



The Nutritional Wellness Technology

Your Guide



Imagine the possibilities!

Transforming the world, one person at a time...

Provided courtesy of The Light Team Connection

Welcome to Isagenix and our Isagenix Team!

Congratulations to you for the amazing gift you have just given yourself and all of those who love you! Isagenix truly is a revolutionary wellness technology designed to provide perfectly balanced nutrition to every cell in your body. You're going to love the results you will achieve!

“Who would not want to do this for life?”

Jimmy Smith, Isagenix Executive

“Your body is the miracle!

Isagenix products are the catalyst that allows your body to use the nutrients that enable you body to be the miracle it is and heal itself.

It's all about the fuel!”

Becky Natrajan, MD, Isagenix Technical Advisory Board

“It's too bad that in this day and time we need a cleansing technology of this kind...but thank God we have it.”

John Anderson, Formulator & Founder of Isagenix

“Whatever you can do or dream, begin it.”

Johann Wolfgang von Goethe

German dramatist, novelist, poet, & scientist (1749 – 1832)

About this Guide

This Guide contains the most current information you deserve to remember as you get started with your new lifestyle. In just a few days, you will be amazed at how astonishingly better you feel – and you will most naturally wish to continue the healthy Isagenix lifestyle for life!

Please NOTE: The Isagenix Cleansing and Fat Burning System is not intended to diagnose, treat, cure or prevent any disease. Results may vary with each individual. Please consult your health care professional before taking these products or any other nutritional supplements.

Let's Get Started!

As soon as you passionately make the intention and take the first action, the entire Universe moves in to support you to achieve your creative desire!

Imagine the possibilities you are creating for yourself now! Rev yourself up!
Please give yourself a few minutes to answer these questions:

What do you intend to accomplish with Isagenix?

How will you know you're successful?

By when will you accomplish your goal?

My Isagenix start date will be:

Checklist

- Call my support person & my cleansing coach
- Check to make sure I received all of the products I ordered
- Weigh & measure according to the chart on page 7 of the Program Guide (that came with the products) before I start using Isagenix products
- Read & listen to the information from Go Cleanse every day (1st 11 days)
- Call my support person & cleansing coach when I have any questions
- Check out the Isagenix Product Update Training Call Thursday @ 9 PM EST 620-294-3000; Pin #6107#
- Call Isagenix customer service at any time at 480-889-5777
- Join The Light Team Connection call every Monday night at 9 PM EST 218-486-1300; Bridge 902613#

Helpful Hints for your Success*

* We are most grateful to all of the people who created the original idea and published the Nutritional Cleansing Manual to assist all of us with the launch of our new "IsaLifestyle." Much of the information in this manual is taken directly from or adapted from the Nutritional Cleansing Manual produced by Udana Power – Rev. 5-07

Get Ready! Here's your Grocery List!

Here is a list of things you'll want to buy as you get started with your Isagenix program. You'll find it all at an organic grocery store; the more organic food, the better! Your support person or cleansing coach will explain how to use these foods.

1. **Leafy greens** (preferably organic, locally grown)
2. **Protein** selections (the size of your palm) such as organic, free range chicken, buffalo, lamb, or beef filets, fish, tofu, Boca burgers, etc.
3. **Organic apples**
4. **Organic celery**
5. **Flax Seed** (use in combination with hemp seed), **Olive, or Coconut Oil**
6. **Purified water** (you will drink ½ your body weight in oz of water daily)
 - Example: If you weigh 150 lbs; drink 75 oz (or 5 16 oz bottles) of water every day
7. Optional:
 - Hulled **Hemp Seed Nut** (extraordinarily high source of a complete protein & GREAT on salads! Did you know? Isagenix has IsaCrunch; please consider it for your next product shipment.)
 - **Nuts** – unsalted, raw, roasted or blanched **Almonds** (perfect balance of protein & fat), **Brazil Nuts, Pine Nuts, Pecans, Walnuts** (high in fat ratio)
 - **Almond Butter** (it's really good & doesn't have the mold & fungus that peanut butter does) or **Peanut butter** (Arrowhead Mills organic peanut butter is okay)
 - **Glucomannon Root** – pure, water-soluble fiber made by Nature's Way (stabilizes sugar levels in the body & makes shakes nice & thick!)
 - **Ziploc (or other) snack baggies** – Pack your daily snacks, nuts & vitamins to carry with you
 - **Small cooler bag** – to carry your water & cleanse drink when you are out

If your goal is to release weight, please avoid all starches, fruits & complex carbohydrates; increase the amount of cooked or raw greens.

Food Preparation

- **Snack Bags** (Prepare one for each day; Keep an extra bag in your desk or glove box as a back up)
 - 6 Isagenix nutritional snacks
 - 2 Accelerator capsules
 - 12 nuts

- **Shakes** (Prepare with a blender or shaker)
 - 10 oz of cold purified water
 - Crushed ice
 - 2 scoops of IsaLean shake mix (filled to the line; not the top)
 - Blend until smooth
 - Hint 1: For a really smooth shake, blend the ice & the water first, then add the shake mix & blend a maximum of 5 seconds
 - Hint 2: Open 1–4 capsules of Glucomannon root & dump the contents in the shake for a thicker shake
 - Hint 3: If you purchased IsaFruits, add a scoop to your shakes for a flavor difference; it's great nutrition without sugar

- **Cleanse Drinks**
 - ½ cup of Cleanse For Life
 - 8 oz of cold purified water
 - Shake to blend
 - Hint 1: Put Cleanse For Life, water & crushed ice in the blender & blend until smooth to make a “Cleanse Slurpee”
 - Hint 2: If you purchased IsaFruits, add a scoop to the mix
 - Hint 3: Drink the Cleanse For Life “straight up” and chase with 8 – 10 oz of cold purified water
 - Hint 4: When you're away from home, prepare in advance
 - Fill one 16 oz water bottle with 1 – 2 c. of Cleanse drink (1/2 cup for each “meal” you will drink away from home)
 - Remove 4 oz of water from a water bottle & fill with 4 oz of cleanse drink; take as many of these bottles as the number of “meals” you will drink away from home
 - Pack them in your cooler bag to keep them cold

Daily Schedules (pages 6–11)

NOTE: Each daily schedule for the first 9 days is slightly different. Use one schedule for each day. Adjust the start time to fit your schedule, and then follow the schedule in the same intervals from your start time.

- For example, if you start at 8:00 AM, your next intake would be 2 hours later at 10:00 AM

Pre–Cleanse Days: (For as many days as you & your coach agreed to)

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: IsaLean Shake (with IsaFruits if preferred); 1 Accelerator + 10 oz of cold water after shake		
9:00 AM	8-16 oz of water		
10:30 AM	8-16 oz of water		
12:00 noon	Lunch: 2-3 c. of greens & 4-6 oz of protein; water		
2:00 PM	8-16 oz of water & 1 Accelerator capsule		
3:30 PM	8-16 oz of water		
5:00 PM	8-16 oz of water		
6:00 PM	Dinner: IsaLean Shake (with IsaFruits if preferred); + 10 oz of cold water after shake		
8:00 PM	8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

- ✓ **Cold water activates the live enzymes in the shake. Mix it & Drink it right away!**
 - **Always drink the shake within 10 minutes of mixing it** to make sure the enzymes get into your body. The power of the enzymes will be lost if you delay drinking the shake. In other words, no taking the shake on the road, no storing it in the refrigerator until later, etc.
- ✓ **Please eat all meals & drink all water. The consistent timing of the nutrient intake with water is very important.**
- ✓ **The Natural Accelerator capsules support healthy metabolism & help suppress the appetite.**
- ✓ **Remember to save your Isagenix bottles & re–use them for water. The plastic is pharmaceutical grade, so none of the plastic ingredients leech into & contaminate the water**

Go Cleanse

Support & education make the critical difference in most people’s success as they begin a new lifestyle. Most likely, you are enrolled in the Go Cleanse educational system. You will receive an e–mail every day for the first 11 days. Be sure to read & listen to the great information given to you by some of the world’s leading specialists.

Things You Should Know

By the morning after the 2nd cleanse day, you will feel great! You will be literally amazed by the weight & inches you release, the level of energy you feel and how great your skin is beginning to look.

In the event you are one of the people who might experience some unpleasantness during the first or second cleanse period, please consider using IsaFruits in your shakes & cleanse drinks to minimize all of the symptoms. Additionally, see the information below.

Symptom	Remedy
Headache	Usually due to caffeine or carbohydrate withdrawal; Immediately drink 16 oz of purified water, slowly eat ½ an organic apple, breathe deeply, or go to bed
Nausea/Upset Stomach	Change the way you take the cleanse; use ¼ cup of Cleanse For Life in 8 oz of water & drink it 8 times per day, or drink the cleanse straight & chase with water; slowly eat ½ an organic apple; drink ½ a shake (1 scoop in 4 oz water)
Rashes & Skin Problems	Drink lots of water to flush the impurities; Activate the lymph system so it more quickly transports impurities to the colon by lightly massaging your skin with a soft bristle brush from the fingertips to shoulders & from the feet to the heart, shaking your body, or jumping on a mini-trampoline
Dark Bowel Movement & Frequent Urination	A great sign! Impurities are being released! Frequent urination is very common, especially during the 1 st 2 wks until your body re-learns to absorb the water. GOOD NEWS! The weight you release is not water; it's the impurities!
Diarrhea	Use cold water with shakes & cleanse drink, but do not add ice; Drink ¼ c of cleanse in 8oz of water 8 times per day
Constipation	Take up to 4 IsaFlush capsules per day; Use up to 4 capsules of Glucomannon root in each shake or cleanse drink; Use IsaFruits; Last resort - Drink prune juice
Blurry Vision	Goes away in a short period of time
Fatigue	Your body is working hard to cleanse itself; Use IsaDelights; Go to bed or rest
Feeling Cold	Drink 1½ scoops of Want More Energy in 8 oz of hot water; Take a hot shower or bath; Dress warmly
Irritability	Your body is transforming itself & change can produce emotionality; Use IsaDelights & be assured the moodiness will pass
Body Odor	Drink lots of water; Brush your skin as above; Take an Epsom Salts bath
Gas and/or Bloating	Use up to 4 IsaFlush capsules per day (the bentonite clay helps the body release heavy metal toxicity); Usually subsides as digestion improves from the living enzymes in the Isagenix products

Day 1 Cleanse

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: 1 Isagenix Snack ; ½ c. of Cleanse For Life drink; 8-16 oz of water ; one Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: One Isagenix snack ; then ½ c Cleanse For Life drink; 8-16 oz of water		
2:00 PM	8-16 oz of water & 1 Accelerator capsule; 2 unsalted Nuts (almonds)		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
4:00 PM	3rd Meal: One Isagenix Snack ; ½ c. of Cleanse For Life drink; 8-16 oz of water		
6:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
8:00 PM	Dinner: One Isagenix Snack ; then ½ c. of Cleanse For Life drink; 8-16 oz of water		
9:30 PM	1 Isagenix snack ; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

Drink the first Cleanse Drink within 45 minutes of waking. Drink **at least** ½ your body weight in oz of water daily. **Don't exceed** 120–140 extra ounces of water in a day! When hungry, drink water, or eat slices of organic apple with a smear of organic almond butter. Remember – you are not starving! Each 4 oz cleanse drink equals 1500 calories of nutrition for only 40 calories!

Day 2 Cleanse

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: ½ c. of Cleanse For Life drink; 8-16 oz of water ; one Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: ½ c Cleanse For Life drink; 8-16 oz of water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water & 1 Accelerator capsule; 2 unsalted Nuts (almonds)		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
4:00 PM	3rd Meal: ½ c. of Cleanse For Life drink; 8-16 oz of water		
6:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
8:00 PM	Dinner: ½ c. of Cleanse For Life drink; 8-16 oz of water		
9:30 PM	1 Isagenix snack ; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

If your goal is to release weight, please always cleanse two days in a row. The first day stimulates the release of sugars & carbohydrate cravings; the 2nd day stimulates the body to release the fat which stores the impurities.

What are your results so far? (And, this is just the beginning!)

Congratulate yourself & share with your cleansing coach & support person!

Weight release _____lbs. Inches released:_____ I feel _____!

Day 3 Shake Meal Shake

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: IsaLean Shake (with IsaFruits if preferred); 1 Accelerator + 10 oz of cold water after shake		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: 2-3 c. of greens & 4-6 oz of protein; water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water ; 1 Accelerator ; 2 unsalted Nuts		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
5:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
6:00 PM	Dinner: IsaLean Shake (with IsaFruits if preferred); + 10 oz of cold water after shake		
8:00 PM	1 Isagenix snack ; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

Use flax seed, or organic extra-virgin olive oil, lemon juice & hulled hemp seed on your salad for a nutritious, delicious meal. Remember you may use up to 5 cups of greens & the protein you prefer. Or, have a piece of protein with steamed green veggies & salad. AVOID heavy, thick, creamy salad dressings & sauces! Simple food is best!

Day 4 Shake Meal Shake

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: IsaLean Shake (with IsaFruits if preferred); 1 Accelerator + 10 oz of cold water after shake		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: 2-3 c. of greens & 4-6 oz of protein; water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water ; 1 Accelerator ; 2 unsalted Nuts		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
5:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
6:00 PM	Dinner: IsaLean Shake (with IsaFruits if preferred); + 10 oz of cold water after shake		
8:00 PM	1 Isagenix snack ; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

Please take all the snacks – the chromium helps stabilize blood sugar levels, the protein & omega oils help metabolize nutrients & support lean body mass

Day 5 Shake Meal Shake

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: IsaLean Shake (with IsaFruits if preferred); 1 Accelerator + 10 oz of cold water after shake		
9:00 AM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: 2-3 c. of greens & 4-6 oz of protein; water		
2:00 PM	1 Isagenix snack; 8-16 oz of water; 1 Accelerator; 2 unsalted Nuts		
3:30 PM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
5:00 PM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
6:00 PM	Dinner: IsaLean Shake (with IsaFruits if preferred); + 10 oz of cold water after shake		
8:00 PM	1 Isagenix snack; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

As tempting as it is, avoid weighing & measuring again until Day 10! Isagenix is a system, where all components are used together to generate results.

Day 6 Shake Meal Shake

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: IsaLean Shake (with IsaFruits if preferred); 1 Accelerator + 10 oz of cold water after shake		
9:00 AM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: 2-3 c. of greens & 4-6 oz of protein; water		
2:00 PM	1 Isagenix snack; 8-16 oz of water; 1 Accelerator; 2 unsalted Nuts		
3:30 PM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
5:00 PM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
6:00 PM	Dinner: IsaLean Shake (with IsaFruits if preferred); + 10 oz of cold water after shake		
8:00 PM	1 Isagenix snack; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

Day 7 Shake Meal Shake

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: IsaLean Shake (with IsaFruits if preferred); 1 Accelerator + 10 oz of cold water after shake		
9:00 AM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: 2-3 c. of greens & 4-6 oz of protein; water		
2:00 PM	1 Isagenix snack; 8-16 oz of water; 1 Accelerator; 2 unsalted Nuts		
3:30 PM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
5:00 PM	1 Isagenix snack; 8-16 oz of water; 2 unsalted Nuts (almonds)		
6:00 PM	Dinner: IsaLean Shake (with IsaFruits if preferred); + 10 oz of cold water after shake		
8:00 PM	1 Isagenix snack; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

Day 8 Cleanse

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: ½ c. of Cleanse For Life drink; 8-16 oz of water ; one Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: ½ c Cleanse For Life drink; 8-16 oz of water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water & 1 Accelerator capsule; 2 unsalted Nuts		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
4:00 PM	3rd Meal: ½ c. of Cleanse For Life drink; 8-16 oz of water		
6:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
8:00 PM	Dinner: ½ c. of Cleanse For Life drink; 8-16 oz of water		
9:30 PM	1 Isagenix snack ; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

You are on the home stretch! Just a couple more days to go! Resolve to finish strong! These 2 cleanse days will be easier than the first 2, because your body is already “cleaner.” Remember to drink the first Cleanse Drink within 45 minutes of waking. Take time to relax & enjoy your freedom from the initial release of the impurities you’ve been carrying for so long.

Day 9 Cleanse

Day:

Date:

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1 oz first thing in the morning Breakfast: ½ c. of Cleanse For Life drink; 8-16 oz of water ; one Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
12:00 noon	Lunch: ½ c Cleanse For Life drink; 8-16 oz of water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water & 1 Accelerator capsule; 2 unsalted Nuts		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
4:00 PM	3rd Meal: ½ c. of Cleanse For Life drink; 8-16 oz of water		
6:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted Nuts (almonds)		
8:00 PM	Dinner: ½ c. of Cleanse For Life drink; 8-16 oz of water		
9:30 PM	1 Isagenix snack ; 8-16 oz of water; 1 or 2 IsaFlush capsules; 1 oz Ionix Supreme		

If you are on the 30 day program & your goal is weight loss, simply repeat 5 shake meal shake days, followed by 2 cleanse days, followed by 5 shake meal shake days, etc. Stay in touch with your Cleansing Coach & Support Person. **Are you on autoship?**

Wait! There's More!

Wish you could have something else on cleanse days? Well, now you can! Check out IsaDelights (see page 13) & make Holistic Health Counselor & Isagenix Consultant Glenys Eldred's All Veggie, Low Salt, Low Fat Cleanse Day Soup for cleanse days or any day. It's filled with great nutrition & vegetables with natural anti-inflammatory properties.

(Makes 3 quarts)

Ingredients & Directions:

- **Two** 32oz Containers of Pacific Natural Foods (Brand) Organic Vegetable Broth
15 calories per 1 Cup serving; 0 Fat; 0 Cholesterol; 530mg sodium; 3g carbohydrates
- **Add** 3 Cups Water to Broth
Bring Broth and Water to a simmer before adding vegetables
- **Add Organic Vegetables and Spices in the following order:**
 - 1 large **carrot** cut in thin slices
 - 4 stalks of **celery** diced
 - 1 large **Spanish Onion** diced
 - 1/2 head **Red Cabbage** shredded
(Options: regular cabbage, napa cabbage, or bok choy)
 - 2 large handfuls **Baby Spinach** chopped
(Options: watercress, swiss chard or kale; or zucchini & yellow squash, French cut green beans or wax beans, & cauliflower)
 - Juice of 1/2 **Lime** or more to taste
 - 1/8th Teaspoon **Tumeric** (natural anti-inflammatory)
 - 1/4 Teaspoon Minced **Garlic**
 - 1 Pinch of **red pepper flakes**
 - 6 TBS +/- of pureed organic Muir Glen **diced canned tomatoes** for zip
(reserve the rest for use in other recipes)
 - **Salt & Pepper** to taste
(Optional spices for variety: oregano or bay leaf, but not both together)

For the first serving, to keep colors bright, do not over cook. Cook on Medium heat, simmer for 45 minutes. Cover pot to retain nutrients.

Want Something Hot on Shake Days?

Once again, Holistic Health Counselor & Isagenix Consultant Glenys Eldred comes through. Try her Healthy Bones Chicken Soup on Shake days only.

Ingredients: (Makes 4- 6 quarts)

2-3 containers **organic low salt chicken soup broth**, or 4-6 quarts clear homemade chicken soup broth made with meat and the bones

3 stalks **celery**, diced

2 large **onions** diced

3 **carrots**, thin sliced or diced for faster cooking

3 stalks **Bok Choy**, diced

1/2 bunch **Kale**, torn

1/2 head **Escarole**, torn

1/3 bag **baby spinach**

2 diced **portabella mushrooms** sautéed in extra virgin olive oil with garlic, pinch of salt and lemon juice

1 small handful chopped **parsley leaves**,

Salt and pepper to taste

Directions:

Bring broth to a simmer. As you are preparing/dicing each ingredient, add it to the simmering pot in the order above. Cover & simmer for about 10-20 minutes after all veggies are added. Make sure carrots and celery are tender and onions transparent. Do not over cook the leafy greens....

Options:

1. Slowly add a beaten raw egg to the really hot soup (to cook the egg) as you serve it for protein, or chunks of avocado and grated parmesan cheese...Yummy!!!!

2. Instead of noodles try adding precooked quinoa to the soup and a little lemon juice. For another protein alternative try adding tiny cooked ground chicken or turkey meatballs.

3. Turkey Meatballs:

1 lb Organic chicken/turkey 50/50 white and dark meat for juiciness

1 Tbs. Extra Virgin Olive Oil

1 organic egg

1/2 cup raw chopped spinach

2 Tbs. goat cheese

1/2 tsp lemon juice

garlic

salt to taste

pepper

Thoroughly combine all above ingredients by hand in a bowl. Drop grape-sized meatballs onto a cookie sheet and broil for a few minutes until done. Reserve and add to the top of the soup just before serving. Hearty!

Ready to try other amazing Isagenix Products?

Please visit your Isagenix back office (web site) Product Training Tab to find out more about other revolutionary Isagenix products like these:



IsaFruits, also called Super Red Food, are filled with 35 different kinds of nature's finest fruits. One powerful scoop delivers the nutritional equivalent of 1 ½ pounds of fruit. What a great way to get the recommended 7-9 daily servings of fruit & add variety to your shake flavors & cleanse days!



Isamune, also called the software of the human operating system, teaches our bodies how to deal with things that make us sick, how to digest food & how to operate bio-chemically. It enables our bodies to live in a wonderful state of homeostasis & plays a key role in metabolizing excess fat. There's nothing else in the world today that can do for us what this product can do - it's that serious!



IsaOmega Supreme is a potent protector! Researchers now advocate fish oils as THE daily dietary cornerstone! Omega 3 helps our bodies fight systemic inflammation - the root cause of many illnesses. Just 2 soft gels daily of IsaOmega Supreme provides you the cleanest, pharmaceutical grade, high dose Omega 3 on the planet today for healthy immune function & brain development, healthy cholesterol, eye, joint & heart health. Who would not want that for life?



IsaDelight is the world's most astonishing healthy chocolate! Processed at 86°, IsaDelight is the only chocolate in the world full of living goodness! But, that's not all! It also contains a balanced formulation of nutrients specifically designed to balance brain chemistry -AND- you can have healthy chocolates on cleanse days or any day 2 hrs after protein or 15 min before eating! Improve your mood, energy, focus, concentration, memory & brain health by adding 2-4 chocolates to your diet per day!

Your new Isagenix lifestyle is full of everything good for you! Enjoy the life of health & wealth you are now creating! As your health & physical performance improve, so will everything you do. Remember - like you have already done with Isagenix, take the action required to attract what you desire.

Congratulations! You can have it all!