







































# 30-DAY RESET WEEKLY PLAN

Track your Progress




















## Sunday

<b>Morning</b>  +  Shake + Natural Accelerator™	<b>Late Morning</b>  +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	<b>Afternoon</b>  Shake	<b>Evening + Before Bed</b>  +  400-600 Calorie Meal + IsaFlush®
<b>Water</b>         8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz		<b>Exercise</b>     2,500 steps 2,500 steps 2,500 steps 2,500 steps	

## Monday

<b>Morning</b>  +  Shake + Natural Accelerator™	<b>Late Morning</b>  +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	<b>Afternoon</b>  Shake	<b>Evening + Before Bed</b>  +  400-600 Calorie Meal + IsaFlush®
<b>Water</b>         8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz		<b>Exercise</b>     2,500 steps 2,500 steps 2,500 steps 2,500 steps	

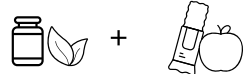
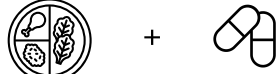

## Tuesday

<b>Morning</b>  +  Shake + Natural Accelerator™	<b>Late Morning</b>  +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	<b>Afternoon</b>  Shake	<b>Evening + Before Bed</b>  +  400-600 Calorie Meal + IsaFlush®
<b>Water</b>         8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz		<b>Exercise</b>     2,500 steps 2,500 steps 2,500 steps 2,500 steps	

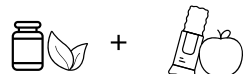




# Wednesday - Cleanse Day

<p><b>Morning</b></p>  <p>Cleanse for Life® + Natural Accelerator™</p>	<p><b>Late Morning</b></p>  <p>Cleanse for Life® + Adaptogen Elixir™ or Ionix® Supreme</p>	<p><b>Afternoon</b></p>  <p>Cleanse for Life® + Snack Bites</p>	<p><b>Evening + Before Bed</b></p>  <p>Cleanse for Life® + Snack Bites + IsaFlush®</p>
<p><b>Water</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercise</b></p>  <p>2,500 steps 2,500 steps 2,500 steps 2,500 steps</p>	

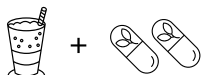
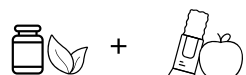

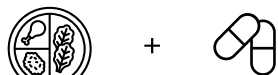


# Thursday

<p><b>Morning</b></p>  <p>Shake + Natural Accelerator™</p>	<p><b>Late Morning</b></p>  <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	<p><b>Afternoon</b></p>  <p>Shake</p>	<p><b>Evening + Before Bed</b></p>  <p>400-600 Calorie Meal + IsaFlush®</p>
<p><b>Water</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercise</b></p>  <p>2,500 steps 2,500 steps 2,500 steps 2,500 steps</p>	

# Friday

<p><b>Morning</b></p>  <p>Shake + Natural Accelerator™</p>	<p><b>Late Morning</b></p>  <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	<p><b>Afternoon</b></p>  <p>Shake</p>	<p><b>Evening + Before Bed</b></p>  <p>400-600 Calorie Meal + IsaFlush®</p>
<p><b>Water</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercise</b></p>  <p>2,500 steps 2,500 steps 2,500 steps 2,500 steps</p>	

# Saturday

<p><b>Morning</b></p>  <p>Shake + Natural Accelerator™</p>	<p><b>Late Morning</b></p>  <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	<p><b>Afternoon</b></p>  <p>Shake</p>	<p><b>Evening + Before Bed</b></p>  <p>400-600 Calorie Meal + IsaFlush®</p>
<p><b>Water</b></p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p><b>Exercise</b></p>  <p>2,500 steps 2,500 steps 2,500 steps 2,500 steps</p>	