

WEIGHT LOSS Solutions



A SIMPLE GUIDE TO A BETTER YOU



Follow these simple steps to get your Isagenix journey off to the strongest start and make this your **healthy change for life!**

Download the IsaLife™ app*

This app will become your new accountability partner! Track your progress, get access to a free workout programme, plan your meals and order new products straight from the app*.

Set your goals

Join the IsaBody Challenge so you can be supported by our amazing community whilst in pursuit of your goals – plus you'll win £150 / €165 in free products!

Celebrate your achievements

Make sure you take photos and measurements to remind yourself of how far you've come – it's not always just the scale that shows your progress. Share your results with us on our social channels!

Maintain your results

We're sure once you experience the power of these products, you won't want to stop using them even after you've reached your goals! All you have to do is adapt your plan – you'll learn all about how to do that in this guide.

*IsaLife App available in the UK, Ireland, Spain, The Netherlands and Belgium.

At **Isagenix** we want to help you lose weight in a way that's sustainable,

building lifelong habits that help you to keep the weight off for good. The chances are you have enough products to see you through 30 days of our programme. But it doesn't stop there! Keep going until you reach your goal, and then these healthy habits will help you to maintain your weight long term.

When you're planning your meals and snacks outside of Isagenix products, try to avoid thinking of it as a 'diet'. Our bodies need energy, so it's important that we're eating enough to help us lose weight and stay healthy.

Whenever you're planning a meal, remember the three key components:

Protein: like poultry, lentils, eggs, fish, beans or tofu.

Carbohydrates: like potatoes with their skins on, brown or wild rice or quinoa.

Vegetables: aim for a variety, and don't forget they can be fresh, frozen, or canned.

You don't have to ban your favourite foods, stop eating at your favourite restaurants, or miss mealtimes with family. Just make sure everything is in line with your goals and you have a healthy balance throughout the week. You can do that by logging everything on the IsaLife App! And if you do fall off track, get straight back on it at the next opportunity – don't put it off until Monday!



“I was always the guy in the background hiding from the camera, but now I finally feel like I’m out of that tunnel. In my time with Isagenix, I’ve lost over 8 stone, I’ve got my health back and it’s given me ambition! For me it’s been nothing short of life changing!”

Jon Bridges
Customer since 2017
Challenges completed: 7
Total weight loss: 50kg

Before

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Shake Days

In this section you'll find a guide for how to plan your Shake Days. We recommend planning out how you can tweak the guide so it fits into your busy life and allows you to continue to enjoy meals with family and friends.

If your goal is to lose weight...

We recommend one well-balanced meal (between 400-600 calories) and replace the other two meals with IsaLean Shakes. Feel free to also include a couple of snacks (around 100-150 calories each), and don't forget your other supplements too! One Thermo GX Capsule with breakfast and another with lunch, 1-2 IsaMove capsules before bed, and Ionix Supreme at whichever time of day you prefer – some enjoy it in the morning, others in the evening.

If you want to stay healthy or maintain your weight loss...

Shake Days are easily adapted depending on what you want to achieve. You can choose between one or two IsaLean Shakes per day depending on what's convenient, and depending on how active you are you may need to add a few extra calories to your day. This could be by adding some other ingredients to your IsaLean Shake (e.g. fruits, oats, IsaPro) or having a few extra calories in your snacks and meals.



Use our handy **IsaLife™ app*** to keep track of your meals and snacks throughout the day!

*IsaLife App available in the UK, Ireland, Spain, The Netherlands and Belgium.

Shake Day Schedule

example

Before Breakfast

Ionix Supreme —30ml serving.

Breakfast

IsaLean Shake + 1 scoop Isagenix Greens.
Thermo GX — 1 capsule.

Mid-Morning

See Snack Options.

Lunch

IsaLean Shake.
Thermo GX — 1 capsule.

Mid-Afternoon

See Snack Options.

Dinner

400-600 Calorie Meal.

Before Bed

IsaMove — 1 capsule.

Snack Options

- 1 bag of Whey Thins or Harvest Thins.
- ½ IsaLean Bar.
- 1 e-Shot.
- 1 AMPED Hydrate.
- 4-6 Isagenix Snacks.
- 1 piece of fruit.



Cleanse Days

First, let's talk about why we should cleanse. Most people know that's a job for our liver, but our livers weren't designed with an industrial world in mind. We're exposed to pollutants in the air, water, food, and even in our home. Though we try hard to reduce exposure to toxins and pollutants, we can't escape them all. To help us stay healthy, Isagenix created Cleanse Days, our form of intermittent fasting (which we've been doing long before it became trendy!).

Isagenix created an easier way to fast. You'll drink Nourish for Life four times during the day to maintain energy and focus. Then choose from several tasty snack options to help you out. And remember to always drink plenty of water. Did someone say chocolate? That's right! You can even satisfy your sweet tooth on a Cleanse Day...as long as it's an IsaDelight™!

3 ways to Cleanse

1. Single Cleanse Day

You'll fast for the whole day, with 4 servings of Nourish for Life and your chosen snacks. We recommend up to 4 of these per month.

2. Double Cleanse Day

You'll do two back-to-back Cleanse Days, repeating the exact same schedule for a single Cleanse Day...only twice! We recommend up to 2 of these per month.

3. Daily Cleansing

Instead of fasting for the whole day, drink one serving of Nourish for Life daily (59ml / 1 scoop mixed with 60-120ml water) – either first thing in the morning or before bed. This is the perfect solution if you're not ready for your first Cleanse Day or if Cleanse Days aren't for you.



Intermittent fasting is well known for its benefits for weight loss, but it's also a great way to maintain your weight loss long term and stay healthy. You can always reduce the number of Cleanse Days you're doing per month – maybe every second week or a double Cleanse Day per month, it's up to you.



Cleanse Day Schedule example

Before Breakfast

Ionix Supreme — 30ml Serving.

Breakfast

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water.
Thermo GX — 1 Capsule.

Lunch

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water.

Mid-Afternoon

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water.

Evening

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water.
IsaMove — 1-2 Capsules.

Snack Options

4-6 Isagenix Snacks throughout the day.

Choose up to 2 snacks a day

(1 mid-morning and 1 early evening) from the options below:

- 1-2 IsaDelight.
- ¼ apple or pear.
- 1 AMPED Hydrate.
- 1 e-Shot.
- 1 bag of Whey Thins or Harvest Thins throughout the day.
- 1 serving Isagenix Greens.

Top Tips For Cleanse Days

1. Start with shake days

Make sure you plan at least two Shake Days before your first Cleanse Day.

2. Rely on your tools

Cleanse Days aren't about going without, it's about nourishing your body with small amounts throughout the day. The snacks are there to support you!

3. Listen to your body

As you're consuming fewer calories on a Cleanse Day, you may feel more tired than usual. Take it easy, make sure you're well hydrated, and have a Cleanse Day snack.

4. Have an early night

Going to bed earlier on Cleanse Days can help to avoid any urges for late night snacking.

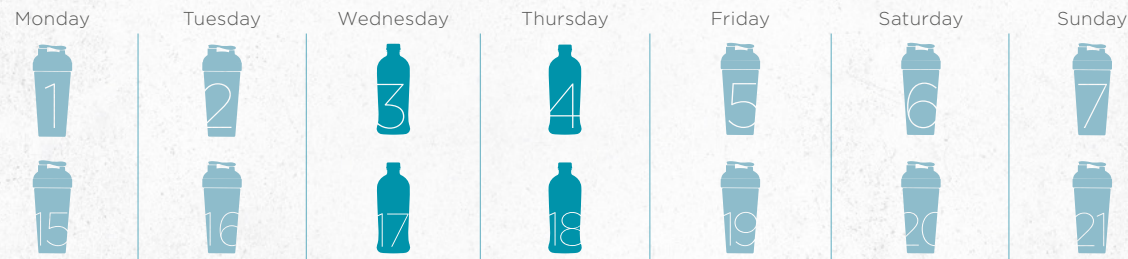
Are you ready to get started?

Your monthly system might look like one of these...

SINGLE CLEANSE DAY



BACK-TO-BACK CLEANSE DAY



Frequently asked questions

I'm nervous to start! How can I keep myself on track?

The first step is to decide what you want to achieve, and then join the IsaBody Challenge to keep yourself accountable. You'll be part of a large and global community who are on the same journey and supporting one another. Head to IsaBodyChallenge.com to find out more!

What should I expect during the first few days of my journey?

As with anything, it'll take a few days to adjust to your new programme so be patient and listen to your body, knowing that you're nourishing yourself with good nutrition. If you follow your system as recommended, you'll begin to see results and feel the difference.

If I feel tired or have a headache, should I continue my system?

These are often a sign that something isn't right – make sure you're staying properly hydrated and eating enough throughout the day. If your symptoms continue, please consult your doctor.

Can I exercise on my Cleanse Days?

You can still be active on your Cleanse Days, but as you're consuming very few calories it's best this is very light activity – like walking or gentle yoga. Don't forget to rely on products like AMPED Hydrate, IsaDelights and Isagenix Snacks to help you get through the day.

How can I get creative with my IsaLean Shakes?

Easy! Try adding fresh fruit, spices like cinnamon or ginger, or Isagenix products like AMPED Hydrate. Just keep in mind that customising your IsaLean Shake can mean increasing the calories.

Since I started, I've been gradually increasing my workouts. Should I eat more if I'm hungry?

This is music to our ears! Yes, if you're hungry that's your body asking for more fuel. You could add ingredients like IsaPro, oats, fruits, or nut butters to your IsaLean Shake, or you could have some extra snacks.

Can I continue using the Weight Loss System after I have reached my weight loss goal?

Absolutely! This is a great way to help you to maintain your results. We recommend continuing with at least one IsaLean Shake per day (they make a great on-the-go breakfast!) and doing a couple of Cleanse Days each month too!



ISABODY CHALLENGE®

You've already got the tools to lose weight, the IsaBody Challenge is here to help you achieve it! For 16 weeks you'll use the Isagenix products to reach your goals whilst being supported by an amazing community, and you'll even get a £150 / €165 product coupon and a t-shirt just for completing it!

Are you ready for the Challenge?
Register through your Back Office or the IsaLife App*.



*IsaLife App available in the UK, Ireland, Spain, The Netherlands and Belgium.



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I was a busy nurse doing long shifts with zero energy, but thanks to Isagenix, I'm now healthier than ever and full of energy again! The best thing is that it's a lifestyle change, not a diet, so I can have sustainable results all year round! My health has completely transformed thanks to Isagenix and the IsaBody Challenge!”

Lara Eastwood

Customer since 2017
Challenges completed: 4
Total weight lost: 2kg

ISABODY
CHALLENGE®

Day in my life...

Breakfast: 60ml of Nourish for Life, an IsaLean Shake and 1 Thermo GX.

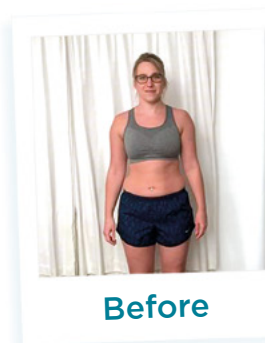
Mid-morning: IsaDelight Dark Chocolate.

Lunch: IsaLean Shake plus 1 Thermo GX.

Mid-afternoon: Harvest or Whey Thins and an e-Shot.

Dinner: 600 calorie balanced meal with carbohydrates such as sweet potatoes or quinoa, mixed veg or salad with half an avocado, and a lean protein such as chicken breast, turkey breast or salmon.

Before bed: 30ml shot of Ionix Supreme and 2 IsaMove.



Before



ISAGENIX[®]
THE ART OF WELLBEING[™]