

Neil BERRY'S ENDURANCE

FOOD DIARY

Neil has been a competitive runner for most of his life and since incorporating Isagenix into his diet he has found his running has had dramatic improvement. Neil has placed 10th in the Sydney City to Surf. Now he's aiming to constantly improve his times.

Check out how he achieved his amazing results.



BREAKFAST:

IsaLean™ Shake with IsaPro™ and some fruit (Ionix® Supreme, 2 Natural Accelerator™, IsaFlush!™, 2 Essentials for Men™, 2 Ageless Actives™)

MORNING SNACK:

IsaLean™ Bar Chocolate Decadence

LUNCH:

IsaLean™ Shake with a banana or some berries

AFTERNOON SNACK/POST TRAINING:

IsaLean Shake with IsaPro

DINNER:

Healthy and balanced dinner such as tomato-based sauce with very little meat and lots of veggies. (IsaFlush!™, 2 Essentials for Men™, 2 Ageless Actives™, 1 scoop of Cleanse for Life™ with water after dinner)

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.