

# WHAT'S IN YOUR PANTRY, CUPBOARDS, FRIDGE?

Put total number items next to description

## PANTRY

**cans**

**boxes**

**bags**

**other**

## CUPBOARDS

**cans**

**boxes**

**bags**

**other**

## FRIDGE

**cans**

**boxes**

**bags**

**bottles**

**Fresh Produce**

## WHAT NEEDS TO CHANGE?

Top 5 ITEMS you need to replace  
with a healthy option

**1**

**2**

**3**

**4**

**5**

# A Peak in the Pantry

Let's take a peak inside and get to the REALITY of our eating habits.

Be honest, this is for you....all I want you to do is take an inventory of 'NON ORGANIC' items in the kitchen. Please add the QUANTITY of CANS, BOXES, BAGS, BOTTLES, OTHER.

Finally, (Yes or No only) inventory

WATER Bottles\_\_\_\_\_

SODA\_\_\_\_\_

ALCOHOL\_\_\_\_\_

COFFEE\_\_\_\_\_

TEA\_\_\_\_\_

Energy Drinks\_\_\_\_\_

Protein Shake\_\_\_\_\_

in kitchen wine cellar, garage etc...

Finally, how often/week do you eat out?

Bfast\_\_\_\_\_ Lunch\_\_\_\_\_ Dinner\_\_\_\_\_

How often do you buy a 'quick' COFFEE or SNACK during week?\_\_\_\_\_

\_\_\_\_\_

# **Here's Your Challenge**

## **A Peak in the Pantry**

**Your personal Thoughts on how Paradigms are running your life?**

**Do you see areas where healthier choices WILL make a difference?**

**Are you ready to find a lifetime option for living an active lifestyle on YOUR TERMS?**

**Can you see how DETOXING THE BODY, REDUCING STRESS AND ADJUSTING PROTEIN CAN BE A PATHWAY FOR better Health?**

# MEAL TRACKER

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

## BREAKFAST

BREAKFAST	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## LUNCH

LUNCH	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## DINNER

DINNER	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## GROCERY LIST

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## TOTAL CALORIES

\_\_\_\_\_

## TOTAL FAT

\_\_\_\_\_

## TOTAL CARBS

\_\_\_\_\_

## TOTAL PROTEIN

\_\_\_\_\_

# SPENDING TRACKER

**TO change our health we must first change habits**  
Jot down your buying habits at store, farm, restaurant, food cart, fast food for 3 days

Date	WHAT was PURCHASED	Total Price	REPLACEMENT Isagenix

DAY 1

DAY 2

DAY 3

**Save Money and extra Money can be put into Savings**

# PROTEIN INTAKE PER DAY

Track for 3 days to see what you are actually consuming  
IN GRAMS OF PROTEIN PER DAY

	Morning		Afternoon		Evening	
DAY 1	FOOD	GRAMS OF PROTEIN	FOOD	GRAMS OF PROTEIN	FOOD	GRAMS OF PROTEIN
DAY 2						
DAY 3						

LOOK IN THE PANTRY PG 6

You will either pay for your HEALTH upfront or later! Spend upfront and live a QUALITY OF LIFE avoiding the typical age related diseases, Dr. Visits, Hospital stays, Rx's etc

GROCERY WHAT IS THE BENEFIT to your HEALTH?	ISAGENIX BENEFIT FOR HEALTH	DIVIDE TOTAL PRICE BY TOTAL # SERVINGS	PRICE PER SERVING	THE CHOICE IS YOURS
		Grocery	Grocery	
		Grocery	Grocery	
		Grocery	Grocery	
		Grocery	Grocery	
		Grocery	Grocery	

Notes, your thoughts

LOOK IN THE PANTRY PG 7

You will either pay for your HEALTH upfront or later! Spend upfront and live a QUALITY OF LIFE avoiding the typical age related diseases, Dr. Visits, Hospital stays, Rx's etc

GROCERY WHAT IS THE BENEFIT to your HEALTH?	ISAGENIX BENEFIT FOR HEALTH	DIVIDE TOTAL PRICE BY TOTAL # SERVINGS	PRICE PER SERVING	THE CHOICE IS YOURS
		Grocery	Grocery	
		Grocery	Grocery	
		Grocery	Grocery	
		Grocery	Grocery	
		Grocery	Grocery	

*Note: The table contains diagonal lines and the word 'ISAGENIX' in blue text, indicating a comparison between grocery and Isagenix products. The word 'ISAGENIX' is placed below the diagonal line in each cell.*

Notes, your thoughts

LOOK IN THE PANTRY PG 8



# Due Diligence

Those ready to implement change will be forward thinking and want to see if there are solutions out there that **MAY BE ABLE TO MEET THEIR NEEDS.**

I'd like to invite you to some **RESOURCES** where you will find **SCIENCE BASED, RESULTS MEASURED, 100 % Money back guaranteed** in first 30 days of usage.

**ISAGENIX** is 22 years, closing in on **\$1 Billion Sales** and has different categories that can meet many needs.

It's foundation 22 years ago was **WEIGHT LOSS** based on the **NOW POPULAR Intermittent Fasting, Deep Cellular Cleansing and Protein Pacing.** It should give you pause knowing Isagenix was 2 decades ahead of its time.....and continues with innovative-science backed product formulations using **ONLY** a triple checked system to find **ONLY** Clean ingredients sourced from around the world.

What is your **#1 HEALTH CHANGE?**

I start **EVERYONE** with Detoxing the body of all the built up **TOXINS** stored in fat cells especially those around the **GUT AREA.** Find out **WHY** cellular Detoxing is Key to your health!

**SCIENCE WEBSITE**     <https://www.isagenixhealth.net>

**MY INFO SITE**         <https://jeanettelowry.isagenix.com>

## **PRODUCT INFO**

<https://issuu.com/isagenixinternational/docs/isagenix2023productguide?fr=sMmU3NDU3NTg5ODA>

**ASK ME TO SEND A LINK TO ORDER A FEW OF YOUR CHOICE PRODUCTS OR TRUST THE #1 PACKAGE: 'WEIGHT LOSS 30 DAY PACKAGE'**

**just Text Me: 503 780-8895 "Product Cart' and we can discuss your needs.**

**LOOK IN THE PANTRY PG 9**