

# Shake Day Schedule

~ Meals should be spaced approx. 2.5 – 3hrs apart ~

If you're in fat burning mode, having your prepped meal at lunch will add results but do what is most important to you & your family. You can use your 2<sup>nd</sup> shake for lunch & have a 'normal' healthy dinner. This allows you to stay social & adjust your shakes around your work & personal life. NB: The evening before a cleanse, it is essential to have your dinner meal as a shake to allow your digestion to slow down & prepare your body for cleansing.

**The idea is to have Ionix, 2 shakes per day + 1 clean knife & fork meal + morning & afternoon snacks**

**\*\*adjust times according to when you wake up – TIMES ARE A GUIDELINE ONLY\*\***



07.30am	30ml <b>Ionix Supreme Liquid</b> on an empty stomach followed by or mixed with water OR 1 scoop <b>Ionix Supreme Powder</b> on an empty stomach diluted in a glass of water
08.00am	<b>BREAKFAST: IsaLean Shake or IsaLeanPro Shake</b> plus 1-2 <b>Natural Accelerator Capsule</b> **
10.30am	<b>MORNING SNACK:</b> A good sized snack should be the size of your fist. Don't skimp on snacks, make sure you fuel properly. Protein & Fibre, minimal sugar. Veggies, almonds and other nuts, eggs, salmon, tuna, ½ an apple, <b>Fibre snack, Whey Thins, Slim cake</b> or ½ <b>IsaLean Bar</b>
01.00pm	<b>LUNCH:</b> Healthy lunch (400 to 600 calories) and <b>1 Natural Accelerator Capsule</b>
3.30pm	<b>MID AFTERNOON SNACK:</b> Refer to Mid-Morning Snack
6.00pm	<b>DINNER: IsaLean Shake.</b> 2 level scoops, ice, water & mixed in your blender **
Bedtime	1 - 2 <b>IsaFlush Capsules</b>

**\*\* Take the IsaGenesis, Ageless Actives, Wo/men's Essentials & Omegas twice daily with your shake \*\***

**\*\*\* If you are experiencing higher levels of stress, anxiety, trouble sleeping or you've hit a weight loss plateau, try a second dose of Ionix Supreme in the afternoon or evening \*\*\***

- Make sure you drink plenty of **water**.
- You can drink **herbal tea** [preferably Organic]
- Coffee isn't recommended in your 1<sup>st</sup> 30 days, however reach for Organic if necessary.
- Blending the shakes with ice rather than just water gives a creamy consistency.
- If you ordered the President's Pak, the **IsaLean bars** can be used as snacks & extra fuel as required before workouts or during the day. [1/2 bar = Snack ~ 1 bar = Meal Replacement]
- Optional extras for Shake days: **IsaGreens, e+shots, Replenish & IsaDelights**.
- Include lean protein, starches or whole grains and vegetables in your lunch or dinner. Salad is not enough – if your body is not getting enough calories, your metabolism will slow down.
- With the shakes, it's nice to have variety. You can add a couple of berries, half a banana or a passionfruit etc. into your shakes from time to time to mix up the flavour as well. If weight loss is a priority, avoid adding fruit to your shakes until you have reached your goal weight.

## WORKING OUT:

- If you're active, make sure you adjust the schedule by adding more good fuel on board. Extra protein in your shakes and good high protein snacks.
- If you're adding IsaPro to your shakes for extra protein, use 1.5 scoops of IsaLean & 1 scoop of IsaPro, **OR** 2 scoops of IsaLean & .5 scoop of IsaPro depending on your protein needs.
- **OR** order IsaLean Pro Sachets \*\* Illustrated above
- On intensive training days you can have an extra shake or IsaLean bar for added fuel.

