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## DAILY GUIDE

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Please consult your healthcare provider before  
making any dietary or fitness modifications.

# Congratulations on purchasing the 24-Day Challenge™!

Thousands have enjoyed success from this system, and we are excited for you to have the opportunity to experience these same great results. For optimal results:

- Follow the suggestions listed in the Daily Guide
- Stay in contact with your coach for guidance and support
- Visit the official AdvoCare Tumblr page at <http://webuildchampions.tumblr.com> for meal ideas and success stories.

The official AdvoCare 24-Day Challenge™ App is now available for Android and iOS users!





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## DAILY GUIDE

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Included in this guide are instructions for supplementation, as well as food suggestions as you plan your day. Before getting started, here are a few things that will help you prepare.

1. **Understand the two phases.** The first 10 days of the challenge are the **Cleanse Phase**. This phase helps remove waste, preparing for optimal nutrient absorption.\* During the **Max Phase**, days 11-24, you'll give your body the best tools to achieve your next weight-management goal.\*
2. **Familiarize yourself with the products.** Take a look at the items in your 24-Day Challenge and become familiar with their names. Compare them on Page 4 so that you know which products are Cleanse Phase, Max Phase or companion products.
3. **Look through our glossary of foods on Page 16.** See our recommended selections of proteins, complex carbohydrates, vegetables, snacks and other foods to help plan your day.
4. **Think about water consumption and portion sizes.** See Page 5 for more.

Let the Challenge begin!

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# PRODUCTS BY PHASE & Companion Products



## Cleanse Phase Products

- Herbal Cleanse
  - Herbal Cleanse caplets
  - ProBiotic Restore™ Ultra
  - Fiber Drink
- AdvoCare Spark®
- OmegaPlex®



## Max Phase Products

- MNS™
- Meal Replacement Shake
- AdvoCare Spark®
- OmegaPlex®



## Companion Products

- Carb-Ease® Plus
- ThermoPlus®
- Catalyst™
- Meal Replacement Shake (optional – during Cleanse Phase)

## Water Recommendations

**body weight**  
**divided** (pounds)  
by **2 =**  
**ounces of**  
**water**  
you should  
consume per day



1 cup = 8 oz.

## Food Portion / Size Recommendations



1 serving of Protein

@



4-6 ounces



1 serving of Vegetables

@



1 cup raw or cooked



or 2 cups leafy greens

Reference: Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more food choices and serving size/portion suggestions.

# CLEANSE PHASE

Water Consumption measured in 8 ounce glasses (mark circle for each)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
30 minutes before breakfast	<input type="checkbox"/> AdvoCare Spark® OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra OPTIONAL Catalyst™
Breakfast	<input type="checkbox"/> Fiber Drink Water  <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water  <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water  <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb
30 minutes before snack	<input type="checkbox"/> OPTIONAL AdvoCare Spark® OPTIONAL Catalyst™	<input type="checkbox"/> OPTIONAL AdvoCare Spark® OPTIONAL Catalyst™	<input type="checkbox"/> OPTIONAL AdvoCare Spark® OPTIONAL Catalyst™	<input type="checkbox"/> OPTIONAL AdvoCare Spark® OPTIONAL Catalyst™	<input type="checkbox"/> OPTIONAL AdvoCare Spark® OPTIONAL Catalyst™
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dinner	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime	<input type="checkbox"/> Herbal Cleanse caplets OPTIONAL Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets OPTIONAL Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets OPTIONAL Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets OPTIONAL Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets OPTIONAL Catalyst™

## Physical Activity

Day 1	Activity
Day 2	Activity
Day 3	Activity
Day 4	Activity
Day 5	Activity

# CLEANSE PHASE

Water Consumption measured in 8 ounce glasses (mark circle for each)

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
30 minutes before breakfast	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>
Breakfast	<input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit – or – Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb
30 minutes before snack	<input type="checkbox"/> <small>OPTIONAL</small> AdvoCare Spark® <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> <small>OPTIONAL</small> AdvoCare Spark® <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> <small>OPTIONAL</small> AdvoCare Spark® <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> <small>OPTIONAL</small> AdvoCare Spark® <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> <small>OPTIONAL</small> AdvoCare Spark® <small>OPTIONAL Catalyst™</small>
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dinner	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> <small>OPTIONAL Catalyst™</small>

## Physical Activity

Day 6	Activity
Day 7	Activity
Day 8	Activity
Day 9	Activity
Day 10	Activity



# MAX PHASE

Water Consumption measured in 8 ounce glasses (mark circle for each)

	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
30 minutes before breakfast	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>
Breakfast	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes before lunch	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)
Lunch	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb
Snack	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>
Immediately before dinner	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)
Dinner	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>

¹ Take Carb-Ease® Plus one time daily immediately before your largest starch-containing meal.

## Physical Activity

Day 11

Activity

Day 12

Activity

Day 13

Activity

Day 14

Activity

Day 15

Activity



# MAX PHASE

Water Consumption measured in 8 ounce glasses (mark circle for each)

	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
30 minutes before breakfast	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>	<input type="checkbox"/> <b>MNS™ Color Pack</b> <b>AdvoCare Spark®</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>ThermoPlus®</b>
Breakfast	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>	<input type="checkbox"/> <b>Meal Replacement Shake</b>
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes before lunch	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> <b>MNS™ Color Pack</b> OPTIONAL <b>Catalyst™</b> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)
Lunch	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> <b>MNS™ White Packs (both)</b> ■ Protein ■ Vegetables ■ Complex Carb
Snack	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>	<input type="checkbox"/> <b>AdvoCare Spark® (if needed)</b>
Immediately before dinner	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)	<input type="checkbox"/> OPTIONAL <b>Carb-Ease® Plus¹</b> (one-time daily)
Dinner	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> <b>OmegaPlex®</b> ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>	<input type="checkbox"/> OPTIONAL <b>Catalyst™</b>

¹ Take Carb-Ease® Plus one time daily immediately before your largest starch-containing meal.

## Physical Activity

Day 16

Activity

Day 17

Activity

Day 18

Activity

Day 19

Activity

Day 20

Activity

# MAX PHASE

Water Consumption measured in 8 ounce glasses (mark circle for each)

	DAY 21	DAY 22	DAY 23	DAY 24
30 minutes before breakfast	<input type="checkbox"/> MNS™ Color Pack AdvoCare Spark® OPTIONAL Catalyst™ OPTIONAL ThermoPlus®	<input type="checkbox"/> MNS™ Color Pack AdvoCare Spark® OPTIONAL Catalyst™ OPTIONAL ThermoPlus®	<input type="checkbox"/> MNS™ Color Pack AdvoCare Spark® OPTIONAL Catalyst™ OPTIONAL ThermoPlus®	<input type="checkbox"/> MNS™ Color Pack AdvoCare Spark® OPTIONAL Catalyst™ OPTIONAL ThermoPlus®
Breakfast	<input type="checkbox"/> Meal Replacement Shake	<input type="checkbox"/> Meal Replacement Shake	<input type="checkbox"/> Meal Replacement Shake	<input type="checkbox"/> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes before lunch	<input type="checkbox"/> MNS™ Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease® Plus¹ (one-time daily)	<input type="checkbox"/> MNS™ Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease® Plus¹ (one-time daily)	<input type="checkbox"/> MNS™ Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease® Plus¹ (one-time daily)	<input type="checkbox"/> MNS™ Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease® Plus¹ (one-time daily)
Lunch	<input type="checkbox"/> MNS™ White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> MNS™ White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> MNS™ White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> MNS™ White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb
Snack	<input type="checkbox"/> AdvoCare Spark® (if needed)	<input type="checkbox"/> AdvoCare Spark® (if needed)	<input type="checkbox"/> AdvoCare Spark® (if needed)	<input type="checkbox"/> AdvoCare Spark® (if needed)
Immediately before dinner	<input type="checkbox"/> OPTIONAL Carb-Ease® Plus¹ (one-time daily)	<input type="checkbox"/> OPTIONAL Carb-Ease® Plus¹ (one-time daily)	<input type="checkbox"/> OPTIONAL Carb-Ease® Plus¹ (one-time daily)	<input type="checkbox"/> OPTIONAL Carb-Ease® Plus¹ (one-time daily)
Dinner	<input type="checkbox"/> OmegaPlex® ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex® ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime	<input type="checkbox"/> OPTIONAL Catalyst™	<input type="checkbox"/> OPTIONAL Catalyst™	<input type="checkbox"/> OPTIONAL Catalyst™	<input type="checkbox"/> OPTIONAL Catalyst™

¹ Take Carb-Ease® Plus one time daily immediately before your largest starch-containing meal.

## Physical Activity

Day 21

Activity

Day 22

Activity

Day 23

Activity

Day 24

Activity

# FOOD SUGGESTIONS

These food suggestions are merely a **guideline** and not a definitive list of what can and cannot be consumed during the 24-Day Challenge. As always, please consult your healthcare provider before making any dietary or fitness modifications.

## Protein

- **Muscle Gain™**
- **Pro 20®**
- Chicken Breast
- Eggs
- Game (bison, buffalo, elk, etc.)
- Ground Beef or Turkey (≥ 93% lean)
- Lean Fish (tilapia, red snapper, cod, etc.)
- Salmon
- Tofu
- Tuna (fresh or packed in water)
- Turkey Breast

## Vegetables

(Lightly cooked, grilled, steamed or raw)

- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Cucumber
- Dark Leafy Greens (spinach, kale, swiss chard, collard, etc.)
- Eggplant
- Green Beans
- Onion
- Peppers
- Salad Greens (spring mix, romaine, etc.)
- Tomato
- Zucchini/Squash

## Complex Carbs

- Beans
- Lentils
- Oatmeal
- Quinoa
- Potatoes (any variety)
- Whole grains (rice, pasta or bread)

## Limit or Avoid

- Soda (including diet)
- Alcohol
- Creamy sauces
- High-calorie salad dressings
- Sugar
- Candy
- Fried Food
- Processed food
- White flour
- Partially hydrogenated oils

## Snacks/Other

Snack ideas include AdvoCare products, healthy fats, fruit and other snacks from the food suggestion list. Also consider ½ portion of protein or vegetables.

### Healthy Fats (In moderation)

- Avocado
- Nut Butter (no added sugar, oil or salt)
- Nuts or seeds (raw or roasted – no added sugar, oil or salt)
- Oil (extra-virgin olive, canola, sunflower, safflower, flaxseed, coconut, macadamia nut, grapeseed, etc.)

### Fruit

- Apple
- Banana
- Berries (strawberries, blackberries, raspberries, blueberries, etc.)
- Cantaloupe
- Citrus Fruits (orange, tangerine, grapefruit, etc.)
- Grapes
- Kiwi
- Mango
- Melon
- Pear
- Pineapple

### Dairy (In moderation)

- Plain Yogurt (low fat or nonfat)
- Low-Fat Cheese
- Milk (skim or reduced fat)

### Other snacks

- **AdvoBars®**
- **Muscle Gain™**
- **Pro 20®**
- Edamame
- Hummus

# NOTES



**My AdvoCare Coach**

Coach Name

E-mail

**My AdvoCare Information**

My Distributor ID

**AdvoCare Customer Service: 800-542-4800**

Please consult your healthcare provider before making any dietary or fitness modifications.

For more information: <http://www.advocare.com/science/faqs.aspx>



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