

# Shake & Cleanse Pak Planner

*Step-by-Step Guide*

*"With Isagenix I feel fitter and healthier than ever before."*

*Joanne Bob  
2012 IsaBody Challenge®  
People's Choice Award  
Total Weight Loss // 30 kilos\**

Real Isagenix product user.  
Not a paid model.



*Create Your Path to Success*

*Plan Your Shake & Deep Cleanse Days*



“The Shake & Cleanse Pak is an absolute staple in our family! With this Pak we know we’re getting the nutrition our bodies need. We wouldn’t go without it!”

IVETA LOTT

1 Star Silver Circle, Crystal Director



Shake & Cleanse Pak pictured

## Your Path to Success

*For best results, follow the steps below*

- 1. Use the Shake & Cleanse planner (page 3)** to remind you when to take each product. Print additional copies (IsaProductAU.com) of the planner and use this tool to support your success.
- 2. Success loves company** — so be sure to enlist an accountability partner or Isagenix coach like your sponsor, spouse, friend or co-worker. Have this person join you in your transformation or have them offer you daily support by providing encouragement, tracking your progress and keeping you focused. You can also get free daily advice (ANZ.IsaDiary.com) and helpful tips from the Personal Coaching section of IsaProductAU.com.
- 3. Buy healthy foods and plan great tasting healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home including caffeinated soft drinks and coffee, foods with artificial sweeteners and colouring, and junk food. See [swapit.gov.au](http://swapit.gov.au) for helpful tips.

## Shake & Cleanse Pak

**YOUR SHAKE & CLEANSE PAK CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:**

**(2) Cleanse for Life™ Natural Rich Berry Powder**

Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body’s natural ability to remove impurities.

**(2) Isalean™ Shake: Chocolate or Vanilla**

Lose or maintain your weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.

**POPULAR ADD-ONS TO THE SHAKE & CLEANSE PAK:**



**(1) Ionix® Supreme: Powder**

Beat stress and increase mental and physical performance naturally with this powerful adaptogen-rich tonic.\*



**(1) Isagenix Snacks!™: Chocolate**

Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates, and healthy fats.



**(1) IsaDelight Plus™: Dark Chocolate**

Power-packed, delicious dark chocolate that improves mood, curbs cravings and helps increase energy.



**(1) SlimCakes™**

Tasty, low-calorie, nutritionally-packed snacks that support heart and digestive health.



**(1) IsaFlush!™**

Stay regular and soothe intestinal discomfort with natural herbs and minerals.

\* The weight loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 3.2 kilos during the first 9 days of the 30-Day Nutritional Cleansing Program.

# Shake & Cleanse Pak Planner



## Morning (1 hr before Breakfast)

Mix 1 well-rounded scoop of Cleanse for Life™ powder with 60-120mL of purified water.

## Breakfast

Mix 2 scoops of IsaLean™ Shake with 240mL of purified water and ice. Drink 30mL of Ionix®\*\* Supreme liquid or mix 1 scoop of Ionix Supreme powder with 60-120mL of water to boost energy and relieve stress.



## Mid-Morning Snack

Pick 1 option from the 'Sensible Snack Ideas' to curb cravings.

## Lunch

Eat a healthy, low-glycemic and balanced 400-600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yogurt.



## Mid-Afternoon Snack

Pick 1 option from the 'Sensible Snack Ideas' to curb cravings.

## Dinner

Eat a healthy, low-glycemic and balanced 400-600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yogurt.



## Water

Drink 8 glasses of purified water each day. For an added boost add *Want More Energy?*™\*\*



## Sensible Snack Ideas

- 6 almonds (unsalted, raw)
- 1 apple
- 1 IsaDelight Plus™\*\*
- 1 serving SlimCakes™\*\*
- 1 serving FibreSnacks!™\*\*

\*These Isagenix products are not included in the Body Balance Program and must be purchased separately.

Use these tips and resources to help you along the way...

## IsaProductAU.com

This easy-to-navigate site contains everything you need to know about the products in your Shake & Cleanse Pak. You'll also have access to product information sheets and fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

## Autoship Rewards

Ensure you always have your Shake & Cleanse Pak right at your fingertips and at a great price! When you enrol on Autoship, our convenient, automatic shipping service, you can get 10% off your pak versus purchasing it individually at wholesale. For more details, visit the 'Library' section of your Back Office.

# Your Success is Our Success!

THAT'S WHY WE HAVE DEVELOPED A COLLECTION OF RESOURCES TO HELP YOU ALONG THE WAY TO A HEALTHIER, MORE ENERGETIC LIFESTYLE.

## **Education:** ISAPRODUCTAU.COM

This easy-to-navigate site contains everything you need to know about the products in your Shake & Cleanse Pak. You'll also have access to product information sheets, videos, fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

## **Inspiration:** ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix® transforms lives.

## **Motivation:** ANZ.ISADIARY.COM

Get the most out of Nutritional Cleansing with free, daily advice and motivation.

## **News:** ANZ.ISAFYI.COM

All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are now in one place online!

## **Science:** ISAGENIXHEALTH.NET

Learn more about the science behind our products, FAQs and more!

## **Training:** ISAGENIXPODCAST.COM

Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio or even listen in to the recorded calls from one place.

## **Coaching:** CONFERENCE CALLS

Check out daily and weekly programs that coach, inspire and motivate. Visit ANZ.IsaFYI/calls for more information.

## **Community:** SOCIAL MEDIA

At Isagenix, we've long recognised social networking — or what we like to call 'social entrepreneurship' — as a revolutionary way of doing business. IsaGeeks.com, and our Facebook.com/IsagenixAustraliaNewZealand, Twitter.com/IsagenixANZ and YouTube.com/IsagenixANZ sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.

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“*The Shake and Cleanse Program is a fantastic maintenance program. It cleanses the body of impurities while the shake floods it with quality nutrients. I clean my teeth everyday, and shower every day so why not do the same with my body. A clean body means the nutrients will be better absorbed.*”

**Dawn Schoonmaker**

3 Star Golden Circle  
1 Star Crystal Executive



## Do you want to learn how to get your next Shake & Cleanse Pak Pak for free?

- Do you have friends or family that would benefit by using the Shake & Cleanse Pak?
- Do you want to keep losing weight or feel healthier for life?
- Do you want to earn a part-time income (holidays, car payments, mortgages) or even a full-time income?

**Go to ANZ.IsagenixBusiness.com or talk with your sponsor to learn more about the Isagenix Opportunity!**