

Susan Sly's Stubborn Weight Loss Program



Tips!

- If you are still hungry, add an extra half scoop of IsaPro to your shake.
- Exercise every day.
- Have a minimum of 7hrs sleep each night, this is vital to achieve optimum weight loss results.
- Prepare for Cleanse with 2 Pre-Shake Days.

Proteins

Chicken
Fish
Tofu
Egg Whites
Lean beef
Game meat
Tempeh

Vegetables

A variety of green leafy vegetables

Starches

(not to be consumed during evening meals)

Brown rice
Sweet potato
Baked potato
1pc Wholegrain bread
Spelt pasta
Whole grains

Day 1

Low-calorie Day (Super Cleanse)

- Drink 4 x 118mL servings of **Cleanse for Life** throughout the day.
- Drink a minimum 4 litres of purified water.
- Take **Want More Energy?** to keep your mineral levels up.
- Take 2 x **Natural Accelerators** – 1 in the morning, 1 in the afternoon.
- Take a minimum of 6 x **Snacks!** throughout the day, between cleanse drinks.
- Take 2 x **IsaFlush** at bedtime.
- Take 30ml of **Ionix Supreme** in the morning and afternoon.

Day 2

Medium-calorie Day

- Drink 70ml of purified water per kilo of body weight throughout day.
- Take 30ml of **Ionix Supreme** in the morning and afternoon.
- Take 1 x **Natural Accelerator** in the morning on an empty stomach and do 20-40 minutes of cardio exercise.

BREAKFAST

15-20 mins after **Ionix Supreme**, have a Shake: 1 scoop **Isalean Shake**, 1 scoop **IsaPro**, 250ml purified water and ice.

Take daily dose of **Essentials** and **Antioxidants**.

LUNCH/MEAL

Balanced meal of protein, vegetables and starch.

AFTERNOON

Between 2p.m. and 4p.m. have another **Natural Accelerator**.

DINNER

Shake (same balance as breakfast).

Take **IsaFlush** as needed.

Day 3

High-calorie Day

- Drink 70ml of purified water per kilo of body weight throughout day.
- Take 30ml of **Ionix Supreme** in the morning and afternoon.
- Take 1 x **Natural Accelerator** in the morning on an empty stomach and do 20-40 minutes of cardio exercise.

BREAKFAST

15-20mins after **Ionix Supreme**, have a Shake: 1 scoop **Isalean Shake**, 1 scoop **IsaPro**, 250ml purified water and ice.

Take daily dose of **Essentials** and **Antioxidants**.

LUNCH/MEAL

Balanced meal of protein, vegetables, and starch.

AFTERNOON

Between 2p.m. and 4p.m. have another **Natural Accelerator**.

Between 2p.m. and 4p.m. have another Shake (same balance as breakfast)

DINNER

Balanced meal of protein, vegetables and NO starch

Take **IsaFlush** as needed.

Day 4

Medium-calorie Day

- Drink 70ml of purified water per kilo of body weight throughout day.
- Take 30ml of **Ionix** in the morning and afternoon.
- Take 1 x **Natural Accelerator** in the morning on an empty stomach and do 20-40 minutes of cardio exercise.

BREAKFAST

15-20 mins after **Ionix Supreme**, have a Shake: 1 scoop **Isalean Shake**, 1 scoop **IsaPro**, 250ml purified water and ice.

Take daily dose of **Essentials** and **Antioxidants**.

LUNCH/MEAL

Balanced meal of protein, vegetables, and starch.

AFTERNOON

Between 2p.m. and 4p.m. have another **Natural Accelerator**.

DINNER

Shake (same balance as breakfast).

Take **IsaFlush** as needed.

Day 5

Medium-calorie Day

- Drink 70ml of purified water per kilo of body weight throughout day.
- Take 30ml of **Ionix Supreme** in the morning and afternoon.
- Take 1 x **Natural Accelerator** in the morning on an empty stomach and do 20-40 minutes of cardio exercise.

BREAKFAST

15-20mins after **Ionix Supreme**, have a Shake: 1 scoop **Isalean Shake**, 1 scoop **IsaPro**, 250ml purified water and ice.

Take daily dose of **Essentials** and **Antioxidants**.

LUNCH/MEAL

Balanced meal of protein, vegetables, and starch.

AFTERNOON

Between 2p.m. and 4p.m. have another **Natural Accelerator**.

DINNER

Shake (same balance as breakfast).

Take **IsaFlush** as needed.

Day 6

High-calorie Day

- Drink 70ml of purified water per kilo of body weight throughout day.
- Take 30ml of **Ionix Supreme** in the morning and afternoon.
- Take 1 x **Natural Accelerator** in the morning on an empty stomach and do 20-40 minutes of cardio exercise.

BREAKFAST

15-20mins after **Ionix Supreme**, have a Shake: 1 scoop **Isalean Shake**, 1 scoop **IsaPro**, 250ml purified water and ice.

Take daily dose of **Essentials** and **Antioxidants**.

LUNCH/MEAL

Balanced meal of protein, vegetables, and starch.

AFTERNOON

Between 2p.m. and 4p.m. have another **Natural Accelerator**.

Between 2p.m. and 4p.m. have another Shake (same balance as breakfast)

DINNER

After 4p.m. Cheat Meal – Eat whatever you would like within reason!

Take **IsaFlush** as needed.

Day 7

Medium-calorie Day

- Drink 70ml of purified water per kilo of body weight throughout day.
- Take 30ml of **Ionix Supreme** in the morning and afternoon.
- Take 1 x **Natural Accelerator** in the morning on an empty stomach and do 20-40 minutes of cardio exercise.

BREAKFAST

15-20mins after **Ionix Supreme**, have a Shake: 1 scoop **Isalean Shake**, 1 scoop **IsaPro**, 250ml purified water and ice.

Take daily dose of **Essentials** and **Antioxidants**.

LUNCH/MEAL

Balanced meal of protein, vegetables, and starch.

AFTERNOON

Between 2p.m. and 4p.m. have another **Natural Accelerator**.

DINNER

Shake (same balance as breakfast)

Take **IsaFlush** as needed.

SUSAN SLY

6 Star Executive, 7 Star Golden Circle is a Nutritional Consultant, Trainer and Success Coach. With over 15 years experience in the health and wellness industry she has been a Professor and guest lecturer teaching nutrition for several universities and colleges across North America. Susan is also passionate about sports, competing in track and field, decathlons, and Ironman championships.

