



team inspiration

GUIDE TO WELLBEING

team inspiration



team inspiration

WELCOME

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

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?"

You will be guided through daily routines and rituals to create a healthy vessel for the mind, heart, and spirit to reside in.

It was created to combine cleansing techniques with mindful eating.

This is not about deprivation or an all-or-nothing approach. It has been designed to eliminate certain foods that block clarity, and promotes a healthy lifestyle.

There are no "shoulds" in this version; there are choices. It is about understanding the effect food has on your mind and in turn, your body, and vice versa.

The level of rest that you give your body will depend on how your body responds each day. Take notice of how your change in diet affects you emotionally as well as physically. This is about the big picture: the emotional part, the addictive part, the part of you that no piece of food can really fill.

During The Cleanse, your body will be given the chance to talk to you. It will tell you how it is feeling without so much distortion from toxins, chemicals, and blockages.

So listen carefully—pay attention.

LET'S BEGIN

team inspiration

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QUICKSTART



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.

✓ UNPACK YOUR BOX WITH IS



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 on pages 12-13.



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.





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 days using the Isagenix Method, 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.

TEAM INSPIRATION

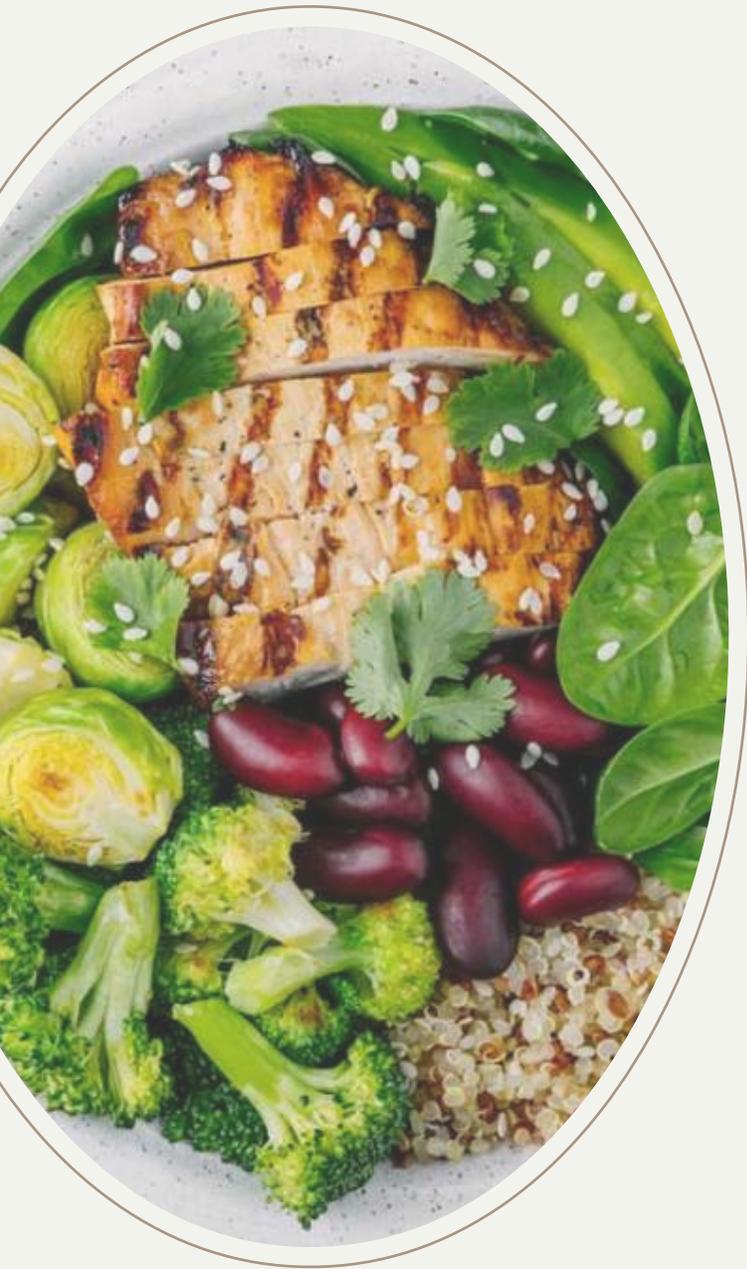
CRAVINGS

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.



NUTRITION



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.



TEAM INSPIRATION

WHAT DO I DO?

7 DAY

CHOOSE THIS OPTION FOR A TUNE UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEIGH MEASURE PHOTOS	DAY 1 	DAY 2 	DAY 3 	DAY 4 	DAY 5 	DAY 6 
DAY 7 	8 WEIGH MEASURE PHOTOS	9	10	11	12	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
GRABBING A 30 DAY
AND INCORPORATE THIS
7 DAY SCHEDULE INTO
YOUR MONTH!

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

WHAT DO I NEED?



7 DAY RESET

TEAM INSPIRATION

WHAT DO I DO?

11 DAY

CHOOSE THIS OPTION FOR A WEIGHT LOSS KICK START

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.](#)

WHAT DO I NEED?



TEAM INSPIRATION

WHAT DO I DO?

30 DAY

CHOOSE THIS OPTION FOR THE MOST SUCCESS

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 	13 
14 	15 	16 	17 	18   YOU CHOOSE	19 	20 
21 	22 	23 	24 	25   YOU CHOOSE	26 	27 
28 	29 	30 	31 WEIGH MEASURE PHOTOS	CLICK TO JOIN OUR TEAM INSPIRATION FACEBOOK PAGE FOR MORE TIPS.		



SHAKE DAY



CLEANSE DAY

WHAT DO I NEED?

PICK ONE



BASIC PACK



VALUE PACK



PREMIUM PACK



SHAKE DAY

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.



EARLY MORNING

Ionix Supreme
or Adaptogen Elixir

MORNING

Whole Blend or IsaLean Shake
Natural Accelerator (1 capsule)

MIDMORNING

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



LUNCH

Whole Blend or IsaLean Shake

MID AFTERNOON

Optional High Protein/Fiber Snack
(200 Calories or fewer)
Natural Accelerator (1 capsule)

LATE AFTERNOON

e+ shot or BEA



DINNER

400-600 calorie meal

BEFORE BED

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

HAVE THE BEST
SHAKE DAY
VIDEO HERE



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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 |
| DANDELION GREENS | BOK CHOY | JICAMA |
| LETTUCE | BROCCOLI, BROCCOLINI | MUSHROOMS, ONION |
| KALE | BRUSSEL SPROUTS | PUMPKIN, RADISHES |
| SPINACH | CABBAGE, SAUERKRAUT | SEAWEED, SPAGHETTI SQUASH, TOMATOES |
| | CARROTS, CAULIFLOWER | ZUCCHINI |
| | CELERY, CUCUMBERS | |

PORTION SIZE: TWO FISTS OR 1 CUP



HIGHER CARB VEGGIES AND STARCHES

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



HEALTHY FATS AND OILS

Use for cooking and to add flavor to dishes.

- | | | |
|-------------------------------------|-------------------|------------|
| Condiments made with these fats/oil | AVOCADOS | WALNUT OIL |
| MAYO | AVOCADO OIL | OLIVES |
| SALAD DRESSING | 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 | POMAGRANATE | 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



NEED A RECIPE - CLICK THESE

SHAKE DAY SNACKS



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.



PROTEIN

APPLE
BERRIES
CELERY
BROCCOLI
BELL
PEPPERS
CARROTS
PEPPERS
NUTS

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



FIBER



ISAGENIX SNACKS

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





JUICE CLEANSE DAY

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.



EARLY MORNING

Ionix Supreme
or Adaptogen Elixir

MORNING

Cleanse for Life
Cleanse Day approved snack
Natural Accelerator (1 capsule)

MIDMORNING

Cleanse Day approved snack



MID DAY

Cleanse for Life
Cleanse Day approved snack
Natural Accelerator (1 capsule)

MID AFTERNOON

Cleanse for Life
Cleanse Day approved snack



EVENING

Cleanse for Life
Cleanse Day approved snack

BEFORE BED

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

[HAVE THE BEST
CLEANSE DAY
VIDEO HERE](#)



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CLEANSE DAY SNACKS

STAY ON TRACK WITH 10 CLEANSE CREDITS PER CLEANSE DAY
In addition to enjoying Cleanse for Life and Ionix Supreme on Cleanse Days, spend up to 10 Cleanse Credits with amazing products to curb cravings, nourish your body, and support a great Cleanse Day experience!

TRACK YOUR CLEANSE CREDITS BELOW!

0 CLEANSE CREDITS

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

1 CLEANSE CREDIT

- BĒA Sparkling Energy Drink
- AMPED Hydrate
- Xango or Xango Reserve

2 CLEANSE CREDITS

- Isagenix Snacks (2 wafers)
- Greens
- e+ shot
- Any Elixirs
 - Collagen/Nootopic/Adaptogen
- Collagen Bone Broth
- IsaDelight Super-Chocolate
- Isagenix Fruits
- SuperMix/Smart Mix/XM+
- AMPED NOx
- AMPED Nitro
- AMPED Power
- AMPED BCAA Plus
- AMPED Repair

3 CLEANSE CREDITS

- Harvest Thins
- Whey Thins
- Snack Bites



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--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



Support + Accountability

3 Options are available to help support you toward your goal.
CHOOSE ANY, ALL, OR NONE.
We want to help you the best we can!

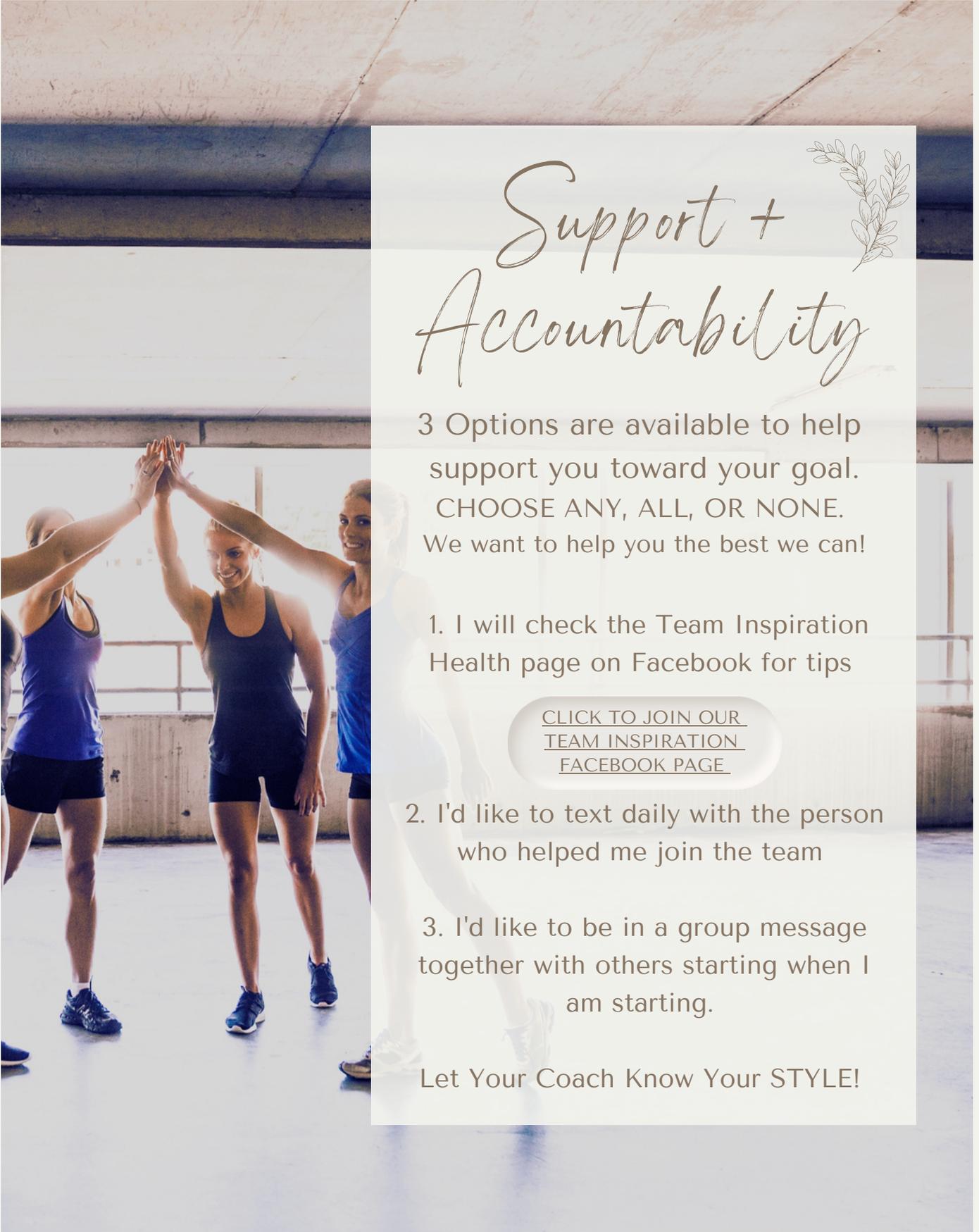
1. I will check the Team Inspiration Health page on Facebook for tips

[CLICK TO JOIN OUR
TEAM INSPIRATION
FACEBOOK PAGE](#)

2. I'd like to text daily with the person who helped me join the team

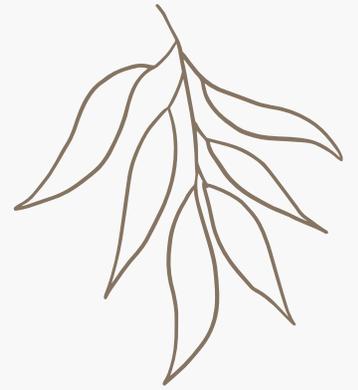
3. I'd like to be in a group message together with others starting when I am starting.

Let Your Coach Know Your STYLE!



ISALIFE APP

[ISALIFE
APP
HERE](#)



-FEATURES YOU CAN CHOOSE TO USE-
JUST LOG IN WITH THE PASSWORD YOU CHOSE
WHEN YOU PURCHASED YOUR PRODUCTS

1

The newsfeed. Stay up to date with current tips, articles, new products and sales for your favorite products.



2

Click the plus to take your before photos, weight and measurements. Additionally track your macros and daily schedule if you like to have a record of your intake each day, similar to my fitness pal.



3

Enter the Isabody Challenge. You will receive \$200 in free products and a super comfy tshirt.



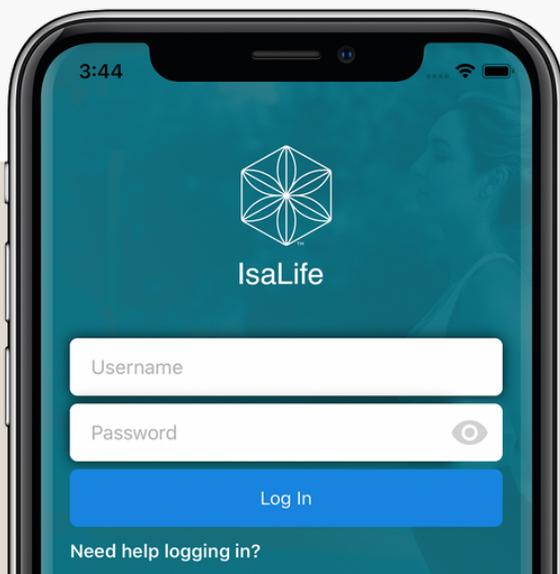
4

Place orders. Manage your subscription order date and the products in your cart.



5

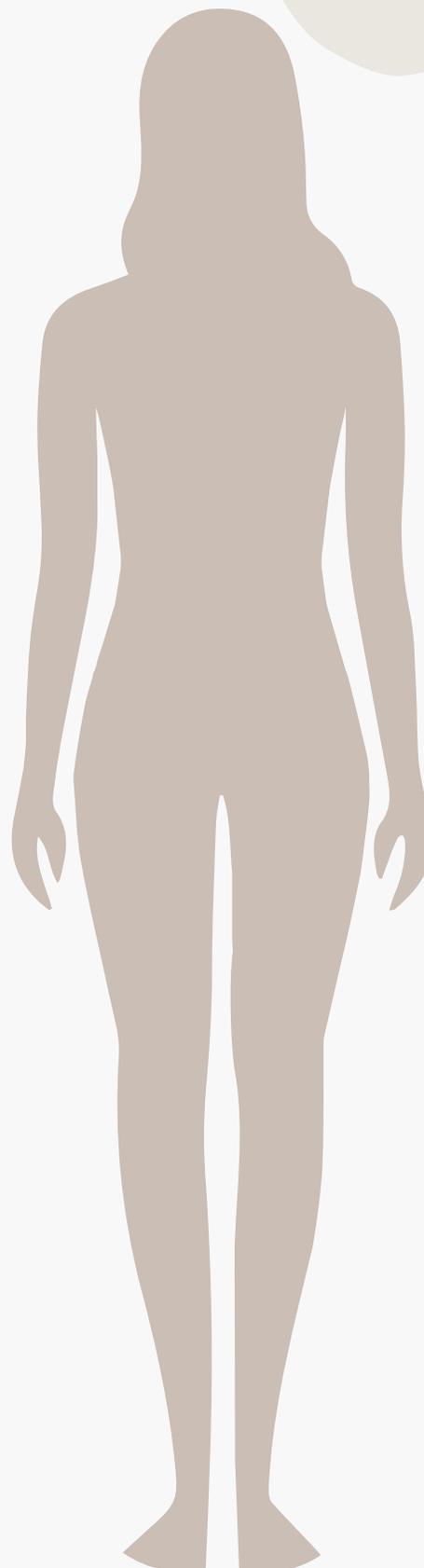
Spread the love. Help two friends join in on the fun, earn back the money you just spent & have your pack for free!



WEIGHT + BODY MEASUREMENT TRACKER

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			





INVITE YOUR FRIENDS

BEING WELL IS MORE FUN WITH OTHERS

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!

Here's how.... ↘



NEED MORE INSIGHT & SUPPORT?

RESOURCES

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

[MORE MEAL IDEAS](#)

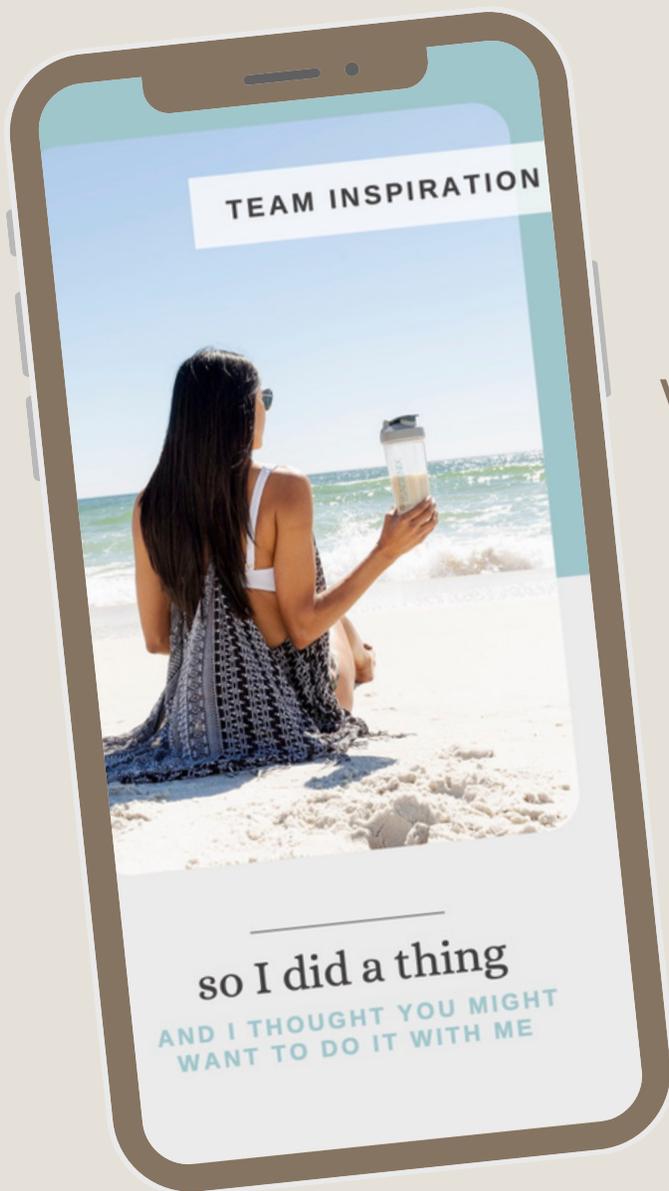
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SHARE THE LOVE



send a text

Make a post

WHAT DO I SAY?

[click here for ideas](#)



Its as easy as P•V•C

P

Share PHOTOS + Add to TEAM PAGE and tag in POST

V

Share VIDEO
or Tag in this POST

C

Message them a CART





FAQ HERE

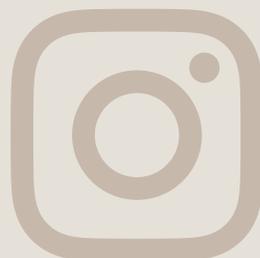
More Questions?

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QUICKSTART

01 Before you Begin

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[App](#)

03 Shake Day

[SHAKE DAYS](#)
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04 Juice Cleanse Day

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