

Isagenix 30 day with cleanse day built in

Day 1

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	35 240	10 grams Isagenix AMPED Hydrate (Juicy Orange) 60 grams Isagenix IsaLean Shake (Creamy French Vanilla)			
Meal Totals:		Calories: 275	Carbs: 33g (48%)	Protein: 24g (35%)	Fat: 5g (16%)	Fluid: 8oz
Snack	10:00 AM	21 49 120	1/4 cups BLUEBERRY, RAW 1/2 tablespoons ALMOND BUTTER, NATURAL 1/2 muffin ENGLISH MUFFIN, BROWN RICE			
Meal Totals:		Calories: 190	Carbs: 28g (57%)	Protein: 3g (6%)	Fat: 8g (37%)	Fluid: 2oz
Lunch	12:00 PM	240 45	61 grams Isagenix IsaLean Shake (Creamy Dutch Chocolate) 2 tablespoons PB2 Powder			
Meal Totals:		Calories: 285	Carbs: 29g (38%)	Protein: 29g (38%)	Fat: 8g (24%)	Fluid: 0oz
Snack	3:00 PM	18 140	6 serving Asparagus (1 Spear) 3 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
Meal Totals:		Calories: 158	Carbs: 4g (10%)	Protein: 28g (72%)	Fat: 3g (17%)	Fluid: 2oz
Dinner	6:00 PM	251 38 66 0	SAGE & GARLIC ROASTED CHICKEN (PALEO) (1 Servings) 1 dash Pepper, Black, Ground 1 tablespoons Olive Oil 1 teaspoons Garlic Powder 1 teaspoons Sage, Ground 4 oz Chicken, Breast W/o Skin, Raw 1 cups SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED 1 cups MUSHROOM, BOILED, DRAINED 1 cups WATER, DRINKING WATER, TAP			
Meal Totals:		Calories: 355	Carbs: 24g (25%)	Protein: 34g (35%)	Fat: 17g (40%)	Fluid: 26oz
Snack	8:00 PM	150 0 28 34	2 oz Hummus (classic) 1 cups WATER, DRINKING WATER, TAP 1 cups TOMATO, CHERRY, RED, RIPE, RAW 2 large EGG WHITE, CHICKEN, RAW			
Meal Totals:		Calories: 212	Carbs: 15g (29%)	Protein: 12g (23%)	Fat: 11g (48%)	Fluid: 17oz
Day 1 Totals:		Calories: 1475	Carbs: 133g (35%)	Protein: 130g (34%)	Fat: 52g (31%)	Fluid: 55oz

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Day 2

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	240 35	60 grams Isagenix IsaLean Shake (Creamy French Vanilla) 10 grams Isagenix AMPED Hydrate (Juicy Orange)			
Meal Totals:		Calories: 275	Carbs: 33g (48%)	Protein: 24g (35%)	Fat: 5g (16%)	Fluid: 8oz
Snack	10:00 AM	95 18 100	1 tablespoons All natural almond butter 1/4 oz TURKEY JERKY, PREMIUM CUT 182 grams 1 Small Apple			
Meal Totals:		Calories: 213	Carbs: 30g (55%)	Protein: 7g (13%)	Fat: 8g (33%)	Fluid: 0oz
Lunch	12:00 PM	0 110 231	1 cups WATER, DRINKING WATER, TAP 2 1/2 cups Spaghetti Squash ITALIAN SPICED TURKEY MEATBALLS (4 Servings) 2 1/2 tablespoons Parmesan Cheese, Shredded 6 grams Garlic Clove, 1 Fresh 3 tablespoons Sundried Tomatoes 1/4 teaspoons Salt, Iodized 1/4 teaspoons Black Pepper, Ground 1 teaspoons Red Pepper Flakes, McCormick 1 teaspoons Garlic Powder 1 teaspoons Parsley Flakes, Ground 2 teaspoons Basil, Dried 1 teaspoons Thyme, Dried 1 pounds Jennie-o Extra Lean Ground Turkey			
Meal Totals:		Calories: 341	Carbs: 30g (35%)	Protein: 40g (47%)	Fat: 7g (18%)	Fluid: 8oz
Snack	3:00 PM	146 78 0	1 1/2 tablespoons ALMOND BUTTER, NATURAL 1 large EGG, CHICKEN, HARD-BOILED 1 cups WATER, DRINKING WATER, TAP			
Meal Totals:		Calories: 224	Carbs: 6g (10%)	Protein: 12g (21%)	Fat: 18g (69%)	Fluid: 10oz
Dinner	6:00 PM	30 240	10 grams Isagenix Greens 60 grams Isagenix IsaLean Shake (Creamy French Vanilla)			
Meal Totals:		Calories: 270	Carbs: 29g (43%)	Protein: 25g (37%)	Fat: 6g (20%)	Fluid: 0oz
Snack	8:00 PM	0 48 13 70	1 cups WATER, DRINKING WATER, TAP 99 grams 3 EGG WHITES (BOILED) 1/2 cups cherry tomatos 56 grams 365 Every Day Value Organic Oven Roasted Turkey Breast (1 svg (4 slices)			
Meal Totals:		Calories: 131	Carbs: 3g (10%)	Protein: 24g (76%)	Fat: 2g (14%)	Fluid: 8oz
Day 2 Totals:		Calories: 1454	Carbs: 131g (36%)	Protein: 132g (36%)	Fat: 46g (28%)	Fluid: 34oz

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Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	240 35	60 grams Isagenix IsaLean Shake (Creamy French Vanilla) 10 grams Isagenix AMPED Hydrate (Juicy Orange)			
Meal Totals:		Calories: 275	Carbs: 33g (48%)	Protein: 24g (35%)	Fat: 5g (16%)	Fluid: 8oz
Snack	10:00 AM	98 120	1 tablespoons ALMOND BUTTER, NATURAL 1/2 muffin ENGLISH MUFFIN, BROWN RICE			
Meal Totals:		Calories: 218	Carbs: 24g (41%)	Protein: 5g (9%)	Fat: 13g (50%)	Fluid: 0oz
Lunch	12:00 PM	240 30	60 grams Isagenix IsaLean Shake (Creamy French Vanilla) 10 grams Isagenix Greens			
Meal Totals:		Calories: 270	Carbs: 29g (43%)	Protein: 25g (37%)	Fat: 6g (20%)	Fluid: 0oz
Snack	3:00 PM	48	99 grams 3 EGG WHITES (BOILED)			
Meal Totals:		Calories: 48	Carbs: 0g (0%)	Protein: 12g (100%)	Fat: 0g (0%)	Fluid: 0oz
Dinner	6:00 PM	83 0 350	1/2 cups YAM, BOILED & DRAINED OR BAKED 1 cups WATER, DRINKING WATER, TAP KALE SALAD WITH CHICKEN (PALEO) (1 Servings) 4 oz Chicken Breast, Boneless, Raw, Meat Only 1 dash Pepper, Black, Ground 1 tablespoons Lemon Juice 1 tablespoons Olive Oil 3 cups Kale, Raw			
Meal Totals:		Calories: 433	Carbs: 41g (37%)	Protein: 34g (31%)	Fat: 16g (32%)	Fluid: 19oz
Snack	8:00 PM	140 0 50	3 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY 1 cups WATER, DRINKING WATER, TAP 21 grams Mozzarella Cheese Stick, Low Fat			
Meal Totals:		Calories: 190	Carbs: 0g (0%)	Protein: 32g (70%)	Fat: 6g (30%)	Fluid: 10oz
Day 3 Totals:		Calories: 1434	Carbs: 127g (35%)	Protein: 132g (36%)	Fat: 46g (29%)	Fluid: 37oz

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Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	35 240	10 grams Isagenix AMPED Hydrate (Juicy Orange) 60 grams Isagenix IsaLean Shake (Creamy French Vanilla)			
Meal Totals:		Calories: 275	Carbs: 33g (48%)	Protein: 24g (35%)	Fat: 5g (16%)	Fluid: 8oz
Snack	10:00 AM	72 150	1 cups Organic baby carrots 2 oz Hummus (classic)			
Meal Totals:		Calories: 222	Carbs: 25g (45%)	Protein: 6g (11%)	Fat: 11g (44%)	Fluid: 0oz
Lunch	12:00 PM	240 45	61 grams Isagenix IsaLean Shake (Creamy Dutch Chocolate) 2 tablespoons PB2 Powder			
Meal Totals:		Calories: 285	Carbs: 29g (38%)	Protein: 29g (38%)	Fat: 8g (24%)	Fluid: 0oz
Snack	3:00 PM	146 0 78 55	1 1/2 tablespoons ALMOND BUTTER, NATURAL 1 cups WATER, DRINKING WATER, TAP 1 large EGG, CHICKEN, HARD-BOILED 1/2 large APPLE W/SKIN, RAW			
Meal Totals:		Calories: 279	Carbs: 21g (29%)	Protein: 12g (16%)	Fat: 18g (55%)	Fluid: 14oz
Dinner	6:00 PM	201 0 83 54	4 oz BEEF TOP SIRLOIN, BROILED, SLO (SIRLOIN STRIP) 2 cups WATER, DRINKING WATER, TAP 1/2 cups YAM, BOILED & DRAINED OR BAKED 1 cups CAULIFLOWER, BOILED, DRAINED			
Meal Totals:		Calories: 338	Carbs: 30g (35%)	Protein: 40g (47%)	Fat: 7g (18%)	Fluid: 29oz
Snack	8:00 PM	0 94	1 cups WATER, DRINKING WATER, TAP 2 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
Meal Totals:		Calories: 94	Carbs: 0g (0%)	Protein: 18g (80%)	Fat: 2g (20%)	Fluid: 10oz
Day 4 Totals:		Calories: 1493	Carbs: 138g (36%)	Protein: 129g (34%)	Fat: 51g (30%)	Fluid: 61oz

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Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	240	60 grams Isagenix IsaLean Shake (Creamy French Vanilla)			
Meal Totals:		Calories: 240	Carbs: 24g (41%)	Protein: 24g (41%)	Fat: 5g (19%)	Fluid: 0oz
Snack	10:00 AM	0 133 18	1 grams Stevia in the Raw packet 1 cups *TBFB Plain Non Fat Greek Yogurt 1/4 cups Raspberries Fresh			
Meal Totals:		Calories: 151	Carbs: 15g (39%)	Protein: 23g (61%)	Fat: 0g (0%)	Fluid: 0oz
Lunch	12:00 PM	45 240	2 tablespoons PB2 Powder 61 grams Isagenix IsaLean Shake (Creamy Dutch Chocolate)			
Meal Totals:		Calories: 285	Carbs: 29g (38%)	Protein: 29g (38%)	Fat: 8g (24%)	Fluid: 0oz
Snack	3:00 PM	0 140 18 84 0	1 cups WATER, DRINKING WATER, TAP 3 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY 6 serving Asparagus (1 Spear) 2 teaspoons Olive Oil 1/4 teaspoons Sea Salt			
Meal Totals:		Calories: 242	Carbs: 4g (7%)	Protein: 28g (47%)	Fat: 12g (46%)	Fluid: 10oz
Dinner	6:00 PM	92 0 41 231 126 23	1/2 cups ANGEL HAIR PASTA 1 cups WATER, DRINKING WATER, TAP 1/2 cups BROCCOLI, BOILED, NO SALT ITALIAN SPICED TURKEY MEATBALLS (4 Servings) 2 1/2 tablespoons Parmesan Cheese, Shredded 6 grams Garlic Clove, 1 Fresh 3 tablespoons Sundried Tomatoes 1/4 teaspoons Salt, Iodized 1/4 teaspoons Black Pepper, Ground 1 teaspoons Red Pepper Flakes, McCormick 1 teaspoons Garlic Powder 1 teaspoons Parsley Flakes, Ground 2 teaspoons Basil, Dried 1 teaspoons Thyme, Dried 1 pounds Jennie-o Extra Lean Ground Turkey 1 tablespoons Olive Oil 1 tablespoons CHEESE ALTERNATIVE, PARMESAN, GRATED			
Meal Totals:		Calories: 513	Carbs: 32g (24%)	Protein: 47g (36%)	Fat: 23g (40%)	Fluid: 12oz
Snack	8:00 PM	0 83	8 fl oz WATER, DRINKING WATER, TAP 1 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 83	Carbs: 21g (95%)	Protein: 1g (5%)	Fat: 0g (0%)	Fluid: 13oz
Day 5 Totals:		Calories: 1514	Carbs: 125g (32%)	Protein: 152g (39%)	Fat: 48g (28%)	Fluid: 35oz

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Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	330	BANANA NUT PROTEIN PANCAKES (1 Servings) 1/8 teaspoons Sea Salt 1/8 teaspoons Cinnamon, Ground 1/2 cups Bob's Redmill Gluten-free Rolled Oats (dry) 59 grams 1 Banana 1/4 cups *tbfb Plain Non Fat Greek Yogurt 4 fl oz 100% Egg Whites			
		35	60 ml Great Value Sugar Free Syrup			
		0	2 cups WATER, DRINKING WATER, TAP			
Meal Totals:		Calories: 365	Carbs: 60g (63%)	Protein: 26g (27%)	Fat: 4g (9%)	Fluid: 20oz
Snack	10:00 AM	105	1 1/2 oz TURKEY JERKY, PREMIUM CUT			
Meal Totals:		Calories: 105	Carbs: 8g (29%)	Protein: 15g (55%)	Fat: 2g (16%)	Fluid: 0oz
Lunch	12:00 PM	240	61 grams Isagenix IsaLean Shake (Creamy Dutch Chocolate)			
		45	2 tablespoons PB2 Powder			
Meal Totals:		Calories: 285	Carbs: 29g (38%)	Protein: 29g (38%)	Fat: 8g (24%)	Fluid: 0oz
Snack	3:00 PM	133	1 cups *TBFB Plain Non Fat Greek Yogurt			
		13	1/4 cups Berries - Raspberries (frozen)			
		0	1 grams Stevia in the Raw packet			
Meal Totals:		Calories: 146	Carbs: 13g (36%)	Protein: 23g (64%)	Fat: 0g (0%)	Fluid: 0oz
Dinner	6:00 PM	240	61 grams Isagenix IsaLean Shake (Creamy Dutch Chocolate)			
		190	2 tablespoons All natural almond butter			
Meal Totals:		Calories: 430	Carbs: 32g (28%)	Protein: 32g (28%)	Fat: 22g (44%)	Fluid: 0oz
Snack	8:00 PM	156	100 grams 2 EGGS (BOILED)			
		0	16 fl oz WATER, DRINKING WATER, TAP			
Meal Totals:		Calories: 156	Carbs: 0g (0%)	Protein: 12g (35%)	Fat: 10g (65%)	Fluid: 16oz
Day 6 Totals:		Calories: 1487	Carbs: 142g (37%)	Protein: 137g (36%)	Fat: 46g (27%)	Fluid: 36oz

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Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	160	48 grams Isagenix Cleanse For Life (Powder/1 Scoop)			
Meal Totals:		Calories: 160	Carbs: 40g (100%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
Snack	10:00 AM	180	34 1/4 grams Isagenix IsaDelight (Milk Chocolate w/Sea Salt & Caramel)			
Meal Totals:		Calories: 180	Carbs: 18g (39%)	Protein: 3g (7%)	Fat: 11g (54%)	Fluid: 0oz
Snack	12:00 PM	180	42 grams Isagenix Snacks! (French Vanilla)			
Meal Totals:		Calories: 180	Carbs: 24g (67%)	Protein: 12g (33%)	Fat: 0g (0%)	Fluid: 0oz
Day 7 Totals:		Calories: 520	Carbs: 82g (67%)	Protein: 15g (12%)	Fat: 11g (20%)	Fluid: 0oz

Shopping List

Category	Quantity	Item	
Accompaniments	2 grams	Stevia In The Raw Packet	
	4 oz	Hummus (classic)	
	8 tablespoons	Pb2 Powder	
	60 ml	Great Value Sugar Free Syrup	
Beef	4 oz	Beef Top Sirloin, Broiled, Slo (sirloin Strip)	
Beverages	144 fl oz	Water, Drinking Water, Tap	
Bread	1 muffin	English Muffin, Brown Rice Ener-G Foods	
Cereal and Grain Products	1/2 cups	Angel Hair Pasta Buitoni	
Dairy Products	1 tablespoons	Cheese Alternative, Parmesan, Grated Soyco	
	2 large	Egg White, Chicken, Raw	
	2 large	Egg, Chicken, Hard-boiled	
	2 1/4 cups	*tbfb Plain Non Fat Greek Yogurt	
	21 grams	Mozzarella Cheese Stick, Low Fat	
	100 grams	2 Eggs (boiled)	
	198 grams	3 Egg Whites (boiled)	
	Fats and Oils	3 tablespoons	All Natural Almond Butter
		3 teaspoons	Olive Oil
	Fruits	1/4 cups	Berries - Raspberries (frozen)
1/4 cups		Raspberries Fresh	
1/2 large		Apple W/skin, Raw	
1 1/4 cups		Blueberry, Raw	
182 grams		1 Small Apple	
Nuts and Seeds	4 1/2 tablespoons	Almond Butter, Natural MaraNatha	
Poultry	11 oz	Chicken Breast, Boneless, Roasted, Meat Only	
	56 grams	365 Every Day Value Organic Oven Roasted Turkey Breast (1 Svc (4 Slices)	
Sausages and Lunch Meats	1 3/4 oz	Turkey Jerky, Premium Cut Pemmican	
Snacks	34 1/4 grams	Isagenix Isadelight (milk Chocolate W/sea Salt & Caramel)	
Spices	3/8 teaspoons	Sea Salt	
Sport and Diet Nutritionals	20 grams	Isagenix Greens	
	40 grams	Isagenix Amped Hydrate (juicy Orange)	
	42 grams	Isagenix Snacks! (french Vanilla)	
	48 grams	Isagenix Cleanse For Life (powder/1 Scoop)	
	305 grams	Isagenix Isalean Shake (creamy Dutch Chocolate)	
	420 grams	Isagenix Isalean Shake (creamy French Vanilla)	
Vegetables	1/2 cups	Broccoli, Boiled, No Salt	

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Shopping List

Category	Quantity	Item
	1/2 cups	Cherry Tomatos
	1 cups	Yam, Boiled & Drained Or Baked
	1 cups	Cauliflower, Boiled, Drained
	1 cups	Mushroom, Boiled, Drained
	1 cups	Organic Baby Carrots
	1 cups	Squash, Summer, Crookneck, Boiled, Drained
	1 cups	Tomato, Cherry, Red, Ripe, Raw
	2 1/2 cups	Spaghetti Squash
	12 serving	Asparagus (1 Spear)
Fruits	59 grams	1 Banana
Ingredients	6 grams	Garlic Clove, 1 Fresh
Spices	2 dash	Pepper, Black, Ground
Accompaniments	1 teaspoons	Red Pepper Flakes, McCormick
Beverages	1 tablespoons	Lemon Juice
Cereal and Grain Products	1/2 cups	Bob's Redmill Gluten-free Rolled Oats (dry)
Dairy Products	2 1/2 tablespoons	Parmesan Cheese, Shredded
Fats and Oils	2 tablespoons	Olive Oil
Ingredients	1/4 teaspoons	Salt, Iodized Morton
	3 tablespoons	Sundried Tomatoes
Poultry	1 pounds	Jennie-o Extra Lean Ground Turkey
	4 oz	Chicken Breast, Boneless, Raw, Meat Only
	4 oz	Chicken, Breast W/o Skin, Raw
Spices	1/4 teaspoons	Cinnamon, Ground Durkee
	1/4 teaspoons	Black Pepper, Ground McCormick/Schilling
	1 teaspoons	Garlic Powder
	1 teaspoons	Sage, Ground
	1 teaspoons	Garlic Powder McCormick/Schilling
	1 teaspoons	Parsley Flakes, Ground Durkee
	1 teaspoons	Thyme, Dried McCormick/Schilling
	2 teaspoons	Basil, Dried McCormick/Schilling
Sport and Diet Nutritionals	4 fl oz	100% Egg Whites
Vegetables	3 cups	Kale, Raw