

30-DAY RESET

WITH INCUBATED SHAKES AND
BONE BROTH



BEFORE YOU BEGIN:

Login to your account and set a reminder for your subscription

Download the IsaLife app and enter the IsaBody Challenge. You will take before photos and be able to record your measurements the charts below. Follow [@isabody](#) on IG for weekly prizes.

Accept the invitation to our private Facebook group, Fit Fabulous and Free, for support.

Go to welcometoisagenix.com for additional coaching resources.

Follow [@drjoshuaplant](#) and [@isagenix](#) on IG.

Find a couple of friends for accountability and use your affiliate links for rebates

MEASURE YOURSELF!

Measuring yourself is an important part of your journey towards success with weight loss. Many people only focus on what the scale tells them. When the scale doesn't move the way they want it to, they end up getting discouraged and ultimately fail. Measuring is important because it shows us that our body is moving in the right direction when the scale says otherwise. Many people do not realize that with the right nutrition and exercise, they are releasing the toxic fat weight from their bodies and replacing it with strong healthy muscle weight. They could be tricked into thinking they are at a weight loss plateau, when in fact they are actually getting smaller by replacing the fat weight with lean muscle weight. Measuring yourself once a week in each of these areas (at the same time of day) will help keep you motivated to continue pushing forward. The scale will make you fail!

MEASURE AND WIN!



- NECK
- UPPER ARM (L&R)
- CHEST (at armpit)
- CHEST (at nipple)
- DIAPHRAGM
- WAIST
- ABDOMEN
- BUTT
- UPPER THIGH (L&R)
- UPPER KNEE (L&R)
- CALF (L&R)



So you only lost one pound this week?

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www.facebook.com/InspiredByAnthony

Tracking My Progress



Calculate Your Body Mass Index (BMI)

BMI Before _____

Weight x 703 ÷ Height in inches ÷ Height in inches

BMI After _____

Example: BMI: Bob is 5'7" and weighs 155 pounds. Bob's BMI is 24.3 (155 x 703 ÷ 67 ÷ 67). Therefore, according to the chart, his weight status is normal.

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and Above	Obese

Use this chart to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process. Success breeds success.

Measurements	Start	Day 3	Day 10	Day 30
Neck				
Upper Arm (Left)				
Upper Arm (Right)				
Chest (men: at armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen 6" Below Waist				
Buttocks 9" Below Waist				
Upper Thigh (Left)				
Upper Thigh (Right)				
Calf (Left)				
Calf (Right)				
Upper Knee (Left)				
Upper Knee (Right)				
My Total Inches				
My Total Inches Lost	X			
My Weight				
My Weight Lost to Date	X			

WHAT'S IN YOUR PACKAGE:

IsaLean Pro Shakes



Cleanse for Life



Ionix Supreme



IsaFlush



Accelerator Pill



Bone Broth



SCHEDULE

**THERE ARE TWO OPTIONS
FOR THE MONTH**

**OPTION 1: SLOWER PACED,
CLEANSE 1 DAY A WEEK**

**OPTION 2: FASTER PACED,
CLEANSE 2 DAYS IN A ROW**

**OPTION 3: FOR MORE THAN 20
LBS. TO RELEASE, THERE ARE 2
EXTRA CLEANSE DAYS**

OPTION 1 MONTHLY SCHEDULE

MONTH <input type="text"/>						
YEAR <input type="text"/>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S	S	C	S	S	S	S
S	S	C	S	S	S	S
S	S	C	S	S	S	S
S	S	C	S	S	S	S
S	S					

S = shake day
C = cleanse day

OPTION 2 MONTHLY SCHEDULE

MONTH <input type="text"/>						
YEAR <input type="text"/>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S	S	C	C	S	S	S
S	S	C	C	S	S	S
S	S	S	S	S	S	S
S	S	S	S	S	S	S
S	S					

S = shake day
C = cleanse day

OPTION 3 MONTHLY SCHEDULE

MONTH <input type="text"/>						
YEAR <input type="text"/>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S	S	C	C	S	S	S
S	S	C	C	S	S	S
S	S	C	C	S	S	S
S	S	S	S	S	S	S
S	S					

S = shake day

C = cleanse day

***with extra cleanse bottle for accelerated weight loss for more than 20 lbs. to release**

SHAKE DAY PLANNER

MORNING

- Take 1 Accelerator pill
- Make your shake within first hour of waking
- Mix 2 scoops of shake powder, water, and ice OR incubate
- Drink 1 oz Ionix Supreme

LUNCH TIME

- Take 1 Accelerator pill

DURING THE REST OF THE DAY

- Make 2 small healthy meals of your choice between shakes
- Have your second shake within 2 hours of going to sleep at night
- Take 2 IsaFlush before bed

SOME TIPS:

- Drink up to half your body weight in water (in oz) daily
- Listen to your body, have healthy snacks when you are hungry rather than restricting
- Make your shake thick and delicious in a blender using ice and water. For a lighter shake, use your shaker bottle.

HOW TO INCUBATE YOUR SHAKE

1. Blend shake powder with water that is 100° F (check with thermometer, do not boil)
2. Remove lid and let sit for 45 minutes at room temperature
3. Put back in blender with ice and blend again to enjoy your cold shake

[Click here](#) to watch a video and learn more about shake incubation.

CLEANSE DAY PLANNER

9:00

1 Accelerator pill
4 oz Cleanse for Life liquid
(or 2 scoops of powder in water)
1 oz Ionix Supreme

10:30

1 packet bone broth
(mix in warm water)

12:00

4 oz Cleanse for Life liquid
(or 2 scoops of powder in water)
1 Accelerator pill

4:00

4 oz Cleanse for Life liquid
(or 2 scoops of powder in water)

5:30

1 packet bone broth
(mix in warm water)

7:00

4 oz Cleanse for Life liquid
(or 2 scoops of powder in water)
2 IsaFlush pills

HOW TO CLEANSE LIKE A PRO:

- **Drink tons of water throughout the day (at least one cup with each cleanse drink, plus more). The more you pee, the more toxins are released!**
- **Try to head to bed on the earlier side**
- **Light exercise or a brisk walk is recommended. Go a little easier than normal if you usually workout hard**
- **You can have black coffee, a small handful of celery, some apple slices, and decaf herbal tea during the day if you need**

PROTEIN PACING DIET TIPS

- Eat four to six protein-rich meals per day
- Eat your first meal within one hour of waking
- Evenly space your meals to every three hours
- Consume 20–40 grams (g) of protein at each meal
- Eat your last meal within two hours of going to sleep at night

HEALTHY SNACK IDEAS

Raw veggies and hummus

Low fat string cheese and an apple

Handful of raw salt almonds or cashews

Low fat cottage cheese

Baked apple chips

Plain yogurt with strawberries or granola

Half an avocado

2 hard boiled or scrambled eggs

Small veggie salad with light dressing

Skim milk or almond milk latte

An apple or celery and peanut butter

Sandwich thin with sliced turkey and cheese

Handful of cherry tomatoes

Baked zucchini or kale chips

Steamed edamame

Mandarin orange or tangerine

Oatmeal or overnight oats with chia seeds

Baked sweet potato fries

Lettuce wrap with ground turkey

BUILDING A BALANCED MEAL

For meal planning and recipes:

<https://isaproduct.com/recipes/>

VEGGIES

portion = 2 fists full

Roasted carrots, tossed salad, steamed broccoli, roasted zucchini, sautéed spinach, leafy greens, soup, stir fry

PROTEIN

portion = palm of your hand

Beans, legumes, chickpeas, chicken, grass-fed beef, tofu, fish, eggs

WHOLE GRAINS

portion = 1 fist full

Brown rice, quinoa, farro, whole wheat pasta, whole wheat tortilla, sweet potato, granola, oatmeal

HEALTHY FATS

portion = size of your thumb

Olive oil, avocado, nuts, seeds, raw nut butter