

What's the Best Way to Do a Shake Day?



Have you ever wondered about the best way to do a Shake Day? While there's no single best way to do a Shake Day, you can customize your Shake Day to create a plan that's best for you.

The Isagenix 30-Day System is based on Shake Days and Cleanse Days and the Weight Loss System Guide is your resource for easy-to-follow instructions to help you get started.

The 30-Day System is intended to be a flexible, long-term program to help you achieve your health and weight loss goals. The best way to do a Shake Day depends on your lifestyle and your goals, since personalizing Shake Days can help you have the most successful experience.

There are many ways to customize a Shake Day, including choosing your favorite IsaLean® Shake option, individualizing your calorie goals, and customizing your Shake Day schedule.

Select Your Shake Options

You can plan your best Shake Day by selecting the IsaLean Shake that's right for you. Choices include IsaLean Shake and dairy-free IsaLean Shake for balanced nutrition or to support effective weight loss.

IsaLean Shake is a 240-calorie meal option that provides dense nutrition with 24 grams of whey-based protein.

Dairy-free IsaLean Shake is formulated with a blend of pea and brown rice protein to have a similar nutrient profile and is an ideal choice for anyone who wants to focus on plant-based nutrition or may have allergy concerns.

IsaLeanPRO Shake is a higher-protein option that offers 36 grams of whey-based protein to help get past weight loss plateaus or provide greater support for active lifestyles.

If you have different goals on different days of the week, keeping a variety of IsaLean Shake options on hand could be the best choice for you. IsaLean PRO Shake might be your go-to shake on days with intense workouts, while you might enjoy extra variety with a mix of whey-based and dairy-free IsaLean Shakes other days of the week.

Individualize Your Calorie Goals

There are plenty of methods you can use to estimate your calorie goals for weight loss, from phone apps to equations. The best methods take into account factors that influence the calories your body needs each day, like your current body weight and activity level.

Bodyweight impacts calorie levels, even when the goal is weight loss. Adjusting calories according to your activity level is important to fuel your physical activity.

When you choose a calorie goal for yourself, keep in mind that even the most accurate methods of calculating a calorie target can only provide an estimate. Calorie needs also change over time.

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For example, you may need to adjust your calorie goal after you lose weight or when your activity level changes. If you find that you're feeling hungry or low on energy, it makes sense to add extra snacks during the day.

Customize Your Shake Day Schedule

On Shake Days, you replace two meals with an IsaLean Shake and consume a nutritionally balanced third meal. Depending on your daily routine and the meals you replace during the day, you can customize your Shake Day schedule to for the greatest benefit.

If your goal is weight loss, one strategy could be replacing your largest meal of the day with a shake to help you manage calories. Another strategy might be to choose which meals you swap for a shake, according to the demands of your daily routine.

Relying on the convenience of an IsaLean Shake when you are most crunched for time can help you avoid temptation and the potential to make unhealthy choices.

It's not necessary to always follow the same Shake Day schedule. If your routine is different from day to day, adapt your Shake Day in a way that works best for you.

You have the option to choose the IsaLean Shake variety that best supports your goals, set a target calorie level that's right for you, and plan your schedule for the greatest benefit.

The Weight Loss System Guide provides the essential guidelines you need to get started, but customizing the way you do a Shake Day will help you have the most successful experience.

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