

Shake - Meal - Shake - Meal

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	One nutritional Snacks / 8 to 16 oz COLD water
10:30AM	One nutritional Snacks / 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	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	After work out: IsaLean Shake in 8 to 16 oz 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. 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.

CFL - CFL - Shake - CFL

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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	After work out: IsaLean Shake in 8 to 16 oz COLD water
6:00PM	3RD MEAL: one nutritional Snacks / 4 oz Cleanse for Life drink in 8 to 16 oz COLD water
8:00PM	One nutritional Snacks / 8 to 16 oz COLD water

TIPS

1. Drink herbal tea during the entire day. Suggestions - Red Raspberry Leaf, Burdock, Brigham Tea
2. Don't Panic if this is hard for you. Call Aaron and let him walk you through challenging moments.
3. Don't be afraid to eat fruit if you are having a difficult day.