







































# PLAN HEBDOMADAIRE DE RÉINITIALISATION SUR 30 JOURS

Suivez vos Progrès




















## Dimanche

<u>Matin</u>	<u>Fin de Matinée</u>	<u>Après-Midi</u>	<u>Soirée + Avant le Coucher</u>
 +  Shake + Natural Accelerator™	 +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	 Shake	 +  400-600 Calorie Meal + IsaFlush®
<u>L'eau</u>		<u>Exercice</u>	
       	   	8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	2,500 pas 2,500 pas 2,500 pas 2,500 pas

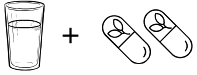
## Lundi

<u>Matin</u>	<u>Fin de Matinée</u>	<u>Après-Midi</u>	<u>Soirée + Avant le Coucher</u>
 +  Shake + Natural Accelerator™	 +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	 Shake	 +  400-600 Calorie Meal + IsaFlush®
<u>L'eau</u>		<u>Exercice</u>	
       	   	8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	2,500 pas 2,500 pas 2,500 pas 2,500 pas

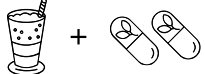
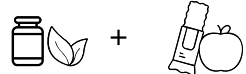

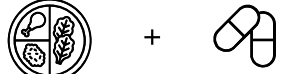
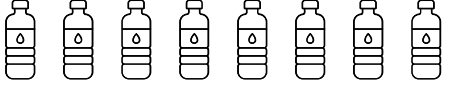

## Mardi

<u>Matin</u>	<u>Fin de Matinée</u>	<u>Après-Midi</u>	<u>Soirée + Avant le Coucher</u>
 +  Shake + Natural Accelerator™	 +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	 Shake	 +  400-600 Calorie Meal + IsaFlush®
<u>L'eau</u>		<u>Exercice</u>	
       	   	8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	2,500 pas 2,500 pas 2,500 pas 2,500 pas

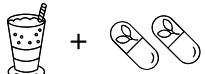
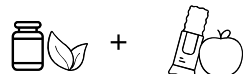




# Mercredi - Jour de Nettoyage

<p><b>Matin</b></p>  <p>Cleanse for Life® + Natural Accelerator™</p>	<p><b>Fin de Matinée</b></p>  <p>Cleanse for Life® + Adaptogen Elixir™ or Ionix® Supreme</p>	<p><b>Après-Midi</b></p>  <p>Cleanse for Life® + Snack Bites</p>	<p><b>Soirée + Avant le Coucher</b></p>  <p>Cleanse for Life® + Snack Bites + IsaFlush®</p>
<p><b>L'eau</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercice</b></p>  <p>2,500 pas 2,500 pas 2,500 pas 2,500 pas</p>	

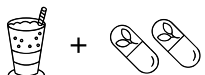
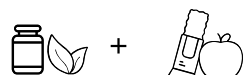

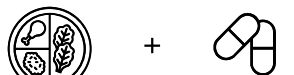


# Juedi

<p><b>Matin</b></p>  <p>Shake + Natural Accelerator™</p>	<p><b>Fin de Matinée</b></p>  <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	<p><b>Après-Midi</b></p>  <p>Shake</p>	<p><b>Soirée + Avant le Coucher</b></p>  <p>400-600 Calorie Meal + IsaFlush®</p>
<p><b>L'eau</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercice</b></p>  <p>2,500 pas 2,500 pas 2,500 pas 2,500 pas</p>	

# Vendredi

<p><b>Matin</b></p>  <p>Shake + Natural Accelerator™</p>	<p><b>Fin de Matinée</b></p>  <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	<p><b>Après-Midi</b></p>  <p>Shake</p>	<p><b>Soirée + Avant le Coucher</b></p>  <p>400-600 Calorie Meal + IsaFlush®</p>
<p><b>L'eau</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercice</b></p>  <p>2,500 pas 2,500 pas 2,500 pas 2,500 pas</p>	

# Samedi

<p><b>Matin</b></p>  <p>Shake + Natural Accelerator™</p>	<p><b>Fin de Matinée</b></p>  <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	<p><b>Après-Midi</b></p>  <p>Shake</p>	<p><b>Soirée + Avant le Coucher</b></p>  <p>400-600 Calorie Meal + IsaFlush®</p>
<p><b>L'eau</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercice</b></p>  <p>2,500 pas 2,500 pas 2,500 pas 2,500 pas</p>	