

Herbal Cleanse Phase

To Do List Being prepared is vital!

- 1) You will eat 5 -6 meals daily spacing out your food approximately every 3 hours.
- 2) On this cleanse phase (the 1st ten days) follow the prompts below day by day.
- 3) The purpose of the cleanse is to help the body be better able to absorb nutrients and to rid the body of toxins. Your body will be pushing toxins and waste into the bloodstream and intestines that needs to get out. You will find yourself urinating more often, however excretion should be normal at one to two times per day.
- 4) The cleanse phase will also reduce cravings for foods and help you feel full on less food portions.
- 5) Have a water bottle that holds either ½ gallon (64oz) or an entire gallon to make it easy to track water consumption.
- 6) Have a food scale that measures in ounces. It is very important to make sure you are getting the right amounts and not too much! After a month or so you will be able to judge how a serving should look.
- 7) Use zip lock baggies or reusable Tupperware to store your meals in.
- 8) SHOP AND PREPARE FOR THE ENTIRE WEEK AT ONE TIME SO IN THE MORNINGS IT WILL TAKE YOU NO LONGER THAN 5 MINUTES TO PREP AND GET OUT THE DOOR.
- 9) Catalyst is optional on the cleanse. Catalyst is a BCAA grown from microorganisms into yeast that form the highest possible quality amino acid strands. The BCAA forces the body to more efficiently turn fat into energy by protecting muscle tissue. Catalyst is best used when you are active (immediately pre workout, in between meals if you feel hunger or prior to bed. A serving is 1 per 50 pounds of body weight...round up. If you are looking for muscle tone and definition as you get leaner then catalyst is highly recommended.

Shopping Guide/Food Portion Chart

Under 140lbs = small (S) 141-224lbs = medium (M) 225lb + = large (L)

Meal Replacement (MR) Muscle Gain (MG) Shakes	Protein	Fruit	Vegetables <i>Add more green veggies at any time.</i>	Low/Med Glycemic Carbs	Healthy Fats
<p>Serving Size:</p> <p>MR: S – 1 packet M – 1 packets L – 1 packets</p> <p>MG: S (12.5g) – 1 scoop M (25g) – 2 scoops L (37.5) – 3 scoops</p> <p>Choose From: Meal Replacement Shake – can be substituted for a breakfast, lunch or dinner meal.</p> <p>Muscle Gain Shake – can be substituted for protein in meals 1-6. <i>Add water and ice if desired</i></p> <p>DO NOT add any fruit milk, juice, etc.</p> <p>When to have: MR – Breakfast</p>	<p>Serving Size:</p> <p>S – 3oz M – 5oz L – 8 oz</p> <p>Choose From: White fish Salmon Tuna Chicken Turkey breast Ground turkey</p> <p>Eggs whites: S – 5 (3/4c) M – 8 (1 1/8c) L – 12 (1 3/4c)</p> <p>1 egg white = 3.5gr protein 1 whole egg = 6gr. protein</p> <p>Cooking Method: Steam, bake, or broil</p> <p>DO NOT fry No skin No breading Rinse canned tuna or chicken.</p> <p>When to have: Meals 3 and 5</p>	<p>Serving Size:</p> <p>S – ¼ c, ½ fruit M – ½ c, 1sm fruit L – ¾ c, 1 lrg fruit</p> <p>Choose From: Grapefruit Green apples Peaches Pears Any berries Plums Prunes Papaya Oranges Cantaloupe Honeydew Kiwi Banana Cherries Figs</p> <p>Purchase: Fresh or frozen</p> <p>DO NOT choose canned or dried</p> <p>When to have: Meal 2 and 4</p>	<p>Serving Size:</p> <p>S – ¾ cup M – 1 cup L – 1 1/2 cups</p> <p>Choose From: Asparagus Any Green salad Green beans Peppers Spinach Onions Tomatoes Cucumbers Celery Cauliflower Collard Greens Cabbage Broccoli Mushrooms Zucchini</p> <p>Cooking Method: Eat raw, steam, or bake</p> <p>DO NOT cook in oil.</p> <p>When to have: Meal 3 and 5 Plus add more green veggies at any time.</p>	<p>Serving Size:</p> <p>S – ¼ cup (2 oz) M – ½ cup (4 oz) L – ¾ cup (6 oz)</p> <p>Choose From: Sweet potato Yams Brown rice Oatmeal** Black beans</p> <p>** Measure when dry. Measure all others once cooked.</p> <p>Cooking Method: Steam, bake, or broil</p> <p>DO NOT choose instant rice or oatmeal or add oil to the carbs.</p> <p>When to have: meal 3</p>	<p>Serving Size:</p> <p>S – 1/8 cup M,L - 1/4 cup</p> <p>Choose From: Almonds Walnuts Cashews Seeds Raw unsalted nuts only!!!</p> <p>Avocado S – 1 oz M,L – 2 oz</p> <p>Peanut butter or Almond butter S – 1tbsp. M,L - 2tbsp. No added sugar, oil or salt!</p> <p>Olive oil S – ½ tbsp. M,L – 1 tbsp</p> <p>Eggs S- 2 egg yolks M – 3 egg yolks L – 4 egg yolks</p> <p>When to have: meals 2 and 4</p>

Foods to Omit

Flour Products: bread, all pasta, crackers, chips, tortillas, pita bread, flour products of any kind, fried or breaded food, etc.

Sweets: sugar, honey, cakes, cookies, brownies, etc.

Dairy Products: milk, cottage cheese, butter, yogurt, cream bases soups or sauces, etc.

Snacks: soda, drinks, chips, popcorn, etc.

Starchy Vegetables: corn, peas, squash, potatoes, etc.

Avoid: over salting your food, creamy dressings or sauces, BBQ sauce

You Can Have:

small amounts of splenda or stevia
small amounts of zero calorie butter sprays or butter buds
all types of pure vinegar
small amounts of mustard
herbs, spices, and no salt seasoning are great!
Other: sugar free gum, sugar free jello and teas are great!

“Step One” (10 day detoxification phase)

THE ISSUE:

Toxins are everywhere – in the foods we eat, the air we breathe and the ground we walk on. These toxins build up in our body and may contribute to weight gain, loss of overall energy and poor skin tone, among other detrimental effects. In recent years, more attention has been given to detoxification or cleansing, and for good reason. Contaminants such as air pollution, cigarette smoke, radiation and carbon monoxide found in our everyday environment greatly influence our health and well-being. Furthermore, since the typical American diet is filled with processed foods, which are more often bought at the nearest fast food restaurant rather than made at home, what we eat also adds to our concerns.

Over time, these toxins may affect our health and digestion. In the long term, the ability to absorb the foods and nutrients we consume daily can become diminished. When this happens, individuals no longer receive the full benefit of their daily diet. Every day, a person’s diet should provide essential nutrients to keep that individual performing at peak effectiveness. Proper absorption of nutrients such as carbohydrates, proteins, fats, vitamins and minerals is essential to maintaining a healthy body. However, periodic lifestyle changes may generate the need for a “fresh start” to regain a healthy balanced nutrition routine with a solution that will also help other AdvoCare products you take once again reach their full potential.

THE SOLUTION:

The AdvoCare Herbal Cleanse system can help rid your body of toxins and waste with its unique blend of herbal ingredients. Using a systematic approach, this 10-day system guides you day by day through the steps for thorough internal cleansing and improved digestion.* Herbal Cleanse supports the body’s metabolic systems and general health during the detoxification process by helping keep energy levels up, aiding in removing impurities, and supporting the immune system.* Some people who use Herbal Cleanse for the first time experience an encouraging reduction in pounds and/or inches when they pair the system with the recommended diet and exercise. Each Herbal Cleanse system includes these three key products:*

1) Herbal Cleanse System

Options:

Peaches & Cream: better for deep liver cleanse (helps pull out heavy toxins due to exposures to drugs, alcohol, prescription drug, etc.)

Citrus: better for more weight loss (deep cleanse and preps heavy intestinal build up)

- **ProBiotic Restore:** Our bodies must maintain a healthy balance of beneficial bacteria and harmful bacteria to work at its best. When this balance is disturbed, it affects our immune systems, intestinal health, weight management and more. Probiotics are beneficial microorganisms that strengthen and support our immune and digestive systems.* ProBiotic Restore contains two kinds of probiotics plus botanical ingredients to support your body’s overall health by maintaining the normal, healthy bacteria your body needs.* Furthermore, ProBiotic Restore helps aid in digestion, supports healthy intestinal function and enhances your weight loss program.*

Take on days four through 10.

- **Fiber Drink:** Fiber Drink is rich in the fibers your body needs to work at its best.* Each serving provides 10 grams of soluble and insoluble dietary fiber to help add the fiber your diet fails to provide. As part of the Herbal Cleanse system, Fiber Drink helps move the toxins and waste products through the digestive tract while scouring your intestinal tract to support improved nutrient absorption.* Available in a deliciously smooth peaches and cream flavor or a fruity citrus flavor, Fiber Drink is a vital tool for achieving improved overall health.* Take on days one through three, and again on days eight through 10.
- **Herbal Cleanse Tablet:** The Herbal Cleanse tablet rounds out the system by providing herbal extracts needed to help rid your body of the impurities that may be obstacles to achieving better health.* One ingredient, senna leaf extract, is known for its use to relieve occasional constipation, as well as to encourage the mobilization of waste through the intestinal tract.* Beet root powder and wheat grass juice are included in the formulation to aid in the reduction of metabolic by-products in the blood and the liver.* Cranberry juice powder is added to help cleanse impurities from the kidneys and aid in excretion through the bladder.* Milk thistle extract is added for its active component, silymarin. Silymarin has been traditionally used to aid in eliminating toxins from the liver, and is an excellent hepatoprotectant and antioxidant.* The immune system is supported with echinacea, astragalus, garlic, zinc and vitamin C.* Herbal Cleanse tablets also contain a wide range of B vitamins in sufficient amounts to help maintain energy levels during the detoxification period.* Take on days one through seven

- 2) **Meal Replacement:** This balanced shake takes the place of your breakfast, making it easy to have that 1st often skipped, meal of the day. You'll notice increased control of food choices throughout your day.
- 3) **Omega Plex:** Omega Plex is the highest quality, purest marine lipid Omega 3's you will find. These fatty acids are essential for everything from building cell membranes to performing key functions in the brain, eyes and lungs. Ease inflammation, boost metabolism and immune system, cushion your internal organs, increase energy, aid effective digestion, insulate and protect lungs, speed nerve transmission, keep your heart beating in a regular rhythm, enhance mood and increase learning abilities and memory. Need I say more?
- 4) **Spark:** This product will give you 2 to 5 hours of energy without spiking your blood sugar and causing you to "crash". The B-vitamins and amino acids create neurotransmitter reactions in your brain to provide long lasting, more focused energy. Caffeine dilates blood vessels for better and quicker nutritional absorption.

Helpful hints –

Fiber Drink may be made with hot or cold water (whatever your preference) but will need to be ingested immediately upon being made so that it doesn't thicken. Some like to blend 4oz orange juice, 4oz water and the fiber packet.

Meal Replacement Shake should be mixed with 8-12oz of water depending on the thickness desired. Also may add 6-10 ice cubes in a blender to change the consistency. For best results mix shake using blender or shaker cup, never a fork or spoon!

Catalyst is Amino acids (what protein breaks down into) and provides your body with the muscle building components it needs. This product forces your body to burn a higher percentage of fat for energy by shielding or protecting lean muscle. **This is an option for the cleanse phase. Take Catalyst immediately before any physical activity or in between meals if you are hungry.**

Day 1

- **2 Omega Plex** immediately upon rising with your **Fiber Drink**
- Within 30 minutes of rising have a **Meal Replacement Shake**
- Eat only **fruits and vegetables** for the remainder of this day, this will boost the power of the cleanse. You must eat a serving of fruit and a serving of veggies according to the food portion chart every 3 hours. Do not eat fruits or vegetables that are not on your list. On this day only you may also eat more fruit or vegetables on top of your serving size requirement. We recommend to cut off fruit by 6pm.
- Have **1 gallon** of water throughout this day and add **lemon slices** to the water. Make 2 cups of **warm green tea** with **fresh lemon** as well spaced throughout the day.
- **Do not workout** on day 1. The reason for this is that you will need all the calories you eat to be used for everyday moving and thinking. You have no fats or protein in this day and energy will be too low with an added workout. Yoga or Pilates is fine☺
- Mid afternoon have your **Spark** warm or cold on an empty stomach
- Have **2 Omega Plex** at dinner time or at bedtime
- Immediately before bed have your **Herbal Cleanse** pill pack (3 pills). You will take the **Herbal Cleanse** pill pack nightly for the first 7 nights only.

CHOOSING FOODS IN DAYS 2-10 IS THE SAME COMBINATIONS EVERY DAY

FOODS (choose from the food portion chart and follow the recommended portion sizes)

MEAL 1 - Meal Replacement Shake

MEAL 2 - Fat, Fruit

MEAL 3 - Protein, Carbohydrate, Vegetable

MEAL 4 - Fat, Fruit

MEAL 5 - Protein, Vegetable

*May add extra green veggies anytime

***If you are doing intense workouts...add a carbohydrate serving with a ½ protein serving immediately post workout as a 6th meal**

NO FRIED FOOD, NO REFINED OR WHITE FLOUR, NO ALCOHOL, NO SUGAR, NO DAIRY

1[] 2[] 3[] 4[] 5[] 6[] 7[] 8[] 9[] 10[]

FOLLOW YOUR CLEANSE REGIMEN AND SUPPLEMENT CHANGES AS OUTLINED BELOW.

- 1) Drink **1 gallon of water** per day. Toxins need to flush out through the bloodstream and the water allows them to get out faster! Toxins are releasing into your bloodstream at an elevated level and you have to remove them by flushing out the toxins with lots of fluid.
- 2) Space your meals throughout the day spaced 2 to 3 hours apart. No longer and no less so blood sugar levels become balanced. Try to always eat close to the **SAME TIMES** so that eating times start to become a habit. Some people find it helpful to set an alarm on their cell phone as a meal time reminder.
- 3) **EAT CLEAN.** Processed foods do not tell your body that you are full and contain many calories that have no nutrition. Eat nutrient dense whole foods as outlined on the **“food portion chart”** above!
- 4) Do not skip meals, over eat **OR** eat less than the required amount. Not eating is just as much of a cheat as overeating! This is not a diet and we need to strengthen your metabolism through feeding the body.

Days 2-3

- **2 Omega Plex** immediately upon rising with your **Fiber Drink**
- Within 30 minutes of rising have a **Meal Replacement Shake**.
- Mid afternoon have your **Spark** warm or cold on an empty stomach
- Have **2 Omega Plex** at dinner time or at bedtime
- Immediately before bed have your **Herbal Cleanse** pill pack (3 pills).

Days 4 – 7

- Upon rising have a **Probiotic packet and 2 OmegaPlex**. You'll have probiotics in the AM now until the end of the cleanse. It is recommended to continue w/ Probiotic Ultra after the cleanse.
- Within 30 minutes of rising have a **Meal Replacement Shake**.
- Mid afternoon have your **Spark** warm or cold on an empty stomach
- Have **2 Omega Plex** at dinner time or at bedtime
- Immediately before bed have your **Herbal Cleanse** pill pack (3 pills)

Days 8 – 10

- Upon Rising have a **Probiotic packet, 2 Omega Plex** and your **Fiber Drink**
- Within 30 minutes of rising have a **Meal Replacement Shake**.
- Mid afternoon have your **Spark** warm or cold on an empty stomach
- Have **2 Omega Plex** at dinner time or at bedtime

Helpful hints to making meals more enjoyable:

Cooking ideas..... Get a good Teflon pan. This prevents from sticking and you can make something in the pan and clean it in a matter of seconds! Go to the store and get different spices... Try to stay away from the spices that have sodium contents over 600 per serving. McCormick's makes a huge variety of different spices..... Use these on your meats, carbs and veggies.

Veggies - green beans and asparagus: put into a pan and use the all purpose McCormick's seasoning on it.... Let slightly burn before turning them.... It tastes great! Will make eating veggies very easy:-)

Eggs - get fresh basil (you can find in with the salad area in your local grocery store in plastic containers) tear up and put into eggs as they cook.... Also add a little spinach (again get the plastic packaged kind, pre washed)..... Feel free to experiment with different herbs in the eggs as well!

Meats - Making pre and post cooked marinades will help the flavor of the meat by 100%..... If you have olive oil in your menu save it for the post cooked marinade!

pre cooked - mix low sodium soy sauce, mixture of seasonings, chopped basil, and spoon full of any kind of fancy mustards, A1, or any other low cal dressing and mix it with some water..... Make sure not to put in too much water..... Want the liquid to be somewhat dark. Let meat sit in for at least 20 minutes and then bbq. Meat will take in more flavor if beaten first.

post cook - add olive oil (the amount on your menu), basil, seasoning, little low sodium soy sauce, mustard again if desired and mix cut up meat into the sauce and then pour over carbs or salad.

Sample meals:

***Remember these are just ideas... .

You can build your own meals with the food portion chart!!!

- 1) Lemon & dill salmon mixed into brown rice and steamed asparagus
Bake salmon in lemonade slam topped with sea salt, dill and soy sauce.
- 2) Ground turkey stir fry w/ onion & mushroom
Topped w/ homemade tomato salsa
- 3) Sliced turkey breast with slices of bell peppers
- 4) Tuna with chopped celery mixed with relish and mustard
- 5) Chicken seasoned , yam with pumpkin pie spice and 1 cup steamed broccoli on the side
- 6) Mixed greens salad with grilled steak and balsamic dressing
- 7) Peanut butter or almond butter with apple slices



BURN PHASE: DAYS 11-24

Your Cleanse is complete and now you start the burn phase of the 24 day challenge program. Your green cleanse box is replaced with the purple Metabolic Nutrition System box (MNS Max 3). This phase will continue to teach you when to eat, how much and in what ratios of protein, carbohydrate and fat. It is still very important to not skip meals, over eat OR eat less than the required amount. Not eating is just as much of a cheat as overeating! This is not a diet and we need to strengthen your metabolism through feeding the body. Typical diets will weaken the metabolism and that is why most people yo yo diet. We are providing maximum nutrition and strengthening the body's ability to be able to burn food for energy efficiently.

You will have 2 different meal plans that make up a 4 day cycle.

It is very important to not eat additional carbs on your burn days and equally important to eat all the extra food on your refuel days. Your schedule for the next two weeks looks like this:

Burn days 1() 2() 3() Refuel day 4()

Burn days 5() 6() 7() Refuel day 8()

Burn days 9() 10() 11() Refuel day 12()

Burn days on 13() 14 ()

After the 24 day challenge you have the option to move forward to the Carb Challenge or to maintain the results you have achieved. Please discuss your progress and goals with your Advocare nutrition coach no later than your second refuel day to determine what is the next best step for you.

**** In your meal schedule chart means optional. Options are:**

- 1) Additional servings of *Catalyst* are optional for increased fat burning and muscle definition.
- 2) *ThermoPlus* is optional for increased fat burning and recommended if you do not workout or are fairly inactive right now.
- 3) *Muscle Gain* is optional as your 4th meal on the burn phase. If you are busy and on the go, Muscle Gain is fast and more easily digestible and lighter on your system than other proteins. It is only \$2.70 per meal.

Shopping Guide/Food Portion Chart

Under 140lbs = small (S) 141-224lbs = medium (M) 225lb + = large (L)

Meal Replacement (MR) Muscle Gain (MG) Shakes	Protein	Fruit	Vegetables <i>Add more green veggies at any time.</i>	Low/Med Glycemic Carbs	Healthy Fats
<p>Serving Size:</p> <p>MR: S – 1 packet M – 1 packets L – 1 packets</p> <p>MG: S (12.5g) – 1 scoop M (25g) – 2 scoops L (37.5) – 3 scoops</p> <p>Choose From: Meal Replacement Shake – can be substituted for a breakfast, lunch or dinner meal.</p> <p>Muscle Gain Shake – can be substituted for protein in meals 1-6. <i>Add water and ice if desired</i></p> <p>DO NOT add any fruit milk, juice, etc.</p> <p>When to have: MR – Breakfast MG – Meal 4</p>	<p>Serving Size:</p> <p>S – 3oz M – 5oz L – 8 oz</p> <p>Choose From: White fish Salmon Tuna Chicken Turkey breast Ground turkey</p> <p>Eggs whites: S – 5 (3/4c) M – 8 (1 1/8c) L – 12 (1 3/4c)</p> <p>1 egg white = 3.5gr protein 1 whole egg = 6gr. protein</p> <p>Cooking Method: Steam, bake, or broil</p> <p>DO NOT fry No skin No breading Rinse canned tuna or chicken.</p> <p>When to have: Meals 3 and 5</p>	<p>Serving Size:</p> <p>S – ¼ c, ½ fruit M – ½ c, 1sm fruit L – ¾ c, 1 lrg fruit</p> <p>Choose From: Grapefruit Green apples Peaches Pears Any berries Plums Prunes Papaya Oranges Cantaloupe Honeydew Kiwi Banana Cherries Figs</p> <p>Purchase: Fresh or frozen</p> <p>DO NOT choose canned or dried</p> <p>When to have: Meal 2 and 4</p>	<p>Serving Size:</p> <p>S – ¾ cup M – 1 cup L – 1 1/2 cups</p> <p>Choose From: Asparagus Any Green salad Green beans Peppers Spinach Onions Tomatoes Cucumbers Cauliflower Broccoli Mushrooms Zucchini</p> <p>Cooking Method: Eat raw, steam, or bake</p> <p>DO NOT cook in oil.</p> <p>When to have: Meal 3 and 5 Plus add more green veggies at any time.</p>	<p>Serving Size:</p> <p>S – ¼ cup (2 oz) M – ½ cup (4 oz) L – ¾ cup (6 oz)</p> <p>Choose From: Sweet potato Yams Brown rice Oatmeal** Black beans</p> <p>** Measure when dry. Measure all others once cooked.</p> <p>Cooking Method: Steam, bake, or broil</p> <p>DO NOT choose instant rice or oatmeal or add oil to the carbs.</p> <p>When to have: meal 3</p>	<p>Serving Size:</p> <p>S – 1/8 cup M,L - 1/4 cup</p> <p>Choose From: Almonds Walnuts Cashews Seeds Raw unsalted nuts only!!!</p> <p>Avocado S – 1 oz M,L – 2 oz</p> <p>Peanut butter or Almond butter S – 1tbsp. M,L - 2tbsp. No added sugar, oil or salt!</p> <p>Olive oil S – ½ tbsp. M,L – 1 tbsp</p> <p>Eggs S- 2 egg yolks M – 3 egg yolks L – 4 egg yolks</p> <p>When to have: meals 2 and 4</p>

Foods to Omit

Flour Products: bread, all pasta, crackers, chips, tortillas, pita bread, flour products of any kind, fried or breaded food, etc.

Sweets: sugar, honey, cakes, cookies, brownies, etc.

Dairy Products: milk, cottage cheese, butter, yogurt, cream bases soups or sauces, etc.

Snacks: soda, drinks, chips, popcorn, etc.

Starchy Vegetables: corn, peas, squash, potatoes, etc.

Avoid: over salting your food, creamy dressings or sauces, BBQ sauce

You Can Have:

small amounts of splenda or stevia
small amounts of zero calorie butter sprays or butter buds
all types of pure vinegar
small amounts of mustard
herbs, spices, and no salt seasoning are great!
Other: sugar free gum, sugar free jello and teas are great!



Burn Day Chart

Time 2-3 hours apart.	Event	What to Take	Hydration
	Wake up	<ul style="list-style-type: none"> ▪ MNS “before breakfast” Packet ▪ (3) Catalyst ▪ (2) Thermo Plus** 	Drink H2O
20- 30 min after mns before pack	Breakfast	<ul style="list-style-type: none"> ▪ Protein + fat ▪ MNS w/ breakfast Packets 	Drink H2O
	AM Snack	<ul style="list-style-type: none"> ▪ 1 fat serving OR ▪ ½ protein serving + ½ Fat serving 	Drink H2O
	Prior to Lunch	<ul style="list-style-type: none"> ▪ MNS “before lunch” Packet ▪ (1) Thermo Plus** 	Drink H2O
20-30min after MNS pack	Lunch	<ul style="list-style-type: none"> ▪ Protein + Vegetable + ½ serving Fat 	Drink H2O
	Afternoon Snack	<ul style="list-style-type: none"> ▪ Muscle Gain Shake** or serving of protein ▪ Spark or Slam 	Drink H2O
	Dinner	<ul style="list-style-type: none"> ▪ Protein + Vegetable 	Drink H2O
	Before Bed	<ul style="list-style-type: none"> ▪ (3) Catalyst** ▪ (3) Omega Plex 	
Water		Water: 1.0 Gallon Per Day <ul style="list-style-type: none"> ▪ Spark or rehydrate anytime 	
Exercise		Daily Exercise – Follow the Plan given below <ul style="list-style-type: none"> ▪ Optional: Spark or Muscle fuel 15 minutes prior ▪ Take 3 Catalyst immediately before exercise. Catalyst supports muscle and forces body to go after stored fat as energy source while working out. 	
Extras		You may have Spark, sugar free gum, sugar free jello, decaf tea or extra green veggies.	

*Use food portion chart to select or substitute foods within the same category. The portion size will be determined from the weight category on the top of the food portion chart. ** = optional*

Cycle 1	Cycle 2	Cycle 3	Cycle 4
<input type="radio"/> Burn	<input type="radio"/> Burn	<input type="radio"/> Burn	<input type="radio"/> Burn
<input type="radio"/> Burn	<input type="radio"/> Burn	<input type="radio"/> Burn	<input type="radio"/> Burn
<input type="radio"/> Burn	<input type="radio"/> Burn	<input type="radio"/> Burn	
<input type="radio"/> Refuel	<input type="radio"/> Refuel	<input type="radio"/> Refuel	



Refuel Day Chart

Times spaced 2-3 hours apart.	Event	What to Take	Hydration
	Wake up	<ul style="list-style-type: none"> ▪ MNS “before breakfast” Packet ▪ (3) Catalyst ▪ (2) Thermo Plus** 	Drink H2O
20- 30 min after MNS	Breakfast	Meal Replacement Shake	Drink H2O
	AM Snack	<ul style="list-style-type: none"> ▪ ½ Protein +1/2 fat + a fruit 	Drink H2O
	Prior to Lunch	<ul style="list-style-type: none"> ▪ MNS “before lunch” Packet ▪ (1) Thermo Plus** 	Drink H2O
20- 30 min after MNS	Lunch	<ul style="list-style-type: none"> ▪ Protein +Vegetable + Carbohydrate 	Drink H2O
	Afternoon Snack	<ul style="list-style-type: none"> ▪ Protein + Vegetable + Carbohydrate ▪ Spark or Slam 	Drink H2O
	Dinner	<ul style="list-style-type: none"> ▪ Protein + Vegetable 	Drink H2O
	PM snack	<ul style="list-style-type: none"> ▪ ½ serving of Muscle gain** mixed in with ½ cup of nonfat plain Greek Yogurt 	Drink H2O
	Before Bed	<ul style="list-style-type: none"> ▪ (3) Catalyst** ▪ (2) Omega Plex 	
Water		<ul style="list-style-type: none"> Water: 1.0 Gallon Per Day ▪ Spark or rehydrate anytime 	
Exercise		<ul style="list-style-type: none"> Daily Exercise – Follow the Plan! ▪ Take 3 Catalyst just before exercise ▪ Optional: Spark or Muscle fuel 15 minutes prior 	

Refueling is vital for increased metabolism to create your success; make sure you eat everything you are supposed to eat!

** = optional

Healthy Eating Tips

1) Get rid of the food items that cause you problems (e.g., chips, cheese, etc.)

- Sometimes we develop a “taste addiction”
- Don’t buy these foods, don’t stock them in your house – in fact, purge them from your house so you won’t be tempted!

2) Focus on “Good Carbohydrates”

- When you do eat carbohydrates on your plan, make sure they are “good” carbohydrates (e.g., whole grain rice, sweet potatoes, etc.).
- Eliminate all flour products if you can – these have a tendency to spike your insulin levels and if you are not immediately burning this off with exercise, you will store it as fat

3) Make sure you are always stocked up on fresh cut up vegetables, proteins and healthy carbohydrates

- It is always easier to eat right when it is convenient
- For example, if an “eating trigger point” for you is when you first come home, then reach for the veggies!
- Prepare several types of protein sources and other foods in advance and store them in the refrigerator for the week (e.g., cook a week’s worth of chicken breasts, and prepare some whole grain brown rice to reheat)

4) Always ensure you are stocked up on the non cooking food items

- Have plenty of Muscle Gain, Meal Replacement Shakes or AdvoCare Bars on hand in case you need a fast/healthy snack or you need to take something on the go for later

5) Space meals and snacks every 2 to 3 hours apart

- Never go more than 4 hours without eating – DO NOT Skip Meals for it will slow your metabolism!

6) Breakfast is a MUST!

- Always have this within 30-45minutes of waking in the morning – ensure your body gets into “fat burning” mode” and not “fat storage” mode.

7) Use **Spark** as needed to keep your energy levels up throughout the day

- You can increase your Energy Drink consumption to keep your energy up

8) Drink 1 to 1.5 gallons of water a day

9) Continue to eat a sensible dinner

- DO NOT have any carbohydrates at dinner time – FOLLOW THE EATING PLAN. But... if you are VERY hungry eat extra veggies!

10) After Dinner Snack (OPTIONAL)

- If you need to have a snack after dinner, your best option is a 1/2 of a serving of Muscle Gain.
- Muscle Gain should really be thought of as "Muscle Lean" - this product feeds your muscles and increases your metabolism – which helps you to burn more fat.

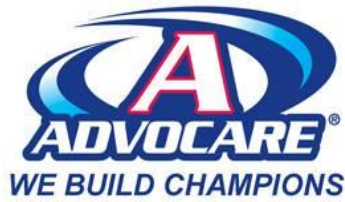
12) Night Time Refresher

- Before going to bed, drink an **AdvoCare Rehydrate** - This flushes out the toxins from your system, and also keeps you well hydrated throughout the night.

13) Take additional AdvoCare **Omega Plex** (Omega 3 Supplement) for better results

Supplement Guide

AdvoCare Product & Benefits	When to take it	Special Instructions/ Additional Information
<p>Metabolic Nutrition System (MNS)</p> <ul style="list-style-type: none"> ◊ all-day energy ◊ appetite control ◊ boosts metabolism ◊ full-spectrum of vitamins, minerals, and herbs <p><i>Three versions to choose from: (not everyone has the same biochemistry, so three versions are available)</i></p> <ul style="list-style-type: none"> ◆ Max Energy ◆ Max Appetite Control ◆ Max 3 	<p>MNS consists of 4 plastic packets of pills:</p> <ul style="list-style-type: none"> ◆ 1st Color Packet (Silver, Gold, or Yellow): Take this packet first thing in the morning when you wake up, on an empty stomach. You MUST eat 30 – 45 minutes later for it to work correctly. ◆ 2nd Color Packet (Silver, Gold, or Yellow): Take this packet half way through the day, on an empty stomach. You MUST eat 30 – 45 minutes later for it to work correctly. ◆ 3rd & 4th White Packets: Take both of these packets at the same time with food. <p>** Your stomach is considered “empty” <u>two hours</u> after eating your last bite of food</p>	<ul style="list-style-type: none"> ◆ Be sure you have an empty stomach when you take both the 1st and 2nd Color Packets. ◆ Watch your time... EAT 30 – 45 minutes after each Color Packet to get the best effect the product has to offer. ◆ If you get too much energy, you can eat food SOONER than the 30 – 45 minute time range. So, if you take your Color Packets on an empty stomach and eat 15 – 20 minutes later, rather than 30 – 45 minutes later, you will tone down the energy. If you still get too much energy, switch over to one of the other versions of MNS for better compatibility to your biochemistry. ◆ Be sure to separate the 1st and 2nd Color Packets by at least 4 hours. Otherwise, you will get “overlapping” energy. ◆ With the White Packets, it might help to take them in the middle of your meal, allowing food to surround them. ◆ The White Packets are a CRITICAL component to weight and craving control. Be sure to take them every day.
<p>Spark</p> <ul style="list-style-type: none"> ◊ mental focus ◊ energy ◊ craving control 	<p>Take Spark at anytime during the day that you need an energy boost or a boost in mental energy/focus.</p>	<p>If you take Spark on an empty stomach, you will feel the mental focus and energy at a much greater level.</p>
<p>Meal Replacement Shake</p> <ul style="list-style-type: none"> ◊ supports metabolism ◊ supports muscle tone 	<p>Drink for breakfast, 30 – 45 minutes after taking your 1st MNS Color Packet.</p>	<p>Do not mix this shake with other types of proteins (milk, soy milk, etc.). It is best to mix it with water to desired thickness (or blend it with ice and water.) For faster weight loss results, do not add fruit or juice.</p>
<p>Catalyst</p> <ul style="list-style-type: none"> ◊ supports muscle tone ◊ enhances strength & energy ◊ supports appetite control 	<ul style="list-style-type: none"> ◆ Take (3) Catalyst capsules on an empty stomach anytime you are not able to have protein within a 3 hour window. ◆ Take (3) Catalyst capsules 5 minutes prior to your energy expenditures throughout the day. 	<ul style="list-style-type: none"> ◆ The more Catalyst you take, the faster the toning results. ◆ Catalyst must be taken on an empty stomach. ◆ If you want to eat after taking Catalyst, wait at least 30 minutes before doing so.
<p>Muscle Gain Shake</p> <ul style="list-style-type: none"> ◊ Provides protein for muscle toning and growth ◊ High quality protein 	<ul style="list-style-type: none"> ◆ Take this in between meals or as often as needed to meet your protein needs. 	<ul style="list-style-type: none"> ◆ Mix with water only. You can add ice and blend if desired. ◆ If lifting weights, your protein needs increase. A rough estimation is to eat one gram of protein for every pound of body weight. 180 pound man = 180 grams protein



EXERCISE DAYS 11-24

CHOOSE YOUR LEVEL

Choose Your Level	Burn Phase					Refuel
	Day 1		Day 2	Day 3		Day 4
Beginner <i>Brand new to exercise or have not exercised in over 6 months.</i>	Weights 30 minutes Full Body Workout	Cardio 15 minutes Interval Training	Cardio 30 minutes Moderate Intensity	Weights 30 minutes Full Body Workout	Cardio 30 minutes Interval Training	Light Cardio 30 minutes 50% effort
Intermediate <i>Have been exercising on and off (3 times per week or less), but need a new challenge.</i>	Weights 30 minutes Full Body Workout	Cardio 30 minutes Interval Training	Cardio 45 minutes Moderate Intensity	Weights 30 minutes Full Body Workout	Cardio 45 minutes Interval Training	Light Cardio 45 minutes 50% effort
Advanced <i>Have been exercising (at least 4 days per week), but needs a new challenge.</i>	Weights 45 minutes Full Body Workout	Cardio 45 minutes Interval Training	Cardio 60 minutes Moderate Intensity	Weights 45 minutes Full Body Workout	Cardio 60 minutes Interval Training	Light Cardio 60 minutes 50% effort

* Take (3) Catalyst prior to all activities

** Before beginning any exercise program, you should consult your physician.

Workout Descriptions

Cardio: increasing your cardiovascular heart rate for a specific period of time.

(1) Interval Training (Days 1 & 3)

- Minute 1 = easy intensity (50% effort)
- Minute 2 = moderate intensity (70% effort)
- Minute 3 = high intensity (100% effort) This minute is the KEY to your workout! Push it as high as you can maintain only for one minute. You should be breathing very heavily, but not gasping out of control.
- Repeat (Keep repeating this 3 minute cycle for the duration of your workout.)

(2) Moderate Cardio (Day 2)

- Work at 70% effort throughout the entire workout. Check your intensity by taking the “talk test.” If you can easily carry on a full conversation with someone, you are not working hard enough. If you can speak a few sentences and then you need to pause to catch your breath, you are working at the right intensity. If you cannot say anything and you cannot catch your breath, you are working too hard.

(3) Light Cardio (Day 4)

- Keep your body in motion at a light pace. Work at 50% effort for the duration of your workout.

Weights: a workout using weights or resistance against a muscle group that forces it to grow.

Full Body Workout (Days 1 & 3)

- (1) Chest and Back (3) Shoulders (5) Abdominals
(2) Biceps and Triceps (4) Legs (Upper and Lower)

◆ **Feeling the “burn”:** This is critical to your results. As you lift and lower the weight, you will begin to feel intense heat in the muscle. When you feel that “burn”, do two more repetitions. If you don’t experience the “fire” in the muscle by the time you have completed the number of repetitions (read below to see how many repetitions you are aiming for), you are not using heavy enough weight and won’t get the results you want to see. If you feel the “fire” after only 2 or 3 repetitions, you are using too heavy of a weight. After a few workouts, you will find that your same weights do not give you the burn anymore. At this point, it is time to increase your weights by a few pounds.

◆ **For muscle toning:** Choose a weight that causes you to feel the “burn” somewhere between 10 and 12 repetitions.

◆ **For muscle growth:** Choose a weight that causes you to feel the “burn” somewhere between 6 and 8 repetitions.

◆ **Number of Sets:** 2 sets of 12 repetitions (or 8 repetitions for muscle growth) for each muscle group. Between set 1 and 2, only allow for a 15 to 30 second break. Ask a fitness professional or look on-line for exercise instructions.

◆ **Weight lifting and weight loss:** Weight lifting isn’t just for those who want to gain muscle! It is an important key to weight management. As you alternate between cardio and weight lifting, you will be shedding fat and sculpting muscle.

NOTE: Cardio workouts can be done by walking, jogging, treadmill, jump rope, exercise machines, exercise videos, etc. For weighted workouts, use hand weights, exercise bands, machines, or household items (cans, gallon jugs, etc.)

NOTE: The workout for days 1 and 3 are identical. Repeat the four day cycle.