**Early Morning**

[ ] Drink 1 serving of Ionix Supreme

[ ] Drink 1-2 glasses of purified water

**Morning- Breakfast**

[ ] Enjoy an IsaLean or IsaLean Pro Shake

[ ] Take 1 Natural Accelerator capsule

[ ] Take 1 AM packet of Ageless Essentials with Product B

**Late Morning- Snack**

[ ] Optional: Choose one serving of a Shake Day snack

[ ] Drink 1-2 glasses of purified water

**Early Afternoon- Lunch**

[ ] Enjoy an IsaLean or IsaLean Pro Shake

[ ] Drink 1-2 glasses of purified water

**Mid Afternoon- Snack**

[ ] Optional: Choose one serving of a Shake Day snack

[ ] Take 1 Natural Accelerator capsule

[ ] Drink 1-2 glasses of purified water

**Evening- Dinner**

[ ] Eat a healthy ,low glycemic and balanced 400-600 calorie meal

[ ] Take 1 PM packet of Ageless Essentials with Product B

**Late Evening- Snack**

[ ] Take 1-2 IsaFlush capsules, as needed

*Shake Day Snack Options:*

* 2 Isagenix Snacks!
* 1 FiberSnacks
* 1 SlimCakes
* 1-2 IsaDelights Plus chocolates
* 1-2 servings of E+ or Want More Energy
* 6 unsalted almonds