

■ ER Shred 11-Day Protocol

Dr. Jeff | DmDrJeff.com

■ Core Principles

- Nutritional Cleansing + Protein Pacing
- Targeted intermittent fasting
- Elimination protocol identify food sensitivities, reset metabolism
- Build lean muscle, burn fat, improve digestion, and reduce inflammation

■ Daily Breakdown (11 Days)

Day 1 – 2: Shake & Food Days (Prep Phase)

- 2 IsaLean Shakes per day (breakfast and/or lunch)
- Unlimited clean meals of meats, seafood, fish, turkey burgers, chicken
- Absolutely NO sugar, NO dairy, and NO carbs
- Protein pacing: eat every 3 – 4 hours
- Supplements: Ionix Supreme, Natural Accelerator (optional), Isaflush at night
- Hydration: 3 – 4 liters of water
- You may remove shakes as needed depending on hunger and results

Day 3 – 4: Cleanse Days (Deep Reset)

- Cleanse for Life every 4 hours (total 4 servings per day)
- Approved Snacks (if needed): IsaDelight, e+ shot, celery, bone broth
- Light activity only walk, yoga, stretching
- Hydration: at least 3 liters of water

Day 5 – 9: Shake & Food Days

- 2 IsaLean Shakes per day (breakfast and/or lunch)
- Unlimited clean meals of meats, seafood, fish, turkey burgers, chicken
- Absolutely NO sugar, NO dairy, and NO carbs
- Protein pacing: eat every 3 – 4 hours
- Supplements and hydration same as earlier days
- You may remove shakes as needed depending on hunger and results

Day 10 – 11: Cleanse Days

- Cleanse for Life every 4 hours (total 4 servings per day)
- Approved Snacks (if needed): IsaDelight, e+ shot, celery, bone broth
- Hydration: at least 3 liters of water
- Light activity and restorative movement

■ Optional Enhancements

- Collagen Elixir (daily for skin/joints/hair)
- Amped Hydrate or BCAA (during workouts)
- e+ Energy Shot (for natural caffeine boost)

■ Results to Expect

- 5 – 15 lbs fat loss (average)
- Reduced bloat, cravings, and inflammation
- Better sleep, mood, and energy
- Visible change in waistline / muscle tone