

BLUEPRINT FOR SUCCESS

Creating Extraordinary Wellness

BLUEPRINT FOR SUCCESS R2M TRADITIONAL SHRED

EVERYTHING you need to know about maximizing your success can be found in this blueprint, which is backed by years of scientific 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. Introduction Start Here

Click the link below

<https://vimeo.com/756165340/2795bc9d13> 

B. Unpacking the Box video for R2M Shred

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**

<https://vimeo.com/721346507/e2f888d0ca> 

C. Marco Ruggiero M.D./ Ph.D. Molecular Biology explains why to Incubate your shakes

<https://vimeo.com/632083171/b02f83dea8> 

Follow these instructions on how to prepare the shakes.

Incubation Instructions 

D. 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 2

A. Please Print The Below Attachments As They Will Serve As Your Tools and Reference Guide For Following The R2M 30 Day Protocol.

This is your daily guide for Shake days and Detox Days. Follow the schedules to get the best results.

R2M Shred Menu/Schedule



B. 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



C. 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	DETOX 3 DAY	DETOX 4 DAY
 5 SHAKE DAY	 6 SHAKE DAY	 7 SHAKE DAY	 8 SHAKE DAY
 9 SHAKE DAY	DETOX 10 DAY	DETOX 11 DAY	



12

SHAKE DAY

DAY 12
THE DAY WHEN YOU CHOOSE
BETWEEN
OPTION # 1 OR OPTION #2

OPTION # 1

Standard Maintenance means you're going to the simple maintenance protocol (no more intermittent fasting days for the rest of the month).

OPTION # 2

Continue with 4 more days of detox will require you to order 2 additional cannisters of cleanse for life.



13

SHAKE DAY



14

SHAKE DAY



15

SHAKE DAY



16

SHAKE DAY

DETOX
DAY

17

DETOX
DAY

18



19

SHAKE DAY



20

SHAKE DAY



21

SHAKE DAY



22

SHAKE DAY



23

SHAKE DAY

DETOX
DAY

24

DETOX
DAY

25



26

SHAKE DAY

WHAT IF YOU
HAVE NOT
REACHED
YOUR GOAL
YET?

WHAT TO DO
IF YOU HAVE
REACHED
YOUR GOAL.

BONUS
TUTORIAL
WITH
DR. PAUL
ARCIERO

Step ③

A. Sample Food Tracker / Journal

[Click Here](#) 

Step ④ Maintenance

Maintenance Options - with Dr. Arciero

<https://vimeo.com/798183943/a91250f936> 

Burning fat and gaining lean muscle mass Arciero Losing weight (fat) and gaining muscle

<https://vimeo.com/725104566/d8efd2144b> 

Dr. Paul Arciero's recent Peer-Reviewed study and the impact on becoming Fat Adaptive.

<https://vimeo.com/724576344/91a43fb696> 

Day 30 and Beyond

<https://vimeo.com/659092695/47a20e4e04> 

Step ⑤ 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 occurs when people experience 3 or more of these co-factors; Elevated Sugars, Elevated LDL, Elevated Blood Pressure, Elevated Triglycerides, overweight or obesity, according to the Center for Disease Control (CDC)

THE R2M PROTOCOL DRAMATICALLY LOWERED:

- Blood Pressure
- Sugars
- LDL - (bad cholesterol)
- Blood Pressure
- Triglycerides
- Weight loss (average loss in 30 days - 16lbs)
- And reduced Visceral (toxic) fat by 33%

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

Overview of Peer reviewed published studies in the Nutrition Journal and The Obesity Journal

Dr. Paul Arciero - Interview obesity nutrition/ Journal studies

<https://vimeo.com/797610801/8ea0boaf5b>



Click the link above to see the Arciero Nutrition Journal Study

Dr. Arciero Nutrition Journal Study



The Obesity Journal published Peer Reviewed study

<https://onlinelibrary.wiley.com/doi/10.1002/oby.23660>



Frequently Asked Questions About the R2M Shred 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?

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

What about the taste of the Shakes and Ionix Supreme?

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

These statements have not been evaluated by the Food and Drug Administration. They are for educational purposes only, and are not intended to diagnose, treat, cure or prevent any disease.