

# Larry's EZ Cleanse Day Schedule

## Checklist

- [ ] 7:00 a.m. - Ionix Supreme, 2 Product B, 2 IsaOmegas (optional)
- [ ] 8:00 a.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, IsaDelight (optional) or 1 Isagenix Snacks!, 1 Natural Accelerator
- [ ] 9:00 - 1 Isagenix Snacks!
- [ ] 10:00 a.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*
- [ ] 11:00 a.m. - 1 Isagenix Snacks!
- [ ] 12:00 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, IsaDelight (optional) or 1 Isagenix Snacks!, 1 Natural Accelerator
- [ ] 1:00 p.m. - 1 Isagenix Snacks!
- [ ] 1:30 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*
- [ ] 2:00 p.m. - 1 Isagenix Snacks!
- [ ] 3:00 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*
- [ ] 4:00 p.m. - 1 Isagenix Snacks!, e+ Energy Shot (optional)
- [ ] 4:30 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, IsaDelight (optional) or 1 Isagenix Snack!
- [ ] 5:00 p.m. - 1 Isagenix Snacks!
- [ ] 6:00 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, 1 Isagenix Snacks!
- [ ] 7:00 p.m. - 1 Isagenix Snacks!
- [ ] 7:30 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered, 16 ounces water\*
- [ ] 8:00 p.m. - 1 Isagenix Snacks!, 2 Product B (optional)
- [ ] 10:00 p.m. - 2 IsaFlush!
- [ ] 11:00 p.m. - Bedtime

\*Add IsaWater (optional) and drink water within 15 minutes

## Larry's EZ Cleanse Day Schedule Day 2

### Checklist

- [ ] 7:00 a.m. - Ionix Supreme, 2 Product B
- [ ] 8:00 a.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, IsaDelight (optional) or 1 Isagenix Snacks!, 1 Natural Accelerator
- [ ] 9:00 - 1 Isagenix Snacks!
- [ ] 10:00 a.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*
- [ ] 11:00 a.m. - 1 Isagenix Snacks!
- [ ] 12:00 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, IsaDelight (optional) or 1 Isagenix Snacks!, 1 Natural Accelerator
- [ ] 1:00 p.m. - 1 Isagenix Snacks!
- [ ] 1:30 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*
- [ ] 2:00 p.m. - 1 Isagenix Snacks!
- [ ] 3:00 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*
- [ ] 4:00 p.m. - 1 Isagenix Snacks!, e+ Energy Shot (optional)
- [ ] 4:30 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, IsaDelight (optional) or 1 Isagenix Snack!
- [ ] 5:00 p.m. - 1 Isagenix Snacks!
- [ ] 6:00 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*, 1 Isagenix Snacks!
- [ ] 7:00 p.m. - 1 Isagenix Snacks!
- [ ] 7:30 p.m. - 2 oz. Cleanse for Life Liquid or 1 scoop powdered CFL, 16 ounces water\*
- [ ] 8:00 p.m. - 1 Isagenix Snacks!, 2 Product B (optional)
- [ ] 10:00 p.m. - 2 IsaFlush!
- [ ] 11:00 p.m. - Bedtime

\*Add IsaWater (optional) and drink water within 15 minutes.