

GO CLEANSE

Timing Sheet for Pre-Cleanse Shake Days 1 & 2

The schedule below starts at 7:00AM and there are 1 ½ - 2 hour intervals where you will either drink and/or eat something. You can adjust this schedule to fit your daily routine. You want to eat or drink something every 1 ½ to 2 hours to keep your blood sugars balanced and decrease hunger cravings.

PRE CLEANSE - SHAKE DAY SCHEDULE						
Time Between	Time of Day	Action	Day 1		Day 2	
			Time Done	Water (oz)	Time Done	Water (oz)
Start Day	7:00AM	Breakfast: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired) / Drink 8-16 oz of water/ One Natural Accelerator Capsule				
2 hrs. Later	9:00AM	Snack: Drink 8-16 oz cold water / 4 unsalted dry roasted almonds				
1.5 hrs. Later	10:30AM	Snack: Drink 8-16 oz cold water / 4 unsalted dry roasted almonds				
2 hrs. Later	12:30PM	Lunch: Enjoy one regular meal of approximately 400-600 calories / Drink 8-16 oz of water / One Natural Accelerator capsule				
1.5 hrs. Later	2:00PM	Snack: Drink 8-16 oz cold water / 4 unsalted dry roasted almonds				
1.5 hrs. Later	3:30PM	Snack: Drink 8-16 oz cold water / 4 unsalted dry roasted almonds				
1.5 hrs. Later	5:00PM	Dinner: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired) / Drink 8-16 oz of water				
1.5 hrs. Later	6:30PM	Snack: Drink 8-16 oz cold water / 4 unsalted dry roasted almonds				
1.5 hrs. Later	8:00PM	Snack: Drink 8-16 oz cold water / 4 unsalted dry roasted almonds				

*** This Pre Cleanse Daily schedule is only to be used on Days 1 & 2 of the program. For all other Shake Days there is a Shake Day Schedule.***



Timing Sheet for Cleanse Days 3 & 4

The schedule below starts at 7:00AM and there are 1 ½ - 2 hour intervals where you will either drink and/or eat something. You can adjust this schedule to fit your daily routine. You want to eat or drink something every 1 ½ to 2 hours to keep your blood sugars balanced and decrease hunger cravings.

CLEANSE DAY SCHEDULE						
Time Between	Time of Day	Action	Day 3		Day 4	
			Time Done	Water (oz)	Time Done	Water (oz)
Start Day	7:00AM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16 oz cold water/ 1 Natural Accelerator capsule				
2 hrs. Later	9:00AM	1 Isagenix Snack / 8-16oz cold water / <i>"optional" two dry roasted unsalted almonds</i>				
1.5 hrs. Later	10:30AM	1 Isagenix Snack / 8-16oz cold water / <i>"optional" two dry roasted unsalted almonds</i>				
2 hrs. Later	12:30PM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16 oz cold water/ 1 Natural Accelerator capsule				
1.5 hrs. Later	2:00PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				
1.5 hrs. Later	3:30PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				
1.5 hrs. Later	5:00PM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16oz cold water				
1 hr. Later	6:00PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				
2 hrs. Later	8:00PM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16oz cold water				
1 hr. Later	9:30PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				

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Timing Sheet for Shake Days 5 & 6

The schedule below starts at 7:00AM and there are 1 ½ - 2 hour intervals where you will either drink and/or eat something. You can adjust this schedule to fit your daily routine. You want to eat or drink something every 1 ½ to 2 hours to keep your blood sugars balanced and decrease hunger cravings.

SHAKE DAY SCHEDULE						
Time Between	Time of Day	Action	Day 5		Day 6	
			Time Done	Water (oz)	Time Done	Water (oz)
Start Day	7:00AM	Breakfast: Drink 8-16 oz of water / Make your shake: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired) / One Natural Accelerator Capsule				
2 hrs. Later	9:00AM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	10:30AM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
2 hrs. Later	12:30PM	Lunch: One healthy meal of approximately 400-600 calories / Drink 8-16 oz of water / One Natural Accelerator capsule				
1.5 hrs. Later	2:00PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	3:30PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	5:00PM	Dinner: Drink 8-16 oz of water / Make your shake: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired)				
1.5 hrs. Later	6:30PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	8:00PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				

*** This Shake Day schedule is for Days 5, 6, 7, 8, & 9 of the program. ***

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Timing Sheet for Shake Days 7 & 8

The schedule below starts at 7:00AM and there are 1 ½ - 2 hour intervals where you will either drink and/or eat something. You can adjust this schedule to fit your daily routine. You want to eat or drink something every 1 ½ to 2 hours to keep your blood sugars balanced and decrease hunger cravings.

SHAKE DAY SCHEDULE						
Time Between	Time of Day	Action	Day 7		Day 8	
			Time Done	Water (oz)	Time Done	Water (oz)
Start Day	7:00AM	Breakfast: Drink 8-16 oz of water / Make your shake: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired) / One Natural Accelerator Capsule				
2 hrs. Later	9:00AM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	10:30AM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
2 hrs. Later	12:30PM	Lunch: One healthy meal of approximately 400-600 calories / Drink 8-16 oz of water / One Natural Accelerator capsule				
1.5 hrs. Later	2:00PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	3:30PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	5:00PM	Dinner: Drink 8-16 oz of water / Make your shake: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired)				
1.5 hrs. Later	6:30PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	8:00PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				

*** This Shake Day schedule is for Days 5, 6, 7, 8, & 9 of the program. ***

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Timing Sheet for Shake Day 9

The schedule below starts at 7:00AM and there are 1 ½ - 2 hour intervals where you will either drink and/or eat something. You can adjust this schedule to fit your daily routine. You want to eat or drink something every 1 ½ to 2 hours to keep your blood sugars balanced and decrease hunger cravings.

SHAKE DAY SCHEDULE						
Time Between	Time of Day	Action	Day 9			
			Time Done	Water (oz)		
Start Day	7:00AM	Breakfast: Drink 8-16 oz of water / Make your shake: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired) / One Natural Accelerator Capsule				
2 hrs. Later	9:00AM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	10:30AM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
2 hrs. Later	12:30PM	Lunch: One healthy meal of approximately 400-600 calories / Drink 8-16 oz of water / One Natural Accelerator capsule				
1.5 hrs. Later	2:00PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	3:30PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	5:00PM	Dinner: Drink 8-16 oz of water / Make your shake: 2 scoops of IsaLean Shake mixed with 8-10 oz of water (add ice if desired)				
1.5 hrs. Later	6:30PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				
1.5 hrs. Later	8:00PM	Snack: Drink 8-16 oz water. Have 1 Isagenix Snacks optional additional snack: 2 unsalted dry roasted almonds				

*** This Shake Day schedule is for Days 5, 6, 7, 8, & 9 of the program. ***



Timing Sheet for Cleanse Days 10 & 11

The schedule below starts at 7:00AM and there are 1 ½ - 2 hour intervals where you will either drink and/or eat something. You can adjust this schedule to fit your daily routine. You want to eat or drink something every 1 ½ to 2 hours to keep your blood sugars balanced and decrease hunger cravings.

CLEANSE DAY SCHEDULE						
Time Between	Time of Day	Action	Day 10		Day 11	
			Time Done	Water (oz)	Time Done	Water (oz)
Start Day	7:00AM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16 oz cold water/ 1 Natural Accelerator capsule				
2 hrs. Later	9:00AM	1 Isagenix Snack / 8-16oz cold water / <i>"optional" two dry roasted unsalted almonds</i>				
1.5 hrs. Later	10:30AM	1 Isagenix Snack / 8-16oz cold water / <i>"optional" two dry roasted unsalted almonds</i>				
2 hrs. Later	12:30PM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16 oz cold water/ 1 Natural Accelerator capsule				
1.5 hrs. Later	2:00PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				
1.5 hrs. Later	3:30PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				
1.5 hrs. Later	5:00PM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16oz cold water				
1 hr. Later	6:00PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				
2 hrs. Later	8:00PM	Cleanse for Life (2 Scoops with 4-8oz water or 4oz of the liquid) / Drink 8-16oz cold water				
1 hr. Later	9:30PM	1 Isagenix Snack / Drink 8-16oz cold water/ <i>"optional" two dry roasted unsalted almonds</i>				