

# GUIDELINE . . . SHAKE AND CLEANSE PLAN

## SHAKE DAY

Replace two meals / day with 2 Shakes . . .  
and one healthy meal / per day

- Breakfast**

Isagenix Shake ~ blend 2 scoops  
or 1 packet with 8 oz water

- Lunch**

Isagenix Shake ~ blend 2 scoops  
or 1 packet with 8 oz water  
Drink a glass of water

- Dinner**

Healthy low calorie meal  
Drink a glass of water

## Cleanse Day Support Products

**RECOMMENDED:** Cleanse Support Kit

### 4-Day Cleanse Support Kit

- 24 - Chewables (Snacks)
- 8 - IsaComfort (IsaFlush)
- 8 - Accelerator



OPTIONAL: 1 - 2 IsaDelight Chocolates on  
Cleanse and Shake Days to assist with cravings

## CLEANSE DAY

16 oz / day of Cleanse Drink on Cleanse Day  
4 oz x 4 / day . . . or 2 oz x 8 / day

- Early Morning ~ CLEANSE 1**

Cleanse For Life Drink 4 oz  
Drink 1-2 glasses of water

**Recommended:** 1 Natural Accelerator capsule  
2 Isagenix Chewables

- Mid-Morning**

Drink a glass of water

**Recommended:** 2 Isagenix Chewables

- Late Morning ~ CLEANSE 2**

Cleanse For Life Drink 4 oz  
Drink 1-2 glasses of water

- Early Afternoon**

Drink a glass of water

**Recommended:** 1 Natural Accelerator capsule  
2 Isagenix Chewables

- Mid-Afternoon ~ CLEANSE 3**

Cleanse For Life Drink 4 oz  
Drink 1-2 glasses of water

- Early Evening**

Drink 1-2 glasses of water

**Recommended:** 2 Isagenix Chewables

- Evening ~ CLEANSE 4**

Cleanse For Life Drink 4 oz  
Drink a glass of water

- Bedtime**

**Recommended:** 1-2 Isa-Comfort capsules (Isa-Flush)

**C = Cleanse Days x 4 days**

**S = Shake Days x 10 days**

**Morning Shake = 7 days**

S Day 1	S Day 2	S Day 3	C Day 4	S Day 5	S Day 6	C Day 7
S Day 8	S Day 9	S Day 10	C Day 11	S Day 12	S Day 13	S Day 14
Morning Shake Day 15	Morning Shake Day 16	Morning Shake Day 17	Morning Shake Day 18	Morning Shake Day 19	Morning Shake Day 20	Morning Shake Day 21