

Ben KELLY'S BULKING UP

FOOD DIARY



Ben Kelly has achieved his best results ever thanks to Isagenix®! His energy and performance has skyrocketed and he's able to train harder, recover faster and build muscle while maintaining his body fat level. Ben has found the results are both physical and mental. As well as his amazing physical results he's also experienced improved mood and reduced stress.

Check out how Ben incorporates Isagenix into his diet.

MEAL 1

2 glasses of water, 30mls Ionix, 2 scoops IsaLean™ Shake and 1 scoop IsaPro™ blended with water and ice. (2 Natural Accelerator)

MEAL 2

1 cup brown rice, 200-250g tuna in olive oil. (1 IsaFlush™)

MEAL 3

1 cup of brown rice and 200g chicken breast.
or
200g chicken breast and veggies.

MEAL 4

1 IsaLean™ Bar, 1 banana

TRAINING 40 mins-1 hour before training.

MEAL 5

2 scoops IsaLean Shake and 1 scoop IsaPro blended with water and ice. Within 30 mins of training.

MEAL 6

2 scoops IsaLean Shake and 1 scoop of IsaPro blended with water and ice. (2 IsaFlush)

MEAL 7

5 tablespoons skim milk powder in 500ml skim milk blended. 30ml Ionix® Supreme. Immediately before bed.

As a snack try 6 almonds and a couple of teaspoons of organic peanut butter.

Cleanse Day every 3-4 weeks, plus a half day Cleanse Day every week with IsaDelight Plus™ and *Isagenix Snacks!*™.

Weight Loss Disclaimer: The weight-loss testimonials presented apply only to the individuals depicted, cannot be guaranteed and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 3.2 kilos during the first nine days of the Nutritional Cleansing Program.