

Advocare 10 day Cleanse

Date/ Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Morning Time:	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst & Probiotic Restore pack	Empty Stomach Spark 3 Catalyst & Probiotic Restore pack	Empty Stomach Spark 3 Catalyst & Probiotic Restore pack	Empty Stomach Spark 3 Catalyst & Probiotic Restore pack	Empty Stomach 3 Catalyst & Probiotic Restore pack	Empty Stomach 3 Catalyst & Probiotic Restore pack	Empty Stomach 3 Catalyst & Probiotic Restore pack
	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES
Breakfast Time:	Fiber Drink + 2 glasses Water & Meal Replacement Shake	Fiber Drink + 2 glasses Water & Meal Replacement Shake	Fiber Drink + 2 glasses Water & Meal Replacement Shake	Meal Replacement Shake	Meal Replacement Shake	Meal Replacement Shake	Meal Replacement Shake	Fiber Drink + 2 glasses Water & Meal Replacement Shake	Fiber Drink + 2 glasses Water & Meal Replacement Shake	Fiber Drink + 2 glasses Water & Meal Replacement Shake
AM Snack Time:	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)	Fruit (& Eggs OR Oatmeal if needed)
Lunch Time:	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb	Protein + Salad /Veg & Complex Carb
Afternoon	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst	Empty Stomach Spark 3 Catalyst
	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES
Aft. Snack Time:	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit	Nuts, Seeds, Veg, OR Fruit
Supper Time:	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)	4 Omega- Plex Pro & Veg. (& Complex Carb if needed)
PM Snack	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)	Fruit (if needed)
Bedtime	Herbal Cleanse Tablets	Herbal Cleanse Tablets	Herbal Cleanse Tablets	Herbal Cleanse Tablets	Herbal Cleanse Tablets	Herbal Cleanse Tablets	Herbal Cleanse Tablets	Nothing	Nothing	Nothing