



## 30 Day Program

Cleanse Options: **Liquid** (4oz. with 4-8oz water) **Powder** (2 scoops with 4-8oz water).

### Cleanse Days (Once A Week)

8:00 Cleanse & Accelerator Capsule  
10:00 2 Isagenix Snacks  
12:00 Cleanse  
2:00 2 Isagenix Snacks  
4:00 Cleanse & Accelerator Capsule  
6:00 2 Isagenix Snacks  
8:00 Cleanse

### Shake Days (6 Days A Week)

8:00 Shake & Accelerator Capsule  
10:00 2-4 almonds or raw vegetables  
12:00 Meal (400-600 calories) make healthy choices  
2:00 2-4 Almonds  
4:00 2-4 almonds or raw vegetables  
6:00 Shake & Accelerator Capsule  
8:00 2-4 almonds or raw vegetables

Every Day: Ionix Supreme (1 oz. Liquid or 1 scoop Powder with 6oz water)

Every Day: 2 - 4 IsaFlush as needed

### Additional Optional Snacks (All Days)

Raw Vegetables (avoid starchy vegetables i.e. carrots and corn), unsalted Almonds

**\*You Must Drink ½ Your Body Weight in Ounces of Water EVERYDAY\***

To reinforce the information you have received, you have privilege to a website to set you up for success.

*[www.nutritionalrebalancing.com](http://www.nutritionalrebalancing.com)*

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