

# NUTRITION PLAN SUPPLEMENT STACK



**“My biggest obstacle in eating clean is finding the time for food prep. It’s easier to go to a drive-through than it is to cook a chicken breast. When I found Isagenix, I finally found something that worked for my busy lifestyle. My favorite thing is the meal replacement bars, specifically the IsaLean Bars & FiberSnacks. I keep them with me during busy days and they curb my cravings. I have lost ten pounds in two and half months since starting Kelsey’s plan with Isagenix.” – Camilla**

Love Me Run has partnered with Isagenix as part of the recommended healthy lifestyle products we love and stand behind.

The following supplements are part of our team’s daily routine and are **all-natural with no artificial sweeteners** — they are also **gluten-free**.

**For a custom consultation over the phone or through email, fill out our contact form [HERE](#).**

To place your order, click “sign-up and save” as an Associate on autoship on [LoveMeRunNutrition.com](http://LoveMeRunNutrition.com) to order.

The products have a 30-day money back guarantee. Isagenix meals are cheaper than meal prepping at home and will save you time and money. They make missing meals impossible.

Isagenix is a wholesale membership similar to Sam’s Club, so there is an annual \$29 wholesale fee.

- 1. SHAKES \$2.85 per meal** Order 4 canisters per month and drink 2 chocolate shakes per day. The protein is undenatured, which means it maintains its nutritional value. If you are dairy sensitive, check out the dairy-free shakes.
- 2. VITAMINS \$2.30 per day** Each box comes with a 30-day supply. There is an AM and PM pack which has the exact vitamins we need with no guessing involved. It’s so easy!
- 3. MEAL REPLACEMENT BARS \$2.99 per meal bar** Each box contains 10 bars. Order 3 boxes a month. Our favorite flavors are lemon crunch, oatmeal raisin and chocolate decadence.
- 4. FIBER SNACKS \$2.50 per meal bar** Satisfy hunger and stay fuller longer. With 6 grams of filling undenatured whey and milk protein. With 24 percent of the daily recommended value of filling fiber, Fiber Snacks are the perfect appetite-curbing snacks.
- 5. ISAFLUSH \$0.36 per day (1 capsule)** Combines 200mg of magnesium with gentle and effective cleansing herbs and minerals to aid in digestive regularity and improved overall health. A balanced digestive system improves the body’s ability to absorb nutrients and eliminate waste.