

24 day challenge Days 11-24

Date/ Time	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17
Morning Time:	<u>Empty Stomach</u> Spark 3 Catalyst First MNS pack	<u>Empty Stomach</u> Spark 3 Catalyst First MNS pack	<u>Empty Stomach</u> Spark 3 Catalyst First MNS pack	<u>Empty Stomach</u> Spark 3 Catalyst First MNS pack	<u>Empty Stomach</u> Spark 3 Catalyst First MNS pack	<u>Empty Stomach</u> Spark 3 Catalyst First MNS pack	<u>Empty Stomach</u> Spark 3 Catalyst First MNS pack
	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES
Breakfast Time:	Meal Replacement Shake + next 2 MNS packs	Meal Replacement Shake + next 2 MNS packs	Meal Replacement Shake + next 2 MNS packs	Meal Replacement Shake + next 2 MNS packs	Meal Replacement Shake + next 2 MNS packs	Meal Replacement Shake + next 2 MNS packs	Meal Replacement Shake + next 2 MNS packs
AM Snack Time:	Protein bar OR Protein+ Fruit	Protein bar OR Protein+ Fruit	Protein bar OR Protein+ Fruit	Protein bar OR Protein+ Fruit	Protein bar OR Protein+ Fruit	Protein bar OR Protein+ Fruit	Protein bar OR Protein+ Fruit
Before Lunch	Last MNS pack	Last MNS pack	Last MNS pack	Last MNS pack	Last MNS pack	Last MNS pack	Last MNS pack
	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES
Lunch Time:	Protein+ Salad or Protein + Veg	Protein+ Salad or Protein + Veg	Protein+ Salad or Protein + Veg	Protein+ Salad or Protein + Veg	Protein+ Salad or Protein + Veg	Protein+ Salad or Protein + Veg	Protein+ Salad or Protein + Veg
Afternoon	<u>Empty Stomach</u> Spark 3 Catalyst	<u>Empty Stomach</u> Spark 3 Catalyst	<u>Empty Stomach</u> Spark 3 Catalyst	<u>Empty Stomach</u> Spark 3 Catalyst	<u>Empty Stomach</u> Spark 3 Catalyst	<u>Empty Stomach</u> Spark 3 Catalyst	<u>Empty Stomach</u> Spark 3 Catalyst
	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES	WAIT 30 MINUTES
PM Snack Time:	Protein bar OR Protein+ Veg	Protein bar OR Protein+ Veg	Protein bar OR Protein+ Veg	Protein bar OR Protein+ Veg	Protein bar OR Protein+ Veg	Protein bar OR Protein+ Veg	Protein bar OR Protein+ Veg
Dinner Time:	Protein+ Veg (& Complex Carb if needed)	Protein+ Veg (& Complex Carb if needed)	Protein+ Veg (& Complex Carb if needed)	Protein+ Veg (& Complex Carb if needed)	Protein+ Veg (& Complex Carb if needed)	Protein+ Veg (& Complex Carb if needed)	Protein+ Veg (& Complex Carb if needed)
Night Snack (Optional) 2 hrs before bed	Muscle Gain Shake	Muscle Gain Shake	Muscle Gain Shake	Muscle Gain Shake	Muscle Gain Shake	Muscle Gain Shake	Muscle Gain Shake
	Drink water between every meal/snack and with every MNS pack and catalyst. Drink minimum of 3 liters daily. For each meal/snack, eat at least 10g of protein and less than 30g of carbohydrates						