

ANZ 30-DAY CHALLENGE

SHAKE AND CLEANSE DAY SCHEDULES

SHAKE DAY



Image is an example only - Shake Days are customisable based on your preferences and goals.



BEFORE BREAKFAST

IONIX® SUPREME

1 serving

BREAKFAST

ISALEAN® SHAKE

NATURAL ACCELERATOR™

1 capsule

MIDMORNING

OPTIONAL SNACK

(200 calories or less)

LUNCH

ISALEAN SHAKE OR
400-TO-600-CALORIE MEAL

NATURAL ACCELERATOR

1 capsule (optional)

MIDAFTERNOON

OPTIONAL SNACK

(200 calories or less)

DINNER

ISALEAN SHAKE OR
400-TO-600-CALORIE MEAL

BEFORE BED

ISAFLUSH®

1-2 capsules

PRO TIPS: If you're exercising regularly or work in a labour-intensive job, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro® to your favorite IsaLean Shake. Extra protein can help keep you satisfied for longer. There are many ways to customise Shake Days and Cleanse Days. Remember, these are just guidelines!

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SHAKE AND CLEANSE DAY SCHEDULES

CLEANSE DAY



Image is an example only - Cleanse Days are customisable based on your preferences and goals.



EARLY MORNING

IONIX® SUPREME

1 serving

MORNING

CLEANSE FOR LIFE®

120mL liquid or 2 scoops powder

CLEANSE DAY

APPROVED SNACK

(See Cleanse Credits on Page 8)

NATURAL ACCELERATOR

1 capsule

MIDMORNING

CLEANSE DAY

APPROVED SNACK

(See Cleanse Credits on Page 8)



MIDDAY

CLEANSE FOR LIFE

120mL liquid or 2 scoops powder

CLEANSE DAY

APPROVED SNACK

(See Cleanse Credits on Page 8)

NATURAL ACCELERATOR

1 capsule (optional)

MIDAFTERNOON

CLEANSE FOR LIFE

120mL liquid or 2 scoops powder

CLEANSE DAY

APPROVED SNACK

(See Cleanse Credits on Page 8)



EVENING

CLEANSE FOR LIFE

120mL liquid or 2 scoops powder

CLEANSE DAY

APPROVED SNACK

(See Cleanse Credits on Page 8)

BEFORE BED

ISAFUSH®

1-2 capsules