

Accelerated 30 DAY PROGRAM

Please contact your coach **BEFORE** you start to discuss your plan for the program and how to continue after the accelerated start. *For optimal results, consider doing 2 additional cleanse days on Days 17 and 18.*

You will be invited to our private Facebook Coaching Page – “HHF Cleanse Support Page”!

If you have blood sugar issues and want to cleanse, please speak to your coach for program options before you begin

Before you begin the program:

1. Weigh yourself and record your weight
2. Take your measurements
3. Take before pictures, front and side views

Some products have liquid and powder formulations – the instructions will vary depending on which formulation you are using.

- **Deep Cleanse Instructions:** Liquid (mix 4oz of cleanse with 8oz water) *or* Powder (mix 2 scoops with 8oz water)
- **Shake Instructions:** Canister (mix 2 scoops in 8oz of water) *or* Packets (mix 1 packet in 8oz of water), add ice if desired. Shake or Blend for no more the 20 seconds. Drink within 10 minutes.

*****You may drink ½ your body weight in ounces of water*****

Shake Days:	(Day 1-2, 5-9)	Comments
8am	Ionix Supreme	1-2oz shot or 1 scoop in 4-6 oz of water
	Shake	See instructions on page 1
	1 Natural Accelerator Capsule	
	AM Vitamin Pak	Only if taking the vitamins
10am	Snacks, if hungry	See snack list below
	12 oz water	
12pm	400-600 calorie meal	See Approved Foods List
	12 oz water	
2pm	2 Isagenix Snack Wafers	
	12 oz water	
4pm	Snacks, if hungry	See snack list below
	12 oz water	
	1 Natural Accelerator Capsule	
6pm	Shake	See instructions on page 1
	PM Vitamin Pak	Only if taking the vitamins
8pm	Snacks, if hungry	
	12 oz water	
8:30-9pm	2 Isaflush Capsules	

Shake Day Snack Options:

- Organic celery, cucumber or peppers
- 6 Unsalted Raw almonds
- Small green salad
- Organic hard boiled egg whites
- 1 tsp raw almond butter
- ½ a shake
- ½ Isalean bar
- 1 Isagenix Fiber Snack
- 1 Isagenix Slim Cake
- 1-2 Isadelights
- Isagenix Whey Thins
- 2 additional Isagenix snack wafers
- 1 -2 Isagenix e+ Shots
- 1-2 servings of Isagenix Amped Hydrate
- Isagenix Coffee

Cleanse Days:	(Days 3, 4, 10, 11)	Comments
8am	Ionix Supreme	1-2oz shot or 1 scoop in 4-6 oz of water; Wait 5-10mins in between Ionix Supreme and Cleanse Drink
	Cleanse Drink	Deep Cleanse Instructions on page 1
	AM Vitamin Pak	Only if taking vitamins
10am	2 Isagenix Snack Wafers	
	1 Natural Accelerator Capsule	
	12 oz water	
12pm	Cleanse Drink	Deep Cleanse Instructions on page 1
2pm	2 Isagenix Snack Wafers	
	1 Natural Accelerator Capsule	
	12 oz water	
4pm	Cleanse Drink	Deep Cleanse Instructions on page 1
6pm	2 Isagenix Snack Wafers	
	12 oz water	
	PM Vitamin Pak	Only if taking vitamins
8pm	Cleanse Drink	Deep Cleanse Instructions on page 1
8:30-9pm	2 Isaflush Capsules	

On cleanse days, if needed you may also have:

- Up to 6 IsaDelight Chocolates, 1-2 at a time
- A small amount of organic celery
- 2 additional Isagenix Snacks
- For a boost of energy or to maintain blood sugar have ¼ organic apple or pear
- 1-2 Isagenix e+ Shots, if exercising
- Isagenix Coffee
- Isagenix Whey Thins
- ISA Greens
- ISA Fruits