

# 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