

SHAKE DAY PLANNER YOUTHFUL AGEING PAK



During Shake Days, replace one meal with a nutritious IsaLean™ Shake or IsaLean™ PRO. We recommend replacing breakfast with a Shake. Ensure your meals are nutritionally balanced, containing 1600-2500kJ (400-600cal).

Remember to stay hydrated throughout the day!

Subscribe to ANZ.IsaFYI.com for meal ideas, or purchase the *Better Living* recipe book, from IsaSalesTools.com.au

BREAKFAST

- 2 scoops *OR* 1 packet IsaLean Shake *OR* 1 packet of IsaLean PRO
- 2 Ageless Actives™, 2 Essentials for Women™ *OR* Essentials for Men™ and 2 IsaGenesis™
- 1 serving Ionix® Supreme liquid *OR* powder



MID-MORNING

- OPTIONAL:* 1 'Shake Day Snack Idea' *OR* a 400-650kJ (100-150cal) snack



LUNCH

- 1600-2500kJ (400-600cal) meal



MID-AFTERNOON

- OPTIONAL:* 1 'Shake Day Snack Idea' *OR* a 400-650kJ (100-150cal) snack



DINNER

- 1600-2500kJ (400-600cal) meal
- 2 Ageless Actives, 2 Essentials for Women *OR* Essentials for Men and 2 IsaGenesis



SHAKE DAY SNACK IDEAS

- 1 IsaDelight™†
- 1 e+† (maximum 2 per day)
- 1 Slim Cakes™†
- 1 Fibre Snacks™†
- 1-2 servings of Replenish™† (if you are exercising)
- 6 almonds
- 1 boiled egg
- 1 piece of fruit or vegetable

Visit the Youthful Ageing Pak page on Isagenix.com for a digital version of this planner.

† Product not included in this Pak and must be purchased separately.

* Always read the label. Not suitable for children. Use only as directed. Vitamin supplements should not replace a balanced diet. Consult your healthcare professional before beginning any diet or weight loss program

