

# 30-DAY JUMP-START CHECK LIST:

## DAYS 1-7

- Timeless™ Evergreen Formula
- NutriClean™ Fiber with L-Glutamine & Probiotics
- Isotonix OPC-3™ Plus
- Isotonix™ Multivitamin and Minerals
- Isotonix B-Complex Plus Powder
- Isotonix Calcium Plus
- Isotonix Digestive Enzymes Plus Powder

## DAYS 8-30

- TLS® Nutrition Shake
- Timeless Evergreen Formula
- NutriClean Fiber with L-Glutamine & Probiotics
- Isotonix OPC-3 Plus
- Isotonix Multivitamin and Minerals
- Isotonix B-Complex Plus Powder
- Isotonix Calcium Plus
- Isotonix Digestive Enzymes Plus Powder



**From left:** Timeless Evergreen Formula, NutriClean Fiber with L-Glutamine & Probiotics, Isotonix OPC-3 Plus, Isotonix Multivitamin and Minerals, Isotonix B-Complex Plus Powder, Isotonix Calcium Plus, Isotonix Digestive Enzymes Plus Powder, TLS Nutrition Shake



# OTHER SUPPLEMENTS THAT CAN SUPPORT YOUR JOURNEY



## **H&H™ ESSENTIAL OMEGA III FISH OIL WITH VITAMIN E**

Provides 3 grams of fish oil to help maintain overall health and general well-being.

## **SELECT™ ALOE VERA PLUS**

A healthy and refreshing supplement that naturally contains nutrients, vitamins and minerals to maintain healthy body function.

## **CHOICE™ ASTAXANTHIN 6MG**

Provides antioxidant activity and promotes a healthy body.

# 30-DAY JUMP-START TRACKING SHEET:

## Phase 1 Days 1-7



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

<b>WAKE-UP</b>	<input type="checkbox"/> Mix 1 serving of each Isotonix™ product (Isotonix OPC-3 Plus, Isotonix Multivitamin & Minerals, Isotonix B-Complex Plus, Isotonix Calcium Plus) with 240 ml water, drink immediately and wait 20 minutes before eating or drinking anything else	Time _____
<b>20 MIN. LATER</b>	<input type="checkbox"/> Mix 1 scoop of the NutriClean Fiber with L-Glutamine & Probiotics in 240 ml water and drink immediately*	Time _____
	<input type="checkbox"/> Squeeze ½ lemon in 240 ml warm water and drink immediately	Time _____
<b>BREAKFAST</b>	<input type="checkbox"/> 1 serving fruit _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3+ servings vegetables _____	Time _____
<b>MID-MORNING SNACK</b>	<input type="checkbox"/> 1 glass (240 ml) water <input type="checkbox"/> 1 serving fruit _____	Time _____
<b>SUPPLEMENT</b>	<input type="checkbox"/> Take 2 Timeless Evergreen Formula capsules 30-45 minutes before lunch*	Time _____
<b>LUNCH</b>	<input type="checkbox"/> 2 glasses (240 ml each) water <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 3+ servings vegetables _____ <input type="checkbox"/> 1 serving of Isotonix Digestive Enzymes Plus Powder with 60 ml water after lunch*	Time _____
<b>AFTERNOON SNACK</b>	<input type="checkbox"/> 1 glass (240 ml) water <input type="checkbox"/> 1 serving fruit _____ <input type="checkbox"/> 2+ servings vegetables _____	Time _____
<b>DINNER</b>	<input type="checkbox"/> 2 glasses (240 ml each) water <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 3+ servings vegetables _____	Time _____
<b>EVENING SNACK (OPTIONAL)</b>	<input type="checkbox"/> 1 glass (240 ml) water <input type="checkbox"/> 1 serving vegetable _____	Time _____

<b>PHASE 1 RULES</b>	<ul style="list-style-type: none"> <li>• No coffee, soda or other caffeinated beverages</li> <li>• No dairy</li> </ul>	<ul style="list-style-type: none"> <li>• No grains or starches</li> <li>• No alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid strenuous activity; rather, partake in walking, yoga or stretching.</li> </ul>
<b>DAILY FOOD SERVINGS</b>	VEGETABLES: Unlimited   FRUIT: 3   PROTEIN: 2 (1 serving = 85 g)   GOOD FATS: 2		

Other Supplements? \_\_\_\_\_ Water:  Sleep: \_\_\_\_\_ hours

**Comments:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\*As directed on label

# 30-DAY JUMP-START TRACKING SHEET:

## Phase 2 Days 8-30



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

<b>WAKE-UP</b>	<input type="checkbox"/> Mix 1 serving of each Isotonix™ product (Isotonix OPC-3 Plus, Isotonix Multivitamin & Minerals, Isotonix B-Complex Plus, Isotonix Calcium Plus) with 240 ml water, drink immediately and wait 20 minutes before eating or drinking anything else	Time _____
<b>20 MIN. LATER</b>	<input type="checkbox"/> Mix 1 scoop of the NutriClean Fiber with L-Glutamine & Probiotics in 240 ml water and drink immediately*	Time _____
<b>BREAKFAST</b>	<input type="checkbox"/> 2 glasses (240 ml each) water <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3 servings vegetables _____	Time _____
<b>MID-MORNING SNACK</b>	<input type="checkbox"/> 1 TLS® Nutrition Shake with 240 ml water <input type="checkbox"/> 1 serving fruit _____	Time _____
<b>SUPPLEMENT</b>	<input type="checkbox"/> Take 2 Timeless Evergreen Formula capsules 30-45 minutes before lunch*	Time _____
<b>LUNCH</b>	<input type="checkbox"/> 2 glasses (240 ml each) water <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 2 servings vegetables _____ <input type="checkbox"/> 1 serving Isotonix™ Digestive Enzymes Plus Powder with 60 ml water after lunch	Time _____
<b>AFTERNOON SNACK</b>	<input type="checkbox"/> 1 TLS® Nutrition Shake with 240 ml water <input type="checkbox"/> 2 servings vegetables _____	Time _____
<b>DINNER</b>	<input type="checkbox"/> 2 glasses (240 ml each) water <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 3 servings vegetables _____	Time _____

<b>EXERCISE</b>	<input type="checkbox"/> Type: _____ Minutes: _____ For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least five days per week.** <i>Integrate our 30-Day Jump-start Exercise Plan, downloadable on <a href="http://unfranchise.com">unfranchise.com</a></i>
<b>POST-WORKOUT SNACK</b>	<input type="checkbox"/> 1 serving of protein within 30 minutes of exercise _____ <i>We highly recommend our TLS Nutrition Shake for a convenient and great tasting way to deliver the protein and amino acids to promote optimal body composition.</i>

<b>PHASE 2 RULES</b>	• No sugar	• No dairy	• No grains or starches	• No alcohol
<b>DAILY FOOD SERVINGS</b>	VEGETABLES: 8-12   FRUIT: 1   PROTEIN: 3-4   GOOD FATS: 2			
Download the TLS Nutrition Shake Recipes on <a href="http://unfranchise.com">unfranchise.com</a> for some fun and tasty ideas. They can replace a meal and can be taken with a dairy alternative like almond milk.				

Other Supplements? \_\_\_\_\_ Water:  Sleep: \_\_\_\_\_ hours

**Comments:** \_\_\_\_\_  
\_\_\_\_\_

\*As directed on label

\*\*[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp)