

# Instructions for The 24 Day Challenge {BREASTFEEDING}

**Important:** While you are breastfeeding it is recommended you consume 500-600 more calories a day than your recommend calorie per day intake.

- **Step 1: 10-Day Herbal Cleanse (Days 1-10)**
- **Step 2: Lean-In-13 eating program (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 Program and would like to continue, it is recommended that you repeat the Lean-In-13 (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 probiotic, nutritional support, energy and lean muscle protection. 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.

### **Probiotic Restore and Peaches & Cream Fiber Drink**

**Provides internal cleansing and Enhances nutrient absorption**

### **Spark™**

**Sharpens mental focus and alertness**

**Long-lasting energy, low calorie and Sugar-free**

**Take anytime during the day for a natural energy lift.**

### **CATALYST**

**Supports & preserves muscle tone, enhances strength & energy during**

**Workouts & forces the body to burn a higher % of fat!**

# 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><u>MR:</u> S – 1 packet M – 1 packets L – 1 packets</p> <p><u>MG:</u> S (12.5g) – 1 scoop M (25g) – 2 scoops L (37.5) – 3 scoops</p> <p>Choose From: Meal Replacement Shake – <i>can be substituted for a breakfast, lunch or dinner meal.</i></p> <p>Muscle Gain Shake- <i>can be substituted for protein in meals 1-6.</i> <i>Add water and ice if desired</i></p> <p><b>DO NOT</b> add any fruit milk, juice, etc.</p> <p><b>When to have:</b> 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><u>Eggs whites:</u> 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><b>DO NOT</b> fry No skin No breading Rinse canned tuna or chicken.</p> <p><b>When to have:</b> 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><b>DO NOT</b> choose canned or dried</p> <p><b>When to have:</b> 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><b>DO NOT</b> cook in oil.</p> <p><b>When to have:</b> 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><b>DO NOT</b> choose instant rice or oatmeal or add oil to the carbs.</p> <p><b>When to have:</b> meal 3</p>	<p><i>Serving Size:</i></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><b>When to have:</b> 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 1: 10 Day Herbal Cleanse Instructions

## DAY 1 2 3

### MORNING

- Immediately upon rising, drink a **SPARK** and take (3) **CATALYST**.
- 30 minutes later drink **FIBER DRINK** along with breakfast Protein with a carb and/or veggies (look at portion control chart for meal ideas).

### MORNING SNACK

- 2 to 2.5 hours after your breakfast, have your morning snack from chart (good fats and/or fruit.)

### LUNCH

- 2 to 2.5 hours after morning snack it is time for lunch. Have protein with carbs and/or veggies from portion control chart.

### AFTERNOON SNACK

- 2 hours after Lunch take (3) **CATALYST**.
- 30 minutes later have afternoon snack from chart. (Good fats and/or fruit.)

### DINNER

- 2 to 2.5 hours after afternoon snack it is time dinner. Have protein with veggies from portion control chart.

### EVENING SNACK (optional)

- If you have an evening snack, make sure that it has been 2-2.5 hours since dinner and that you aren't going to bed within 2 hours of eating your evening snack. An ideal snack would be fruit or veggies. Keep it light!

\*\*\*\*\***DRINK** approximately 1 GALLON of WATER, daily. \*\*\*\*\*

(Water will help to move the toxins out of your system otherwise they will be reabsorbed.)

**Don't go any longer than 4 hours without eating.**

# DAY 4 5 6 7

## MORNING

- Immediately upon rising, drink a **SPARK**, take (3) **CATALYST** and take (1) **PROBIOTIC RESTORE ULTRA**.
- 30 minutes later drink, eat breakfast. Have protein with carbs and/or veggies from portion control chart.

## MORNING SNACK

- 2 to 2.5 hours after your breakfast, have your morning snack. Have nuts and/or fruit or veggies.

## LUNCH

- 2 to 2.5 hours after morning snack it is time for lunch. Have protein with carbs and/or veggies from portion control chart.

## AFTERNOON SNACK

- 2 hours after Lunch take (3) **CATALYST**.
- 30 minutes later have afternoon snack. Have nuts (good fats) and/or fruit or veggies.

## DINNER

- 2 to 2.5 hours after afternoon snack it is time dinner. Have protein with veggies from portion control chart.

## EVENING SNACK (optional)

- If you have an evening snack, make sure that it has been 2-2.5 hours since dinner and that you aren't going to bed within 2 hours of eating your evening snack. An ideal snack would be 1 cup fruit or veggies. Keep it light!

**\*\*\*\*\*DRINK approximately 1 GALLON of WATER, daily. \*\*\*\*\***

**(Water will help to move the toxins out of your system, otherwise they will be reabsorbed.)**

**Don't go any longer than 4 hours without eating.**

# DAY 8 9 10

## MORNING

- Immediately upon rising, drink a **SPARK**, take (3) **CATALYST** and take (1) **PROBIOTIC RESTORE ULTRA**.
- 30 minutes later drink, eat breakfast. Have protein with carbs and/or veggies from portion control chart.

## MORNING SNACK

- 2 to 2.5 hours after your breakfast, have your morning snack. Have nuts and/or fruit or veggies.

## LUNCH

- 2 to 2.5 hours after morning snack it is time for lunch. Have protein with carbs and/or veggies from portion control chart.

## AFTERNOON SNACK

- 2 hours after Lunch take (3) **CATALYST**.
- 30 minutes later have afternoon snack. Have nuts (good fats) and/or fruit or veggies.

## DINNER

- 2 to 2.5 hours after afternoon snack it is time dinner. Have protein with veggies from portion control chart.

## EVENING SNACK (optional)

- If you have an evening snack, make sure that it has been 2-2.5 hours since dinner and that you aren't going to bed within 2 hours of eating your evening snack. An ideal snack would be 1 cup fruit or veggies. Keep it light!

\*\*\*\*\***DRINK** approximately 1 GALLON of WATER, daily. \*\*\*\*\*

(Water will help to move the toxins out of your system, otherwise they will be reabsorbed.)

**Don't go any longer than 4 hours without eating.**

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

# CONGRATULATIONS YOU MADE IT THROUGH YOUR CLEANSE PHASE!

**Day 11: Begin “Step Two”:** The “results” phase: increased fat burning, mental focus, muscle toning, vitamins/minerals, wellness: CorePlex, Omega Plex, Probiotic Restore Ultra, Spark, Meal Replacement Shakes, and Catalyst.

**IMPORTANT:** Commit to 90-days of Step Two if you are looking for dramatic fat burning.

## Step2: (Days 11-24)

### **CorePlex, Omega Plex, and Probiotic Restore**

Supports advanced core nutrition and provides comprehensive weight management.

### **Spark™**

Sharpens mental focus and alertness

Long-lasting energy, low calorie and Sugar-free

Take anytime during the day for a natural energy lift.

### **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!

# STEP 2: Lean in 13 Instructions

**DAY**    **1**    **2**    **3**    **4**    **5**    **6**    **7**    **8**    **9**    **10**    **11**    **12**    **13**    **14**

**DAYS 1-3, 5-7, 9-11, and 13 BURN DAYS** (CARBS for breakfast and lunch and NO CARBS for Dinner)

## MORNING

- immediately upon rising, drink a **SPARK**, take (3) **CATALYST**, and (1) **PROBIOTIC RESTORE**.
- 30 minutes later drink **MEAL REPLACEMENT SHAKE** or have breakfast from portion control chart – protein with carbs and/or veggies and take (2) **OMEGA PLEX**, and (3) **CORE PLEX**.

## MORNING SNACK

- 2.5 to 3 hours after your Meal replacement shake, have your morning snack. The most ideal snack is raw almonds or raw nuts of any type.

## LUNCH

- 2 to 2.5 hours after morning snack it is time for lunch. Have protein with veggies and good carbs. Please refer to Portion Control Chart.

## AFTERNOON SNACK

- 2 hours after lunch take (3) **CATALYST**.
- 30 minutes have afternoon snack. The most ideal snack is raw almonds or raw nuts of any type (look at the good fats on the portion control chart). To switch it up & increase fat burning we suggest using Muscle Gain Protein Shake (optional) or hard boiled eggs!

## DINNER

- 2.5 to 3 hours after afternoon snack it is dinnertime. Have protein & veggies. Please refer to Portion Control Chart.

## EVENING SNACK (optional)

- If you have an evening snack, make sure that it has been 2.5 hours since dinner and that you aren't going to bed within 2 hours of eating your evening snack. An ideal snack would be veggies. Keep it light for this snack...**\*NO CARBS\***

## **DAYS 4, 8, 12 – REFUEL DAYS (Add Carbs/Starches)**

### **MORNING**

- Immediately upon rising, drink a **SPARK**, take (3) **CATALYST**, and (1) **PROBIOTIC RESTORE**.
- 30 minutes later drink **MEAL REPLACEMENT SHAKE** or eat some protein with a good carb and/or veggies from portion control chart and take (2) **OMEGA PLEX**, and (3) **CORE PLEX**.

### **MORNING SNACK**

- 2.5 to 3 hours after your Meal replacement shake, have your morning snack. The most ideal snack is raw almonds, or raw nuts of any type, and fruit.

### **LUNCH**

- 2 to 2.5 hours after morning snack it is time for lunch. Have protein & good carbs and veggies. Please refer to Portion Control Chart.

### **AFTERNOON SNACK**

- 2 hours after Lunch take (3) **CATALYST**.
- 30 minutes have afternoon snack. The most ideal snack is raw almonds, or raw nuts of any type, and fruit.

### **DINNER**

- 2.5 to 3 hours after afternoon snack it is time dinner. Have protein & good carbs and veggies. Please refer to Portion Control Chart.

### **EVENING SNACK (optional)**

- If you have an evening snack, make sure that it has been 2.5 hours since dinner and that you aren't going to bed within 2 hours of eating your evening snack. An ideal snack would be fruit or veggies. Keep it light...

**DAY 14 – FREE DAY!!!!** (Take your products as normal and a shake for breakfast is suggested).