



team inspiration

# GUIDE TO WELLBEING

[www.isateaminspiration.net](http://www.isateaminspiration.net)



# AWESOME

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 Resets are an innovative form of intermittent fasting that also blend anti-inflammatory eating for a balanced and clear self. It's incredibly simple and wonderfully successful. It's as easy as waking up and asking yourself, "Is today a Shake Day or a Cleanse Day?"

It was created to combine cleansing techniques with mindful eating. It is not about about deprivation or an all-or-nothing approach. Instead we will promote a healthy lifestyle. There are no "shoulds" only choices. We want you to have an understanding of the effect food has on your mind and your body.

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 Reset, your body creates clarity and tells you how it is feeling without the distortion from toxins, chemicals, and blockages.

So listen carefully—pay attention.

LET'S BEGIN

*team inspiration*

01 - 08

## INTRODUCTION

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7 day + 11 day + 30 day Calendars

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# INTRODUCTION



UNPACK YOUR  
BOX WITH US



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 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

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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

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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

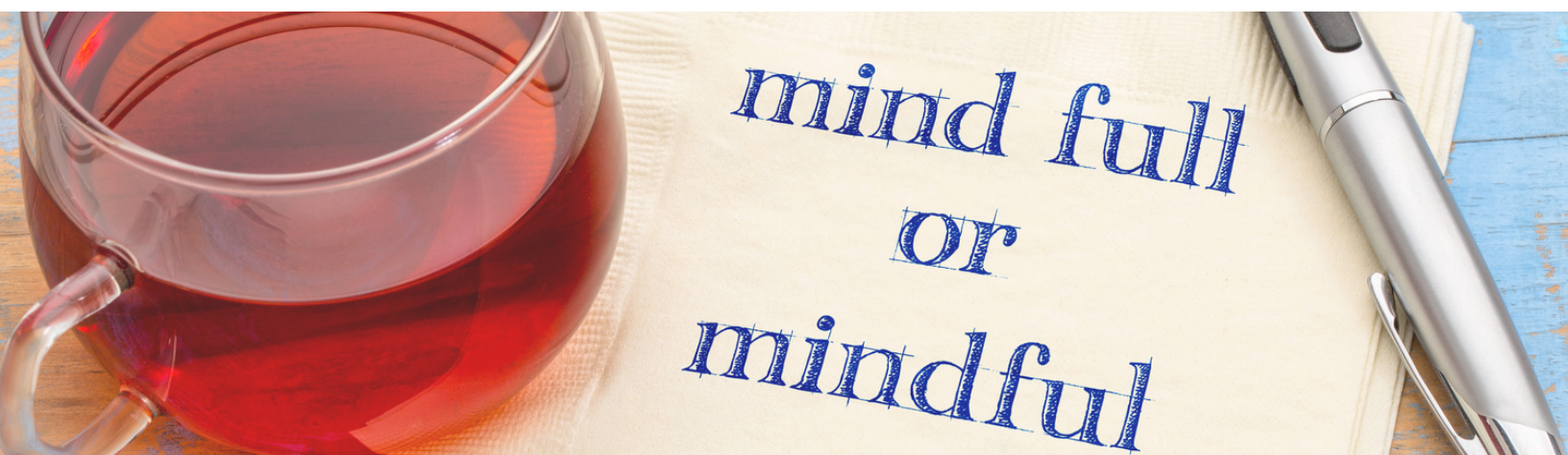
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Be inspired to become a mindful, intuitive eater. Strive to listen to your body and what it needs rather than mindlessly tossing foods into your mouth, especially while you prepare food for others in your household. Pay attention to your current habits.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



# 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	<a href="#">CLICK TO JOIN OUR TEAM INSPIRATION FACEBOOK PAGE FOR MORE TIPS.</a>		
<p><b>FEELING GOOD?</b> SOLIDIFY THE BENEFITS YOU EXPERIENCED BY GRABBING A 30 DAY RESET AND INCORPORATE THIS 7 DAY SCHEDULE INTO YOUR MONTH</p>						



SHAKE DAY



CLEANSE DAY

## WHAT DO I NEED?

### 7 DAY RESET

SHAKE  
CLEANSE  
ADAPATOGEN  
ELIXIR  
SNACK BITES





# 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.](#)



SHAKE DAY



CLEANSE DAY

## WHAT DO I NEED?

### 11 DAY RESET

































SHAKE  
CLEANSE  
NATURAL  
ACCELERATOR  
SNACK BITES



# 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	<a href="#">CLICK TO JOIN OUR TEAM INSPIRATION FACEBOOK PAGE FOR MORE TIPS.</a>		



SHAKE DAY



CLEANSE DAY

WHAT DO  
I NEED?



BASIC  
ESSENTIALS

PREMIUM  
+ GRAB & GO SNACKS

VALUE  
+ GRAB & GO SNACKS  
+ GREENS  
+ VITAMINS

# 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.



### SHAKE IT UP

Customize your shake with some of our favorite shake recipes!



### 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

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



### DINNER

400-600 calorie meal

### BEFORE BED

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

3  
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# CLEAN FOODS

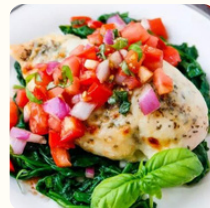
# RECIPES

## 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 SEAWEEED,
SPINACH	CABBAGE, SAUERKRAUT	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	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 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	PLAINTAINGU
BANANAS	GRAPES	CANTALOUPE	AVA
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.



APPLE  
BERRIES  
CELERY  
BROCCOLI  
BELL PEPPERS  
CARROTS  
PEPPERS  
NUTS

## FIBER

## PROTEIN

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



## ISAGENIX SNACKS

WHEY/HARVEST THINS  
1/2 ISALEAN BAR  
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.

Have a question?  
Here is a link to  
some FAQ



## EARLY MORNING

3 0  
O Z  
W A T E R  
Ionix Supreme  
or Adaptogen Elixir

## MORNING

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

## MIDMORNING

Cleanse Day approved snack



## MID DAY

3 0  
O Z  
W A T E R  
Cleanse for Life  
Cleanse Day approved snack  
Natural Accelerator (1 capsule)

## MID AFTERNOON

Cleanse for Life  
Cleanse Day approved snack



## EVENING

3 0  
O Z  
W A T E R  
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](#)



# 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 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

EAT 2 SNACK BITES PER CLEANSE  
DAY FOR BEST RESULTS



# WHAT HAPPENS ON A CLEANSE DAY?

## @8 Hours

### 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.

## @ 12 Hours

### 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.

## @18 Hours

### 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 an even kick-start production of brain growth factor, BDNF! YES!-our brain cell production and renewal is being boosted

## @24 Hours

### AT 24 Hours

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

## @36 Hours

### AT 36 Hours

- ▣ Greatest Benefits Occur
- ▣ Body goes through Autophagy and is removing damaged old cells and 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.

## @48-54 Hours

### 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.

## @60 Hours

Maximum benefits of your fast have been completed. Now 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 of FAST

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

-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.



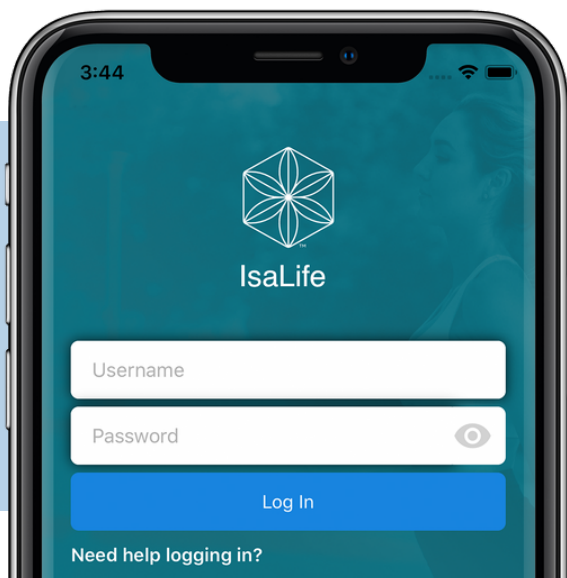
4

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!

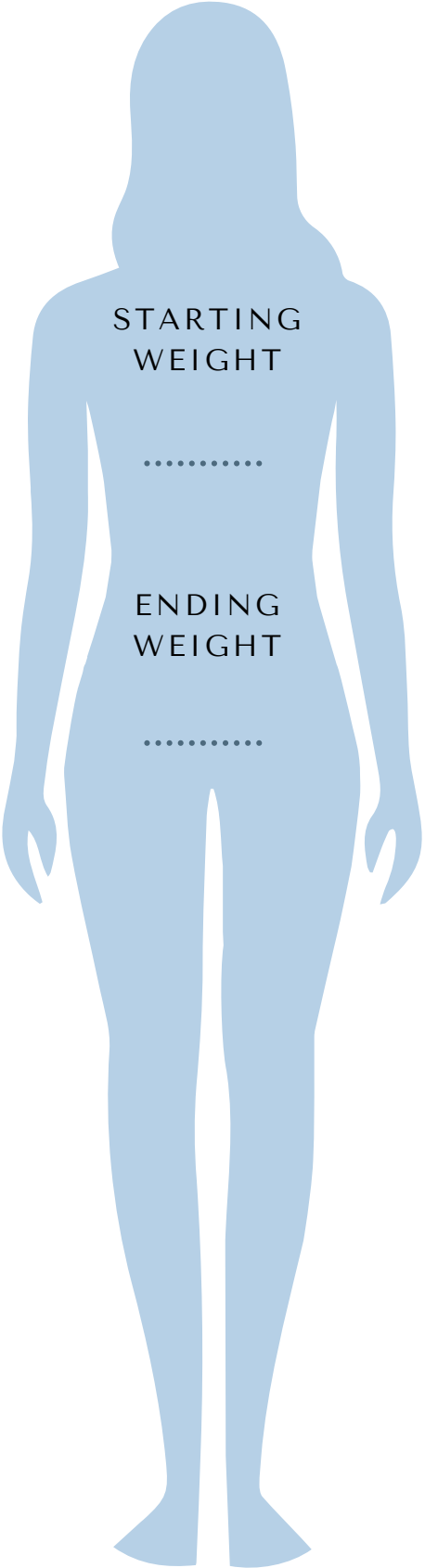


Download the  
ISALIFE APP  
HERE

KEEP TRACK IN  
YOUR ISALIFE  
APP HERE

# WEIGH AND MEASURE

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



STARTING  
WEIGHT

.....

ENDING  
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....





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](#)

# WHAT DO I SAY?

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*send a text*  
*make a post*

[click here for ideas](#)



## 3 STEPS TO SUCCESS



### Link

Create personalized, trackable links to any product (single items or packs/collections).



### Share

Share the link with potential Customers on social media, in emails, or within blogs.



### Earn

Earn commission whenever someone purchases from one of your links.

# RESOURCES

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NEED MORE INSIGHT & SUPPORT?

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

[MORE MEAL IDEAS](#)

[MORE SNACK IDEAS](#)

[ISAGENIXHEALTH NEWSFEED](#)

[TEAM INSPIRATION FACEBOOK](#)

[ISALIFE APP](#)



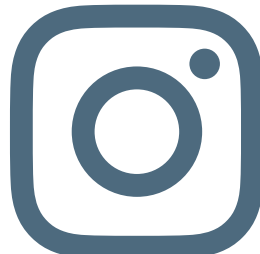
# FAQ HERE

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# QUICKSTART

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01 Before you Begin

[Get Ready](#)  
[CLICK HERE](#)

02 Take Your Pics

[IsaLife](#)  
[App](#)

03 Shake Day

[SHAKE DAYS](#)  
[CLICK HERE](#)

04 Juice Cleanse Day

[CLEANSE](#)  
[DAYS](#)  
[CLICK HERE](#)

05 [Invite your Friends](#)

[Invite your](#)  
[friends](#)  
[CLICK HERE](#)



[SCALE +](#)  
[MEASUREMENT](#)  
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