

# **5-DAY WEIGHT LOSS BOOST GUIDE**



**DO A RESET AND  
BOOST YOUR METABOLISM**

**COMPLETE PROGRAMME**

# THEY TESTED THE RANGE FOR YOU!



## AMBER TE SLIGTE

2023 Canada IsaBody Challenge Finalist

Challenges Completed: 11

Age: 40

**ISABODY**



## Ashley Hartley

2023 Canada IsaBody Challenge Finalist

Challenges Completed: 1

Age: 36

**ISABODY**

# WELCOME

## YOUR 5-DAY WEIGHT LOSS BOOST GUIDE

Maybe you have a vacation coming up, a wedding, or you simply want to start or restart your weight-loss journey by boosting your metabolism to reach your goals.

During the 5-Day BOOST, you will receive clear guidance on what to eat and when. You can also combine it with the TRANSFORMATION / FAT-BURN BOX in phase 2 depending on your goals/desires (ask your consultant).

You may notice:

1. A boost in energy
2. Less bloating
3. Healthier, more radiant skin
4. Possible weight loss of around 500 g per day



You will follow a 5-day meal plan, powered by our synergy of powerful supplements to help your body eliminate toxins and restart your metabolism thanks to minerals, trace elements, and probiotics.

Water retention, gut flora, digestion, and fat mass are key areas that will improve during your 5-Day BOOST. You may lose up to 500 g per day.

This is the perfect combo – you've made the best decision for your body.

# ARE YOU READY?

# THINGS TO DO BEFORE STARTING

## PHOTOS

It is essential to take before/ during / after photos to analyze your results.

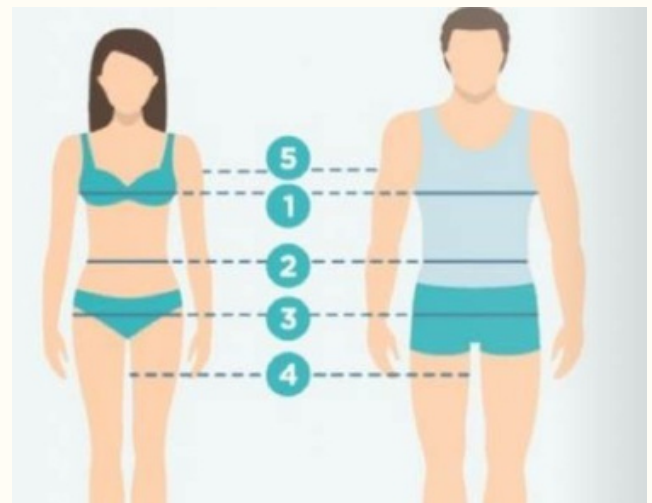
Take them in the same pose, same clothes, and same place, preferably with good natural light.



## MEASUREMENTS

Take your body measurements because the scale is not the best indicator.

It is recommended to measure yourself fasting, on Day 1 and Day 6.



## WEIGHT

Also take your starting weight in the morning, fasting and unclothed, to track your progress.

A connected scale is recommended to get more detailed information about body composition.





# 5-Day Weight Loss Meal Guide

TIMES	DAY 1	DAY 2 TO 4	DAY 5
6-8am	A large glass of water with <b>30 ml of Nourish</b>	Proteins + starches + vegetables Example: egg, spinach, 1 slice of sourdough bread <b>30 ml of Nourish</b>	Proteins & healthy fats e.g., scrambled eggs & avocado <b>30 ml of Nourish</b>
9-11am	A large glass of water with <b>30 ml of Nourish</b>	A large glass of water with one fruit	A large glass of water with <b>30 ml of IONIX</b> + Vegetables & fats e.g., a plate of raw vegetables + avocado or nuts
12-2pm	A large glass of water with <b>30 ml of Nourish</b>	Proteins, vegetables & healthy fats Example: turkey breast & avocado	Protein & vegetables e.g., stir-fried vegetables & ground beef
3-4pm	A large glass of water with <b>60 ml of Nourish</b>	100 ml of water with <b>1 scoop of Isalean</b> + protein e.g. a slice of ham	100 ml of water with <b>1 spoonful of Isalean</b> + Greek yogurt or cottage cheese
5-7pm	Proteins + vegetables Example: broccoli and chicken fillet <b>15 ml of chilled Nourish</b> at the end of the meal	Protein + vegetables e.g., broccoli & chicken breast <b>+ 15 ml of chilled Nourish</b> at the end of the meal	Protein + vegetables e.g., carrots & cod fillet <b>+ 15 ml of chilled Nourish</b> at the end of the meal
evening	A lemon verbena herbal tea <b>1 sachet of Triotic</b> under the tongue at bedtime	A lemon verbena herbal tea <b>+ 1 sachet of Triotic</b> under the tongue at bedtime	A lemon verbena herbal tea <b>+ 1 sachet of Triotic</b> under the tongue at bedtime

[Click Here for Weight Loss Boost](#)



# Portion Guide



## PROTEINS

Salmon  
Shrimp  
Tuna  
Cod  
  
Chicken fillet  
Turkey fillet  
Sliced ham  
Beef  
  
Egg white  
Greek yogurt  
  
Whole eggs

## VEGETABLES

Spinach  
Cucumber  
Lettuce  
Celery  
Leeks  
Radishes  
Asparagus  
Green beans  
Carrots  
Bell peppers  
Onions  
Tomatoes  
Cauliflower  
Mushrooms  
Parsnips  
Broccoli  
Peas  
Artichoke

## STARCHES

After cooking:  
Red potatoes  
Sweet potatoes  
Brown rice  
Quinoa  
Lentils  
Chickpeas  
  
Before cooking:  
Oat flakes

## FRUITS

Orange  
Pear  
Apple  
Blueberries  
Kiwi  
Plums  
Grapes  
Strawberries  
Raspberries  
Grapefruit  
Nectarine  
Peach  
Banana

## OILS

Olive  
Sesame  
Sunflower  
Rapeseed  
Walnut

## GOOD FATS

Unsalted nuts  
Cashews  
Almonds  
Peanuts  
Almonds  
Sunflower seeds  
Avocado  
Peanut butter  
  
Cooking fats:  
Goose fat  
Coconut fat  
Lard

*DRINK 1 L OF WATER PER  
40KG*

*SLICE A SERVING OF 300G  
MAXIMUM IS SUFFICIENT*

# AFTER 5 DAYS

## IONIX

30 ml of IONIX (Cortisol)  
after Breakfast diluted with  
water

## NOURISH

30 ml of Nourish  
after breakfast with Ionix

## ISALEAN

30 ml of Nourish  
after Breakfast with IONIX to be  
taken until the product is run  
out.  
2 spoons with 250ml of water  
in the afternoon as a snack or  
in the evening as a dessert.

## TRIOTIC

*1 Sachet of Triotic under the  
tongue at bedtime*

## TAKE UNTIL THE PRODUCT IS LAST

To regain a lighter stomach and lasting energy, cleansing with Nourish helps eliminate toxins and boost digestion. IONIX Supreme regulates stress and cortisol, often linked to emotional weight gain. By incorporating ISALEAN and its fibres and proteins as a snack or dessert, you limit evening cravings and promote satiety. Additionally, [click here](#) for Weight Loss Boost.

This routine naturally supports long-term weight management, without frustration. A real boost for deep and lasting well-being.

# AFTER 5 DAYS

# CONGRATULATIONS!



After the 5 days, write to me to share your results (photos, measurements, and weight).

If you need any help or have any questions, please do contact me by email or phone.

Susanna Terry

tel +441837840718

Isagenix Associate

<https://lighttouchhealthproducts.co.uk/>