

SNACK TIME

Team Inspiration

Snacks for SHAKE DAYS

*Note that the best snacks (especially if this is your first time) are the ISAGENIX snack choices listed on your schedules for a shake day.

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| <ul style="list-style-type: none"> ● 2 Isagenix Snacks ● 1-2 IsaDelight Chocolates ● 1/2 IsaLean Bar ● 1/2 IsaLean Shake ● 1 Isagenix Slim Cake (NOT gluten FREE!) ● 1 Isagenix FiberSnacks ● Whey Thins (NOT gluten FREE!) | <ul style="list-style-type: none"> ● 2 TBS IsaCrunch ● 1 eshot ● 1 replenish stick mixed in hot or cold water or with ionix supreme ● 1 chai ++ mixed in hot or cold water ● 1 isacoffee mixed in hot or cold water |
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Although we still mostly use the Isagenix choices, here are some other snacks to SPRINKLE IN on SHAKE DAYS if you want more options and variety. Just be careful not to add in so many of these extra snacks that you are adding too much food. These are meant to just provide variety here and there. A good rule of thumb is that a "snack" is typically mid morning and mid afternoon. But based on when you are eating your meals, eat about every 2-3 hours. The size of your snack matters, especially if you want to release pounds and inches. Typically a snack is about 5-10 bites of something or a cup measured out. ENJOY!

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| <ul style="list-style-type: none"> ● 5-10 Almonds, Cashews or Walnuts ● 2 oz. Chicken Breast and a few whole wheat crackers ● 1 Hard Boiled Egg ● 1 cup Fresh Organic Vegetables like celery, broccoli, cauliflower, turnips, radishes, cucumbers, tomatoes, cabbage, lettuce, peppers, spinach, Asparagus, Brussels Sprouts | <ul style="list-style-type: none"> ● 1 medium Apple or Pear ● 1/2 avocado with a little seasalt and pepper ● 1/2 cup fat free organic yogurt with 1/4 cup fruit ● 1/2 cup fat free organic cottage cheese with 1/4 cup fruit ● A few Rice crackers with Tuna. ● Add 1 TBS Almond Butter or 2 TBS Hummus to go with your veggies. |
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Snacks for CLEANSE DAYS

*Note that the best snacks (especially if this is your first time) are the snack choices listed on your schedules for a cleanse day. But if you TRULY need something see list below for some ok additions.

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| <ul style="list-style-type: none"> ● 2 Isagenix Snacks ● 1-2 IsaDelight Chocolates ● 5-10 Raw, unsalted almonds ● Celery with or without raw almond butter ● 1 Hard Boiled Egg | <ul style="list-style-type: none"> ● 1 eshot ● 1 replenish stick mixed in hot or cold water or with ionix supreme ● 1 chai ++ mixed in hot or cold water ● 1 isacoffee mixed in hot or cold water |
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SHAKE DAY SNACKS

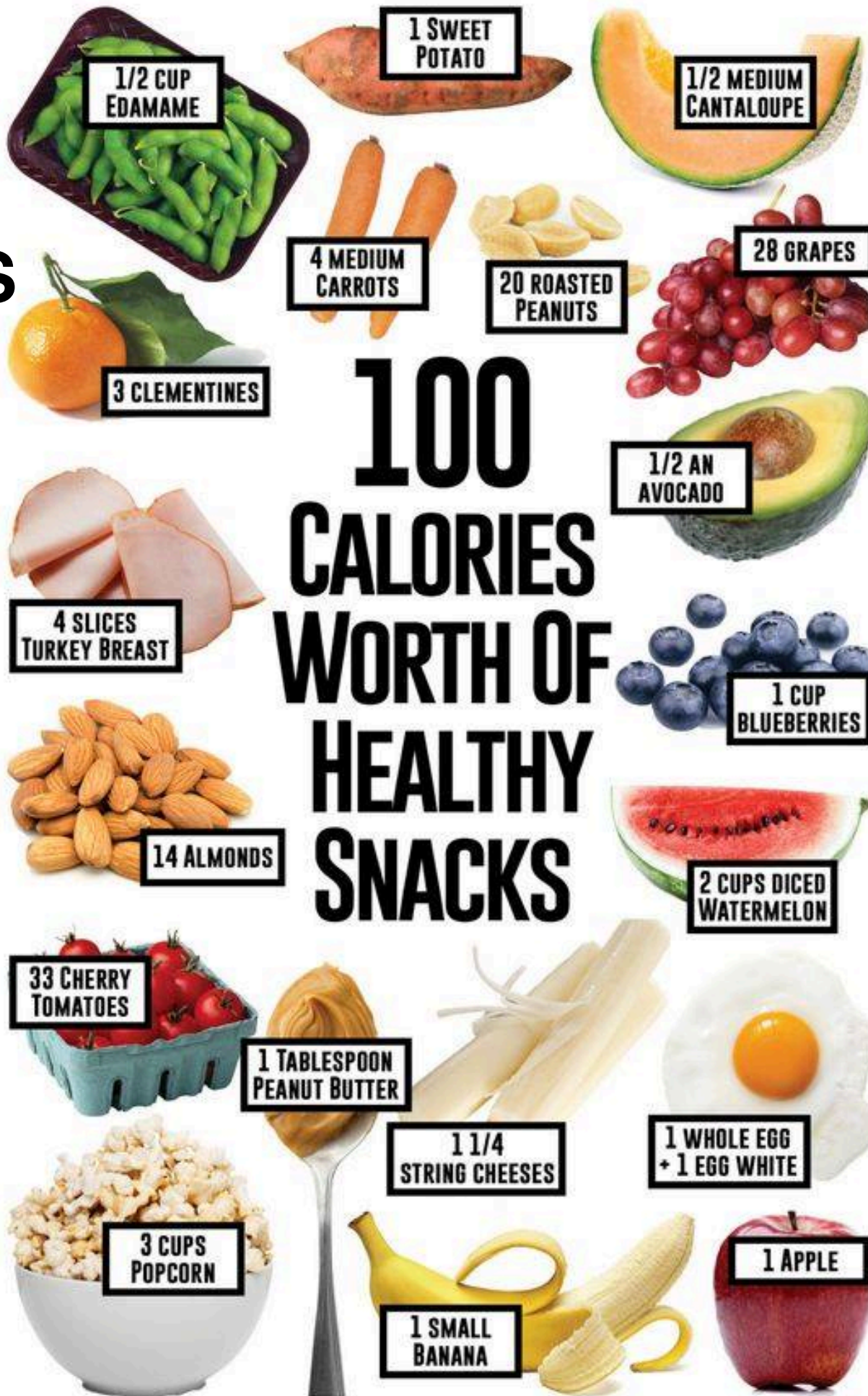


Clean Eating SNACKS



- *Cashews
- *Veggies and Hummus
- *Apples
- *Bananas
- *Greek yogurt with fresh berries
- *Almonds
- *Grapefruit
- *Olives and pickles
- *Avocados with cottage cheese
- *Peanuts
- *Fresh fruit smoothie
- *Veggies & Guacamole
- *Berries
- *Hard boiled eggs
- *Air-popped popcorn
- *Raisins or other dried fruit
- *Pecans
- *Veggies with homemade dressing
- *Grapes
- *Apple with peanut butter
- *String Cheese
- *Edamame
- *Pistachios
- *Homemade Popsicles
- *Dark Chocolate
- *Peaches
- *Clementines

SHAKE DAY SNACKS



100 CALORIES WORTH OF HEALTHY SNACKS

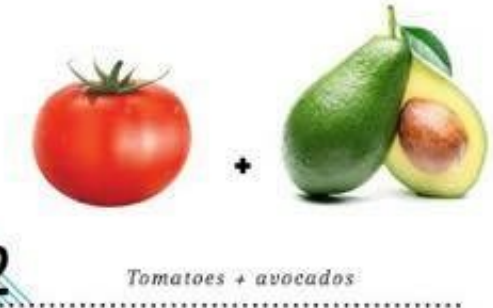
10 POWER SNACK FOOD COMBOS

to Get You Through the Day

HELLONATURAL.CO



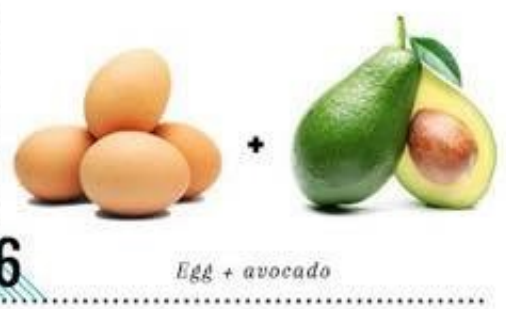
12



34



56



78



910

