

Transform Your Life - Cleanse Day Schedule

7:00 A.M. – 1-2 oz Ionix Supreme & 1-2 Isa Comfort or IsaFlush
8:00 A.M. – 4 oz Cleanse for life. Straight or mixed with 8 oz water
9:00 A.M. – 1 Isa Delight Chocolate or 4-5 Whey Thins Chips
10:00 A.M. – 2 Isa Chewables and 1 Natural Accelerator
11:00 A.M. - 4 oz Cleanse for life. Straight or mixed with 8 oz water
12:00 P.M. – 1 Isa Delight Chocolate or 4-5 Whey Thins Chips
1:00 P.M. – 2 Isa Chewables
2:00 P.M. – 4 oz Cleanse for Life. Straight or mixed with 8 oz water
3:00 P.M. – 1 Isa Delight Chocolate or 4-5 Whey Thins Chips
4:00 P.M. - 2 Isa Chewables and 1 Natural Accelerator
5:00 P.M. - 4 oz Cleanse for Life. Straight or mixed with 8 oz water
6:00 P.M. – 1 Isa Delight Chocolate (If needed)
7:00 P.M. – 2 Isa Chewables (if Needed)
8:00 P.M. – 1-2 IsaComfort or IsaFlush

Other products OK on Cleanse Days:

Isagenix Coffee – black no sweetener or milk products

T Chai – Isagenix Herbal Tea

E shots

Hydrate – If you are exercising on a Cleanse Day

Isa Greens

All Amped Products – If you are exercising on a Cleanse Day
(excluding Fuel)

You still want to watch your Calories on Cleanse Days. The items that are approved are not necessary, but ok if you need them.

Make Sure you drink LOTS of Water and more water and then some more water!!

Happy Cleansing!!