



DAILY GUIDE

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. Use this as a one-stop guide for supplementation, nutrition, and monitoring your water intake and exercise throughout the Challenge. Also be sure to stay in contact with your AdvoCare coach to help with any questions you may have. We look forward to hearing about your Success!



DAILY GUIDE

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 10.** 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 4 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, Citrus flavor
- 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 (pounds)
divided 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 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 ■ Protein ■ Complex Carb ■ Fruit OPTIONAL Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water ■ Protein ■ Complex Carb ■ Fruit OPTIONAL Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water ■ Protein ■ Complex Carb ■ Fruit OPTIONAL Meal Replacement Shake	<input type="checkbox"/> Protein ■ Complex Carb ■ Fruit OPTIONAL Meal Replacement Shake	<input type="checkbox"/> Protein ■ Complex Carb ■ Fruit OPTIONAL Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes before lunch	<input type="checkbox"/> AdvoCare Spark® (if needed) OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) OPTIONAL Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) OPTIONAL Catalyst™
Lunch	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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)	<input type="checkbox"/> OmegaPlex® ■ 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"/> 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</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™
Breakfast	<input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Drink Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit <small>OPTIONAL</small> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes before lunch	<input type="checkbox"/> AdvoCare Spark® (if needed) <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> AdvoCare Spark® (if needed) <small>OPTIONAL</small> Catalyst™
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
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</small> Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Catalyst™

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"/> 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™	<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	<input type="checkbox"/> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes before lunch	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) 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	<input type="checkbox"/> MNS® White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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)	<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)	<input type="checkbox"/> OmegaPlex® ■ 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 Catalyst™	<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 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"/> 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™	<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	<input type="checkbox"/> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes before lunch	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus¹ (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) 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	<input type="checkbox"/> MNS® White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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)	<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)	<input type="checkbox"/> OmegaPlex® ■ 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 Catalyst™	<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 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 AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus [†] (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus [†] (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus [†] (one-time daily)	<input type="checkbox"/> MNS® Color Pack AdvoCare Spark® (if needed) OPTIONAL Catalyst™ OPTIONAL Carb-Ease™ Plus [†] (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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immediately before dinner	<input type="checkbox"/> OPTIONAL Carb-Ease™ Plus [†] (one-time daily)	<input type="checkbox"/> OPTIONAL Carb-Ease™ Plus [†] (one-time daily)	<input type="checkbox"/> OPTIONAL Carb-Ease™ Plus [†] (one-time daily)	<input type="checkbox"/> OPTIONAL Carb-Ease™ Plus [†] (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™

[†] 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)

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

Limit or Avoid

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



My AdvoCare Coach

Coach Name

E-mail

My AdvoCare Information

My Distributor ID

AdvoCare Distributor Support: 800-542-4800

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

For more information: <http://www.advocare.com/science/faqs/general/837.aspx>