

TEAM  INSPIRATION

YOUR 30 DAY GUIDE

BEFORE YOUR PRODUCTS ARRIVE

make sure to complete the steps below to set you up for success

download the isalife app to plan out your start date and your cleanse days [CLICK HERE](#)



enter in the [isabody challenge](#) in the IsaLife app by clicking on the nine dots at the bottom and then click Isabody Challenge. You can track your results & receive \$200 in free products

you've been added to our private Team Inspiration Facebook page [HERE](#) for free coaching and support. We love contribution, so feel free to ask questions and comment!

if you have lifestyle rewards, set a reminder for your date and we'll come up with a game plan for your next month's order. Its easy to update in the IsaLife App

find two friends to join in on the fun, make back the money you just spent & eat for free this month!
[CLICK HERE](#)



THE NEXT 30 DAYS

Here are two calendar options for you to follow just as a reference but remember this program is customizable to fit all schedules

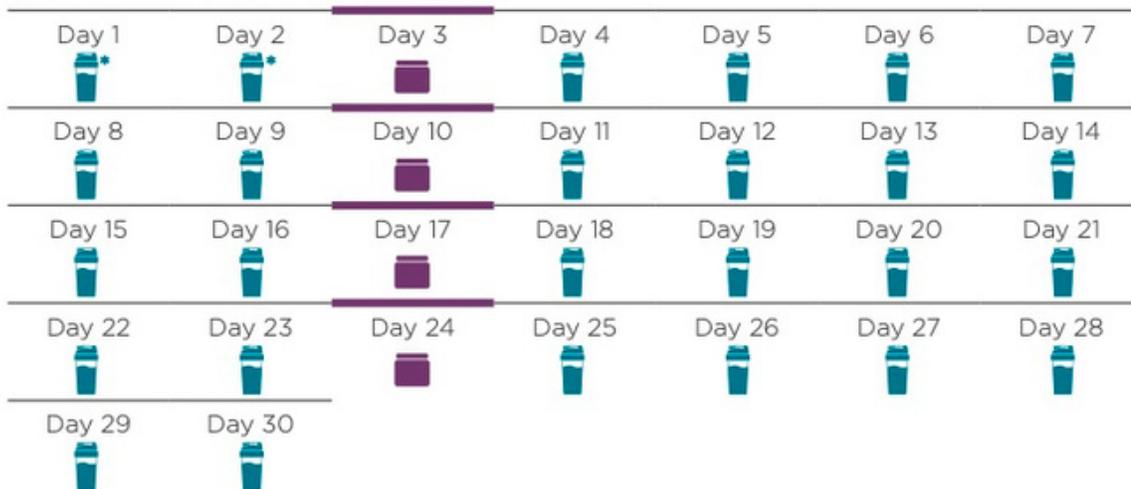
It's pretty simple. Each day will either be a Shake Day or a Cleanse Day.

SHAKE DAY Replace two meals per day with an IsaLean® Shake, and enjoy up to two healthy, balanced snacks and one 400-to-600-calorie meal. For example, you could have a shake for breakfast, a shake for lunch, and a healthy meal for dinner. For recipe ideas, head to your IsaLife™ app.

CLEANSE DAY On a Cleanse Day, you will reap the benefits of intermittent fasting by abstaining from normal meals and foods and instead supply your body with four deep cleanse servings of Cleanse for Life along with Cleanse Day approved snack options. (See Page 10: Cleanse Day Tracker.)

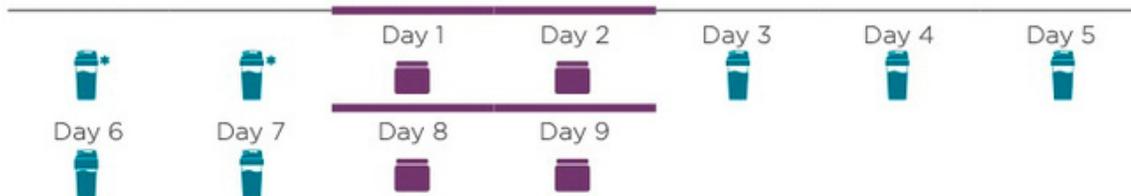
Your monthly system may look something like the sample schedule below:

1 CLEANSE DAY PER WEEK



*Two to five Shake Days are recommended prior to your first Deep Cleanse Day.

BACK-TO-BACK CLEANSE DAYS



If you are pregnant, nursing, diabetic, or on medication; have a medical condition; or are beginning a weight control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.

Head over to WelcomeToIsagenix.com to customize your Cleanse Day schedule in the IsaLife app.



24 hour cleanse: focuses on toxin removal & about 20% fat burn
48 hour cleanse: focuses on toxin removal & about 80% fat burn

Shake Day



THE PERFECT METHOD FOR PREMIUM HEALTH
We call them Shake Days. Choose the type of protein that works best, add in two small 100- to 150-calorie snacks, and enjoy a 400- to 600-calorie meal. We've already done the math for the typical adult to burn some extra calories. Boom.

[CLICK HERE](#)
["How to do a Shake Day" video](#)



BEFORE BREAKFAST

IONIX® SUPREME 1 serving

BREAKFAST

ISAGENIX SHAKE
NATURAL ACCELERATOR™ 1 capsule

MIDMORNING

OPTIONAL SNACK (200 calories or fewer)



LUNCH

ISAGENIX SHAKE OR 400- TO 600-CALORIE MEAL
NATURAL ACCELERATOR 1 capsule (optional)

MIDAFTERNOON

OPTIONAL SNACK (200 calories or fewer)



DINNER

ISAGENIX SHAKE OR 400- TO 600-CALORIE MEAL

BEFORE BED

ISAFUSH® 1-2 capsules with 8 fluid ounces of water



Drink
80-100 oz
of water
throughout
your day.

Mix in some
HYDRATE
or infuse it
with lemon,
cucumber,
orange or
other fresh
fruit or
veggie.

For people engaging in physical activity, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro™ to your favorite IsaLean Shake. Extra protein can help keep you satisfied for longer. There are many ways to customize Shake Days and Cleanse Days. Remember, these are just guidelines!



SHAKE DAY FAQS

Q: WHAT KIND OF SNACKS CAN I HAVE ON SHAKE DAYS?

A: [CLICK HERE FOR TEAM INSPIRATION HEALTH](#) and search "snack ideas" for a full list of some of our favorite snacks but also check out the next page! Choose 100-200 cal snacks with protein, fiber, or healthy fat and avoid excess sugar.

Q: WHAT CAN I ADD TO MY SHAKES?

A: It is recommended for the first 30 days or while weight loss is a goal, to just add water and ice to your shakes, but these below are okay to add in...

Some of our favorite mix-ins are cinnamon, pumpkin spice, powdered peanut butter, Isagenix black coffee (brew and cool before adding), IsaGreens, IsaFruits, and Hydrate. There are many delicious shake recipes out there [CLICK HERE](#).

Q: CAN I PREPARE MY SHAKES IN ADVANCE?

A: No, it is recommended you drink your shake within 10-15 minutes of mixing it due to the live enzymes.

Q: AM I GOING TO BE HUNGRY?

A: Isagenix is formulated to nourish your body with dense nutrition, vitamins, minerals, and nutrients. With snacks, shakes, and your balanced meal you shouldn't be hungry - load up on fresh veggies! If you are working out, you may need an extra snack which should still be 100-200 calories.

SNACK IDEAS

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.

FIBER



APPLE
BERRIES
CELERY
BROCCOLI
BELL PEPPERS
CARROTS
PEPPERS
NUTS

PROTEIN

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



ISAGENIX SNACKS



WHEY/HARVEST THINS
2 ISADELIGHT
1/2 ISALEAN BAR
FIBER SNACKS
OAT BAKES
1 PEANUT BUTTER SNACK BITE
COLLAGEN BONE BROTH



HEALTHY MEAL IDEAS

MONDAY

[CLICK HERE](#)

lemon roasted salmon with yams and asparagus

TUESDAY

[CLICK HERE](#)

taco tuesday mexican fiesta salad bowl

WEDNESDAY

[CLICK HERE](#)

teriyaki chicken and vegetables with cauliflower rice

THURSDAY

[CLICK HERE](#)

roasted chicken with rainbow veggies

FRIDAY

[CLICK HERE](#)

buffalo chicken mason jar

SATURDAY

[CLICK HERE](#)

healthy chicken or eggplant parmesan with zoodles

SUNDAY

[CLICK HERE](#)

3 egg omelet with veggies

NOTES

these are just ideas, not requirements, the simpler the better and healthier

OR KEEP IT SIMPLE

VEGGIES

serving size:
2 cupped hands or 1 cup

PROTEIN

serving size:
open palm or 4-6 oz

CARBS

serving size:
1 cupped hand or 1 oz

FATS

serving size:
thumb or 1 tbsp

BALANCE YOUR PLATE

Your shake is already balanced with healthy protein, carbs and fats. Let's make sure your meal is balanced with clean foods too.



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4 Easy Steps to a Balanced Meal

1 Pick a variety of VEGETABLES

Portion Size: 2+ cups or size of 2 fists

- Roasted Veggies
- Tossed Salad
- Steamed Veggies
- Soup



3 Add WHOLE-GRAINS

Portion Size: ½ cup cooked or size of fist

- Brown Rice
- Quinoa
- Farro
- Whole-Wheat Pasta
- High Fiber Tortilla
- Sweet Potato



2 Add a LEAN PROTEIN

Portion Size: 4-6 oz. or ½ cup or size of palm of hand

- Beans/Legumes
- Organic Poultry
- Grass-Fed Beef
- Omega-3 Eggs
- Low-Mercury Seafood



4 Include a HEALTHY FAT

Portion Size: 1 serving or size of thumb

- 2 teaspoons Oil (olive or canola)
- 1 tablespoon Seeds
- 1 tablespoon Nuts
- ¼ Avocado



SHOPPING LIST

Clean Eats Grocery List

These are generally the things to buy to keep in an eat-clean fridge and nutritiously stocked pantry!

PROTEIN (PALM-SIZED)

Chicken Breast	Eggs	Scallops
Lean Ground Beef	Shrimp	Mussels
Lean Turkey Breast	Tuna	Clams
Lean Flank Steak	Salmon	Oysters
Lean Ground Turkey	Tilapia	Venison
Lean Ground Chicken	Any Whitefish	

FATS & OILS (1 TBS)

Raw Almonds	Coconut Oil
Raw Sunflower Seeds	Extra Virgin Olive Oil
All Natural Nut Butters (no sugar, no salt added)	Flax Seed Oil
Avocado	Hemp Oil
Chia Seeds	Walnut Oil

VEGGIES (1-2 FISTS)

Basically any in season veggie is good!

Kale	Artichokes	Broccoli
Beets	Romaine Lettuce	Onions
Carrots	Arugula/Greens	Cabbage
Cucumber	Brussel Sprouts	Zucchini
Asparagus	Cauliflower	Spinach
Celery	Tomatoes	Eggplant

FRUITS (1 FIST)

Blueberries	Strawberries	Blackberries
Raspberries	Apples	Bananas
Lemons	Mango	Grapefruit
Limes	Nectarine	Pinapple
Pears	Kiwi	Peaches
Plum.	Cherries	Grapes

GRAINS & GOOD CARB (1 FIST)

Rolled Oats	Sprouted Bread	Black Beans
Quinoa	Whole Wheat Wrap	Chick Peas
Brown Rice	Whole Wheat Pasta	Lentils
Ezekiel Cereal	Sweet Potato	Kidney Beans
Couscous	Butternut Squash.	Hummus

CONDIMENTS & SEASONINGS

Fresh Herbs	Raw Honey	Low Sodium Soy Sauce
Sea Salt	Stevia	Apple Cider Vinegar
Pepper	Hot Sauce	Tabasco
Garlic	Mustard	Olives
Ginger	Spices	BBQ sauce
Fresh Salsa	Lemon Juice	Red Pepper Flakes

DAIRY (1/2 CUP)

Plain Greek Yogurt	Grass Fed Milk
Cottage Cheese	+Unsweetened Coconut Milk
Organic Cheese	+Unsweetened Almond Milk

✓Quick Tips✓

1. Plan ahead & be prepared when leaving the house.
2. Steam, bake, grill, or eat raw.
3. Drink half your body weight in oz of water each day.

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USE THIS TO HELP YOU PLAN YOUR 400-600 CALORIE MEAL

Cleanse Day



[CLICK HERE](#)

["How to do a Cleanse Day" video](#)

SOME CALL IT INTERMITTENT FASTING

We call them Cleanse Days. They're a fantastic way to work toward losing weight, burning fat, and giving your body's systems the chance to rid toxins naturally.



EARLY MORNING

IONIX® SUPREME 1 serving

MORNING

CLEANSE FOR LIFE™*

CLEANSE DAY-APPROVED SNACK

NATURAL ACCELERATOR™ 1 capsule

MIDMORNING

CLEANSE DAY-APPROVED SNACK



MIDDAY

CLEANSE FOR LIFE*

CLEANSE DAY-APPROVED SNACK

NATURAL ACCELERATOR 1 capsule (optional)

MIDAFTERNOON

CLEANSE FOR LIFE*

CLEANSE DAY-APPROVED SNACK



EVENING

CLEANSE FOR LIFE*

CLEANSE DAY-APPROVED SNACK

BEFORE BED

ISAFUSH®/ISACOMFORT® 1-2 capsules with 8 fl oz water



Drink at least half your body weight in ounces of water each day. You may add lemon to your water or try our "CONTENT" essential oil in your water if you are feeling hangry.

List of cleanse day-approved snacks is can be found on the Cleanse Tracker.

*4 fluid ounces of liquid or 2 scoops of powder



Cleanse Day Tracker



CLEANSE WITH THE POWER OF 10...CREDITS, THAT IS. You don't have to go it alone, so grab a pen and start tracking. Some treats are more credits than others, so indulge when you can and keep it light when needed. When it comes to health, everything counts.

0 CREDITS

- Black coffee
- Black, green, or herbal tea
- Still or sparkling water

1 CREDIT

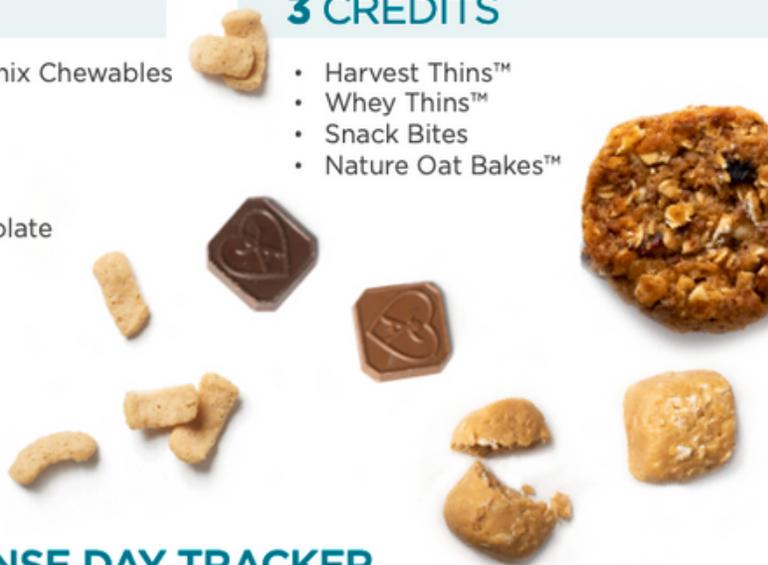
- BĒA™ Sparkling Energy Drink†
- AMPED™ Hydrate
- Xango® and Xango Reserve

2 CREDITS

- Isagenix Snacks™/Isagenix Chewables
- Organic Greens
- e+™
- Collagen Elixir™†
- Collagen Bone Broth
- IsaDelight® Super-Chocolate
- Isagenix Fruits
- SuperMix™†
- AMPED NOx*
- AMPED Nitro*
- AMPED Power*
- AMPED BCAA Plus*
- AMPED Repair*
- SmartMix®†
- XM+®†

3 CREDITS

- Harvest Thins™
- Whey Thins™
- Snack Bites
- Nature Oat Bakes™



MONTHLY CLEANSE DAY TRACKER

Track your Cleanse Credits below. Check one box for each Cleanse Credit consumed during a Cleanse Day.

CLEANSE DAY 1

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 2

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 3

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 4

1 2 3 4 5 6 7 8 9 10

Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options. Not all products are available in all markets.

*Vigorous or intense exercise is not recommended on Cleanse Days. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek appropriate medical care, if needed.

†Available in US market only.



CLEANSE DAY FAQs

Q: WHY SHOULD I CLEANSE?

A: Cleanse Days can help kick-start your body's own detoxification systems. Isagenix Cleanse for Life® is specifically formulated to provide your body with extra support as it prepares for the benefits of intermittent fasting.

Q: HOW CAN I SATISFY MY HUNGER DURING CLEANSE DAYS?

A: Simple! Use the Cleanse DayTracker on the previous page and give yourself 10 points. Try any of our Cleanse Day approved snack options listed.

Q: WHY ISADELIGHTS?

A: These small "snacks" throughout the day help stabilize your blood sugar. The IsaDelights are specifically formulated with green tea extract, amino acids, antioxidants, B vitamins and minerals to ease food cravings. These chocolates also boost your energy, mood, and fire up your fat burning potential. Other chocolates are not a substitute.

Q: WHAT ARE SOME TIPS FOR CLEANSE DAYS?

A: Drink 80-100 oz of water throughout the day, try an herbal or green tea or our collagen bone broth. Do some self-care on your cleanse day--schedule some time to read, have a bath or a massage. Head to bed early. It's mind over matter. The satisfaction of completing your cleanse day is DELICIOUS!

Q: CAN I WORKOUT ON CLEANSE DAYS?

A: You don't need to schedule any grueling workout. But engaging in any form of light exercise can be a healthy distraction during a cleanse day. Additionally, the physical activity can be useful for helping to maintain regular bowel habits, support metabolism, and may even help suppress appetite. Listen to your body.

WHAT HAPPENS ON A CLEANSE DAY?

AT 8 HOURS

After your last meal, your body enters the "fasting" state because it takes *about* that long for your body to FULLY digest and absorb all nutrients (depending on the content of your pre-fast meal). Typically 8 hours is when people would BREAK the FAST, hence the name BREAKFAST.

AT 12 HOURS

- Liver used up it's last glucose reserves
- Body enters into fasting mode.
- Appetite cravings lower
- Body enters Ketosis and begins breaking down fat cells
- Body begins to expunge toxins and forever chemicals like BPA and Triclosan

Once you use up your glucose stores, your body breaks down your fat stores for energy.

AT 18 HOURS

- Fat Burning Mode
- Liver is making significant ketones that serve as an alternative energy source for your brain cells and cells in your other tissues.
- Mental Clarity and Positive Mood benefit from brain being fed by ketones.
- Ketones even kick-start production of brain growth factor, BDNF! YES!-our brain cell production and renewal is being boosted

AT 24 HOURS

- Body produces HGH growth hormone for muscle growth
- Body begins to accelerate fat loss

AT 36 HOURS

- Greatest Benefits Occur
- Body goes through Autophagy and is removing damaged old cells, breaking down misfolded proteins linked to disease. The only way for this to happen is to substantially deplete your glucose stores and lower insulin levels.

AT 48 HOURS

- HGH human growth hormones are up to 5 times as high as when you started your fast.
- HGH preserves lean muscle mass and reduces fat tissue, particularly as we age.
- Increased reduction in inflammation
- Immune system resets, breaking down old immune cells and generating new ones.

AT 60 HOURS

Maximum Benefits of your fast has been completed! But then it's time to REPLENISH ----->

REPLENISH

It's important to break your fast with a nutritious, balanced meal that will further improve the function of cells and tissues that went through cleanup while you were fasting!

ENTER THE ISALEAN SHAKE!!
Perfectly balanced with the best macro nutrients: protein, good carbs and good fats and the best micronutrients: 70 trace minerals!

BENEFITS AT A GLANCE

WEIGHT LOSS
REDUCE CRAVINGS
INSULIN RESISTANCE
INFLAMMATION
HEART HEALTH
BRAIN HEALTH
ANTI-AGING
CELLULAR RENEWAL

SHARE YOUR SECRET

AS YOU BEGIN TO REACH YOUR GOALS PEOPLE WILL NOTICE AND THEY WILL WANT TO LEARN MORE ABOUT THE ISAGENIX SOLUTIONS WE HAVE AN AMAZING REFERRAL BONUS SYSTEM.

step 1 Order your Bundle.
Spread awareness of your excitement or success and invite others to experience it for themselves along with you!

step 2 I'll set you up with your own special links to share with your friends (\$29)

step 3 Share your link with 2 friends, ready for their own results.

step 4 Earn your \$200+ Referral Bonuses
*Plus commissions and residuals

share with 2 friends:	\$200
share with 3 friends:	\$250
share with 4 friends:	\$300
share with 5 friends:	\$350
share with 10 friends:	\$600

IMPORTANCE OF KEEPING YOUR LIFESTYLE REWARDS AT 100BV EACH MONTH

This will allow you to accumulate BV POINTS (Business Volume) from the personal order you are placing for yourself as well as the orders from people on our team that you don't even know. That's the power of a team! Every 900BV accumulated is equal to \$54. So make sure you take advantage of this!

IF YOU ARE INTERESTED IN MAKING \$1000 IN THE NEXT 30 - 60 - 90 DAYS PLEASE REACH OUT TO YOUR ENROLLING SPONSOR

RESOURCES

CLICK TO THE FOLLOWING WEBSITES BELOW FOR SUPPORT WHEN COMPLETING YOUR PROGRAM

[WELCOME TO ISAGENIX.COM](https://www.isagenix.com)

[TEAM INSPIRATION HEALTH FACEBOOK](https://www.facebook.com/teaminspirationhealth)

[ISATEAMINSPIRATION.NET](https://www.isateaminspiration.net)

[ISAGENIXHEALTH.NET](https://www.isagenixhealth.net)

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