

THE 'ALL-IN' 11-DAY CHALLENGE



*A GUIDE FOR EVERYTHING YOU
WILL NEED TO GET STARTED ON
YOUR HEALTH JOURNEY!*


BEFORE YOU BEGIN:



Login to your account and set a reminder for autoship (Lifestyle Rewards)



Take your before pictures and measurements




Enter the Isabody challenge via the Isalife app to track your results and receive \$200 of free product



Accept the invitation to our private Facebook group for additional support



Download the free IsaLife app to plan your start date and nutrition plan



Find a couple friends to join you in accountability and have the opportunity to get rebates back!



**PLAN OUT YOUR
SHORT-TERM & LONG-TERM
GOALS HERE**

You all have your own individual goals for these 11 days. There are a few different nutritional tracks to take depending on what products you ordered and what your goals are.

Athletes looking to improve performance will be using the AMPED products and following the athletic guide.

Individuals cleansing will be following the "Shake Day" and "Cleanse Day" trackers to complete 4 full cleanse days over the 11 days.

Individuals using the Everyday Health pack will not be cleansing and simply adding supplements into their daily routine based on our schedule.

SOME HEALTHY SNACK IDEAS

FOR EVERYONE

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

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

SHAKE DAY PLANNER

MORNING

1 Accelerator pill
1 scoop Ionix powder/1 oz liquid
Morning shake

LUNCH TIME

1 more Accelerator pill

DURING THE REST OF THE DAY

1 more shake
2 small healthy meals of your
choice between shakes
2 Isaf flush pills 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 best by blending 2 scoops of powder, 1 cup of water, and 5-6 ice cubes

CLEANSE DAY PLANNER

8AM

1 scoop Ionix powder/1 oz liquid
1 Accelerator pill

9AM

2 scoops Cleanse for Life powder in a big glass of water + ice

10AM

2 snack wafers or 1 Isadelight

NOON

2 scoops Cleanse for life in water + ice
1 more Accelerator pill

2PM

2 snack wafers or 1 Isadelight

4PM

2 scoops Cleanse for Life powder in a big glass of water + ice

5PM

2 snack wafers or 1 Isadelight

7PM

2 scoops Cleanse for Life powder in a big glass of water + ice

8PM

2 snack wafers or 1 Isadelight
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!
- You should have 8 snack wafers or 6 IsaDelight chocolates
- 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 raw almonds, celery, some apple slices, sparkling water, and decaf herbal tea during the day if you need
- Or, you can have a BEA, an E+ shot, or one bag of whey/harvest thins over the course of the day

CLEANSING TRACK FAQ

CAN I PREP MY SHAKES IN ADVANCE?

No, drink your shake within 10-15 minutes of making it due to the digestive enzymes.

WHAT IF I GET HUNGRY?

Make a healthy snack!

WHY DO I NEED ISA SNACK WAFERS?

They have healthy fats and carbs to support your blood sugar level while you fast. You should have 8 per cleanse day.

WHAT CAN I ADD TO MY SHAKES?

For those looking to lose weight, stick to just water and ice for now. You can also add cooking extracts. Later, you can add banana, cinnamon, powdered peanut butter, and black coffee.

CAN I WORKOUT WHILE CLEANSING?

Intense workouts like HIIT or weights are not recommended but a light workout is perfect! Yoga, a long walk or light jog, etc.



ADDITIONAL RESOURCES

HOW TO DO A CLEANSE DAY VIDEO

HOW TO ENTER THE FREE ISABODY CHALLENGE

GUIDE ON WHERE TO MEASURE YOUR BODY

WHY CLEANSE?

WHY START YOUR DAY WITH A SHAKE?

PLANT-BASED ISAGENIX PROTEIN EXPLAINED

ISAGENIX HEALTH ARTICLES

MORE HEALTHY MEAL IDEAS + RECIPES

QUALITY OF ISAGENIX PRODUCTS

THE WHOLE BLEND SHAKES EXPLAINED