

The Accelerated Weight Loss Cleanse Program

The 9-day Cleanse program is 11 days with 2 Pre-Cleansing days. The program is designed to help you become healthy, clean & lean for life! After you complete your program and achieved your target goals, you'll then have the choice to move onto the Maintenance for Life Program for continued success.

	Pre-Cleanse	Cleanse - Juice Days	Cleanse - Shake Days	Cleanse - Juice Days
	Days 1 & 2	Days 1 & 2	Days 3 - 7	Days 8 & 9
8:00 AM Breakfast	1 Accelerator Capsule; 1 shake - 2 scoops shake mix, 4-5 ice cubes, 8-10 oz. water (Blend for 10 seconds); 1 IsaSnack, 2 almonds	1 Accelerator Capsule; 4 oz. Cleanse For Life Juice (mix w/ 8-10 oz. cold water, shake and drink); 1 IsaSnack, 2 almonds	1 Accelerator Capsule; 1 shake - 2 scoops shake mix w/ 4-5 ice cubes, 8-10 oz. water (Blend for 10 seconds); 1 IsaSnack, 2 almonds	1 Accelerator Capsule; 4 oz. Cleanse For Life Juice (mix w/ 8-10 oz. cold water, shake and drink); 1 IsaSnack, 2 almonds
10:00 AM Snack	1 IsaSnack, 2 almonds	1 IsaSnack, 2 almonds	1 IsaSnack, 2 almonds	1 IsaSnack, 2 almonds
12:00 PM Lunch	1 Accelerator Capsule; 400-600 calorie meal (i.e. salad greens with oil/vinegar and a low-fat protein such as tuna, turkey, chicken, salmon, tofu)	1 Accelerator Capsule; 4 oz. Cleanse For Life Juice (mix w/ 8-10 oz. cold water, shake and drink)	1 Accelerator Capsule; 400-600 calorie meal (i.e. salad greens with oil/vinegar and a low-fat protein such as tuna, turkey, chicken, salmon, tofu)	1 Accelerator Capsule; 4 oz. Cleanse For Life Juice (mix w/ 8-10 oz. cold water, shake and drink); 1 IsaSnack, 2 almonds
2:00 PM Snack	1 IsaSnack, 2 almonds	1 IsaSnack, 2 almonds	1 IsaSnack, 2 almonds	1 IsaSnack, 2 almonds
4:00 PM Snack/Meal	1 IsaSnack, 2 almonds	4 oz. Cleanse For Life Juice (w/ 8-10 oz cold water, shake and drink), 1 IsaSnack, 2 almonds	1 IsaSnack, 2 almonds	4 oz. Cleanse For Life Juice (w/ 8-10 oz cold water, shake and drink); 1 IsaSnack, 2 almonds
6:00 PM Dinner	1 shake - 2 scoops shake mix w/ 4-5 ice cubes, 8-10 oz. water (Blend for 10 seconds).	1 IsaSnack, 2 almonds	1 shake - 2 scoops shake mix w/ 4-5 ice cubes, 8-10 oz. cold water (Blend for 10 seconds).	1 IsaSnack, 2 almonds
8:00 PM Snack	1 IsaSnack, 2 almonds, 2 IsaFlush capsules	4 oz. Cleanse For Life Juice (mix w/ 8-10 oz. cold water, shake & drink); 1 IsaSnack, 2 almonds, 2 IsaFlush capsules	1 IsaSnack, 2 almonds, 2 IsaFlush capsules	4 oz. Cleanse For Life Juice (mix w/ 8-10 oz. cold water, shake and drink); 1 IsaSnack, 2 almonds, 2 IsaFlush capsules

*Throughout the day, drink at least half of your body weight in ounces of purified cold water. Do not take any additional vitamins and/or minerals.

*Do take your prescribed medications per your doctor's orders. Prior to beginning the program, you should read the Program Guide and listen to Dr. Natrajan's CD "Why Cleanse?" If you have any concerns and/or questions, please contact us prior to Day 1.

*At any point during the cleanse if hunger arises, it is alright to have an optional apple, celery stick with peanut butter or hard-boiled egg - organic preferred.