CUP GREEK YOGURT 5OZ 16G
CHICKEN 8G/OUNCE
3 OZ BEEF 21G
3 OZ SALMON 22G
3 OZ SHRIMP 12G
3 OZ. GROUND TURKEY 23G
3 OZ. WHITE TUNA IN WATER CAN 19G
1 OZ/28G GRASS FED BEEF JERKY (NO NITRATES) 9G



2 FIBER

APPLE
BERRIES
CELERY
BROCCOLI
BELL PEPPERS
CARROTS
CAULIFLOWER
SALAD
BEETS
NUTS



3 ISAGENIX SNACKS

WHEY/HARVEST THINS
ISALEAN BAR
SNACK BITE
ENERGY BITE
COLLAGEN BONE BROTH

Some of our faves

planning ahead

Here are some of our kitchen packaged product brands & staples. When possible try to keep the majority of your go-to's limited ingredient, gluten and soy free, non GMO and organic. Your health is an investment, and you are worth it! food is truly the best medicine and your all natural anti-aging regimen.



TEAM INSPIRATION

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 Cleanse Day!



HAVE A QUESTION?



HERE ARE SOME FAQ



EARLY MORNING

optional ionix or Smartmix or XM+

MORNING

Cleanse for Life
Natural Accelerator (2 capsules)

MIDMORNING

Cleanse Day snack bite



MID DAY

Cleanse for Life

MID AFTERNOON

Cleanse for Life
Cleanse Day snack bite



EVENING

Cleanse for Life

BEFORE BED

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

Optional Collagen

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anti-inflammatory eating

Many of us walk around in a constant state of bloating or inflammation of the gut, however we rarely recognize it as such. It has been widely agreed upon that the digestive and immune systems are directly linked. When we eat foods that nourish the body, the digestive system can work efficiently, allowing more energy to be spent on repair. But when we eat foods that we are allergic or even sensitive to, the body responds by becoming inflamed.

During the Isagenix Reset, the body can spend its precious energy on healing rather than attempting to break down undigested or partially digested food. We will focus on foods that are known to be nutrient and mineral rich and avoid the foods that tend to irritate the body.



cravings

Cravings have a shape to them: they build, crest, and then fade away. But most of us don't actually make it to the end of a craving to know that. We reach for whatever it is we have learned will make us feel better instantaneously. Then, our brain stores that information away: "my craving requires this particular reward." When we feel overwhelmed we want something to soothe us and that chemical release comes from dopamine. The quickest way to boost dopamine is to eat sweet foods. But that surge only lasts as long as the food is in our mouth, which is why we often continue eating the sweets when we know it's not aligned with our wellness goals.

Other activities stimulate dopamine and these have a carryover high—food does not. Think about how you feel after meditating, bonding with friends, or moving your body. These are more sustainable ways to stimulate dopamine and can help you move through a craving.

The energy of a craving is information. Notice if the root is stress, pressure, sadness, or hurt and then build a playlist that will lighten your spirit. Cravings tend to last somewhere between 3 and 10 minutes. If you can commit to dropping into a breathing exercise or some kind of movement, then chances are, you can come "up and over" the crest of the craving.

There's no denying the impact food has on health. Eating high quality foods is essential in nourishing the body and protecting it from inflammation and oxidative stress. Our bodies need macronutrients and micronutrients as a fuel source. Macros are proteins, carbs, fats, and water.

Micros are vitamins and minerals. Like macronutrients, your body doesn't produce micronutrients in the quantities that it needs, so eating a diet rich in vitamins and minerals is essential for a healthy body. Your Isagenix options will fill your vitamin and mineral gaps and include trace minerals which are often lacking in our food sources today. This is due to overfarming, environment, pollution, herbicides and pesticides in our food supply.

We recommend drinking **AT MINIMUM 1/2** your body weight in water each day with a goal of 80-100oz being ideal.

Meals should be prepped with a focus on the healthy sources of your macro nutrients. Think grass fed beef, pasture raised chicken and dairy sources, wild caught fish, as well as organic fruits and vegetables. Some clean food options and how to balance your plate are included in this guide.





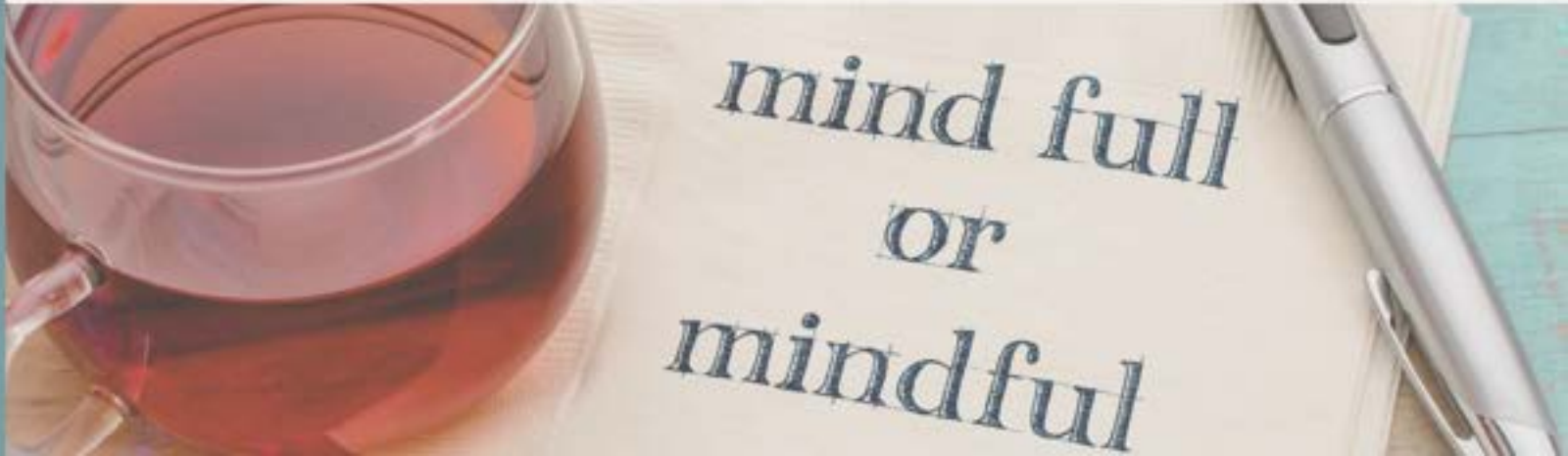
mindfulness

Be inspired to become a mindful, intuitive eater. Strive to listen to your body and what it needs rather than mindlessly tossing foods into your mouth, especially while you prepare food for others in your household.

Pay attention to your current habits. Do you feel full or have you trained yourself to clean the plate? Are you paying attention to the food in front of you or are you driven to reach for a screen or multitask while you eat? Food is meant to be enjoyed. A large part of our culture is to eat together. Pay attention to the other people who you are eating with. It is a bonding experience even if you aren't eating the same food.

Looking at your phone to check social media or messages is just another way we avoid connecting with ourselves. It keeps us perpetually in the cycle of receiving stimulus, clouding our ability to listen to our own feedback. This "electronic addiction" doesn't just affect you; it begins to seep into relationships. As we constantly check our phones, it is our face-to-face time that diminishes. We encourage you to eliminate any screen use during meal times. As soon as the food is ready and you sit down to acknowledge what went into making the dish, turn your phone on silent, on airplane mode, or even better, shut it off. Physically, limiting the time spent on your devices will reduce the amount of radiation that passes through your body.

To take this a step further, decide on a point in the evening that you will no longer pick up the phone unless it is to set the alarm for the next day. If you're checking the last of your emails right before bed, consider what kind of rest you are setting up for yourself. Take your legs up the wall, drink a cup of herbal tea, and let your system rest and digest.



mind full
or
mindful

Pro Tips

✓ Shake tip

Blend them, it will keep you fuller longer and tastes like a milkshake this way! Play with the consistency you like, we usually go for 8 ice cubes and 12-16 ounces of water! You can get creative with adding in flavors, just check Pinterest!

✓ Stay hydrated

Drinking water is one of the simplest things you can do to slim down and maintain a healthy weight. Aim for half your weight in ounces each day. It helps fill you up, gives you energy, speeds up your metabolism and aids in detox.

✓ Sweat sesh

Aim for 60 minutes, 5 days a week - and schedule them just like you would any other appointment! A way to stick with it is to pick a workout you enjoy! HIIT & strength sessions will help speed up your results.

✓ Beauty rest

Get your sleep! 7-8 hours is ideal! Poor sleep increases cortisol levels which creates irregular hormones and lowers your ability to reach weight loss goals by holding on to stubborn fat! Tip: combine Isagenix Lavender essential oil with the Sleep Spray. Best night sleep ever!

✓ Essential oils

We're shooting for overall wellness here. Lavender can help lower stress. Content will help reduce Hanger during cleanse days. Peppermint will energize you before workouts! Lemon makes water taste amazing so we stay hydrated!

✓ Alcohol

The first 30 days we recommend limiting alcoholic drinks primarily because it can disrupt the detoxification process, but if you end up having a few drinks here and there you can still have a very successful experience. Try vodka, mineral water and lime for a healthy option!

✓ Stress relief

We can't "stress" this enough. ;) It's a silent killer and promotes so many disease processes in the body, including weight gain. Do a little self-care Sunday. Practice breath work. Go for a walk. Laugh. Unplug. Dance to music. Get creative. You get the picture.

✓ Stay strong

It can be a challenge to set new habits in your lifestyle, but stay strong and connected to your WHY. It will get easier! When you feel like quitting, envision what it will feel like when you reach your goals. We're all here rooting for you and will support you every step!



Dining Out Guide



Between date nights and celebrations with loved ones, here is your go-to guide when dining out to make sure you stay on track, while still enjoying life...because after all, this is a lifestyle, not a diet with serious restrictions!



Before you go

- Look at the menu online before you go and choose the items you want
- Drink 8oz of water before you head over
- Eat something light before you go (example: apple and almonds). This will help you ward off the chip and bread basket

At the restaurant

- Always order sauce on the side
- Choose a protein with 2 vegetables and a healthy fat like avocado
- Order your burger with no bun or on a salad/in a lettuce wrap
- Change it up – if meat over pasta, ask for the same but over salad instead
- Make sure not to order anything fried
- Ask for no added salt, butter or oils
- Add extra vegetables
- Ask for a double order of mixed vegetables instead of pasta or rice
- For breakfast, instead of potatoes, ask for sliced tomatoes or a side of fruit

Healthy swaps (c)

- Spaghetti -> Spaghetti squash
- Chips -> Baked sweet potato chips, beet chips, or kale chips
- Fries -> Baked sweet potato or carrot fries
- Rice -> Cauliflower rice
- Mashed potatoes -> Mashed rutabaga
- Pizza crust -> Cauliflower crust
- Baking with flour -> Almond flour or coconut flour
- Salt -> lemon juice (salad dressing, fish, chicken, etc.)
- Milk/Dairy -> Almond milk or coconut milk
- Potatoes at breakfast -> Sliced tomatoes
- Sandwich bread -> Lettuce wrap
- Mayonnaise -> Honey mustard or Paleo Mayo
- Sugar -> Coconut sugar, honey, or stevia
- Sour cream -> Greek yogurt, coconut oil, or applesauce
- Toast -> Ezekiel bread
- Croutons -> Sliced almonds (in salad)
- Bowl of ice cream -> Bowl of nice cream (google recipes and thank us later!)



Day 1

shake day



CHECKLIST

- Follow your Shake Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep



how to do a
shake day

Affirmation of the Day

I embrace Isagenix as a powerful tool for resetting my body and achieving my weight loss goals.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake

Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

30 OZ WATER

30 OZ WATER

30 OZ WATER

Day 2

shake day



CHECKLIST

- Follow your Shake Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep

Affirmation of the Day
I honor my body's needs by staying hydrated and consuming the recommended amount of water each day.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake
Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

REFILL 2X PER DAY

- 8AM BOTTOMS UP!
- 9AM KEEP CHUGGIN'
- 10AM YOU GLOW, GIRL
- 11AM HOLY HYDRATION!
- 12PM TIME TO REFILL

Day 3

cleanse day



CHECKLIST

- Follow your Cleanse Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep



how to do a
cleanse day



Affirmation of the Day

I trust in the nourishing power of Isagenix products to support my body's natural detoxification and renewal processes.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

Cleanse for Life
Natural Accelerator (2 capsules)

MIDMORNING

Cleanse Day snack bite



MID DAY

Cleanse for Life

MID AFTERNOON

Cleanse for Life
Cleanse Day snack bite



EVENING

Cleanse for Life

BEFORE BED

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

Optional Collagen

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Day 4

cleanse day



CHECKLIST

- Follow your Cleanse Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep

What's Inside Cleanse for Life?



Aloe Vera

Turmeric

Ashwagandha

Peppermint

B Vitamins

Affirmation of the Day

I honor my body's needs by staying hydrated and consuming the recommended amount of water each day.



EARLY MORNING

optional ionix or Smartmix or XM+

MORNING

Cleanse for Life
Natural Accelerator (2 capsules)

MIDMORNING

Cleanse Day snack bite



MID DAY

Cleanse for Life

MID AFTERNOON

Cleanse for Life
Cleanse Day snack bite



EVENING

Cleanse for Life

BEFORE BED

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

Optional Collagen

Day 5

shake day



CHECKLIST

- Follow your Shake Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep

Why Choose Isagenix Coffee?

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!



Isagenix Coffee
CERTIFIED ORGANIC

Affirmation of the Day

I am committed to nourishing my body with wholesome, nutrient-dense foods.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake

Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

30 OZ WATER
30 OZ WATER
30 OZ WATER
30 OZ WATER

Day 6

shake day



CHECKLIST

- Follow your Shake Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep

weekend vibes



Affirmation of the Day

I release any resistance to change and welcome the positive transformations that come with a reset program.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake

Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

30 OZ WATER 30 OZ WATER 30 OZ WATER

Day 7

shake day



CHECKLIST

- Follow your Shake Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep

Affirmation of the Day

I am grateful for the opportunity to prioritize my health and well-being through the Isagenix RESET program.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake

Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

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Each serving of IsaLean Shake contains

as much...

- MANGANESE** as 2 cups cooked sweet potatoes
- VITAMIN D** as 10 egg yolks
- PHOSPHOROUS** as 10 chicken drumsticks
- CALCIUM** as 10 cups cheddar broccoli
- VITAMIN B12** as 6 oz salmon
- THIAMIN** as almost 1 cup of peanuts
- MAGNESIUM** 2 cups of seeds
- VITAMIN B6** as 4 cups brown rice
- CHROMIUM** as 20 grapes
- ZINC** as 2.5 cups of chickpeas
- NIACIN** as 1.5 cups peas
- IRON** as 15 cups of dried spinach
- FOLATE** as 6 oranges
- VITAMIN A** as 3 cups spinach
- RIBOFLAVIN** as 4.5 avocados

Day 8

shake day



CHECKLIST

- Follow your Shake Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep



Our Team Inspiration Coaches are dedicated to helping you succeed.

Affirmation of the Day

I trust in the process and believe in my ability to successfully complete the Isagenix RESET program and achieve my goals.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake

Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

Day 9

shake day



CHECKLIST

- Follow your Shake Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep



Affirmation of the Day

Each day of the RESET brings me closer to a healthier, happier version of myself.



EARLY MORNING

optional Ionix or Smartmix or XM+

MORNING

First Shake

Natural Accelerator (2 capsules)

MIDMORNING

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



LUNCH

Second Shake

MID AFTERNOON

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

LATE AFTERNOON

optional; e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

Optional Collagen

Day 10

cleanse day



CHECKLIST

- Follow your Cleanse Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep

5 Reasons to do a 2-Day Cleanse

Clinically proven to:

1. Reduced body weight*
2. Reduced total body fat*
3. Reduced hunger & reduced cravings*
4. Improvement in maintained muscle mass*
5. Improvement in cardiovascular & metabolic health markers*



*Clinical study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6102987/>

Clinical Study

Affirmation of the Day

I choose to focus on how amazing I will feel at the end of the 11-day RESET, rather than any temporary challenges.



EARLY MORNING

optional ionix or Smartmix or XM+

MORNING

Cleanse for Life
Natural Accelerator (2 capsules)

MIDMORNING

Cleanse Day snack bite



MID DAY

Cleanse for Life

MID AFTERNOON

Cleanse for Life
Cleanse Day snack bite



EVENING

Cleanse for Life

BEFORE BED

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

Optional Collagen

Day 11

cleanse day



CHECKLIST

- Follow your Cleanse Day Schedule
- State your daily affirmation
- Move your body for 20-30+ minutes
- Drink 80-100 oz water
- Connect with your coach today
- Get 7-8 hours of sleep



Team Website

Have you visited our team website?

Affirmation of the Day

I celebrate each small victory on my journey towards optimal health and vitality.



EARLY MORNING

optional ionix or Smartmix or XM+

MORNING

Cleanse for Life
Natural Accelerator (2 capsules)

MIDMORNING

Cleanse Day snack bite



MID DAY

Cleanse for Life

MID AFTERNOON

Cleanse for Life
Cleanse Day snack bite



EVENING

Cleanse for Life

BEFORE BED

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

Optional Collagen

Day 12 You did it!

Congratulations! You finished your 11 Day Reset. How are you feeling in your body? These are some common victories- Which do you feel?

energized • motivated to move my body more • inspired to keep going with my healthy habits • better sleep • leaner and stronger • the scale moved in the direction my body needed • my pants slipped on easily • better moods • less stressed • got rid of the bloat

How do I
manage my
subscription
or place
orders?



Stay on target
eat better. feel better.

Shop From Your Own Store

Check if you're currently buying or interested:



Item Name:

Check Here:

Collagen



Coffee



Protein Shakes



Protein Bars



Snacks



Skin Care



Greens



Electrolytes



Vitamins



Focus Supplements



Pre, During and Post Workout



Stress Reducer



Weight Loss



Probiotic





What do I do next?

Want to solidify your loss?

Try the
Everyday
Health Pack



Want to continue losing?

Try the
Basic Pack



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!**

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
YOUR COACH



We are looking for ambassadors!



Could it be you?

eat better. feel better. live better

Want to know the best way to achieve greater success on your own health journey? Become a Team Inspiration Ambassador!

With the help of your team inspiration coach, an ambassador invites others to join our challenges and shares links to guide them on their paths to better health and wellness!

One of the reasons our ambassadors are so successful with their own wellbeing is because they are always helping new people start the journey alongside them. You are more likely to stick to a plan when you are doing it with others. If you make a date to meet your friend at the gym, you are less likely to cancel than if you were just going by yourself. The same is true with a cleanse day! Plus it's more fun! Did you know when you joined that Isagenix gave you 3 10% off coupons to share with others? Share the Love of Isagenix with our simple systems!

Lucrative Compensation!

Let's face it, everything these days is so expensive. Having multiple streams of income is a necessity more than EVER.

Through mentoring others, some of our ambassadors get their monthly Isagenix products paid for, while others earn an income large enough to replace a full-time job. The great thing about our compensation plan is you are earning on your own orders AND orders and reorders from the entire team, not just your personally enrolled members.

[INVITE YOUR FRIENDS HERE](#)

HELPING OTHERS IS THE
WAY WE HELP OURSELVES!



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! It's such a compliment to be invited!



Share the Love

- Earn 20% commission - [VIDEO](#)
- \$50 product coupon
- Earn repeat income - [VIDEO](#)
- Eligible for Timed Bonuses

Share

Set up your Account

[SET IT UP](#)

the

Tell your Friends

[SHARE LINK](#)

[WHAT DO I SAY?](#)

Love

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ink a Cart

[MESSAGE THEM A CART](#)