

A woman with long dark hair is sitting in a meditative lotus position on a light blue yoga mat on a gravelly ground. She is wearing a purple tank top with the word "Live" written in white cursive and black leggings. The background shows a grassy field, a body of water, and a sunset sky with warm golden light.

A **Simple** Guide  
to a Healthier You  
WEIGHT LOSS SOLUTIONS

# WELCOME

On behalf of the hundreds of thousands of successful Isagenix product users worldwide, **we want to congratulate you** on starting a journey that can transform your health.

This guide is designed to help you achieve your goals. It is easy to follow, developed by experts and used by people like you who have successfully reached their health goals and are claiming a healthier lifestyle they can sustain for the rest of their lives.

Our goal is to put you in control of your health and help you learn how to incorporate nutritional products and healthy eating habits into your lifestyle. As you read through this guide you will be introduced to some of the many tools we have to support you. If you have a question, please don't hesitate to contact Customer Care on 1300 651 979 in Australia and 0800 451 291 in New Zealand.

To your success!

*Jim and Kathy Coover*  
Isagenix Co-Founders

Cover image: Emma Mondello  
Associate since 2014







“ The 30-Day Nutritional Cleansing Program is so easy to follow and convenient to fit into everyday life. My body responded to the program in such a positive way, I wonder what I ever did without it! ”

Danielle Jones



This guide encompasses:

**GETTING** Started

**PRODUCT** Facts

**YOUR** Program

**YOUR** Support

# GETTING STARTED

- ① Set your goals
- ② Take the Pledge
- ③ Take your 'before' photo
- ④ Take your measurements



## PERSONAL PLEDGE

I, \_\_\_\_\_, am fully committed to creating a breakthrough in my personal health and quality of life. My goal is to reach and maintain my target weight of \_\_\_\_\_ by releasing \_\_\_\_\_ kg of unhealthy fat while increasing my lean muscle mass.

Research has shown that written goals are much more likely to be achieved. Sharing your goals with others will further support your success.

## MY SUPPORT TEAM

My Program Coach is \_\_\_\_\_

My Coach is here not only to offer support, encouragement and advice but also to answer questions and guide me through my journey to a healthier lifestyle. I will surround myself with positive people who will support me and understand how important my Isagenix® Program is to me.

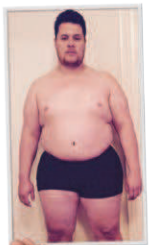
My Support Team includes:

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach signature: \_\_\_\_\_ Date: \_\_\_\_\_

## YOUR PATH TO SUCCESS BEGINS HERE



**Damien Fereti**  
IsaBody Challenge  
Grand Prize Winner  
2015



### Take a 'before' photo

to see the progress you've made when you reach your goal. 'Before' and 'after' photos are a great way to see just how far you've come. This picture can also serve as your 'before' picture for the IsaBody Challenge.

- 1** Weight loss is important, but *centimetres lost* is also an important measurement. Take your measurements and track your success with our easy-to-use measurement tracker on page 12. Focus on how you feel and how your clothes fit rather than simply focusing on the scale.
- 2** Share your goals with your Support Team members you identified on the previous page and invite them to join you in your transformation. Ask your Sponsor how you can get your products paid for by simply inviting others to join you.
- 3** Follow the monthly schedule and Shake and Cleanse Day planner to remind you when to take each product.
- 4** Buy healthy foods and plan great-tasting meals. Limit temptations by removing unhealthy foods and snacks from your home including soft drinks, foods with artificial colours and sweeteners and other junk foods. See meal planning tips on page 16.
- 5** Read your Personal Pledge daily.
- 6** Join the IsaBody Challenge to help you achieve your transformation and earn a AUD \$200 product coupon upon completion. Learn more at [ANZ.IsaBodyChallenge.com](http://ANZ.IsaBodyChallenge.com).

*If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight-control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.*

*Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4 kg with an average of 1 kg of the loss from visceral fat after 30 days on Isagenix. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.*

*\*These products are not intended to diagnose, treat, cure, or prevent any disease.*

# WEIGHT LOSS PAKS

These Paks provide products designed to deliver results for your weight loss and maintenance goals



## 30-Day Nutritional Cleansing Program

The 30-Day Program provides the first step to taking control of your life, achieving your peak performance and managing your weight. Designed as a long-term, flexible program to help you on your journey to weight loss and complete body health, our flagship Program is a great introduction to Isagenix. It offers a range of unique products that revitalise your whole body by helping to remove impurities and create an optimal environment for improved nutrition.



## 9-Day Nutritional Cleansing Program

If you're ready for a new health challenge, prepare for results with the 9-Day Program. This sustainable and effective program helps you lose weight quickly by gently cleansing and nourishing your body. Graduate to the 30-Day Program to maintain your weight loss progress.



## Want to customise your Pak?

**MY PAK** is the perfect way to custom order your own Pak with any flavour or packaging, with a simple and flexible ordering experience. All you have to do is create an order and add your favourite products in your desired packaging and flavour combination. Order over 150BV and you'll get an additional 5% off with Autoship Rewards pricing.



### Healthy Maintenance Program

Designed to assist in preserving results gained from a 30-Day Program, this ongoing program continues gentle cleansing while helping to maintain a healthy, active lifestyle. Using the included essential Isagenix products, you can enjoy continued energy, mental clarity and effective weight management.



### Youthful Ageing Pak

Promote youthful ageing from within with products that help to refresh and energise in a flexible, long-term system. Recommended for those who have completed the 30-Day Nutritional Cleansing Program and are looking for a healthy ageing solution, the Youthful Ageing Pak provides your body with essential nutrients to promote a lean, healthy body while fighting the signs of ageing at a cellular level.



### Healthy Lifestyle Pak

This Pak provides your body the nutrition it needs, while helping reduce unhealthy cravings and allowing you to maximise your healthy habits.



### Shake & Cleanse Pak

This combination of IsaLean™ Shake and Cleanse For Life™ is designed for daily use to help you maintain your healthy lifestyle. Cleanse daily and satisfy your appetite with balanced nutrition, while keeping track of your kilojoule intake.



# YOUR PRODUCTS

Get to know the weight loss product range



## ISALEAN™ SHAKE

A delicious, satisfying, nutritionally complete meal replacement that contains 24g of undenatured whey and milk protein and superior amino acid complex. IsaLean Shake helps you maintain lean body mass while providing essential vitamins and minerals. Available in chocolate, strawberry and vanilla flavours in canisters and satchets. Also available in certified Kosher in vanilla flavour.



## ISALEAN™ SHAKE DAIRY FREE

A nutritionally-balanced meal replacement shake featuring 24g high-quality plant-based protein from peas and rice and 8g dietary fibre per serve. Suitable for vegan lifestyles, IsaLean Shake Dairy Free supports both weight management and lean muscle development.



## CLEANSE FOR LIFE™

A complete nutritional body cleanse that aids the body's natural ability to remove impurities, Cleanse for Life nourishes your body; it's not a laxative or a diuretic. Ionic minerals, antioxidants, Aloe vera and gentle cleansing herbs help to support the body's vital functions and immune system.



## IONIX® SUPREME

A nutrient-rich, rejuvenating drink that restores and protects the body. Specialised adaptogenic herbs help your body adapt to stress while vitamins, antioxidants, trace minerals and herbs help support mental and physical performance.



## ESSENTIALS FOR WOMEN™ AND MEN™

This powerful multivitamin is specifically designed to promote the best possible health for men and women. Extra forms of calcium and B vitamins encourage strong bones, increased energy and healthier hair, skin and nails in Essentials for Women while Essentials for Men contains zinc and selenium to support prostate health and B vitamins to support a healthy immune system.



## ISAGENESIS™

This powerful formula of complex botanicals and vitamins is designed to aid in the reduction of oxidative stress. The new vegetable softgel capsule enables improved absorption.





### AGELESS ACTIVES™

Formulated to help you to diminish the signs of ageing from the inside out, Ageless Actives works to protect your body at the cellular level and can help combat effects of free radicals. It also helps support the body to rebuild and restore its vital systems, support energy production and protect cells.



### ISAOMEGA™

Contains pure, high quality fish oil sourced from small fish in deep Chilean waters. Each serving contains 2000mg of Omega-3 essential fatty acids to support brain, heart, eye and joint health. The softgel capsules have a pleasant, lemon flavour.



### E+

A healthy energy boost that helps take your performance to the next level, e+ contains natural caffeine derived from green tea and yerba mate. The exclusive blend of herbal botanicals helps increase stamina and mental alertness.



### ISAGENIX SNACKS™

These high quality whey and milk protein snacks at only 121kJ per serve help reduce cravings and keep you satisfied. Snacks contain high quality undenatured protein and a high amino acid profile. Perfect for providing a quick energy boost on Cleanse Days.



### ISAFUSH™

This combination of cleansing herbs and minerals helps support and maintain a healthy digestive system. Includes 210mg of magnesium, which may help to relieve mild constipation and gentle cleansing herbs to support digestion and encourage regularity.



### NATURAL ACCELERATOR™

A combination of traditionally used herbs including cayenne, green tea, cinnamon and ginseng that help accelerate fat and protein metabolism without synthetic stimulants. Contains antioxidants that help fight free radicals and maintain a healthy body.

# YOUR PRODUCTS

Get to know the weight loss product range



## ISAGENIX GREENS™

This superior blend of 33 nutrient-rich vegetables and herbs includes spirulina and chlorella to support wellbeing. Greens contains antioxidant-rich extracts including green tea and grape seed to support immune health and help fight free radicals as well as a proprietary blend of Ionic Alfalfa™, rice bran and prebiotics to help enhance digestive health.



## REPLENISH™

A drink powder formulated to support hydration and faster recovery, Replenish is enriched with C and B vitamins to replace nutrients lost during exercise. Available in Juicy Orange and Lemon Lime flavours.



## ISADELIGHT™

At just 250kJ a serve, these deliciously rich chocolates contain feel-good nutrients and boost energy, mood and metabolism. Green tea extract, amino acids, antioxidants, B vitamins and minerals help ease hunger and sugar cravings. Available in dark chocolate and milk chocolate flavours.



## SLIM CAKES™

At only 360kJ per serve, these tasty, nutritionally packed snacks support heart and digestive health. Slim Cakes contains 5g of fibre and omega-3s from whole oats, inulin and flaxseed and has only 3g fat, low cholesterol and no artificial sweeteners.



## ISALEAN™ BAR

Power your way through the day with delicious bars, which contain 18g of high-quality protein. Rich in branched-chain amino acids, IsaLean Bars are great for curbing hunger, after workouts and on the go. Available in Chocolate Cream Crisp, Chocolate Decadence, Natural Oatmeal Raisin and Nutty Caramel Cashew.



## FIBRE SNACKS™

This delicious, gluten-free, fibre-packed snack contains 6g of two types of premium hunger-curbing fibre that help keep you satisfied between meals and support healthy digestion.



Anna & Morgan Richards



## BACKED BY SCIENCE

Independent research from the University of Illinois at Chicago and Skidmore College showed that the Isagenix Program was superior to a traditional heart-healthy diet for weight loss and improving cardiovascular health markers. The 15-month study done at Skidmore followed the Cleanse Day and Shake Day protocol compared to a nutritionally balanced diet and validated safe, healthy weight loss and long-term maintenance. Participants who used the Isagenix Program during the maintenance phase of the study maintained their weight loss, fat loss, and visceral fat loss while heart-healthy diet participants rebounded. Isagenix maintenance participants also improved their muscle status during the maintenance phase while heart-healthy participants did not.



## SIGN UP FOR AUTOSHIP REWARDS!

Autoship allows you to set up your account so that your order is automatically sent to you approximately every 30 days, with the transaction amount debited directly from your account. You can choose from a selection of Paks and Programs, customise your order with 'My Pak' or order individual products. Autoship is flexible and can be changed each month to suit your needs. As well as being extremely convenient, Autoship encompasses exclusive Rewards pricing, which equates to a discount up to 10 percent lower than wholesale for select Paks, Programs and individual products.

# YOUR PROGRAM

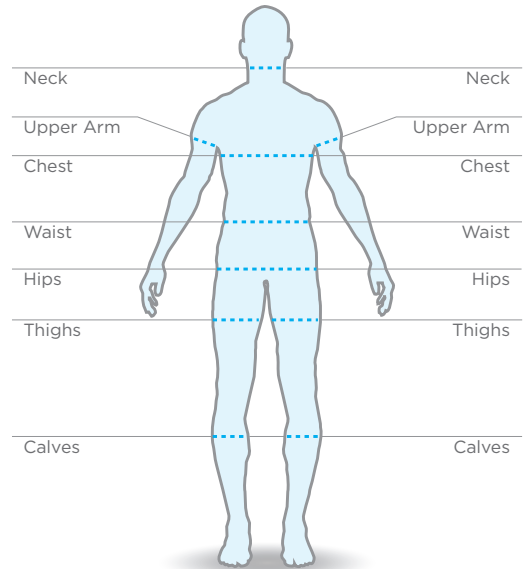
Start your program with clearly defined goals and track your progress



## MEASUREMENT TRACKER

Tracking your measurements is a great way to measure your success in reaching your goals.

	Goal	Start	Day 9	Day 20	Day 30
Weight					
Neck					
Upper Arm L					
Upper Arm R					
Chest					
Waist					
Hips					
Thigh L					
Thigh R					
Calf L					
Calf R					





## 30-DAY STANDARD CALENDAR

These calendars will help you organise your programs. To design your own program please see the back page.

Day 1 <b>S</b>	Day 2 <b>S</b>	Day 3 <b>C</b>	Day 4 <b>S</b>	Day 5 <b>S</b>	Day 6 <b>S</b>	Day 7 <b>S</b>
Day 8 <b>S</b>	Day 9 <b>S</b>	Day 10 <b>C</b>	Day 11 <b>S</b>	Day 12 <b>S</b>	Day 13 <b>S</b>	Day 14 <b>S</b>
Day 15 <b>S</b>	Day 16 <b>S</b>	Day 17 <b>C</b>	Day 18 <b>S</b>	Day 19 <b>S</b>	Day 20 <b>S</b> <b>* Place Order</b>	Day 21 <b>S</b>
Day 22 <b>S</b>	Day 23 <b>S</b>	Day 24 <b>C</b>	Day 25 <b>S</b>	Day 26 <b>S</b>	Day 27 <b>S</b>	Day 28 <b>S</b>
Day 29 <b>S</b>	Day 30 <b>S</b>					

**S** - Shake Day    **C** - Cleanse Day

\* To ensure you have product for the next month, be sure to order no later than Day 20 or enrol in the Autoship Rewards program. If you order your systems on a weekly basis, be sure to order in advance so you have enough product to carry you through the weekend.

## 9-DAY CALENDAR

PREP <b>S</b>	PREP <b>S</b>	Day 1 <b>C</b>	Day 2 <b>C</b>	Day 3 <b>S</b>	Day 4 <b>S</b>	Day 5 <b>S</b>
Day 6 <b>S</b>	Day 7 <b>S</b>	Day 8 <b>C</b>	Day 9 <b>C</b>	Visit <a href="http://IsaSalesTools.com.au">IsaSalesTools.com.au</a> to purchase this calendar as a fridge magnet.		

For Shake and Cleanse Day Guides specific to your Pak, visit the Pak information page at [Isagenix.com](http://Isagenix.com) and click on 'Product Marketing Materials'.

## SHAKE DAY GUIDE

If you are following the 30-Day Nutritional Cleansing Program or a Getting Started Pak, replace 2 daily meals with IsaLean™ Shake or IsaLean™ PRO. If you are following a Maintenance Pak replace 1 daily meal with IsaLean Shake or IsaLean PRO.

**For weight loss, replace** two conventional meals per day with IsaLean Shake.

**For maintenance, replace** one meal per day with IsaLean Shake. You can replace any meal with IsaLean Shake; many recommend enjoying a Shake for breakfast and/or lunch. Ensure your conventional meals contain 1600-2500kJ, are healthy, low-glycaemic and contain lean proteins, whole grains, fruits and vegetables.

**Drink** 1 serve of Ionix® Supreme every morning.

**Drink** plenty of water throughout the day.

Aim for 8 glasses per day.

**Take** 2 Natural Accelerator™ and 2 IsaFlush™.

**Enjoy** 1 e+ any time during the day for a quick energy boost.

Many people substitute their daily coffee for an e+.

If you choose to follow a daily cleansing routine, drink 1 serve of Cleanse for Life™ either first thing in the morning or before bed to nourish your body while it removes impurities.

### Shake Day Snack Ideas\*

1 Slim Cakes™

**OR** 1-2 IsaDelight™ chocolates

**OR** 1 e+

**OR** 1 Fibre Snacks™

**OR** 1 hard-boiled egg

**OR** 1 piece of fruit or vegetable

**AND** if you are exercising, 1-2 servings of Replenish™

*\*Products may not be included in all Paks and may have to be purchased separately.*

## CLEANSE DAY GUIDE

Deep Cleansing involves abstaining from eating normal meals and food for one or two days at a time. Take Cleanse for Life throughout the day and use the recommended Cleanse Day Support products to overcome cravings and help maintain healthy blood sugar levels.

**Enjoy** 4 serves of Cleanse for Life™: 1 in the morning  
1 at midday  
1 late afternoon  
1 in the evening

**Drink** 1 serving of Ionix Supreme when you wake up and (optional) in the early evening.

**Take** 1 IsaFlush in the morning and 1 in the evening.

**Take** 1-2 Natural Accelerator before bedtime with a small amount of water.

**Drink** plenty of water. Aim for at least 8-10 glasses throughout the day.

### Cleanse Day Support

For a Cleanse Day energy boost, choose one or two of the following:

2 Isagenix Snacks (maximum 6 per day)

**OR** 1-2 IsaDelight chocolates (maximum 2 per day)

**OR** 1-2 e+

If you are exercising, 1-2 servings of Replenish

*¼ of an apple or pear (to maintain blood sugar)*

### Should I cleanse for 1 or 2 Days?

Within our 30-Day Nutritional Cleansing Program, you should deep cleanse at least one day a week, but you can certainly cleanse two days (back-to-back) to maximise your weight-loss results. However, you should never exceed two consecutive Deep Cleanse Days.

## PRO TIP

Cleansing is like a skill; the more you do it, the easier it becomes.

## FAQs

### Q: Why do I need to cleanse?

**A:** Cleansing helps kick-start your metabolism and supports healthy digestion. Cleanse For Life is specially formulated to provide your body with the nourishment it needs while it rids itself of harmful impurities.

### Q: What should I expect during the first few days of my journey?

**A:** Understand you are at the beginning of a transformation and that the introduction of nutritious and scientifically supported Isagenix products will begin to give your body what it needs to be healthy. The program will help you prepare for efficient, sustainable weight loss. If you follow your program as outlined, you should begin to experience results and feel the difference.

### Q: Should I still cleanse if I'm exercising?

**A:** Yes, you should follow the recommended cleanse schedule for your program. On Cleanse Days, we recommend you minimise your physical activity. If you choose to be active, do so in moderation and support your body throughout the day with Replenish, IsaDelight and Isagenix Snacks. It may also prove helpful to go to bed earlier on Cleanse Days to avoid any urge for late-night snacking.

### Q: If I'm not hungry can I skip a meal or Shake?

**A:** We recommend you not skip a meal or IsaLean Shake. Even though you may not feel hungry, your body needs ongoing nourishment. Wait a while to see if you begin to feel hungry, but always ensure you consume two IsaLean Shakes and one meal on every Shake Day.

### Q: Can I add fruit to my IsaLean Shake?

**A:** You can customise your Isagenix program to meet your needs. Keep in mind that adding ingredients to your IsaLean Shake increases your kilojoule intake.

### Q: If I feel tired or have a headache, should I discontinue my program?

**A:** It is not uncommon when cleansing or changing your normal eating habits to experience side effects.

These may include headache, fatigue or constipation. Depending on your side effect, you may try drinking more water or eating a snack. Fatigue and headache may be signs you may be experiencing low blood sugar. Avoid overhydrating as this may cause nausea and dizziness. Consult your physician should you have concerns.

### Q: Can I deep cleanse more than two consecutive days?

**A:** Cleansing two consecutive days can help you maximise your weight-loss results but you should never cleanse more than two days in a row.

### Q: I'm a very active person and I have been progressively increasing my workouts during my program. Should I eat more if I'm hungry?

**A:** There are several things you can do. We recommend you switch out one or both of your IsaLean Shakes with IsaLean PRO or add a scoop of IsaPro to your IsaLean Shake. This will increase your protein and kilojoule intake safely. The extra protein will fuel your body for working out while helping to keep you feeling full between meals.



Matthew Evans

# YOUR SUPPORT

Use the tools provided at [IsaProductAU.com](http://IsaProductAU.com) to achieve success with your program



**Plan ahead.** For many people, starting an Isagenix program is unlike anything they've done before – often it is very different to the lifestyle and diet they're used to. Before starting the program, we recommend consulting your physician to ensure the program is right for you and also to make them aware of the changes you're making.

**Set realistic expectations.** Most people don't put weight on in just a few days, so remember that it will take more than a few days to release it. It's not a race; it's about developing a healthy lifestyle.

**Schedule Cleanse Days** when you can ensure success. Cleansing on busy days keeps your mind off snacking.

**Drink plenty of water.** The National Health and Medical Research Council of Australia recommends 2.1L per day for women and 2.6L per day for men. This will need to be increased during exercise and during warmer weather.

**Balanced nutrition** reduces food cravings. Use all of your Isagenix products as recommended and consume a diet of fresh, nutritious foods to ensure your body is getting the right nutrition every day.

**Increase your daily activity** to maximise your weight-loss results. You don't have to start training for a marathon, just move more throughout the day and make a conscious effort to raise your heart rate regularly in striving to achieve the best possible results.



Philip Liang, Emma Makila & Ben Kelly



## ONLINE TOOLS AND RESOURCES

Isagenix has developed an extensive library of online tools with our product users in mind. We encourage you to explore our websites and engage with the many tools available to help you better understand our culture, products and philosophies about health and wellness. The following are your go-to resources to find answers and tips on getting the most from your Isagenix experience.



### [IsaProductAU.com](http://IsaProductAU.com)

This is your one-stop resource for all product information and tools. It provides guides to all the Isagenix products and programs and informative videos to improve your product training.

### [Isagenix.com](http://Isagenix.com)

Experience Isagenix and introduce yourself to What Drives Us, the Isagenix core values. Meet the founders and company leaders and read success stories from other product users.

### [ANZ.IsaFYI.com](http://ANZ.IsaFYI.com)

Subscribe to the official Isagenix ANZ blog for regular updates, recipes, news, information and the latest science.

### [ANZ.IsaBodyChallenge.com](http://ANZ.IsaBodyChallenge.com)

Begin your ultimate lifestyle transformation journey. Find out all you need to know about the 16-Week Challenge, where you can not only transform your body and life, you can also win exciting prizes.

### [HealthyMindAndBody.com](http://HealthyMindAndBody.com)

Discover an interactive 60-day program to transform your mind while you transform your body. Once you've researched the program, sign up through your Back Office.

## PLATE PLANNER

Your third meal on a Shake Day should be balanced, like an IsaLean Shake. Ideally, it should contain 1600-2500kJ and should include protein, complex carbohydrates and a variety of vitamins and minerals.



### GOOD FATS

Portion size: *Thumb*  
Coconut oil  
Olive oil  
Avocado  
Other cooking oil



### VEGETABLES – ½ of plate

Portion size: *two fists*  
Salad  
Cooked coloured vegies  
(not potatoes)  
Vegie soup  
Fresh fruit



### PROTEIN – ¼ of plate

Portion size: *palm of hand*  
Chicken  
Beef  
Lamb  
Fish  
Eggs  
Dairy  
Tofu



### COMPLEX CARBOHYDRATES – ¼ of plate

Portion size: *One fist*  
Noodles  
Rice  
Wholegrain breads  
Sweet potatoes  
Potatoes

# YOUR NEXT STEP

Isagenix has a range of solutions to help you reach your next goals.



## MAINTENANCE PROGRAM

The Isagenix lifestyle doesn't end at the completion of your 30-Day Program. Many people transition to a new Isagenix Solution or use our helpful lifestyle maintenance recommendations below.

- 1 Enjoy 1-2 IsaLean Shakes per day as part of a nutritious, balanced diet.
- 2 Deep cleanse one day each week or try everyday cleansing – enjoy a glass of Cleanse For Life in the morning or before you go to bed.
- 3 Drink lots of water – the National Health and Medical Research council recommends 2.1L per day for women and 2.6L per day for men.
- 4 Exercise regularly to ensure your kilojoule intake doesn't exceed your energy output.
- 5 Replace unhealthy snacks with Slim Cakes or Fibre Snacks.



Michael Peters

## THE NEXT SOLUTIONS

When you achieve your goals in weight loss, you can move into any – or all – of our other incredible solutions.

### ENERGY

Gain more energy during your everyday activities.

### PERFORMANCE

Excel in the gym, on the field and anywhere else you want to boost your competitive skills.

### HEALTHY AGEING

Support a healthier life and age gracefully.

### WEALTH CREATION

Earn financial freedom and build a business for you and your family.

*Go to [IsaProductAU.com](http://IsaProductAU.com) to learn more.*

Customise this calendar to suit your Program. Include your meal plan, Shake and Cleanse Days, exercise and any events you need to factor in.



Tear out your Calendar and display it where you'll see it every day.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30





## RECIPE

For more healthy recipes, purchase *Better Living* at [IsaSalesTools.com.au](http://IsaSalesTools.com.au).



### LEMON CHICKEN

2 free-range 150g chicken breast fillets  
1 Tbsp fresh rosemary, chopped  
Juice and finely grated rind of 1 lemon  
2 cloves garlic, crushed  
½ cup polenta  
2 cups mixed lettuce  
1 tomato, cut into wedges  
1 Tbsp balsamic vinegar

Preheat oven to 180°C. Lightly grease a shallow baking dish and place chicken breasts in it. Pour lemon juice around fillets. In a small bowl, combine garlic, rosemary, lemon rind and polenta and spread evenly on top of the fillets. Bake for 25 minutes or until cooked through. Meanwhile, toss lettuce, tomato and balsamic vinegar. Remove chicken from oven and rest for 5 minutes. Serve with salad. Serves 2.

Per serve: 951kJ, 2.5g fat, 25g protein, 22.7g carbs



For information, motivation and support, visit:

@IsagenixANZ



10 1800344



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