

# Jana PITTMAN'S WEIGHT LOSS DIET

## FOOD DIARY



Jana Pittman, Olympic Athlete, five-time World Champion and four-time Commonwealth Champion knows the importance of nutrition when it comes to training. As a professional athlete she has followed many rigorous diets but it was when she was introduced to Isagenix she realised how easy and tasty maintaining her health and releasing weight really is.

*Check out how she achieved her amazing results.*

### PRE BREAKFAST:

Cleanse for Life™, Ionix® Supreme.  
(1 Natural Accelerator, 1 IsaFlush!™, 2 Essentials for Women™, 2 Product B™ & 2 Ageless Actives™)

### BREAKFAST:

IsaLean™ Shake with berries

### POST TRAINING:

IsaLean Shake (1 scoop + Vanilla IsaPro™) and apple

### LUNCH:

150g brown rice, tuna and veggies

### AFTERNOON TEA:

Slimcakes™, banana, almonds and Ionix Supreme

### DINNER:

Dips platter (vegies and lean meat with oatcakes and hummus)

### PRE BED:

Half an IsaLean Shake (sometimes with IsaPro too).  
(1 Natural Accelerator, 1 IsaFlush, 2 Essentials for Women, 2 Product B & 2 Ageless Actives)

HEAPS OF WATER, during training drink water with *Want More Energy?*™

### CLEANSE DAY:

Once a week for 3 months then once a month from then on.

**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.