

Gabi

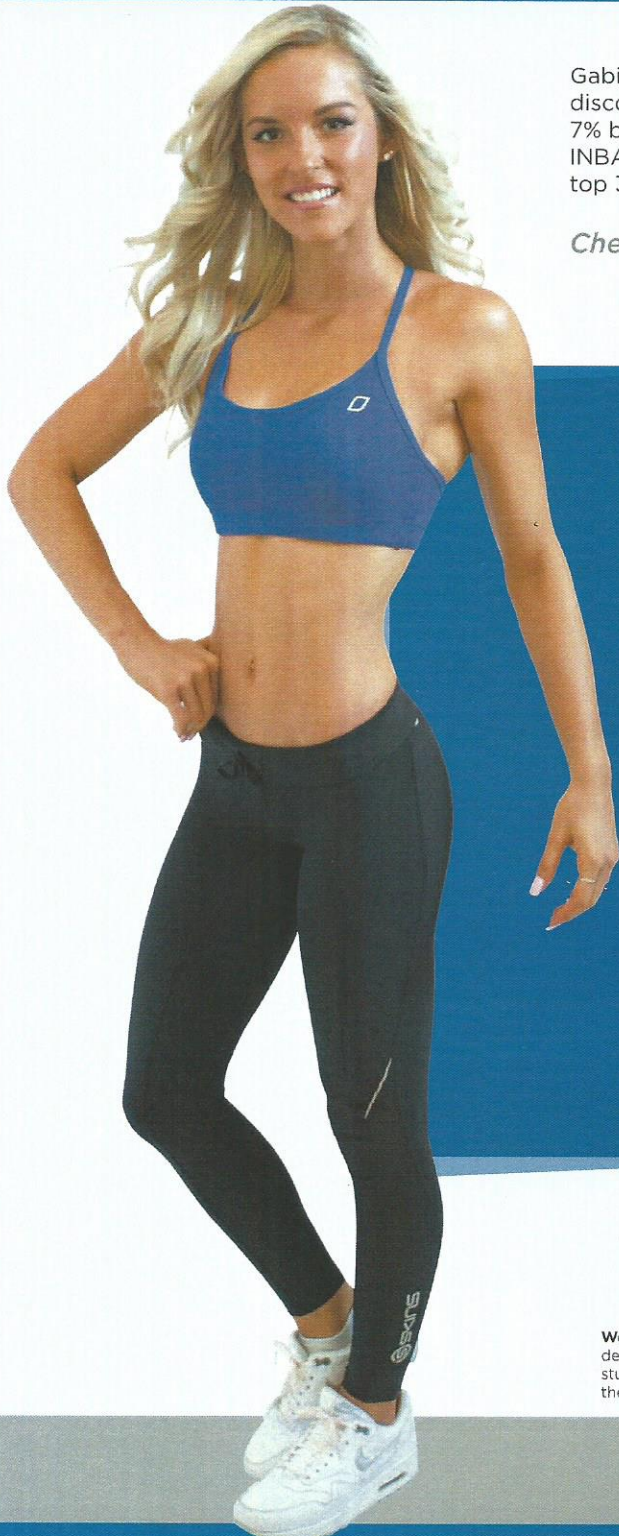
# WORRALL'S BIKINI MODEL

ISA ATHLETES

## FOOD DIARY

Gabi moved into the Bikini Category of figure sculpting after discovering Isagenix®. Since taking Isagenix she's released 7% body fat, gained 3 kg of lean muscle and came 6th in the INBA competition. Her goal now is to place in the top 3 in the Bikini Category of the Australasian Federation.

*Check out how she achieved her amazing results.*



### MEAL 1

30g rolled oats, 50g mixed berries, 20g IsaPro™ (2 Ageless Actives™ Tablets, 1 Essentials for Women™ Tablet)

### MEAL 2

3 single egg whites, 100g pumpkin, 2 single brocolini

### MEAL 3

IsaLean™ Shake and a handful of almonds

### MEAL 4

125g chicken breast/white fish, 150g green veggies (beans, bok choy, asparagus or broccoli) and 100g pumpkin

### MEAL 5

50g white fish, 60g greens and 1 small beetroot

### MEAL 6

100g chicken breast/white fish, 2 handfuls of spinach, 50g pumpkin and 3 asparagus spears

OR

IsaLean Shake (2 Ageless Actives Tablets, 1 Essentials for Women Tablet)

### TRAINING

20g IsaPro post workout and 5g BCAAs

**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.

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ISAGENIX®