



FAT BURNING

Need to lose some weight? Want to lose from 10 to 250 pounds? Want a plan that gives you excellent results without totally disrupting your lifestyle?

- **What is the objective?** Simply stated, the objective is to release fat, forever! Rather than starving your body, you are cleansing the impurities and subsequently releasing the "protective" fat. Rather than weakening your body you are flooding it with high density, low calorie nutrition therefore strengthening your body.

- **What are the benefits?** First, this scorecard can be played over and over until you reach your goal. Second, with six shake days and one cleanse day each week, it fits into life! Plus:

- **Burn Fat**
- **Build Muscle**
- **Lose Inches in the Right Places**
- **Enjoy Reduced Cravings**
- **Gain Control Over Food**☐

- **What will my schedule be?**The 11 days are divided into two categories, cleanse days and shake days.

Shake Days - five or six per week (your choice):

Replace two meals with IsaLean Shakes (optional IsaLean Bar).

Take 1 Accelerator Capsule (on an empty stomach) in the morning and in the early afternoon.

Drink an ounce of Ionix Supreme each morning.

Eat an approved snack in mid morning and again in mid afternoon.

Eat one 400-600 calorie meal.

Take an IsaFlush capsule with water just before bed.

Cleanse Days - one or two per week (your choice):

Drink four servings of Cleanse for Life juice evenly spaced throughout the day (typically every 4 hours).

Take 1 Accelerator Capsule (on an empty stomach) in the morning and in early afternoon.

Drink an ounce of Ionix Supreme each morning.

In between each serving of Cleanse for Life, eat 1 to 2 Isagenix Snack wafers.

(Larger size or extremely active players may eat up to a total of 10 Isagenix Snacks throughout the day.)

Take an IsaFlush capsule with water just before bed.

The Perfect Cleanse Day Schedule.□□□

Adjust to your personal schedule. (wake up time, work time, etc.)

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7:00 a.m. Drink 4 oz. of Cleanse for Life and take an Accelerator.

9:00 a.m. Eat 1-2 Isagenix Snack wafers.

11:00 a.m. Drink 4 oz. of Cleanse for Life and take an Accelerator.

1:00 p.m. Eat 1-2 Isagenix Snack Wafers.

3:00 p.m. Drink 4 oz. of Cleanse for Life.

5:00 p.m. Eat 1-2 Isagenix Snack Wafers.

7:00 p.m. Drink 4 oz. of Cleanse for Life.