

30 Day Cleanse Program

SHAKE DAYS

MORNING/WAKEUP :: 1oz serving of Ionix Supreme



BREAKFAST :: Protein Shake + 1 Accelerator Pill



MID-MORNING SNACK :: 150-200 Calories of Healthy Snack Choice
(Preferably higher protein. ie: 2 Hardboiled eggs, Fresh Deli Meat, hummus and veggies etc)

LUNCH :: Protein Shake OR Healthy 400-600 Calorie Meal

MID-AFTERNOON SNACK :: 150-200 Calories of Healthy Snack Choice
+ Accelerator Pill

DINNER :: Protein Shake OR Healthy 400-600 Calorie Meal

BEFORE BED :: Take 2 Isaflush Pills



*Drink at least 80z of water each day