

Step 1 - Walk The Cleanser Through Their Box

Value Pack Includes:

4 canisters/boxes of shakes

2 canisters/bottles of Cleanse For Life

1 canister or 32 oz. of Ionix Supreme

Isaflush

Natural Accelerator

Isa Snacks

Isadelights

Isalean Bars

e+ shots; 6 count

Isa Blender

Essential Vitamins with Product B

Isagenix Greens

1 box whey thins

1 \$75 event coupon

2 \$25 friends and family enrollment certificates

1 \$25 product coupon

Welcome Kit with Tape Measure

Standard 30-Day Program Includes:

4 canisters/boxes of shakes

2 canisters/bottles of Cleanse For Life

1 canister or 32 oz. of Ionix Supreme

Isaflush

Natural Accelerator

Isa Snacks

Isadelights

Sample pack shaker

4 Sticks of Hydrate

Welcome kit with tape measure/chart

Premium Pack Includes:

4 canisters/boxes of shakes

2 canisters/bottles of Cleanse For Life

1 canister or 32 oz. of Ionix Supreme

Isaflush

Natural Accelerator

Isa Snacks

Isadelights

Isalean Bars

e+ shots; 6 count

Isa Blender

1 box whey thins

1 \$25 event coupon

Welcome Kit with Tape Measure

Use the chart and tape measure provided to take your measurements prior to starting your program. You will also want to weigh yourself and take your “before” pictures. This will help you track your progress as you continue through the program.

Step 2 - Print out The Cleanser's Essentials

1. [30 Day Sheet](#): Cheat sheet to get you set up on shake days. Includes calendar for shake days and cleanse days
2. [Food Shopping List](#): Provides a list of foods that are okay to eat during a 30-day program and foods that are not okay. Only Isagenix Coffee and fruit from approved list
3. [Cleanse Day Schedule](#): Walks you through hour-by-hour what you are doing on a cleanse day.

Step 3 - Shake Day Walkthrough

The night BEFORE you begin your program take:

2 Isaflush with 8 oz. of water

Then first thing in the morning take:

1 oz (or scoop, if you have the powder) of Ionix Supreme

Next take:

1 Natural Accelerator + Shake (2 scoops+8 oz of water)

Must drink shake within 20 minutes of mixing. There are active enzymes that aid with digestion, so don't put it in the freezer, forget about it, or drink half now and half later.

Lunch: Shake OR Healthy balanced meal + 1 Natural Accelerator

Dinner: Shake OR Healthy balanced meal (opposite of what you did for lunch)

Right before bed, take:

2 Isaflush with 8 oz of water

Value Pack cleansers will take their AM vitamins with breakfast and their PM vitamins with dinner. Also, they will add Isagenix greens to either their first water bottle of the day, or their first shake of the day.

Step 4 - Snacks Walkthrough

Use your discretion when it comes to snacking.

Snacks are NOT mini-meals. If you require a mid-morning or mid-afternoon snack, there are many options- just be sure you are not snacking all day long.

Examples: Celery, cucumbers, half an Isalean Bar, a whole fiber snack, 6 raw almonds, 2 hard-boiled eggs, or slices of green apples are the easiest options

Step 5 - Healthy Balanced Meal Walkthrough

Healthy balanced meals are **400-600 calories** and include a lean protein, vegetable, and side dish.

Lean proteins include chicken, turkey, and fish. **Side dishes** include whole grains such as brown rice, sweet potatoes, and quinoa.

The important thing to remember is to eat as close to the earth as possible- nothing white, nothing processed, nothing refined.

If you are ever unsure, refer to the food shopping list or check with your coach.

You want to stay away from **peas, carrots** and **corn** because they are **high in sugar**. **Same goes for fruits**.

Alcohol is not allowed on the 30-day program as it will interfere with your results. Naturally caffeinated tea is approved. Isagenix coffee is approved.

Step 6 - Water Intake Walkthrough

You will require drinking **128** ounces of water each day. The easiest way to do this is to use a **32oz** bottle and drink **four** of those each day at room temperature. Your water intake will make or break your results, so start early.

Step 7 - Isadelights and Eshots Walkthrough

You will require **16** Isadelights for your cleanse days, but the other 14 can be used as snacks throughout your program. So, put the **16** aside. Eshots are best saved for your cleanse days, but can be taken anytime you are looking for a quick energy boost. You can have up to **2** Eshots a day.

Step 8 - 30 Day Schedule and Maintenance Walkthrough

Your first **five** days will be **shake days**, followed by **two cleanse days**.

You will then do five more shake days, followed again by two more cleanse days. You will finish out the rest of the 30 days with shake days and repeat the process again until you have reached your goal. Once you have hit your goal, you will work with your coach to develop a maintenance system that works for you.

Step 9 - Cleanse Day Schedule Walkthrough

WALK THROUGH THE DAY BEFORE THE PERSON WILL CLEANSE.

There is very little thinking required for cleanse days. The entire day is mapped out hour-by hour.

You should not be snacking on cleanse days with the exception of the Isasnacks, Isadelights and whey thins as indicated on the Cleanse Day Schedule.

Most cleansers feel tons of energy on their cleanse days, but if you are experiencing headaches or any similar symptoms, you want to work through them as best as possible without changing the cleanse day schedule too much. Peppermint oil and peppermint tea can usually help with those symptoms until the body has adapted to the new lifestyle and the symptoms disappear.

The reason each cleanse lasts 48 hours is because the first day gets into the sugar in the body, and the second day attacks the visceral fat.

Step 10 - Healthy Mind Body Walkthrough

Show each individual where they can get additional support by utilizing the Healthy Mind Body program that Isagenix Offers through their Back Office under the Resources Tab

BEFORE YOU GET OFF THE PHONE:

“Are you a little curious to see how you can make the \$150-\$450 I mentioned on our previous call? I’m obligated to show you how Isagenix’s referral program works.”

DRAW OUT YOU SHARE THEY SHARE EVEN IF THEY SAY THEY’RE NOT INTERESTED

~They don’t know what they don’t know