







































30-DÍAS RESET PLAN SEMANAL

Realiza un Seguimiento de tu Progreso




















Domingo

Mañana  +  Shake + Natural Accelerator™	Tarde en la Mañana  +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	Tarde  Shake	Noche + Antes de Dormir  +  400-600 Calorie Meal + IsaFlush®
Agua         8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz		Ejercicio     2,500 pasos 2,500 pasos 2,500 pasos 2,500 pasos	


Lunes

Mañana  +  Shake + Natural Accelerator™	Tarde en la Mañana  +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	Tarde  Shake	Noche + Antes de Dormir  +  400-600 Calorie Meal + IsaFlush®
Agua         8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz		Ejercicio     2,500 pasos 2,500 pasos 2,500 pasos 2,500 pasos	

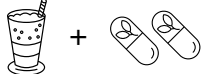
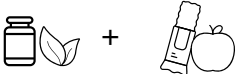

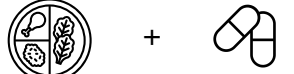
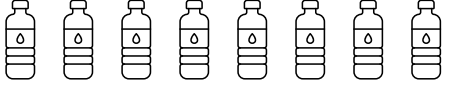

Martes

Mañana  +  Shake + Natural Accelerator™	Tarde en la Mañana  +  Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack	Tarde  Shake	Noche + Antes de Dormir  +  400-600 Calorie Meal + IsaFlush®
Agua         8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz		Ejercicio     2,500 pasos 2,500 pasos 2,500 pasos 2,500 pasos	

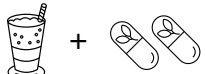





Miércoles - Día de Limpieza

<u>Mañana</u>	<u>Tarde en la Mañana</u>	<u>Tarde</u>	<u>Noche + Antes de Dormir</u>
 <p>Cleanse for Life® + Natural Accelerator™</p>	 <p>Cleanse for Life® + Adaptogen Elixir™ or Ionix® Supreme</p>	 <p>Cleanse for Life® + Snack Bites</p>	 <p>Cleanse for Life® + Snack Bites + IsaFlush®</p>
<p>Agua</p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p>Ejercicio</p>  <p>2,500 pasos 2,500 pasos 2,500 pasos 2,500 pasos</p>	

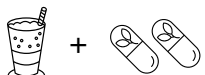
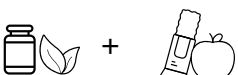

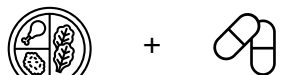


Jueves

<u>Mañana</u>	<u>Tarde en la Mañana</u>	<u>Tarde</u>	<u>Noche + Antes de Dormir</u>
 <p>Shake + Natural Accelerator™</p>	 <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	 <p>Shake</p>	 <p>400-600 Calorie Meal + IsaFlush®</p>
<p>Agua</p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p>Ejercicio</p>  <p>2,500 pasos 2,500 pasos 2,500 pasos 2,500 pasos</p>	

Viernes

<u>Mañana</u>	<u>Tarde en la Mañana</u>	<u>Tarde</u>	<u>Noche + Antes de Dormir</u>
 <p>Shake + Natural Accelerator™</p>	 <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	 <p>Shake</p>	 <p>400-600 Calorie Meal + IsaFlush®</p>
<p>Agua</p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p>Ejercicio</p>  <p>2,500 pasos 2,500 pasos 2,500 pasos 2,500 pasos</p>	

Sábado

<u>Mañana</u>	<u>Tarde en la Mañana</u>	<u>Tarde</u>	<u>Noche + Antes de Dormir</u>
 <p>Shake + Natural Accelerator™</p>	 <p>Adaptogen Elixir™ or Ionix® Supreme + Optional 100-200 Calorie Snack</p>	 <p>Shake</p>	 <p>400-600 Calorie Meal + IsaFlush®</p>
<p>Agua</p>  <p>8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz</p>		<p>Ejercicio</p>  <p>2,500 pasos 2,500 pasos 2,500 pasos 2,500 pasos</p>	