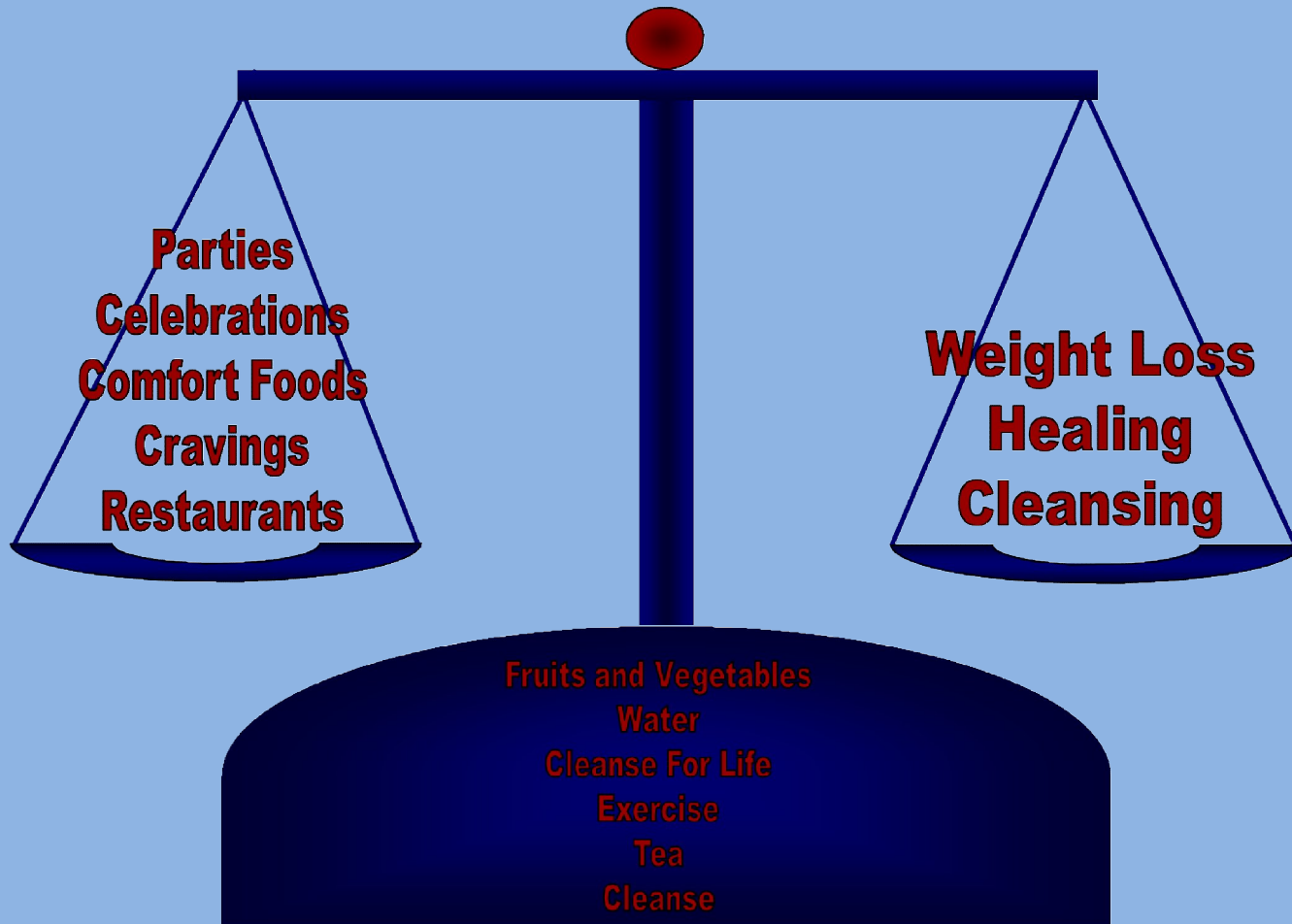




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Commit to a Balanced Lifestyle



COMMITTED NUTRITION

“Committed Nutrition” was designed to complement weight loss programs by encouraging participants to adapt 7 healthy principles in a 3 phase service. The service teaches :

1. Eat 4 fruits and 4 Servings of Vegetables each day
2. Drink 64 oz of water each day
3. Take supplements that are food based
4. Drink nourishing fluids
5. Take a moment each day to express gratitude
6. Exercise 3-5 times a week
7. Avoid processed foods for a period of time

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7 Principles of Health

Eat 4 fruits and 4 Servings of Vegetables each day



Antioxidants

Fruits & Vegetables

Quality Health

Fruits & Vegetables

Phytochemicals

Fruits & Vegetables

Natural Enzymes

Fruits & Vegetables

Fiber

Fruits & Vegetables

Vitamins and Nutrients

Fruits & Vegetables

7 Principles of Health

Drink 64oz of water each day

- Hydrates
- Cleanses
- All systems of the body need water
- What you put in is what you get out.

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7 Principles of Health

Take supplements that are food based

- We believe that food based supplements are assimilated more efficiently than inorganic nutrients.
- Isagenix Cleanse for Life

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7 Principles of Health

Drink nourishing fluids

- No Snacking
- Hydro nourish
- Herbal Tea, fresh juice, healthy drinks

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7 Principles of Health

Take a moment each day to express gratitude

- Face it, Replace it
- Improves self image

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7 Principles of Health

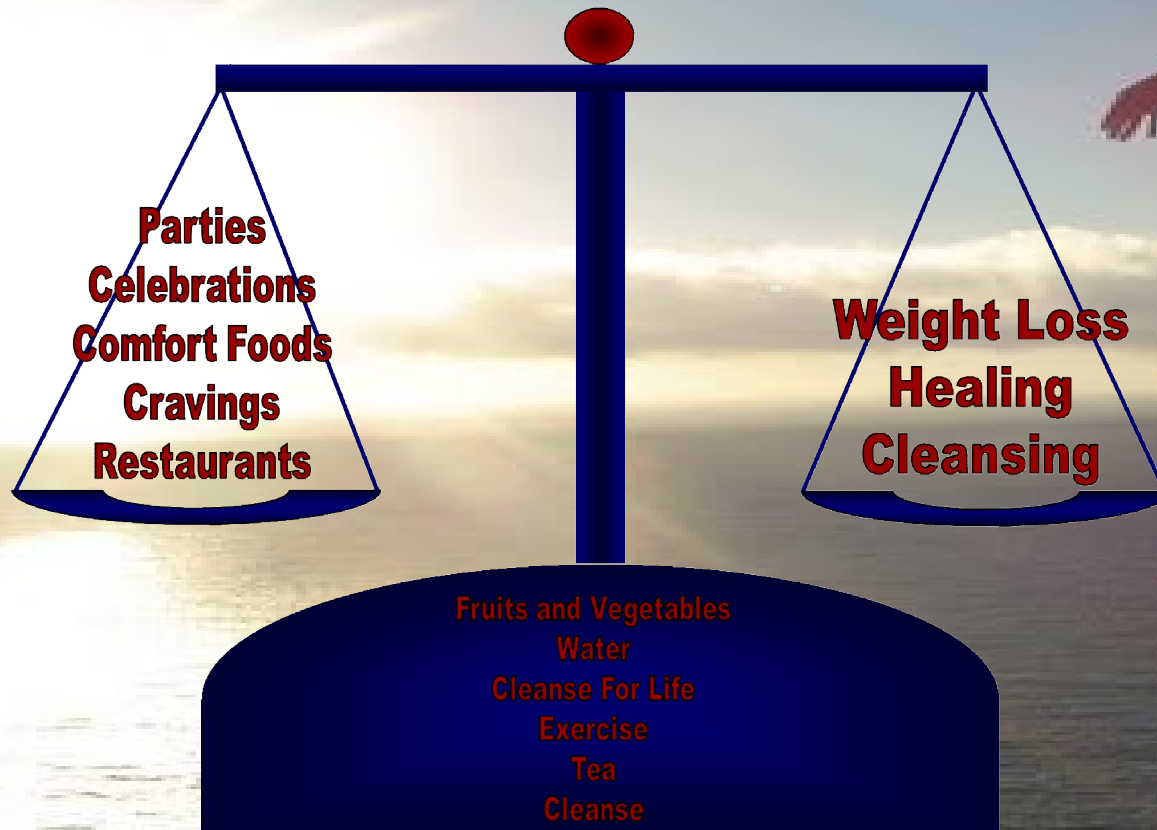
Exercise 3-5 times a week

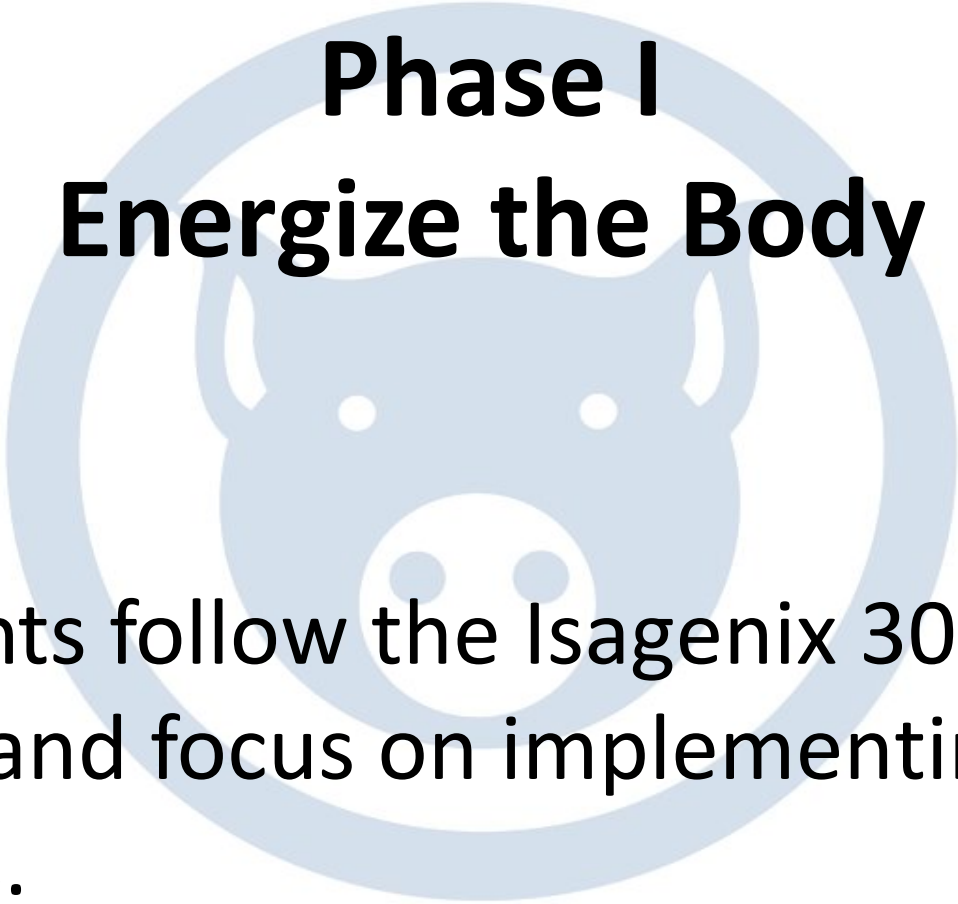
- Promote e activity
- Gym is to get ready for activity

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7 Principles of Health

Avoid processed foods for a period of time





Phase I

Energize the Body

Participants follow the Isagenix 30 day program and focus on implementing the 7 principles.

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Isagenix 30 Day Program

Sample Cleansing Calendar for 30 Day Program

S	M	T	W	TH	F	S
Pre-Cleanse <i>(Optional)</i>		C <i>Day 1</i>	S <i>Day 2</i>	S <i>Day 3</i>	S <i>Day 4</i>	S <i>Day 5</i>
S <i>Day 6</i>	S <i>Day 7</i>	C <i>Day 8</i>	S <i>Day 9</i>	S <i>Day 10</i>	S <i>Day 11</i>	S <i>Day 12</i>
S <i>Day 13</i>	S <i>Day 14</i>	C <i>Day 15</i>	S <i>Day 16</i>	S <i>Day 17</i>	S <i>Day 18</i>	S <i>Day 19</i>
S <i>Day 20</i>	S <i>Day 21</i>	C <i>Day 22</i>	S <i>Day 23</i>	S <i>Day 24</i>	S <i>Day 25</i>	S <i>Day 26</i>
S <i>Day 27</i>	S <i>Day 28</i>	S <i>Day 29</i>	S <i>Day 30</i>			

C = Cleanse Day • S = Shake and/or Soup Day

Committed Nutrition

30 Day Schedule

Shake - Meal - Shake Days (S)

Your first meal should occur within 45 min. of waking up. Drinking water (at least, 1/2 your body weight in ounces) at consistent intervals is a powerful part of this program. DO NOT SKIP MEALS. This is about hydrating and replenishing the cells on a scale that you've never experienced before.

Time of Day	Action
7:00 AM	BREAKFAST: IsaLean Shake in 8 to 16 oz COLD water / one Accelerator capsule
9:00 AM	8 to 16 oz COLD water or herbal tea
10:30AM	Take 1oz of Ionix Supreme / 8 to 16 oz COLD water
12:30PM	LUNCH: 50-75% Vegetables with 3 oz protein (Tofu, Chicken or Fish). Brown rice is optional
2:00PM	8 to 16 oz COLD water / one Accelerator capsule
3:30PM	8 to 16 oz COLD water or herbal tea
5:00PM	Take one of the following: Snack, IsaDelight or Want More Energy
6:00PM	Dinner: IsaLean Shake in 8 to 16 oz COLD water
8:00PM	Take 1 capsule of IsaFlush with 8 to 16 oz COLD water or herbal tea

TIPS:

1. Enjoy low carb vegetables including Romaine lettuce, radishes, spinach, celery, broccoli, zucchini, string beans, mushrooms, a few raw carrots et al. Avoid starches and fatty toxic processed foods.
2. Eat your salad dry or with olive oil and lemon or balsamic vinegar. Avoid the heavy, thick creamy dressings.
3. Remember... this is NOT about deprivation. ENJOY your food. Choose thoroughly delicious, healthy food and completely enjoy every mouthful.

Cleanse for Life Days (C)

Your first meal should occur within 45 min. of waking up. Drinking water (at least, 1/2 your body weight in ounces) at consistent intervals is a powerful part of this program. DO NOT SKIP MEALS. This is about hydrating and replenishing the cells on a scale that you've never experienced before.

Time of Day	Action
7:00 AM	1ST MEAL: One nutritional Snacks / 4 oz Cleanse for Life drink in 8 to 16 oz COLD water / one Accelerator capsule
9:00 AM	One nutritional Snacks / 8 to 16 oz COLD water
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water
12:30PM	2ND MEAL: one nutritional Snacks / 4 oz Cleanse for Life drink in 8 to 16 oz COLD water
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water
5:00PM	3RD MEAL: one nutritional Snacks / 4 oz Cleanse for Life drink in 8 to 16 oz COLD water
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water
8:00PM	4TH MEAL: one nutritional Snacks / 4 oz Cleanse for Life drink in 8 to 16 oz COLD water
9:30PM	Take 1 capsule of IsaFlush with 8 to 16 oz COLD water or herbal tea

TIPS

1. No limitation on herbal tea. This will be one of the best ways to suppress appetite
2. If you need to eat something have an apple or watermelon
3. If you work out on this day, activity must be very light. Walk, ride a bike, garden, etc.

Day of Rest

Remember this is not about following a program, but developing a lifestyle. On Sunday or at least 1 day a week you will deviate from following the structure and have an additional meal. You can have breakfast or lunch, or dinner. Still follow the guidelines of 50% produce and then a little protein and a little carb.

Time of Day	Action
7:00 AM	BREAKFAST: IsaLean Shake in 8 to 16 oz COLD water OR 50% produce with a little protein and carb / one Accelerator capsule
9:00 AM	8 to 16 oz COLD water or herbal tea
10:30AM	Take 1-2oz of Ionix Supreme / 8 to 16 oz COLD water
12:30PM	LUNCH: 50-75% Vegetables with 3 oz protein (Tofu, Chicken or Fish). Brown rice is optional
2:00PM	8 to 16 oz COLD water / one Accelerator capsule
3:30PM	8 to 16 oz COLD water or herbal tea
5:00PM	Take one of the following: IsaDelight or Want More Energy, or COLD water
6:00PM	DINNER: 50-75% Vegetables with 3 oz protein (Tofu, Chicken or Fish). Brown rice is optional
8:00PM	One nutritional Snacks / 8 to 16 oz COLD water

Tips

1. This should be your treat day. Allow yourself to have a dessert or one of your favorite treats. You will report this to your coach.
2. Take a hot bath for about 30 minutes and drink one qrt of yarrow tea (warm). This has a detoxifying affect on the body.
3. Find meals that you enjoy. Soon this month will be over and having several meals that you like will help out with the next phase

Practice Meal

Week 1 Lunch – Shake/Meal/Shake

Week 2 Dinner – Shake/Shake/Meal

Week 3 Breakfast - Meal/Shake/Shake

Week 4 You Choose

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Phase II

Nourish the Body

In phase II routines and habits are established to support a LIFESTYLE of efficient weight management and improved health based on a participants standard of living. This is done by transformation, NOT by restriction. Meaning, that the participant will work with a lifestyle coach to solidify the 7 healthy principles. Eventually, these principles will replace the BAD habits

Create Balance

- 5 Days a week eat your “HUB DIET”
- 1 Day a week have a “Rest Day.”
- Cleanse according to Good, Better, Best.
Follow the “C” day from Phase I
 - Good – 1 time a week
 - Better – Every other week to once a month
 - Best – Once a month to once a quarter

What is Living/Whole Food

		Fruit	Vegetables	Whole Grains	Nuts	Seeds/Beans
	Highly processed nutrients and/or fiber content low or added	Fruit snacks		Cheerios	Roasted with flavor	
GOOD	Slightly processed still high in fiber, but low in nutrients	Juices/Canned	Frozen/Cooked/canned	Whole grain flour	Roasted salt only	Canned
BETTER	Minimal processing high in fiber and good nutrient content	Dried Fruit/ Frozen	Fresh cooked	Cooked grains	Roasted no Flavor	Cooked from "scratch"
BEST	Slow cooked whole grain under 120 degrees, High fiber minimal nutrient loss	Raw	Raw/Lightly steamed	Whole grain sprouted/cooked at low heats/ dehydrated breads	Raw/ Steamed/ Sprouted	Sprouted and slow cooked

50%

Healthy Eating Template

1. Wake up – one of the most important things you can do upon rising in the morning is Hydrate

- 8 oz water
- Isa Essentials (men and women)

2. Breakfast

Breakfast is still one of the most important meals, but it should be one of the smallest meals. (200-400 calories). Every breakfast should have at least 2 servings of fruit.

Good

- High fiber cereal with 1 cup of Fruit
- Toast and Fruit
- Small high fiber pancake/waffle covered in fruit
- 1 egg omelet smothered in veggies (peppers, onion, avocado, spinach, etc.)

Better

- Cooked high fiber cereal (oats, bulgur, wild rice etc.) 1 cup of fruit, sweeten with honey or real maple syrup, 1/8 cup of pecans
- Fruit Smoothie: ½ cup frozen fruit and 1-2 pieces of raw fruit/vegetables
- IsaLean Shake

Best

- Raw grain (soaked barley, wheat, rye) with 1 cup of fruit, sweeten with honey or real maple syrup, 1/8 cup pecans
- Fresh Juice only (6 carrots, 1 apple)
- Fruit Salad, raw pecans
- Raw smoothie

3. Morning Snack

Suggestion – DO NOT snack. Most people have been taught that the reason why we snack is to keep our metabolism running high and burn more calories. Our metabolism is clean(er) now and is running just fine. To keep running efficiently eat high nutrient meals (breakfast, lunch, dinner) and hydro-nourish(tea, fresh juice) in between meals. If you choose to snack, eat high nutrient snacks.

Good

Raw food bars
Isa Lean Bars

Better

Raw Fruit and Veggies
Raw Nuts

Best

Water
Tea
FRESH Juice

4. Lunch

The main course of lunch should be vegetables (50%) complemented with small portions of high fiber carbohydrates, protein, and fat.

Good

Turkey Sandwich with the vegetable fixings.

Better

Vegetable soup

Vegetable stir fry with 1/2 cup of brown/ wild rice

Best

Leafy Green Salad

Vegetable and bean salad.

5. 1 hour after lunch - Tea Time.

This is a tempting time to eat starching foods. Resist this temptation and hydro-nourish instead. A high nutrient drink/tea will satisfy the craving to want to eat after lunch. I suggest drinking the Energy Boost drink which consists of 1-2 TBSP of raw apple cider vinegar in 8-12oz of water with 1 tsp of honey and a pinch of cayenne pepper.

Tea Suggestions: Red Raspberry Leaf, Peppermint, Brigham Tea, Burdock, Calcium Tea, Liver Tea, Kidney Tea

6. Afternoon Snack

Remember DO NOT SNACK, hydro – nourish. If you choose to snack, stay away from starchy foods and eat Living foods (fruits, veggies, nuts)

REALITY CHECK – on paper these guidelines look doable, but it is with much experience and observation that people need a daily “TREAT.” This is my suggestion: if you follow the previous guidelines and avoid snacking, it is my opinion that a small treat has some “health” benefit. I would suggest having it before dinner.

7. Dinner

The main course of dinner (50%) should be vegetables complemented with small portions of carbohydrates, protein, and fat.

Good

- Broccoli, and BBQ chicken
- Burrito with minimal meat. Fill the burrito with veggies and little beans
- Pasta dish with lots of veggies on the side or in the dish

Better

- Vegetable stir fry
- Potatoes, Yams, squash
- Vegetable soups

Best

- Vegetable salad – this has a lot of options, not just a leafy green salad.
- Sprouted grain/bean casserole
- Soups

Recommended Monthly Supplements

Good Diet

- Ageless Essentials
- 1 Isalean Shake
- 2 Cleanse for Life Bottles

Better Diet

- Ageless Essentials
- 2 Cleanse for Life Bottles

Best Diet

- Ageless Essentials
- 1 Cleanse for Life Bottle



**WHAT ARE
YOU GOING
TO BE?**



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