

# Pre-Cleanse Days & Shake Days

TIME OF DAY	ACTION	DAY 1 √	AMOUNT OF WATER (OZ)
8:00 AM Breakfast	1 serving of Ionix Supreme 1 IsaLean® Shake (2 scoops, blended per product directions) 1 Natural Accelerator		
9:00 AM	8-16 oz. cold water 1 Isagenix Snacks (optional) 1 option from the Snack Ideas below		
10:30 AM	8-16 oz. cold water 1 Isagenix Snacks (optional)		
12:00 PM Lunch	You may enjoy 1 full *lunch or divide your meal into 2 portions and eat again at 3:00PM 1 Natural Accelerator *400-600 calories for maximum weight loss desire		
1:00 PM	8-16 oz. cold water 1 Isagenix Snack (optional)		
2:00PM	Second half of your sensible lunch, if you wish. 8-16 oz. cold water		
3:30 PM	8-16 oz. cold water 1 Isagenix Snack		
4:30 PM	8-16 oz. cold water 1 Isagenix Snack or 1 option from the Snack Ideas below		
6:00 PM Dinner	1 IsaLean® Shake (2 scoops, blended per product directions)		
8:00 PM	8-16 oz. cold water 2 IsaFlush		

*\*You may have your shake for lunch. If you are on a weight loss journey, it is more important to have your shake at dinner, to accelerate your weight release. Please adjust the times here to fit your schedule, if necessary.*

## Snack Ideas:

1 apple  
1 SlimCakes®  
1 hard-boiled egg  
Celery stalks  
Almonds

