

BLUEPRINT FOR SUCCESS

Creating Extraordinary Wellness

PLANT BASED VERSION

EVERYTHING you need to know about maximizing your success with the **R2M protocol**, can be found in this blueprint, which is backed by over 19 years of scientifically proven research.

**Your next subscription, which you control,
is set up for** .

TO ACCESS YOUR ONLINE WHOLESALE ACCOUNT LOGIN TO:
[HTTPS://BACKOFFICE.ISAGENIX.COM/AUTHENTICATION/LOGIN](https://backoffice.isagenix.com/authentication/login)

Username:

Password:

ID#:

●●● PLEASE DISREGARD THE DIRECTIONS THAT HAVE BEEN SENT IN THE BOX AND REFER ONLY TO THE R2M SHRED BLUEPRINT, AS THIS PROTOCOL IS 2-3 TIMES MORE EFFECTIVE THAN THE INSTRUCTIONS THAT COME IN THE BOX.

Step 1

A. How to best utilize the Blueprint for Success

Click the link below to watch the video tutorial

<https://vimeo.com/759659937/bcdf3eboao> 

B. What's in your box? – The Plant based ingredients explained

This video will help you to learn more about the products that came in your box and how to use them

Click here to watch: **Your Blueprint for Success OPEN YOUR BOX**

<https://vimeo.com/825212043/fdc80a54f3> 

C. Please Print The Below Attachments As They Will Serve As Your Tools and Reference Guide For Following The R2M Shred Protocol.

This is your daily guide of what you will be consuming on Shake days and on Detox Days. Follow these schedules as they are laid out and as closely as possible.

R2M Menu/Schedule 

This recommended food list, which was created with the help of Dr. Paul Arciero, will give you many food choices to incorporate into your daily R2M schedule.

Recommended R2M Food List 

Step 2

A. Fill Out The Personal Analysis (PA)

PLEASE - fill out the Personal Analysis before you begin. This will allow you to identify your goals and to create a support team. Accountability is key to your success. It is important that you weigh and measure on the morning you start (never measure or weigh at night). You will then measure after each of your 48-hour detox days, in the morning. This is the most accurate way for you to track your progress on the protocol.

Please click the link below to print out the PA.

PA [Personal Analysis] Form



Step 3 R2M protocol Daily Virtual Coach Videos and Calendar

Please click each day on your calendar below to view the daily videos. These important videos are YOUR virtual coach and will explain how and why R2M is producing such incredible results. This is why we strongly recommend that you watch these daily videos, so that YOU can achieve your own extraordinary results.

 1 SHAKE DAY	 2 SHAKE DAY	3 DETOX DAY	4 DETOX DAY	 5 SHAKE DAY	 6 SHAKE DAY	 7 SHAKE DAY
 8 SHAKE DAY	 9 SHAKE DAY	10 DETOX DAY	11 DETOX DAY	 12 SHAKE DAY	 13 SHAKE DAY	 14 SHAKE DAY
 15 SHAKE DAY	 16 SHAKE DAY	17 DETOX DAY	18 DETOX DAY	 19 SHAKE DAY	 20 SHAKE DAY	 21 SHAKE DAY
 22 SHAKE DAY	 23 SHAKE DAY	24 DETOX DAY	25 DETOX DAY	26 WHAT DO I DO IF I HAVE NOT REACHED MY GOALS AT THE END OF 30 DAYS.	 27 SHAKE DAY	 28 SHAKE DAY
 29 SHAKE DAY	 30 SHAKE DAY	BONUS TUTORIAL WITH DR. PAUL ARCIERO			THE EASY MAINTENANCE PROGRAM ONCE YOU REACH YOUR GOALS ON THE R2M PROTOCOL.	

Step ④ Additional Resources

Introduction to the Peer Reviewed Clinical Study for Protein Pacing® and Intermittent Nutritional Fasting™. This study proved you can restore Metabolic Health by releasing Visceral Fat and restoring your Metabolic Function, allowing you to reclaim your health, and Live your Best Life!!

88% of Americans are metabolically unhealthy - (Metabolic Syndrome) Meaning people experience 3 or more of these co-factors, according to the CDC (Center for Disease Control)

- **Overweight or Obesity**
- **Elevated Sugars**
- **Elevated LDL - (bad cholesterol)**
- **Elevated Blood Pressure**
- **Elevated triglycerides**

Metabolic Health

The goal is to achieve metabolic flexibility which is the bodies ability to choose between either carbs, or fats for energy. Your body's ability to choose between these different fuel sources results in more efficient fat burning and more sustained energy.

Dr. Arciero reveals the incredible scientific proof that this protocol will change the way we approach diet, nutrition, and exercise.

"I have been looking for the magic bullet to maximize our quality-of-life potential for 35 years, and now I have found it" - Dr. Paul Arciero

"You do not know how bad you feel, until you realize how good you can feel"
- Peter Greenlaw

Television interview with Dr. Arciero Click here to watch:

Television Interview with Dr. Arciero

Explaining the difference between Intermittent Nutritional Fasting and Intermittent Fasting.

<https://vimeo.com/724326737/98ef7499ee>



Click the link above to see the Arciero Nutrition Journal Study

Dr. Arciero Nutrition Journal



12-month New England Journal of Medicine Weight loss Peer Reviewed study on obese participants: The average weight loss was a pitiful 16 lbs. in a year.

<https://www.nejm.org/doi/full/10.1056/NEJMoa2114833>



Frequently Asked Questions About the R2M Protocol

What if I Get a Headache?

<https://vimeo.com/706617518/99abao8f3d> 

What if I Experience Nausea?

<https://vimeo.com/707011721/65d8f1021f> 

What if I Experience Diarrhea or Constipation?

<https://vimeo.com/705909969/aed838f798> 

What if I Have High Blood Pressure?

<https://vimeo.com/708346724/3fdbcd86d> 

What if I Have Diabetes?

<https://vimeo.com/705801052/664d7b8cf9> 

What About Exercise on the R2M protocol?

<https://vimeo.com/705479265/f820ef9c30> 

What if I Get Hungry?

<https://vimeo.com/707211771/d8467be487> 

Why You Don't Want to Cheat on the R2M Protocol.

<https://vimeo.com/707188267/2e93ff2750> 

What about the taste of the Shakes and Ionix Supreme?

<https://vimeo.com/733403876/dc75951caa> 