



Instructions for the 24 Day Challenge

Step 1

- **Step 1: 10-Day Herbal Cleanse (Days 1-10)**
- **Step 2: Max Phase or Lean-In-13 zig-zag eating phase (Days 11-23)**
- **Step 3: Free Day – eat what you want! (Day 24)**

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 that you 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 that you repeat

Step 2 as many times as necessary to achieve your desired look. Then you can customize your AdvoCare products to meet your needs. Speak with the person who introduced you to help customize a plan!

Step 1: 10-Day Herbal Cleanse (Days 1-10)

Most Cleanse programs are expensive, require fasting and are very harsh on your sensitive digestive system. The AdvoCare Cleanse will 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. The average results for a man is losing 5 to 15 pounds in 10 days and the average results for a woman is to lose 3 to 10 pounds in 10 days. Below is a list of the products you will use for Step 1 (Days 1-10). Set all other products aside to be used in Step 2.

Herbal Cleanse Provides internal cleansing **and** Enhances nutrient absorption



**Make sure to read the pamphlet in the Herbal Cleanse box thoroughly and utilize the checklist included!*

OmegaPlex Superior source of omega-3 fatty acids



Spark™ Sharpens mental focus and alertness
Long-lasting energy, low calorie and Sugar-free
Take anytime during the day for a natural energy lift.



Optional Products:

Meal Replacement Shake in Berry, Chocolate, Vanilla

Nourishes Muscles and Supports Metabolism
A perfectly balanced, satisfying meal
Take within one hour of waking up.



CATALYST

Supports & preserves muscle tone, enhances strength & energy during workouts & forces the body to burn a higher % of fat!



Detailed Instructions for Step 1: 10-Day Herbal Cleanse (Days 1-10)

The following checklist for the 10-Day Herbal Cleanse products will help you make sure you take all of the recommended Cleanse products each day.

Days 1-3:

Day 1	Day 2	Day 3	When	What
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Upon rising (Empty Stomach: ES)	Drink a Spark Take (3-6) Catalyst (optional) Drink the Fiber 10 Drink
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20-30 minutes later	Drink a Meal Replac. Shake (optional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30 minutes before lunch (ES)	Take (3-6) Catalyst (optional) Drink a second Spark (optional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	With Lunch or Dinner	Take 4-6 OmegaPlex
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Before Bedtime	Take the Herbal Cleanse Packet

Days 4-7:

Day 4	Day 5	Day 6	Day 7	When	What
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Upon rising (Empty Stomach: ES)	Drink a Spark Take (3-6) Catalyst (optional) Take the Restore Packet
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20-30 minutes later	Drink a Meal Replac. Shake (optional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30 minutes before lunch (ES)	Take (3-6) Catalyst (optional) Drink a second Spark (optional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	With Lunch or Dinner	Take 4-6 OmegaPlex
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Before Bedtime	Take the Herbal Cleanse Packet

Days 8-10:

Day 8	Day 9	Day 10	When	What
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Upon rising (Empty Stomach: ES)	Drink a Spark Take (3-6) Catalyst (optional) Take the Restore Packet
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20-30 minutes later	Drink the Fiber 10 Drink Drink a Meal Replac. Shake (optional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30 minutes before lunch (ES)	Take (3-6) Catalyst (optional) Drink a second Spark (optional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	With Lunch or Dinner	Take 4-6 OmegaPlex

Step 1: 10-Day Herbal Cleanse (Days 1-10)

Recommended Foods & Menu Ideas

Eat More:

(Goal is to "starve" the toxins)

- Fruit: fibrous and low glycemic choices (apples, grapefruit, berries)
- Veggies: salads during the day and steamed at night will scrub your system
- Healthy Fats: avocado, nuts/seeds, olives/olive oil
- Clean Proteins: feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken/beef would be secondary options; stay away from processed lunch meats)
- Clean Complex Carbs: rice, hummus, oatmeal

Avoid or Minimize:

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

- Fried foods
- Refined sugars
- Corn or white starches, or bread
- Wheat Products: bread, crackers, etc.
- Dairy: cheese, yogurt, milk, white sauces or dressing
- Alcohol: you're on a cleanse...hold off for 10 days
- Coffee or soda : drink water or SPARK

***Tons of WATER!! (Drink water between every meal. Try to drink 8-10 glasses. Water will help to move the toxins out of your system, otherwise they will be reabsorbed).**

Grocery Shopping Guide

WHAT FOOD SHOULD I HAVE IN MY HOME ON A REGULAR BASIS TO MAKE OPTIMAL CHOICES FOR MY HEALTH AND WELLNESS?

Looking and feeling healthy is created by a lifestyle you design for yourself to achieve your well being. It is an active process of becoming aware of and making choices...

Organic if you can - Our world is becoming more and more tainted with dangerous chemicals. In an attempt to increase production and capture bigger market shares, the use of fertilizers, pesticides, food additives; such as dyes and preservatives has become so prevalent that "artificial ingredients" are now outnumbering "natural ingredients" on many food content labels. It is the opinion of many experts that this ever-increasing use of artificial fertilizers, pesticides, and chemical additives has a direct correlation to the ominous rise in cancer rates and other health problems.

Organic foods are rapidly becoming recognized as a logical alternative in this chemical-laden world. The focus on environmentally-sound agricultural methods and "sustainable" agriculture is getting the attention of many who are now concerned about what they're eating as well as the environment. Organic food is a reliable and safe alternative to the issues regarding conventionally grown, processed, and packaged foods.

Recommended Portion size at each sitting is in parentheses - ** is unlimited.

Dry roasted nuts like Almonds, walnuts, hazelnuts ect. (2oz – about 24 almonds)

Skinless, boneless chicken breast (3 to 4 oz for women and 4 to 6 for men, palm size, 1 inch thick)

Lean meats in whole form, not ground/Fat trimmed. (3-4oz for women & 4-6oz for men. Palm size, 1 inch thick)

Fish that swim like Halibut and Salmon ect. (3 to 4 oz for women and 4 to 6 for men, palm size, one inch thick)

Tuna canned in water (1 can)

Advocare Meal Replacement Shakes for breakfast most days. (Do not add anything but water and ice)

Advocare Bars for fast complete snacks or meals on the go. (larger men may need 2 if under 150 cal.)

Lentils – any type of natural beans or legumes. (1 cup to 2 cups prepared)

Oatmeal – Old Fashioned Rolled oats with no added sugars or flavors. Oat Bran. (½ cup dry)

Splenda, sucralose or Stevia to sweeten. Green tea.

MORE OPTIMAL CHOICES FOR MY HEALTH AND WELLNESS!

Fresh or frozen Fruits and Vegetables (not canned): Recommend you have with protein.

Avocado (1/4 to ½)

Yams/sweet potatoes (1/2 your fist)

Broccoli (**)

Green beans (**)

Asparagus (**)

Spinach (**)

Tomatoes (**)

Cucumber (**)

Carrots (1 large or 1 cup mini's)

Corn (1 cup or 1 ear)

Edamame – soybeans (1/2 to up to 2 cups)

Peas (up to 2 cups)

Lettuce and other leafy greens (**)

All berries (up to 2 cups)

Apples (1)

Bananas (1)

Cantaloupe/honeydew (1 cup)

Pineapple (1 cup)

Oranges 1

Grapes (1 cup)

Mango/kiwi and other tropical's (1 cup)

Olive oil, Expeller pressed vegetable oils, sesame oil. (1 tbsp.) All types of vinegars.

Bragg's soy protein – to replace soy sauce. (drops)

Deli Chicken and Turkey that is not processed, “added” to, or “pressed/ formed together. (3-6oz)

Brown rice and whole wheat or brown rice pasta (1/2 cup prepared)

An array of fresh and/or bottled herbs and spices for seasoning (**)

Fresh Mint, Lemons/limes and 100% cranberry juice for flavoring water. (**)

Egg starters – egg whites (1 to 4 eggs depending on protein needs)

Mustard, relish, pickles, low fat mayo (1tablespoon)

Zero calorie butter spray

Whole grain bread, rice or rye crackers. (1 slice, 5 crackers)

Advocare Muscle gain Vanilla for adding protein to just about anything (1 to 3 scoops)

Advocare Multivitamin and minerals Coreplex, antioxidant plus, Omegaplex, Probiotic and other personalized supplements for your goals.

Advocare Spark and Rehydrate (1 to 4 servings)

Soy milk (1 cup)

WHAT FOOD SHOULD I NOT HAVE IN MY HOME ON A REGULAR BASIS. WE DIDN'T WRITE NEVER....WE WROTE "NOT ON A REGULAR BASIS".

Wellness in an on-going lifestyle which requires taking responsibility & making healthy choices.

Palm, palm kernel or sunflower oils

Nothing ever with Hydrogenated oils – Fractioned is fine, that is totally different

Never anything with High fructose corn syrup

Butter

Margarine

Mayonnaise

Table Sugar

Anything fried

Fruit juices

Cereal!!!

Dairy – On occasion dairy is fine but not a staple – part skim mozzarella cheese is best.

Bottom feeder seafood like lobster and shrimp – this is my weakness!!

Nothing with bleached, unbleached or enriched flours....always whole grain. No Chip, donuts, pastries, crackers.

POP!

Alcohol- get when you are having a social gathering not for regular use.

White sauces

Step1: 10-Day Herbal Cleanse (Days 1-10) Menu Ideas:

Speak with person who introduced you to the 24 Day Challenge we have a Cookbook.....More Recipes!

Shakes

Do what is the most convenient for you. However, if you're looking for a little more creativity, here are some awesome things you can do with your shakes:

IN A BLENDER.....combine.....

- Vanilla or Berry flavor shake: 4 ice cubes
6 oz of water for thick shake, 8 oz for thin shake
Add a tablespoon (Powdered Peanut Butter to the Vanilla – Yummy!)
- Chocolate shake: 4 ice cubes Add a tablespoon (Powdered Peanut Butter)

Oatmeal

You can cook the oatmeal however you are use to. To add a “kick” of flavor, when you are letting the oatmeal come to a boil, you can throw in: cinnamon, raisons, chopped walnuts. You can sweeten with fresh fruit.

Dinner or Lunch

TACO Salad:

Ground turkey meat w/Taco Seasoning packet – OR place 6 chicken breasts, 1 c. water, and a pack of taco seasoning in the crock-pot, and voila! Shredded chicken breast ☺

Pinto or Black Beans

Tomatoes

Onions (scallion onions)

Lettuce

Olives

Salsa

(To make the tacos crunchy on the outside, place them in oven on a cookie sheet and let sit for about 10 minutes, 300 degrees)

SPAGHETTI over vegetables:

For meat sauce, combine: Ground Turkey, Tomato Paste (with water), Onion, Tomato, and Garlic cloves on top of steamed veggies.

Grilled chicken with veggies is good too.

SALADS:

You can be so creative with salads. Fresh Salsa is always safe. So make a taco salad and add pinto beans/black beans, ground turkey meat, even guacamole! Also, for dressing on your Taco Salad, use the taco packet seasonings and fresh squeezed lemon.

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

CHICKEN RECIPES:

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

Serve with

1. Wild Brown Rice. But instead of using ALL water to bring rice to a boil, add pineapple and the pineapple juice and bring to a boil. Then the rice will soak up the pineapple juice and it's a sweeter taste!
2. Try Brown rice, or Quinoa (ancient grain w/the most fiber of all grains- serve like rice)
3. Veggies. You can cut up some veggies and place in a pan. Add water, lemon juice, vegetable broth or cooking spray so it won't burn the veggies. Add some garlic and onion to the mix and saute.

CHICKEN SKEWERS:

What do you like on your SKEWERS? Here's a suggestion.

Cut up raw chicken, red onions, peppers, tomatoes, etc. Make each skewer different! It's great to add pineapple to the mix for a sweet taste! You can also make Pineapple wild rice, or brown rice, and place skewers on top. Great for the summer!

CHICKEN LETTUCE WRAPS:

Cook up ground chicken breast (or lean ground turkey), chopped onions, peppers, green beans, etc. (add pineapple to the mix for a sweet taste). Add in spices (i.e. taco /fajita seasoning) or a low carb sauce.

Peel iceberg lettuce leaves and spoon in mixture. Wrapped 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:

If you get fresh salmon, that's great, but you can also buy it frozen for cheap.

Spray the PYREX pan with cooking spray, or use water then put fish in.

Top with cut lemons, red onion, and garlic cloves. Pepper is good seasoning too.

Cook only for ½ hr to 45 minutes on high (400 degrees). You don't want to cook fish too long 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, Salad, a piece of bread (100% Stone Ground) and Veggies.

Snack Ideas

- 2 Tablespoons of Natural Peanut Butter and apple slices
- Boiled Egg and a Pear
- 2 Tablespoons of Natural Peanut Butter on celery.
- ½ Grapefruit and 1 Egg and 2 Egg Whites scrambled
- 2 ounces of Lean Turkey rolled with Avocado
- Soy Chips and Soy String Cheese Stick
- 2 ounces of Raw Almonds and a piece of Fruit.
- ½ Banana and 1 spoonful of all Natural Peanut Butter
- Almond Milk, Rice Milk or Soy Milk and 1 serving of a High Protein Cereal

“Fast Food” Eating

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

First, let me warn you, at some point you will have to cook a little something. 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 and put it in Tupperware. This will help by allowing you to pull quickly from the fridge during the week.

2. Buy the already pre-made packaged salad. Use salsa for the dressing.
3. If necessary, buy your veggies frozen then cook a portion for each meal.
4. 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!
5. Frozen fruit into a blender with the AdvoCare shakes makes a great meal and are crucial for breakfast to ensure great success! (Only on the 10 day cleanse or on a Refuel day in Step 2)

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 the 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!!!

Sweet Tomatoes: Be on guard here for hidden sugars and white flour. Use fresh lemon to squeeze over your salad as a dressing, avoid the soups that are cream of anything. Just be certain to stay away from the high fat, white sugar and white flour items.

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.

Also, if you like peaches, you can pour the ½ cup of the frozen peaches into the saucepan. Add a cup of water and it will thaw-out as it simmers. Once thawed in the saucepan, add cinnamon for a "cobbler taste". Its good warm!this is good on top of pancakes too!

—

Upon completing your 10-Day Cleanse, your energy will be high and your waistline slimmer - then you'll begin Step 2: fat-burning and toning regimen. The energy and physical transformation you experience during the Step 2 phase will be accelerated and enhanced by your ability to be a CHAMP during the 10-Day Cleanse. Choose to be outstanding during your cleanse so that your body can live and 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.