

The Everyday Health Pack



How to incorporate your Isagenix products into your daily lifestyle to achieve your goals and become your healthiest self!

What's Inside Your Pack



- **28 superfood smoothies**
- **"Ionix Supreme" herbal tonic for stress relief**
- **"Cleanse for Life" nightly detox drink**
- **Five piece sample pack**
- **Isagenix shaker bottle**

The Daily Schedule

BEFORE BREAKFAST

Ionix Supreme
1 Serving + 8 oz of water



BREAKFAST

Superfood Smoothie
2 scoops powder, 1 cup water + ice

MID-MORNING

Optional Snack
(200 calories or less)



LUNCH

400-600 Calorie Meal

MID-AFTERNOON SNACK

Optional Snack
(200 calories or less)



DINNER

400-600 calorie meal

3 HOURS LATER

2 oz liquid or 2 scoops powder
Cleanse for Life + 8 oz water



BEFORE BED

8 oz of water

Frequently Asked Questions

How do I make my shake?

We recommend blending 2 scoops of powder with about a cup of water and 5-6 ice cubes, depending on how thick you like your shake. More water will make it thinner, and more ice will make it thicker.

Can I prep my shakes in advance?

No, you'll want to make your shake in the morning right before you drink it.

What are the benefits of Ionix Supreme?

EVERYTHING! Ionix Supreme is an herbal tonic tea that naturally balances your stress levels, reduces inflammation, strengthens your immune system, boosts your libido, and handles discomfort in the body. You can get it in liquid or powder form, and you can drink it iced or warm.

What are the benefits of Cleanse for Life?

Cleanse for Life supports your body's natural detoxifying systems and rids your cells of unwanted toxins and fat. The aloe vera base is soothing to the GI tract. You can get it in liquid or powder form, and you can drink it iced or warm.

Tips to Build a Balanced Meal

VEGGIES

portion = 2 fists full

Roasted carrots, tossed salad, steamed broccoli, roasted zucchini, sautéed spinach, leafy greens, soup, stir fry

PROTEIN

portion = palm of your hand

Beans, legumes, chickpeas, chicken, grass-fed beef, tofu, fish, eggs

WHOLE GRAINS

portion = 1 fist full

Brown rice, quinoa, farro, whole wheat pasta, whole wheat tortilla, sweet potato, granola, oatmeal

HEALTHY FATS

portion = size of your thumb

Olive oil, avocado, nuts, seeds, raw nut butter

[CLICK HERE](#) for more healthy recipe ideas!

Some Healthy Snack Ideas

Raw veggies and hummus

Low fat string cheese and an apple

Handful of raw salt almonds or cashews

Low fat cottage cheese

Baked apple chips

Plain yogurt with strawberries or granola

Half an avocado

2 hard boiled or scrambled eggs

Small veggie salad with light dressing

Skim milk or almond milk latte

An apple or celery and peanut butter

Sandwich thin with sliced turkey and cheese

Handful of cherry tomatoes

Baked zucchini or kale chips

Steamed edamame

Mandarin orange or tangerine

Oatmeal or overnight oats with chia seeds

Baked sweet potato fries

Lettuce wrap with ground turkey