

# JILL'S EATING SCHEDULE

**UPON ARISING:** 8 oz. Water (ISA-WATER is recommended)  
1 oz IONIX, 1 Accelerator capsule

(Go work out or walk but wait at least 30 min or longer before having your shake)

**8:00 AM:** SHAKE (1 scoop Vanilla IsaPro/1 scoop Isalean, 1 scoop Isagenix Greens!, 1 scoop IsaFruits, 1 scoop Fiberpro with 8 oz. water/ice. You can also add 1 scoop Want More Energy? drink powder if you would like.)  
AM Packet Ageless Essential Vitamins and Product B

**10:00 AM:** 3-4 Isagenix Snacks with 8 oz. Water

**12:00 PM:** LUNCH, 400- 600 calories (Healthy Food, see list)  
8 oz Water (you can eat all of these calories at once or spread them throughout the day)

**3:00 PM:** 3-4 Isagenix Snacks  
with 8 oz. Water  
PM packet Ageless Essential Vitamins and Product B  
1 Accelerator capsule

**6:00 PM:** SHAKE, 1 scoop Vanilla IsaPro/1 scoop Isalean with 8 oz. water/Ice. I even add nutmeg and cinnamon (optional)

**BEDTIME** (at least 3 hrs after shake):  
4 oz or 2 scoops Cleanse Juice either every night or every other night.  
2 capsules of Isaflush

\*\*\*DRINK WATER BETWEEN SCHEDULED TIMES\*\*\*  
You get to drink 1 gal per day!!! ISA-WATER IS A MUST!

Start doing full day cleanses when your body and your mind is ready for it!!!  
There is nothing like a full cleanse day!!