

A Simple Guide to a Healthier You

Healthy Ageing Solutions



Healthy Ageing

Let us help you take care of yours.

Your journey to **better health** is lifelong.

But there's no need to stress about getting the right **nutrition** to age healthily.

Isagenix has done the **research** and formulated products that work together.

Designed to integrate into your lifestyle, they'll help you **enjoy life** for longer.

Welcome to Isagenix!

Congratulations on taking the next step toward comprehensive wellness and longevity.

Our Healthy Ageing system is nutritionally sound and helps support an overall healthier lifestyle.

Our effective product systems are changing lives around the world. This simple, easy-to-follow guide was developed by experts and has been used by thousands of people like you who have been successful at reaching their health and wellness goals. Our goal is to put you in control of your health.

To your success,

Jim Coover
Owner and Chief Executive Officer

Cover image: Paul McNeny & Suzanne Skillen
Isagenix Customers since 2013



A full-page background image of a man and a woman walking along a beach at sunset. The man is on the left, wearing a dark polo shirt and light-colored trousers, with his arm around the woman. The woman is on the right, wearing a leopard print top and dark pants, holding a glass. They are walking on the sand near the water's edge. The sky is a mix of orange, pink, and blue, and the ocean waves are visible in the background.

GETTING STARTED ⁴

YOUR PRODUCTS ⁶

YOUR SYSTEM ⁸

YOUR SUPPORT ¹⁴

YOUR NEW LIFESTYLE ¹⁸

David & Irene Miller
Isagenix Customers since 2010

GETTING STARTED

- Set Your Goals
- Take the Pledge
- Mark How You Feel
- Take Your Picture

Your Personal Pledge will help you solidify your commitment and identify who your Support Team is. This is one of the most important steps to getting started, so take your time and be thoughtful.



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 System 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 System is to me.

My Support Team includes:

Signature: _____ Date: _____

Coach signature: _____ Date: _____

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

YOUR PATH TO SUCCESS BEGINS HERE

- 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 only 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 earn money to pay for your products 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 17.
- 5 Read your Personal Pledge daily.
- 6 Join the IsaBody Challenge to help you achieve your transformation and earn a AU/NZ \$200 Product Coupon upon completion.

Learn more at ANZ.IsaBodyChallenge.com.

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.



Susan Anderson
Isagenix Customer
since 2014
IsaBody Challenge
Finalist 2014



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.



YOUR PRODUCTS

What makes Isagenix unique and effective is our no-compromise approach to product formulation and our convenient solution systems.

Let's take a moment to get to know the nutritious and delicious products you are about to experience.

1. IsaLean™ Shake

A delicious, satisfying, nutritionally-balanced meal replacement containing high-quality whey protein, energy-fuelling carbohydrates, good fats and 21 vitamins and minerals. Available in chocolate, strawberry and vanilla flavours in canisters and packets. Also available in certified Kosher in vanilla flavour.

2. IsaLean Shake Dairy Free

This creamy, chocolate-flavoured meal replacement shake has all the same features as its dairy counterpart, however it contains 24 grams per serve of high quality protein from peas and wholegrain brown rice. Gluten- and dairy-free, IsaLean Shake Dairy Free provides a perfect alternative for people with dietary restrictions.

3. 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.

4. 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.



Your Choice



Flavour Options



Canister

or



Packet



Liquid



Powder

or



Liquid



Powder

or

5. Complete Essentials™ with IsaGenesis™

Effective and complete nutritional support, uniquely designed for men and women. Complete Essentials with IsaGenesis fortifies your body with a balanced blend of high-potency vitamins, minerals, antioxidants and omega-3 fatty acids to support complete daily nutrition.

6. Natural Accelerator™

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

7. IsaFlush™

This combination of cleansing herbs and minerals helps support and maintain a healthy digestive system. Containing 210 mg of magnesium and gentle cleansing herbs, IsaFlush may help to relieve mild constipation while supporting digestion and encouraging regularity.

8. Isagenix Snacks™

At only 125 kJ per serve, these chocolate-flavoured protein wafers help reduce cravings and keep you satisfied. Snacks contain high-quality undenatured whey protein and a high amino acid profile and are perfect for providing a quick energy boost on Cleanse Days.



YOUR SYSTEM

The Isagenix Healthy Ageing System combines Shake Days and Cleanse Days to help you reach and maintain your ideal weight and body composition. The system is also shown to increase lean muscle mass and support metabolism while providing your body with essential vitamins, minerals and other nutrients necessary for optimal health.



GUARANTEED RESULTS, ADDED SAVINGS



HEALTHY AGEING PREMIUM PACK

The Healthy Ageing Premium Pack is ideal for those looking to improve vitality and provide their body with optimal nutrition. Combining the latest advances in nutritional cleansing with nourishing meal replacements and scientifically advanced supplements, this Pack is designed to keep you feeling healthy and energised.



30-DAY HEALTHY AGEING SYSTEM

The 30-Day Healthy Ageing System is designed for those who have completed their first 30 days with a Premium Pack and are looking to continue their results. This Pack supports higher energy levels, a leaner body, youthful ageing and an overall healthier lifestyle.



MY PACK

Towards the end of your first month, you may find you want more of one product and less of another, or you might like to try something new. My Pack lets you combine products as you like, with a simple and flexible ordering experience and offers a 10% discount on the product wholesale prices if your order totals 150 BV or more.

USING YOUR ISAGENIX SYSTEM COULDN'T BE EASIER.

Your Healthy Ageing Premium Pack relies on two easy-to-follow components:

Shake Days & Cleanse Days.

WHY CLEANSE?

Unlike harsh laxative cleanses, Isagenix Cleanse for Life is scientifically developed to nourish your body with the vital nutrients it needs while your body naturally rids itself of impurities. Cleansing isn't about deprivation, it's about nourishment.



HEALTHY AGEING PREMIUM PACK PLANNER

SHAKE DAYS:

During Shake Days, replace two meals with a nutritious IsaLean Shake. We recommend replacing breakfast and dinner with a Shake. Ensure your third meal is nutritionally balanced, containing 1600-2500 kJ. Remember to stay hydrated throughout the day!

EARLY MORNING

1 Natural Accelerator**

BREAKFAST

IsaLean Shake OR IsaLean™ Bar*, Complete Essentials with IsaGenesis AM packet, Ionix Supreme

MID-MORNING

IsaFlush
OPTIONAL: 400-650 kJ snack

LUNCH

IsaLean Shake OR IsaLean Bar* OR 1600-2500 kJ meal***

MID-AFTERNOON

OPTIONAL: 400-650kJ snack

DINNER

IsaLean Shake OR IsaLean Bar* OR 1600-2500 kJ meal***, Complete Essentials with IsaGenesis PM packet

BEFORE BED

IsaFlush, Natural Accelerator**

SHAKE DAY SNACK IDEAS

IsaDelight™*, e+* (maximum 2 per day)
Slim Cakes™*, Fibre Snacks™*,
Whey Thins™*†, Replenish™* (if exercising), 6 almonds, 1 boiled egg, 1 piece of fruit or vegetable

CLEANSE DAYS:

On Cleanse Days, you restrict your kilojoule intake while nourishing your body with the nutrients in Cleanse For Life™. Remember to stay hydrated throughout the day!

EARLY MORNING

Natural Accelerator**, Ionix Supreme

BREAKFAST

Cleanse for Life, Complete Essentials with IsaGenesis AM packet

MID-MORNING

IsaFlush, Isagenix Snacks OR 'Cleanse Day Support Option'

LUNCH

Cleanse for Life

EARLY AFTERNOON

Isagenix Snacks OR 'Cleanse Day Support Option'

MID-AFTERNOON

Cleanse for Life

EARLY EVENING

Isagenix Snacks OR 'Cleanse Day Support Option'

EVENING

Cleanse for Life, Complete Essentials with IsaGenesis PM packet

BEFORE BED

Natural Accelerator**, IsaFlush

CLEANSE DAY SUPPORT OPTIONS

IsaDelight* (maximum 2 per day), e+* (maximum 2 per day), Whey Thins*†, Replenish (if exercising), ¼ apple or pear

* Products are not included in all Packs and can be purchased separately. Visit Isagenix.com for more information on products you can add to your next order.

** Always read the label. Not suitable for children. Use only as directed. Vitamin supplements should not replace a balanced diet. Consult your healthcare professional before beginning any diet or weight loss program.

*** Be sure to consume at least one traditional, healthy 1600-2500 kJ (400-600 cal) meal every Shake Day.

† Whey Thins are approved on Cleanse Days when they are enjoyed as the sole snack option between Cleanse for Life servings. Limit one packet each Cleanse Day.



Michael Peters

Isagenix Customer since 2014
IsaBody Challenge Finalist 2015

Your Healthy Ageing 30-Day System provides enough products for weight, muscle and wellbeing maintenance. If you'd prefer to follow the Shake and Cleanse Planner as outlined on the previous page, you will need to purchase additional products.

NEVER BE WITHOUT YOUR FAVOURITE PRODUCTS

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 Packs and systems, customise your order with 'My Pack' or order individual products. Autoship is flexible and can be changed each month to suit your needs. As well as being extremely convenient, Customers who participate in Autoship also save an additional 5 percent on all Packs and systems compared to Wholesale orders.

MAINTENANCE:

During your maintenance phase, replace one meal with a nutritious IsaLean Shake. We recommend replacing breakfast with a Shake. Ensure your other two meals are nutritionally balanced, containing 1600-2500 kJ. Remember to stay hydrated throughout the day!

EARLY MORNING

1 Natural Accelerator**, Cleanse for Life

BREAKFAST

IsaLean Shake OR IsaLean Bar*, Complete Essentials with IsaGenesis AM packet, Ionix Supreme

MID-MORNING

IsaFlush
OPTIONAL: Isagenix Snacks OR 400-650 kJ snack

LUNCH

1600-2500 kJ meal***

MID-AFTERNOON

OPTIONAL: Isagenix Snacks OR 400-650 kJ snack

DINNER

1600-2500 kJ meal***, Complete Essentials with IsaGenesis PM packet

BEFORE BED

IsaFlush, Natural Accelerator**

SNACK IDEAS

IsaDelight*, e+* (maximum 2 per day)
Slim Cakes*, Fibre Snacks*, Whey Thins**, Replenish* (if exercising), 6 almonds, 1 boiled egg, 1 piece of fruit or vegetable

TIP:

Rather than using Cleanse For Life every day, you can complete a Cleanse Day once a fortnight.

These calendars can help guide you through your system. If you would like to create your own calendar, see the back panel of this guide.

30-DAY STANDARD CALENDAR						
Day 1 S**	Day 2 S**	Day 3 S	Day 4 S	Day 5 S	Day 6 S	Day 7 C
Day 8 S	Day 9 S	Day 10 S	Day 11 S	Day 12 S	Day 13 S	Day 14 C
Day 15 S	Day 16 S	Day 17 S	Day 18 S	Day 19 S	Day 20* S	Day 21 C
Day 22 S	Day 23 S	Day 24 S	Day 25 S	Day 26 S	Day 27 S	Day 28 C
Day 29 S	Day 30 S					

30-DAY FAST START OPTION						
Day 1 S**	Day 2 S**	Day 3 S	Day 4 C	Day 5 C	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 S	Day 11 C	Day 12 C	Day 13 S	Day 14 S
Day 15 S	Day 16 S	Day 17 S	Day 18 S	Day 19 S	Day 20* S	Day 21 S
Day 22 S	Day 23 S	Day 24 S	Day 25 S	Day 26 S	Day 27 S	Day 28 S
Day 29 S	Day 30 S					

Visit IsaSalesTools.com.au to purchase this calendar as a fridge magnet.

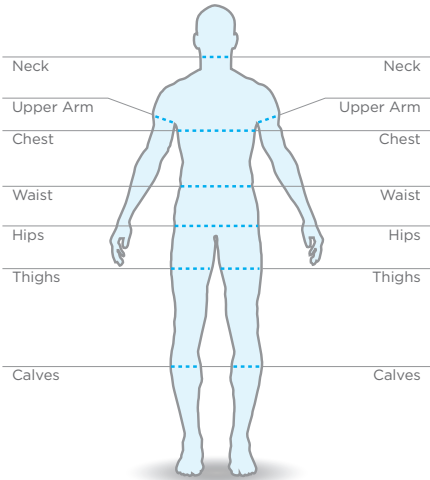
S = Shake Day C = Cleanse Day

* To ensure you have product for next month, be sure to enrol in Autoship. Speak with your Sponsor for more details.
** Two Shake Days are recommended prior to your first set of back-to-back Deep Cleanse Days. These days help to create an environment in the body that helps enhance the effects of cleansing.

MEASUREMENT TRACKER

Tracking your measurements is a great way to measure your success in reaching your goals. It will also help to keep you motivated during your IsaBody Challenge!

	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					



YOUR SUPPORT

Your new lifestyle is an important commitment and we're keen to give you all the help and support you'll need to reach your goals. We have the perfect tools to help you succeed.

Plan ahead. For many people, starting an Isagenix system is unlike anything they've done before – often it is very different to the lifestyle and diet they're used to. Before you start, we recommend consulting your GP to ensure the system 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 to 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 2.1 L per day for women and 2.6 L 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.



Adam and Jacqui James
Isagenix Customers since 2012

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 system 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 system. 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 system 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 GP should you have concerns.

Q: Should I cleanse for 1 or 2 Days?

A: Following our Healthy Ageing Premium Pack, 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.

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.



Dawn Schoonmaker
Isagenix Customer
since 2010

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.



Isagenix.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. Plus, read success stories from other product users, learn about the company and our business opportunity and more.

ANZ.IsaFYI.com

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

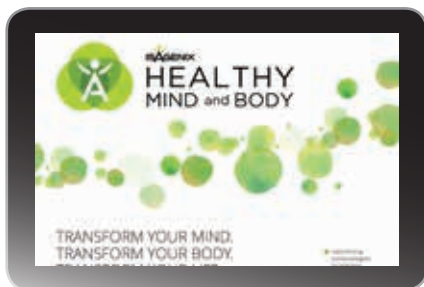


ANZ.IsaBodyChallenge.com

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

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.



ANZ.TeamIsagenix.com

Home to some of our most elite professional athletes, Olympians and personal trainers who use Isagenix products to fuel their performance, ANZ.TeamIsagenix.com hosts an array of athlete profiles and product information.

STARTYourLife.com

See how a growing team of young people aged 18-35 are striving to lead extraordinary lives and helping others do the same.

PLATE PLANNER

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



Portion Size:
Thumb

GOOD FATS

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil



Portion Size:
Size of 2 Fists

VEGETABLES

- Salad
- Cooked coloured vegies (not potatoes)
- Vegie soup
- Fresh fruit



Portion Size:
Palm of Hand

PROTEIN

- Chicken
- Beef
- Lamb
- Fish
- Eggs
- Dairy
- Tofu



Portion Size:
Size of Fist

COMPLEX CARBS

- Noodles
- Rice
- Wholegrain breads
- Sweet potatoes
- Potatoes

YOUR NEW LIFESTYLE

Once you've reached your first goal, you may ask yourself, 'What next?' The answer is simple – a lifelong healthy lifestyle for you and your family.



“*Isagenix stands out from other wellness companies. The no-compromise policy on quality ingredients, rigorous testing and integrity ensures you're fully supported on your journey.*”

Robyn Cotton

Isagenix Customer since 2014
IsaBody Challenge Finalist 2015



“*Nothing I tried before Isagenix made such a lasting impact on my life.*”

Eric Smetherham

Isagenix Customer since 2007
100 Pound Club Member



THE NEXT SOLUTIONS

Isagenix offers solutions to fit your goals and lifestyle. Although Healthy Ageing is a lifelong journey, we encourage you to experience our other solutions.

WEIGHT LOSS

Release kilos and burn fat sustainably to achieve and maintain your weight loss goals.

ENERGY

Experience more energy during your everyday activities and exercise.

PERFORMANCE

Excel in the gym, on the field and anywhere else you're striving for athletic, competitive or workout goals.

WEALTH CREATION

Earn income by sharing Isagenix with others and build a business for you and your family.

Visit Isagenix.com to learn more.

SHARE YOUR EXPERIENCE WITH OTHERS

One of the best ways to ensure you maintain your new lifestyle is to learn more about how to earn income for sharing Isagenix products with others. Go to **ANZ.IsagenixBusiness.com** to learn how you can sustain your new lifestyle by sharing Isagenix with your family, friends and neighbours.



Follow Isagenix on Facebook, Instagram and Twitter and join our worldwide community of product users. Meet thousands of people like you who have successfully reached their goals and enjoy a healthy lifestyle. You might even find that you are an inspiration for others on the same journey.

YOUR NEW LIFESTYLE

Michael Bowen Pain & Amanda Cunningham
Isagenix Customers since 2014

RECIPES



PUMPKIN AND SPINACH CANNELLONI

- 500 g butternut pumpkin, peeled, roughly chopped and steamed until soft
- ½ packet (125 g) frozen spinach, thawed and chopped
- 200 g reduced-fat ricotta
- 1 clove garlic, crushed
- 400 g can diced tomatoes
- 375 g fresh lasagne sheets
- Handful fresh basil, chopped
- 1 cup reduced-fat mozzarella or cheddar, grated

Preheat oven to 180°C (160°C fan-forced). Grease a rectangle oven-proof dish with olive oil spray. Squeeze excess liquid from spinach and place in a large mixing bowl with garlic and ricotta. Drain and mash pumpkin, add to bowl and stir to combine. Season to taste. Spread 1/3 cup tinned tomatoes over the base of the baking dish. Spoon about 1/3 cup of the mixture along the shorter length of a lasagne sheet. Roll up and seal using a little water. Repeat with remaining mixture and lasagne sheets and lay cannelloni in a single layer, sealed edge down, in the baking dish. Sprinkle with basil, top with remaining tomatoes and top with mozzarella. Cover with foil and bake for 15 min, then remove foil and bake for a further 15 min or until cheese is browned.

Serves 4

Per serve: 2132 kJ; 31 g protein; 14 g fat; 62 g carbs



SPICED PRAWN AND ZUCCHINI SALAD

- 1 clove garlic, peeled and crushed
- 2 zucchini, cut into matchsticks
- 1 carrot, cut into matchsticks
- 1 bunch Chinese broccoli, thinly sliced
- 2 Tbsp sweet chilli sauce
- 2 tsp fish sauce
- 500 g prawns, shelled and de-veined
- 2 spring onions, thinly sliced
- Handful mint leaves, roughly torn
- 2 Tbsp lime juice
- ¼ cup sesame seeds

Spray a non-stick skillet with olive oil and heat to medium-high. Add garlic, zucchini, carrot and broccoli and stir-fry for 2 min. Add sweet chilli sauce and fish sauce and stir-fry for 5 min. Add prawns and cook until just opaque. Remove from heat and stir through lime juice, mint leaves and spring onions. Serve topped with sesame seeds.

Serves 2.

Per serve: 1734 kJ; 45 g protein; 13 g fat; 26 g carbs

For more healthy meal ideas, purchase *Better Living* from IsaSalesTools.com.au



Customise this calendar to suit your Healthy Ageing System. Include your meal plan, 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					



