

• 24-Day Challenge for Breastfeeding Mom's*

(*This Program is also safe for Pregnant Women)

Detailed Instructions

What to expect on this challenge:

- **Step 1: 10-Day Fiber Phase (Days 1-10)**
- **Step 2: Adjusted Max Pack Phase or Adjusted Lean-In-13 Zig-Zag Program (Days 11-23)**
- **Step 3: Free Day – eat what you want! – but still take supplements (Day 24)**
- **Step 4: Repeat Step 2 or Start Maintenance Plan (ask your Advocare coach about Maintenance Plan)**
- ❖ **Important: While you are pregnant or breastfeeding, it is recommended you consume 500 – 600 more calories a day than your recommended calorie per day intake.**
- ❖ **Commit to 90 Days of Step 2 to achieve maximum results**

*****TO RECEIVE THE BEST RESULTS, ENTER AND FINISH THIS PROGRAM WITH A FULL COMMITMENT AND COMPLETE IT "AS DESIGNED". TO SEE THE END RESULTS OF THIS PROGRAM, IT IS RECOMMENDED TO TAKE BEFORE PICTURES WITH FULL BODY MEASUREMENTS (WAIST, CHEST, HIPS, ARMS, ETC.) AND AFTER PICTURES WITH AFTER MEASUREMENTS.**

IF YOU LIKE THE RESULTS OF THE 24-DAY CHALLENGE PROGRAM AND WOULD LIKE TO CONTINUE, IT IS RECOMMENDED TO REPEAT THE MAX PHASE OR LEAN-IN-13 (STEP 2) AS MANY TIMES AS NECESSARY TO ACHIEVE YOUR DESIRED WEIGHT OR SIZE. THEN YOU CAN CUSTOMIZE YOUR ADVOCARE PRODUCTS TO MEET YOUR NEEDS ON A MAINTENANCE PLAN. SPEAK WITH YOUR ADVOCARE COACH TO HELP CUSTOMIZE A PLAN!***

Being Prepared is Vital:

1. You will eat 6 meals daily, spacing them approximately every 2 - 3 hours apart.
2. Have a water bottle that holds either 1/2 gallon (64oz) or an entire gallon to make it easy to track water consumption. Toxins and/or fat is being released into your body elimination system and you have to remove them by flushing them out with lots of water. Add slices of lemon to your water for additional benefit. (Note: Spark, Meal Replacement or Muscle Gain shakes, and tea count towards your daily water consumption)
3. If needed, 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 or too little! After a month or so, you will be able to judge how a serving size for your weight should look.
4. 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.
5. Catalyst is optional, but highly recommended. Catalyst is a branch chain amino acid (BCAA) grown from microorganisms into yeast that form the highest possible quality amino acid strands. The BCAA forces the body to be more efficient in turning 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 body definition as you get leaner, then Catalyst is a must.

24-Day Challenge for Breastfeeding Mom's: AdvoCare Product List

Most challenges are expensive, require fasting and are very harsh on your sensitive digestive system. This 24-Day Challenge keeps in mind the extra calories needed during pregnancy and breastfeeding and helps you with a balanced, nutritious eating program while filling in the gaps with the correct supplements our food lacks and our bodies need.

Step 1 will keep you regular, keep your friendly bacteria (micro-flora) in your intestines in the correct balance and provide you added probiotics, nutritional support, energy and lean muscle protection.

Step 2 helps to put your metabolism back on the right track and pushes your body into "fat burning" mode. It helps to jump start a weight loss program, break through a weight loss plateau, lose a few inches just in time for vacation or lose a few inches and recover from a vacation.

Below is a list of the products you will use for **Step 1 (Days 1-10)** Adjusted Fiber Phase, for **Step 2 (Days 11-23)** the Adjusted Max Pack or Lean-in-13 Phase & for **Step 3 (Day 24)** Free Day!



Peaches & Cream Fiber Drink Provides internal cleansing **and** Enhances nutrient absorption. Helps rid your body of toxins & waste. Scrubs intestinal tract.



CorePlex® with Iron Supplies a synergistic blend of 36 vitamins, minerals and nutrients for optimal health. Promotes a healthy immune system & supports healthy bones, muscles and connective tissues. **This is your "Prenatal" supplement .**



ProBiotic Restore™ ULTRA Helps maintain normal, beneficial intestinal microflora. Supports healthy intestinal function & improves nutrient absorption. Aids in good digestion and provides immune system support.



Spark™ Long-lasting energy (3-5 hours), without spiking blood sugar. Sharpens mental focus and alertness - B-Vitamins and Amino acids create neurotransmitter reactions in the brain to provide long lasting, more focused energy. Caffeine dilates blood vessels for better & quicker nutritional absorption. Take anytime during the day for a natural energy lift. Can be served Cold or Hot.



OmegaPlex® Plays an important role in the transportation of nutrients. Helps promote & boost a healthy metabolism. Promotes maintenance of healthy skin, hair and nails. Essential for building cell membranes to perform key functions in the brain, eyes & lungs. Eases inflammation and boosts immune system. Aids in effective digestion, speed nerve transmission and enhances mood and memory/learning abilities.

OPTIONAL ADD-ONS:



Meal Replacement Shake in Berry, Chocolate, Vanilla
Nourishes Muscles and Supports Metabolism. A perfectly balanced (protein-to-carb ratio), satisfying meal. Great for someone who usually skips breakfast or lunch.



Catalyst™ Amino Acids that support & preserve muscle tone, enhances strength & energy during workouts & helps rid the fat, retain the muscle and leave your body more toned and defined!



Muscle Gain™ Metabolically balanced blend of high-grade proteins that supplies amino acids and other nutrients that are essential to protein synthesis and muscle building in an easy-to-digest formula that includes digestive enzymes to improve absorption of protein.

•**COREPLEX® WITH IRON***: The complete, balanced, highly absorbable nutrient combination in CorePlex® with Iron makes it one of the most advanced core nutrition supplements on the market. It contains chelated amino acid-bound minerals for better absorption CorePlex® with Iron provides 100% of the daily-recommended amount of iron, which is especially important for pregnant women, nursing mothers and women of childbearing age, especially those with heavy menstrual cycles. This is your "Prenatal" Supplement. **Caution:** Do not consume CorePlex® with Iron with other iron-containing supplements.

•**PROBIOTIC RESTORE™ ULTRA***: Various micro-organisms, among them beneficial bacteria, have evolved and adapted to live in a balanced, mutually beneficial way within most regions of our bodies, including our skin and gastro-intestinal tract. Most of the time we are not aware of the presence of bacteria in our systems and they live and grow within their well-adapted ecological niche within our bodies. But when one part of this delicately balanced system is absent or another multiplies to excessive levels our health and wellness can be adversely affected. That's where the inclusion of supplemental "good" bacteria (known as probiotics) in our daily diets can aid in supporting the status quo of our healthy bacterial balance. The term probiotics has come to be accepted as the study and therapeutic use of various beneficial bacteria for health purposes for humans and animals. ProBiotic Restore™ ULTRA supplement has been carefully formulated to contain seven kinds of beneficial microorganisms, along with accompanying probiotic food known as FOS. This combination of probiotics in effective levels, specifically selected to help populate the upper and lower intestine, strongly support your body's overall health by helping maintain the normal, healthy bacteria your body needs.

•**SPARK®***: You can take more than one serving of Spark® throughout the day as needed for energy (empty stomach). Some people find it helpful to drink this in the morning and then again in the afternoon. Can be served cold or hot.

•**OMEGAPLEX®***: A safe, convenient, easy way to get the omega-3 fatty acids that may be missing from your diet, especially if you consume fish less than twice a week. It contains both 600 mg of EPA and 400 mg DHA long-chain omega-3 fatty acids per serving for maximum benefit.

•**CATALYST™***: You can take as much Catalyst™ as you can fit in during your day (only empty stomach - do NOT take with food.). The schedule below accounts for two times per day, but you may add more or less. Take Catalyst™ in sets of (3 - 6) capsules at a time. You can eat 30 minutes after taking it.

•**MUSCLE GAIN™*** and **MEAL REPLACEMENT SHAKE***: **Do not add** any other form of protein to either of these shakes (ie. use water, not milk). **Do not add** fruit, juice, or yogurt to the Meal Replacement Shake (this throws off the carbohydrate / protein balance that is important to fat burning). You can blend fruit with a serving of Muscle Gain™ in place of your Meal Replacement Shake at breakfast if you wish. This keeps your protein / carb ratio on target. If you chose Option 2: Lean-In-13, on your "Burn Days", **do not add** fruit to your afternoon Muscle Gain™ Shake; just blend with water (you can add ice for thickness). However, on your "Refuel Day" you will eat fruit separately or blend the fruit in the shake. Don't skip the fruit add-on on your Refuel Day.

Note: Your stomach is considered "empty" two hours after the last time you ate.

IMPORTANT: Once you have finished Breastfeeding, it is recommended that you return to the regular 24-Day Challenge documents and product regime by incorporating the MNS (Metabolic Nutrition System), the ThermoPlus and the FiboTrim.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Detailed Instructions & Daily Checklist for

Step 1: 10-Day Fiber Phase (Days 1-10) for Breastfeeding Mom's

The following checklist on this page for the 10-Day Fiber Phase products and eating regime will help make sure you take all of the recommended Phase products each day and eat correctly to achieve the best results. Use the Food Portion Chart on Page 9 to determine the eating portion size for your weight (Small, Medium, Large).

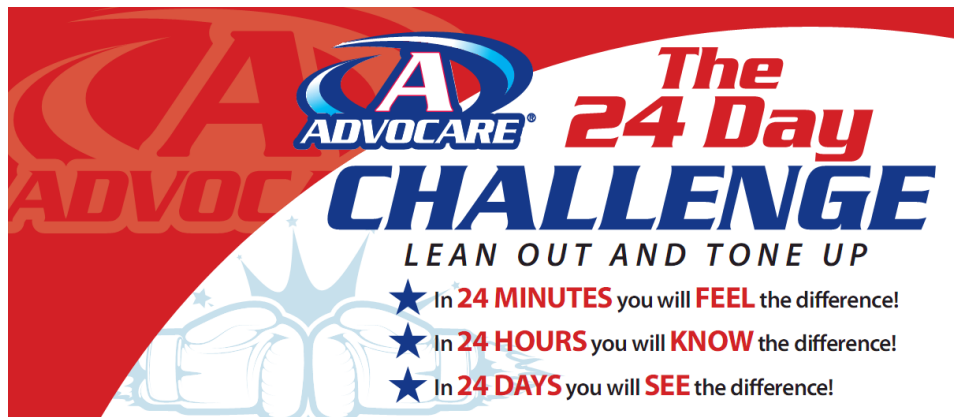
- Drink about 1 gallon of water per day. Toxins and/or fat is being released into your body elimination system and you have to remove them by flushing them out with lots of water. Add slices of lemon to your water for additional benefit. (Note: Spark, Meal Replacement or Muscle Gain shakes, and tea count towards your daily water consumption)
- Space your meals 2 to 3 hours apart throughout the day. No longer and no less, so blood sugar levels become balanced. Some people find it helpful to set an alarm on their cell phone as a meal time reminder. See page 9 for Food Portion Chart.
- 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" and "Recommended Food & Menu Ideas".
- 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. If you are very active or working out, be sure to add a 7th meal as noted below, or get back with your AdvCare coach to tweak your portions.

Meal Food Combination Recommendations	
Example of a typical day:	
Meal 1	Meal Replacement Shake or Protein, Carbohydrate & Vegetable
Meal 2	Healthy Fat & a Fruit
Meal 3	Protein, Carbohydrate & Vegetable
Meal 4	Healthy Fat & a Fruit
Meal 5	Protein, Carbohydrate & Vegetable
Meal 6	Fruit or Vegetable or ½ serving of Protein
**You may add extra green veggies at anytime on any day	
***If you are working out, add a carb serving with a ½ protein serving or a Muscle Gain immediately post workout as a 7th meal.	
Reminder: NO FRIED FOOD, NO REFINED OR WHITE FLOUR/RICE, NO ALCOHOL, NO SUGAR, NO DAIRY	

Days 1-10:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	When	What
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Immediately upon rising (Empty Stomach: ES)	❖ Drink a Spark (or in afternoon if preferred) ❖ Take (1) Probiotic Restore ULTRA ❖ Take (3) Catalyst ❖ Drink the Fiber Drink (followed by a full glass of water)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20 - 30 minutes later Breakfast (Meal 1)	❖ Drink a Meal Replacement Shake or Eat a Protein, Carbohydrate & Vegetable ❖ Take (2) OmegaPlex ❖ Take (3) CorePlex with Iron
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Morning Snack (Meal 2)	❖ Eat a Healthy Fat & a Fruit or Drink a Muscle Gain Shake (if chosen as an add-on) & eat a Fruit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lunch (Meal 3)	❖ Eat a Protein, Carbohydrate & Vegetable
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20 - 30 minutes before Mid Afternoon Snack (ES)	❖ Take (3) Catalyst ❖ Drink a 2nd Spark (or 1 st if you did not in morning)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Afternoon Snack (Meal 4)	❖ Eat a Healthy Fat & a Fruit or Drink a Muscle Gain Shake (if chosen as an add-on) & eat a Fruit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dinner (Meal 5)	❖ Eat a Protein, Carbohydrate & Vegetable ❖ Take (2) OmegaPlex (or optional at bedtime)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Evening Snack (Meal 6)**	❖ Eat a fruit or Vegetable or ½ serving of Protein. Keep it light.

**Make sure you eat the Evening Snack (Meal 6) at least 2 hours before going to bed. There will be left over Fiber Drink, which can be used for the next four days until finished.



• **Step 2: There are two options (Days 11-23):**

Option 1: **Adjusted Max Pack Phase** [more simple]

Option 2: **Adjusted Lean-In-13 Zig-Zag Program** [more advanced]

Detailed Instructions

What to expect after this step:

- **Step 3: Free Day** – eat what you want! – but still take supplements (Day 24)
- **Step 4: Repeat Step 2 or Start Maintenance Plan** (ask your AdvocaCare coach about Maintenance Plan)
- ❖ **Important: While you are pregnant or breastfeeding, it is recommended you consume 500 – 600 more calories a day than your recommended calorie per day intake.**
- ❖ **Commit to 90 Days of Step 2 to achieve maximum results**

Depending on the end result desired for your weight & size, will determine which option you choose:

- ❖ **Option 1:** More **simple** and you will continue eating like on Step 1 (The Cleanse). For example, this option would be for someone who cannot go without complex carbohydrates or fruit.
- ❖ **Option 2:** More **advanced** and for someone who likes a challenge, would like maximum results and who can follow a strict eating program.

Extra Tips for Pregnant / Breastfeeding Mom's:

1. Make sure you are drinking lots of water: a majority of it in the beginning of the day.
2. Don't let the day get away from you: if you get so busy that you delay your mid-morning snack and put off lunch... well, hunger comes knocking.... LOUDLY.
3. If you get hungry before the next snack/meal 2 to 3 hour time span, drink 16 oz of water or eat another serving of vegetables. Another option would be to take (3) more Catalyst.
4. If you must eat something in the evening after all 6 snacks/meals are done, have an extra serving of vegetables or Drink a Meal Replacement Shake or Muscle Gain.
5. REMEMBER: as your body REALLY gets "hot" burning up a lot of fat, you might feel hungrier. Being hungry IS NOT a negative! It means your body is burning up calories and it needs to burn up more stored fat to use as energy. Just be sure you are not skipping any meals or snacks and be sure you are eating enough in portions.

Detailed Instructions and Daily Checklist for

Step 2: **Option 1: Adjusted Max Pack Phase [more simple]** (Days 11-23)

What is the Adjusted Max Pack Phase? Option 1: Adjusted Max Pack Phase: The Adjusted Max Pack Phase Step 2 has been adjusted specifically for Pregnant or Breastfeeding Mom's and helps to put your metabolism back on the right track and pushes your body into "fat burning" mode. Use your AdvoCare products and continue eating like on Step 1 over the course of 13 days (for example, this option would be for someone who cannot go without complex carbohydrates or fruit). The following checklist on this page for the products and eating regime will help you make sure you take all of the recommended AdvoCare products each day and eat correctly to achieve the best results. Use the Meal Food Combination Recommendation Chart on Page 4 to see the meal recommendations, and the Food Portion Chart on Page 9 to determine the eating portion size for your weight (Small, Medium, Large).

Days 11-23:

Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	When	What
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Immediately upon rising (Empty Stomach: ES)	<ul style="list-style-type: none"> ❖ Drink a Spark (or in afternoon if preferred) ❖ Take (1) Probiotic Restore ULTRA ❖ Take (3) Catalyst
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20 - 30 minutes later Breakfast (Meal 1)	<ul style="list-style-type: none"> ❖ Drink a Meal Replacement Shake or Eat a Protein, Carbohydrate & Vegetable ❖ Take (2) OmegaPlex ❖ Take (3) CorePlex with Iron
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Morning Snack (Meal 2)	<ul style="list-style-type: none"> ❖ Eat a Healthy Fat & a Fruit or Drink a Muscle Gain Shake (if chosen as an add-on) & eat a Fruit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lunch (Meal 3)	<ul style="list-style-type: none"> ❖ Eat a Protein, Carbohydrate & Vegetable
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20 - 30 minutes before Mid Afternoon Snack (ES)	<ul style="list-style-type: none"> ❖ Take (3) Catalyst ❖ Drink a 2nd Spark (or 1st if you did not in morning)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Afternoon Snack (Meal 4)	<ul style="list-style-type: none"> ❖ Eat a Healthy Fat & a Fruit or Drink a Muscle Gain Shake (if chosen as an add-on) & eat a Fruit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dinner (Meal 5)	<ul style="list-style-type: none"> ❖ Eat a Protein, Carbohydrate & Vegetable ❖ Take (2) OmegaPlex (or optional at bedtime)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Evening Snack (Meal 6)**	<ul style="list-style-type: none"> ❖ Eat a fruit or Vegetable or ½ serving of Protein. Keep it light.

**Make sure you eat the Evening Snack (Meal 6) at least 2 hours before going to bed.

*****Reminder: Day 24 is a FREE day to eat what you want, but remember to take your AdvoCare products as recommended above. This is the day you can eat without a "pattern" - just don't overeat (choose a moderate portion for all meals).**

Detailed Instructions and Daily Checklist for

Step 2: **Option 2: Adjusted Lean-In-13 Zig-Zag Program** [more advanced] (Days 11-23)

What is the Adjusted Lean-in-13 Program? Use your AdvoCare products and then apply a specific eating plan for the course of 13 days. It is intended for the pregnant or breastfeeding woman who likes a challenge, would like maximum results and who can follow a strict eating program. The Lean-in-13 program helps to put your metabolism back on the right track and pushes your body into an intense "fat burning" mode. The Zig-Zag Eating Program allows your body to burn fat FASTER!

Option 2: Adjusted Lean-In-13 Zig-Zag Program: The following checklist on Page 8 for the products and eating regime will help you make sure you take all of the recommended AdvoCare products each day and eat correctly to achieve the best results. Use the Food Portion Chart on Page 9 to determine the eating portion size for your weight (Small, Medium, Large).

- Drink about 1 gallon of water per day. Toxins and/or fat is being released into your body elimination system and you have to remove them by flushing them out with lots of water. Add slices of lemon to your water for additional benefit. (Note: Spark, Meal Replacement or Muscle Gain shakes, and tea count towards your daily water consumption)
- Space your meals 2 to 3 hours apart throughout the day. No longer and no less, so blood sugar levels become balanced. Some people find it helpful to set an alarm on their cell phone as a meal time reminder. See page 9 for Food Portion Chart.
- 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" and "Recommended Food & Menu Ideas".
- 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. If you are very active or doing intense workouts, be sure to add a 6th meal as noted below, or get back with your AdvoCare coach to tweak your portions.

Adjusted Lean-In-13 Zig-Zag Program: On this Program there are "Burn" Days and "Refuel" Days with your eating.

Use the Food Portion Chart on Page 9 to determine the eating portion size for your weight (Small, Medium, Large).

❖ **An adjusted "Burn" Day is where NO Fruit is eaten - only Protein, Vegetables and Healthy Fats and NO Carbohydrates for Dinner – only for Breakfast and Lunch.**

❖ **An adjusted "Refuel" Day is where Carbohydrates and Fruit are incorporated back in to the eating.**

The suggested ratio of "Burn" Days to "Refuel" Days is 3 "Burn" Days to 1 "Refuel" Day. This may be adjusted if necessary to 2:1 or 1:1.

Making Adjustments to Your Program: It is normal to feel *slightly* hungry as your body burns fat. However, you should not feel like you are starving. If you start feeling "bad", "too" hungry, or you feel fatigued, MAKE AN ADJUSTMENT to the ratio of "Burn" Days to "Refuel" Days, especially for ACTIVE people, or for those who need more calories than the average person. To make this adjustment, change the pattern to 2 "Burn" Days & 1 "Refuel" Day (2:1) or 1 "Burn" Day & 1 "Refuel" Day (1:1).

Here is a visual of what that looks like:

Day 11	12	13	14	15	16	17	18	19	20	21	22	23	24
Burn Day	Burn Day	Burn Day	Refuel Day	Burn Day	Burn Day	Burn Day	Refuel Day	Burn Day	Burn Day	Burn Day	Refuel Day	Burn Day	Free Day

Meal Food Combination Recommendations

Example of a "Burn" Day:

Meal 1	Meal Replacement Shake or Protein, Carbohydrate & Vegetable
Meal 2	Healthy Fat or Muscle Gain
Meal 3	Protein, Carbohydrate & Vegetable
Meal 4	Healthy Fat or Muscle Gain or ½ serving of Protein
Meal 5	Protein & Vegetable
Meal 6	½ serving of Protein or Muscle Gain

Example of a "Refuel" Day:

Meal 1	Meal Replacement Shake or Protein, Carbohydrate & Vegetable
Meal 2	Healthy Fat & a Fruit or Muscle Gain & a Fruit
Meal 3	Protein, Carbohydrate & Vegetable
Meal 4	Healthy Fat & a Fruit or Muscle Gain & a Fruit or ½ serving of Protein & a Fruit
Meal 5	Protein, Carbohydrate & Vegetable
Meal 6	½ serving of Protein & Carbohydrate & Vegetable or Muscle Gain

****You may add extra green veggies at anytime on any day**

*****If you are working out, add a carb serving with a ½ protein serving or a Muscle Gain immediately post workout as a 7th meal.**

Reminder: NO FRIED FOOD, NO REFINED OR WHITE FLOUR/RICE, NO ALCOHOL, NO SUGAR, NO DAIRY

◆ Print/copy this chart for as many “Burn” or “Refuel” days as needed depending on ratio chosen (i.e. 3:1, 2:1 or 1:1)

Example “Burn” Day:		
	When	What
<input type="checkbox"/>	Immediately upon rising (Empty Stomach: ES)	❖ Drink a Spark (or in afternoon if preferred) ❖ Take (1) Probiotic Restore ULTRA ❖ Take (3) Catalyst
<input type="checkbox"/>	20 - 30 minutes later Breakfast (Meal 1)	❖ Drink a Meal Replacement Shake or Eat a Protein, Carbohydrate & Vegetable ❖ Take (2) OmegaPlex ❖ Take (3) CorePlex with Iron
<input type="checkbox"/>	Mid Morning Snack (Meal 2)	❖ Eat a Healthy Fat or Drink a Muscle Gain Shake (if chosen as an add-on)
<input type="checkbox"/>	Lunch (Meal 3)	❖ Eat a Protein, Carbohydrate & Vegetable
<input type="checkbox"/>	20 - 30 minutes before Mid Afternoon Snack (ES)	❖ Take (3) Catalyst ❖ Drink a 2nd Spark (or 1 st if you did not in morning)
<input type="checkbox"/>	Mid Afternoon Snack (Meal 4)	❖ Eat a Healthy Fat or Drink a Muscle Gain Shake (if chosen as an add-on) or Eat a ½ serving of Protein
<input type="checkbox"/>	Dinner (Meal 5)	❖ Eat a Protein & Vegetable ❖ Take (2) OmegaPlex (or optional at bedtime)
<input type="checkbox"/>	Evening Snack (Meal 6)**	❖ Eat a ½ serving of Protein with Vegetables or Drink a Muscle Gain Shake (if chosen as an add-on)

**Make sure you eat the Evening Snack (Meal 6) at least 2 hours before going to bed.

Example “Refuel” Day:		
	When	What
<input type="checkbox"/>	Immediately upon rising (Empty Stomach: ES)	❖ Drink a Spark (or in afternoon if preferred) ❖ Take (1) Probiotic Restore ULTRA ❖ Take (3) Catalyst
<input type="checkbox"/>	20 - 30 minutes later Breakfast (Meal 1)	❖ Drink a Meal Replacement Shake or Eat a Protein, Carbohydrate & Vegetable ❖ Take (2) OmegaPlex ❖ Take (3) CorePlex with Iron
<input type="checkbox"/>	Mid Morning Snack (Meal 2)	❖ Eat a Healthy Fat & a Fruit or Drink a Muscle Gain Shake (if chosen as an add-on) & eat a Fruit
<input type="checkbox"/>	Lunch (Meal 3)	❖ Eat a Protein, Carbohydrate & Vegetable
<input type="checkbox"/>	20 - 30 minutes before Mid Afternoon Snack (ES)	❖ Take (3) Catalyst ❖ Drink a 2nd Spark (or 1 st if you did not in morning)
<input type="checkbox"/>	Mid Afternoon Snack (Meal 4)	❖ Eat a Healthy Fat & a Fruit or Drink a Muscle Gain Shake (if chosen as an add-on) & eat a Fruit or Eat a ½ serving of Protein & a Fruit
<input type="checkbox"/>	Dinner (Meal 5)	❖ Eat a Protein, Carbohydrate & Vegetable ❖ Take (2) OmegaPlex (or optional at bedtime)
<input type="checkbox"/>	Evening Snack (Meal 6)**	❖ Eat a ½ serving of Protein, Carbohydrate & Vegetables or Drink a Muscle Gain Shake (if chosen as an add-on)

**Make sure you eat the Evening Snack (Meal 6) at least 2 hours before going to bed.

Food Portion Chart for Meals/Eating 24-Day Challenge for Breastfeeding Mom's

Under 140lbs = Small (S) **141-224lbs = Medium (M)** **225lbs+ = Large (L)**

	<u>Meal Replacement (MR) Muscle Gain (MG) Shakes</u>	<u>Protein</u>	<u>Fruit</u>	<u>Vegetables</u>	<u>Low/Med Glycemic Carbs</u>	<u>Healthy Fats</u>
Small (S) Under 140 lbs Serving Size	MR: 1 packet MG: 1 scoop	3 oz meat or 5 egg whites	1/2 fruit or 1/4 cup	3/4 cup	1/4 cup or 2 oz	Nuts: 1/8 cup Avocado: 1 oz Peanut or Almond Butter: 1 Tbsp. Olive Oil: 1/2 Tbsp. Eggs: 2 egg yolks
Medium (M) 141-224 lbs Serving Size	MR: 1 packet MG: 2 scoops	5 oz meat or 8 egg whites	1 small fruit or 1/2 cup	1 Cup	1/2 cup or 4 oz	Nuts: 1/4 cup Avocado: 2 oz Peanut or Almond Butter: 2 Tbsp. Olive Oil: 1 Tbsp. Eggs: 3 egg yolks
Large (L) 225 lbs + Serving Size	MR: 1 packet MG: 3 scoops	8 oz meat or 12 egg whites	1 large fruit or 3/4 cup	1 1/2 cups	3/4 cup or 6 oz	Nuts: 1/4 cup Avocado: 2 oz Peanut or Almond Butter: 2 Tbsp. Olive Oil: 1 Tbsp. Eggs: 4 egg yolks
Choose From:	Meal Replacement Shakes Muscle Gain Shakes **If you do not eat enough protein based on this chart, it is highly recommended to incorporate Muscle Gain as a protein substitute.	White Fish, Salmon, Tuna, Chicken, Turkey Breast, Ground Turkey, Egg Whites **Rinse canned tuna or chicken before using	Grapefruit, Green Apples, Peaches, Pears, Any berries, Plums, Prunes, Papaya, Oranges, Cantaloupe, Honeydew, Kiwi, Banana, Cherries, Figs, Lemon/Lime	Asparagus, Any green salad, Green beans, Peppers, Spinach, Onions, Tomatoes, Cucumbers, Celery, Cauliflower, Collard Greens, Cabbage, Broccoli, Zucchini	Sweet potato, Yams, Brown rice, Oatmeal, Black beans, Quinoa	Nuts: Almonds, Cashews, Walnuts, Seeds Avocado, Peanut Butter, Almond Butter, Olive Oil, Eggs Yolks
Do Not:	Do not add any fruit, milk, juice	Do not fry No skin No breading	Do not choose canned or dried	Do not cook in oil	Do not choose instant rice or oatmeal or add oil to the carbs	Nuts: Do not use sugar coated or salted nuts. Peanut Butter: Do not use PB with added sugar, oil or salt. Olive Oil: Do not cook – use only raw.

24-Day Challenge for Breastfeeding Mom's Recommended Foods & Menu Ideas

Foods to AVOID:

(These products keep toxins alive, like throwing fuel on a fire)

- Alcohol
- Coffee, Sodas, Energy Drinks (only drink Spark)
- White foods/Starches (e.g. white pasta, bagels, white bread, white rice, processed foods, crackers, chips)
- Sauces
- Cooking with Oils (it is best to cook with Water or Broth)
- Sugar, Honey, Desserts - (except for fresh fruits - these are good sugars)
- Cheese
- If at all possible, avoid Dairy Products (cow's milk, yogurt, butter, etc...dairy products contain lots of sugars and will feed the toxins)
- Fatty Foods, Fried Foods, Fast Foods, Meat with skin or breading
- Ground beef or fatty meats. Turkey meat is much better and you can season it to taste!
- Salad dressings (due to the fat and oil content – use Salsa or fresh squeezed lemon juice and spices instead)
- Canned fruit or vegetables
- Dried fruit coated with sugar
- Instant rice or oatmeal (cook the real deal)

Foods to EAT:

(Goal is to "starve" the toxins)

- **Fresh/Raw** Fruits and Veggies
- 100% Whole Grain Rice (Brown rice, Wild rice), Quinoa
- Oatmeal
- Chicken, Fish, Turkey Breast, Ground Turkey
- Almond Milk, Rice Milk
- Healthy Fats: Avocado, Olives/Olive Oil, Raw Nuts/Seeds (unsalted and not coated with anything)
- Peanut or Almond Butter (no sugar or oil added)
- Beans, Lentils
- Chicken or Vegetable Broths
- Hummus (without the oil)
- Fresh Diluted Juices, Herbal Teas
- Garlic, Spices, Herbs, Fresh Salsa, Taco Seasoning (low sodium)
- For cooking, use water, broth, lemon juice, or the non-stick spray with no calories/fat (do not use oil)

The following items are optional because they are not a low glycemic carb. For best results, hold off for 10 days:

- Sprouted Grain Bread or Tortillas (Ezekiel is a great brand or Dave's Killer Bread)
- 100% Whole Grain Pasta
- 100% Whole Wheat Bread (make sure it says 100% or else it's just white bread in brown clothing – preferably Stone Ground Wheat)

Upon completing your 10-Day Fiber Phase, your energy will be high and waistline more slender - then you'll begin Step 2: Adjusted Max Pack Phase or Adjusted Lean-In-13 fat-burning and toning regimen. The energy & physical transformation you experience during the Max Pack Phase or Lean-In-13 Program will be accelerated and enhanced by your ability to be a CHAMP during the full 24 Day Challenge. Choose to be outstanding during your challenge so that your body can live & move at its full potential. Your mental resolve will determine your physical result and your physical result will then allow you to be more – mentally, emotionally and spiritually.

This particular program regime is created by AdvoCare Independent Distributors and not through AdvoCare corporate. Please consult your health care provider before making any dietary or fitness modifications.

24-Day Challenge for Breastfeeding Mom's

Helpful Food Hints & Menu Ideas:

- Cooking ideas – Experiment with different spices. Use these on your meats, carbs and veggies. It is what will add flavor to all your food. Try to stay away from the spices that have sodium contents over 600 per serving.
- Veggies – Any veggie that can be cooked: put into a pan and use an all-purpose seasoning on it.... Let them brown well before turning them. It tastes great! Will make eating veggies very easy.
- Eggs - Get fresh basil (found in the salad area in grocery store in small plastic container), tear up and put into eggs as they cook. Also add some fresh spinach. Feel free to experiment with different herbs and spices 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 fancy mustard or A1 and mix it with a small amount water. Let meat sit in for at least 20 minutes and then BBQ or bake in oven.
 - Post-cooked - add olive oil (the amount on your "food portion guide"), basil, seasoning, little low sodium soy sauce, mustard again if desired and mix cut up meat into the sauce and then pour over complex carbs (brown rice, quinoa, etc.) or salad

Shakes

A delicious way to have the Meal Replacement Shakes is to combine shake with ice cubes in a blender, 6 oz of water for thick shake, 8 oz for thinner shake

Oatmeal

To add a "kick" of flavor, when you are letting the oatmeal come to a boil, you can throw in: cinnamon, chopped walnuts (or any type of nuts). You can sweeten with a small amount of Splenda or Stevia.

If you chose Muscle Gain as an add-on, mix two scoops of Chocolate or Vanilla Muscle Gain with 2Tbs. of water and blend until the consistency is like cake batter. Then add oatmeal per portion control chart for your size.

Dinner or Lunch

TACOS:

Ground turkey meat w/Taco Seasoning packet (low sodium) – OR place 6 chicken breasts, 1 c. water, and a pack of Taco Seasoning (low sodium) in the crock-pot, and voila! Shredded chicken breast ☺. Place on top of Brown Rice with Black Beans, Tomatoes, Onions (scallion onions), Lettuce, Olives, Salsa

SALADS:

Taco Salad: Make a salad and add black beans (rinsed), ground turkey meat and any veggies. For dressing, use fresh squeezed lemon or fresh salsa.

Chef salad: Make a salad, then cut up every veggie you like, add chicken, add a boiled egg, and throw some onion, garlic and spices for flavor. There is so much taste with the meats and seasonings; it is not so bad without the 5 cups of Ranch dressing!

Mixed Greens Salad: Make a salad with veggies and add grilled chicken and lemon & spices for the dressing.

CHICKEN RECIPES:

To prepare chicken, place fresh or frozen chicken in PYREX dish. Use water, lemon juice or low sodium broth on the bottom so chicken won't burn. Sprinkle spices of your choice on top. Cook chicken at 400 degrees for 1 hour and 20 minutes. Serve with

1. Wild Rice, Brown rice, or Quinoa (ancient grain w/the most fiber of all grains- serve like rice)
2. Veggies. You can cut up some veggies and place in a pan. Add water, lemon juice or broth. Add some garlic, onion and spices to the mix and saute.

CHICKEN SKEWERS:

Cut up raw chicken, red onions, peppers, tomatoes, etc. and then grill. Make some Wild Rice, or Brown Rice, and place skewers on top.

CHICKEN LETTUCE WRAPS:

Cook up ground chicken breast (or lean ground turkey), chopped onions, peppers, green beans, etc. Add in spices (i.e. taco /fajita seasoning – low sodium). Peel iceberg lettuce leaves and spoon in mixture. Wrap it up and eat!

CHICKEN MARINARA:

To prepare chicken, place fresh or frozen chicken breast in PYREX dish. Pour fresh marinara sauce (in refrigerated section of grocery store) all over the top of chicken. Cook chicken in PYREX at 400 degrees for 45-60 minutes. Serve with broccoli or veggie of choice and/or brown rice.

SALMON/FISH:

Fresh or frozen Salmon. Use water or low sodium broth in the PYREX pan, then put fish in. Top with cut lemons, red onion, garlic, cloves and dill. Pepper is good seasoning too. Cook only for ½ hr to 45 minutes on high (400 degrees). Don't over cook fish or it will dry out. The key is to cook on a high temp for a short time period. Serve with brown rice/Wild Rice and a salad and/or veggies.

Tuna Fish. Add chopped celery. Mix with relish and mustard.

Snack Ideas

- 2 ounces of Lean Turkey or Chicken on top of Dark Leafy Lettuce, Avocado, Sprouts, Sliced Tomato.
- 2 Tablespoons of Natural Peanut Butter or Almond Butter and apple slices or celery
- Boiled Egg and an Orange
- ½ Grapefruit and 1 Egg and 2 Egg Whites scrambled
- 2 ounces of Lean Turkey rolled with Avocado and Brown Rice
- 2 ounces of Raw Almonds and a piece of Fruit.
- ½ Banana and 1 spoonful of all Natural Peanut Butter

“Fast Food” Eating

Helpful tips if you have a busy work schedule...

Make it simple on yourself. When you are shopping and/or preparing for your meals, do the following:

1. First, cook all of your fresh or frozen (seasoned) chicken. This will help by allowing you to pull quickly from the fridge during the week.
2. If necessary, buy your veggies frozen, then cook a portion for each meal.
3. If you like tuna, buy it in the packets so you can open it and eat it without having to drain (they come pre-seasoned also). Great for lunches, 17 grams of protein!

If you get home late in the evenings and can't cook dinner, OR you might want to go out, here are some helpful places to eat while on a cleanse:

Baja Fresh: “Side by Side” meal. Order it without the cheese or sour cream- and the portions are HUGE so feel free to share or take ½ home. Grab a glass of water and put some lime in it and you're set!

Subway: “Salads” No dressing - but you can have salsa over it or squeeze fresh lemon!!!

Chipotle: Order a “bowl” with chicken, black beans, salsa, lettuce and no rice, no cheese.

Almost anywhere you go will have a chef salad or grilled chicken, etc. Don't be afraid to ask for exactly what you want to eat....even if it's not on the menu! Mix and match.

For a “Sweet Tooth”

Cut up an apple into thin slices. Spray the pan with the non stick spray so the apple doesn't burn. Cook on med-high and sprinkle cinnamon over the apple slices.

If you like peaches, you can pour ½ cup of frozen peaches into a saucepan. Add a cup of water and it will thaw-out as it simmers. Add cinnamon for a “cobbler taste”.