

Send Me a Trainer

Nutrition Program

Zane Daugherty, Certified Personal Fitness Trainer (not recommended to follow without a certified Send Me a Trainer San Jose West Personal Trainer). For supporting burning fat, toning and increasing muscle strength and energy, and long-term optimal health. For Questions, please contact Zane Daugherty at <https://topinhometrainers.com/> and click the “Book a Call” tab.

Our Mission is to inspire a transformation of lifestyle fitness where you are! And we get results! For testimonials and stories go to our YouTube channel here:

https://m.youtube.com/channel/UCRG32RXIAfH1U470rE_gq6g

I. Nutrition Program

The following nutrition program is proven and it works. It is the very best and comprehensive nutrition system that I know to support energy, exercise, optimal health and results I can't find anywhere else. There are reasons behind each aspect of the program. Follow it and you will succeed. Not following it or leaving out essential aspects of the program, then you will not get the results it is designed to achieve from following it. If you only consume the shakes without doing the cleanse, for example, you will not get as good results. If this happens, get back on track and follow the program. I am here to support you through it. I am happy to answer any questions in person, phone call, email or text. Don't make excuses. Just do it. The following is a nutrition system with each component very important within the system, that is designed to address specific functions to produce a combination of muscle building with fat loss and energy gain, by working synergistically together. Like anything, however, it becomes easier and even a habit with practice. Many experience much enjoyment and freedom from the system as it becomes simple and flexible with its various food and flavor options.

We recommend the following: a sensible whole foods-based nutrition plan from the three major macronutrients (foods from healthy proteins, carbohydrates, and fats) and supported with whole foods based Isagenix supplementation that promotes healthy fat loss, and lean muscle mass and energy gain for long term, sustainable fitness. We do not recommend extreme restrictive “diets”. The Isagenix nutrition system is based on clinical research, is proven, and promotes healthy fat loss and long-term weight maintenance, while supporting lean muscle mass and energy gain for long-term optimal health. The system to support this is the Isagenix 16 Week IsaBody Challenge (please see below). Follow the program and recommendations consistent with the Isabody Challenge and your Send Me a Trainer Personal Trainer. Purchase the recommended Isagenix system from your Send Me a Trainer trainer, Download the IsaLife App and enter into the IsaBody Challenge. Download the MyFitness Pal App and begin logging in all of your consumed foods and drinks.

Please Note: Follow nutrition and supplementation systems in conjunction with your doctor’s recommendations. In general, drink about half your body weight in ounces of filtered water each day. For example, if you weigh 100 pounds, drink about 50 ounces of filtered water each day. Always drink filtered or purified water. For purified water, I recommend the AlkaViva product here: <https://waterionizer.org/buy/ultrastream-water-ionizer/>

On Shake Days:

Early Morning - Drink one serving of Ionix Supreme and one to two 8 ounce glasses of purified water.

Breakfast – Enjoy 1 serving of Isagenix Isalean Meal Replacement Shake (a high-quality low fat, low sugar, protein, carbohydrate mix) in 8 oz filtered water. One small organic banana. Recommended take one AM packet of Complete Essentials with IsaGenesis.

Snack (about 10:00 AM) - One cupped portion of brown rice and/or one organic baby red potato. One organic apple, one organic orange. And/or one serving of a Shake Day snack.

Lunch (about 12:00 PM) – Enjoy 1 serving of Isagenix Isalean Meal Replacement Shake (a high quality low fat, low sugar, protein, carbohydrate

mix) in 8 oz purified water, and/or a 400 to 600 calorie meal consisting of healthy whole foods such as listed in the “Dinner” section below.

Mid Afternoon Snack (about 3:00 PM) – Optional, choose 1 serving of a Shake Day Snack, 1 Natural Accelerator capsule, and drink one to two 8 ounce glasses of purified water.

Dinner (no later than 6:00 PM) – Enjoy 1 serving of Isagenix Isalean Meal Replacement Shake (a high quality low fat, low sugar, protein, carbohydrate mix) in 8 oz purified water.

And/Or

A 400 to 600 calorie meal, with whole foods such dark, green, bright colored leafy vegetables, a one cupped portion of whole grains such as one slice of organic sprouted whole wheat bread (such as “Alvarado Street” bread), brown rice, or oatmeal, with one of the following: a vegetable protein based food (such as if you are following a vegetarian based plan) or one cupped fish such as tuna for protein versus other meats. If other meats, then lean meats such as boneless skinless chicken breast and turkey. With at least five servings of fruits and vegetables including foods like organic raisins, a half-cupped handful of nuts or seeds such as raw almonds or chia seeds. Two cupped handful of organic raw vegetables such as broccoli, sugar snap peas, celery, cooked beans, cucumbers, onions, spinach, and carrots. A “cupped” handful means what you can fit in one hand while it is shaped like a cup.

Recommended take one PM packet of Complete Essentials with IsaGenesis.

*Note: Enjoy at least two Isalean Shakes a day with whole foods above. At least one meal (no more than two) you should replace most or all of the food with an IsaLean meal replacement shake during the fat loss, stage. For long term weight maintenance, enjoy at least two Isalean shakes a day with meals.

Late Evening – Bedtime

Bedtime Belly Buster bundle: Enjoy 1 serving of Isagenix IsaPro Whey Protein mixed with Isagenix Greens in 8 ounces purified water with 1-2 IsaFlush capsules as needed. Follow “Suggested Use” on bottle of Isagenix Sleep Spray for assisting with proper sleep.

On Cleanse/Intermittent Fast Days:

In the first 4 months, do a total of 4 Cleanse Days a month. Recommended: Do your Cleanse Days on a light activity/light exercise days. Cleanse Days are meant to fit into your lifestyle. You can do either a One Day Cleanse once a week, or a Two Day Cleanse every other week.

Recommended: Do at least one Two Day Cleanse the first month. The Two Day Cleanse is a deeper cleanse.

SHAKE DAY PLANNER	CLEANSE DAY PLANNER
<p>Early Morning</p> <ul style="list-style-type: none"><input type="checkbox"/> Drink 1 serving of Ionix Supreme<input type="checkbox"/> Drink 1-2 glasses of purified water <p>Morning—Breakfast</p> <ul style="list-style-type: none"><input type="checkbox"/> Enjoy an IsaLean or IsaLean Pro Shake<input type="checkbox"/> Take 1 Natural Accelerator capsule<input type="checkbox"/> Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B** <p>Late Morning—Snack</p> <ul style="list-style-type: none"><input type="checkbox"/> Optional: Choose one serving of a Shake Day snack<input type="checkbox"/> Drink 1-2 glasses of purified water <p>Early Afternoon—Lunch</p> <ul style="list-style-type: none"><input type="checkbox"/> Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal*<input type="checkbox"/> Drink 1-2 glasses of purified water <p>Mid Afternoon—Snack</p> <ul style="list-style-type: none"><input type="checkbox"/> Optional: Choose one serving of a Shake Day snack<input type="checkbox"/> Take 1 Natural Accelerator capsule<input type="checkbox"/> Drink 1-2 glasses of purified water <p>Evening—Dinner</p> <ul style="list-style-type: none"><input type="checkbox"/> Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal* Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B** <p>Late Evening—Bedtime</p> <ul style="list-style-type: none"><input type="checkbox"/> Take 1-2 IsaFlush! capsules, as needed <p><i>*For more information on meal options that suit your needs, check with your trainer, dietary professional or the USDA "My Plate Guidelines" at ChooseMyPlate.gov</i></p> <p>To benefit from Everyday Cleansing, drink 1 Everyday Cleansing serving of Cleanse for Life in the morning and either mid-morning or mid-afternoon as a snack. (Additional Cleanse for Life will need to be purchased.)</p>	<p>Early Morning—Cleanse 1</p> <ul style="list-style-type: none"><input type="checkbox"/> Enjoy 1 Deep Cleansing serving* of Cleanse for Life<input type="checkbox"/> Take 1 Natural Accelerator capsule<input type="checkbox"/> Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B** <p>Mid Morning—Snack</p> <ul style="list-style-type: none"><input type="checkbox"/> Drink 1 serving of Ionix Supreme<input type="checkbox"/> Recommended: Enjoy up to 2 IsaDelight Plus chocolates**<ul style="list-style-type: none">• Take 2 <i>Isagenix Snacks!</i>—30 minutes after consuming IsaDelight Plus chocolates<input type="checkbox"/> Drink 1-2 glasses of purified water <p>Late Morning—Cleanse 2</p> <ul style="list-style-type: none"><input type="checkbox"/> Enjoy 1 Deep Cleansing serving* of Cleanse for Life <p>Early Afternoon—Snack</p> <ul style="list-style-type: none"><input type="checkbox"/> Take 2 Isagenix Snacks!<input type="checkbox"/> Take 1 Natural Accelerator capsule<input type="checkbox"/> Drink 1-2 glasses of purified water <p>Mid Afternoon—Cleanse 3</p> <ul style="list-style-type: none"><input type="checkbox"/> Enjoy 1 Deep Cleansing serving* of Cleanse for Life <p>Early Evening—Snack</p> <ul style="list-style-type: none"><input type="checkbox"/> Recommended: Enjoy up to 2 IsaDelight Plus chocolates**<input type="checkbox"/> Take 2 Isagenix Snacks!—30 minutes after consuming IsaDelight Plus chocolates<input type="checkbox"/> Drink 1 serving of Ionix Supreme<input type="checkbox"/> Drink 1-2 glasses of purified water <p>Evening—Cleanse 4</p> <ul style="list-style-type: none"><input type="checkbox"/> Enjoy 1 Deep Cleanse serving* of Cleanse for Life<input type="checkbox"/> Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B** <p>Late Evening—Bedtime</p> <ul style="list-style-type: none"><input type="checkbox"/> Take 1-2 IsaFlush! capsules with 8 oz of purified water <p><i>*Follow "Deep Cleansing Directions" on the Cleanse for Life label to ensure proper serving size.</i></p>



***1**
E-Shot
not pictured



***2-3**
Whey
Thins

Cleanse Day

- 8AM IONIX**
- 9AM CLEANSE FOR LIFE (CFL)**
- 10AM A SNACK OPTION**
- 11AM A SNACK OPTION**
- 12PM CFL**
- 1PM A SNACK OPTION**
- 2PM A SNACK OPTION**
- 3PM CFL**
- 4PM A SNACK OPTION**
- 5PM A SNACK OPTION**
- 6PM CFL**
- 7PM A SNACK OPTION IF REQUIRED**



***1-2**
IsaSnacks

***1**
IsaDelight
Chocolate

***SNACK**
OPTIONS

