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. For optimal results:

• Follow the suggestions listed in the Daily Guide
• Stay in contact with your coach for guidance and support
• Visit the Virtual Coach for meal planning ideas, coaching tips, and a day-by-day look at the challenge.

The official AdvoCare 24-Day Challenge™ App is now available for Android and iOS users!
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 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 food recommendations on Page 16.** 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 5 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
  - AdvoCare Fiber
- 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)
body weight divided (pounds) by 2 = ounces of water you should consume per day

1 cup = 8 oz.

Reference: Go to ChooseMyPlate.gov for more food choices and serving size/portion suggestions.
# CLEANSE PHASE

## Water Consumption

Water Consumption measured in 8 ounce glasses (mark circle for each)

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
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<tr>
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<td>AdvoCare Spark® ProBiota Restore™ Ultra <strong>OPTIONAL</strong> Catalyst™</td>
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<td>- or - Meal Replacement Shake</td>
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<td>Snack</td>
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<tr>
<td>Bedtime</td>
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<td>Herbal Cleanse caplets <strong>OPTIONAL</strong> Catalyst™</td>
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## Physical Activity

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
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### CLEANSE PHASE

<table>
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<tr>
<th>Day 6</th>
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<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
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<tbody>
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<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
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<tr>
<td>30 minutes before breakfast</td>
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<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>OmegaPlex® Protein, Vegetables, Complex Carb (if needed)</td>
<td>OmegaPlex® Protein, Vegetables, Complex Carb (if needed)</td>
<td>OmegaPlex® Protein, Vegetables, Complex Carb (if needed)</td>
<td>OmegaPlex® Protein, Vegetables, Complex Carb (if needed)</td>
<td>OmegaPlex® Protein, Vegetables, Complex Carb (if needed)</td>
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<tr>
<td><strong>Bedtime</strong></td>
<td><strong>Bedtime</strong></td>
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**Physical Activity**

<table>
<thead>
<tr>
<th>Day 6</th>
<th>Day 7</th>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
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</thead>
<tbody>
<tr>
<td><strong>Activity</strong></td>
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</tr>
</tbody>
</table>

*Water Consumption measured in 8 ounce glasses (mark circle for each)*

**Water Consumption**

<table>
<thead>
<tr>
<th>Day 6</th>
<th>Day 7</th>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
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<tbody>
<tr>
<td>7</td>
<td></td>
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</tbody>
</table>
### MAX PHASE

**Day 11**
- **30 minutes before breakfast**: MNS™ Color Pack (AdvoCare Spark™ optional), Catalyst™ (ThermoPlus® optional)
- **Breakfast**: Meal Replacement Shake
- **30 minutes before lunch**: MNS™ White Packs (both)
- **Lunch**: MNS™ White Packs (both)
- **Snack**: AdvoCare Spark® (if needed)
- **Immediately before dinner**: Carb-Ease® Plus (optional) (one-time daily)
- **Dinner**: OmegaPlex®
- **Snack**: Meal Replacement Shake
- **Bedtime**: Catalyst™

**Day 12**
- **30 minutes before breakfast**: MNS™ Color Pack (AdvoCare Spark™ optional), Catalyst™ (ThermoPlus® optional)
- **Breakfast**: Meal Replacement Shake
- **30 minutes before lunch**: MNS™ White Packs (both)
- **Lunch**: MNS™ White Packs (both)
- **Snack**: AdvoCare Spark® (if needed)
- **Immediately before dinner**: Carb-Ease® Plus (optional) (one-time daily)
- **Dinner**: OmegaPlex®
- **Snack**: Meal Replacement Shake
- **Bedtime**: Catalyst™

**Day 13**
- **30 minutes before breakfast**: MNS™ Color Pack (AdvoCare Spark™ optional), Catalyst™ (ThermoPlus® optional)
- **Breakfast**: Meal Replacement Shake
- **30 minutes before lunch**: MNS™ White Packs (both)
- **Lunch**: MNS™ White Packs (both)
- **Snack**: AdvoCare Spark® (if needed)
- **Immediately before dinner**: Carb-Ease® Plus (optional) (one-time daily)
- **Dinner**: OmegaPlex®
- **Snack**: Meal Replacement Shake
- **Bedtime**: Catalyst™

**Day 14**
- **30 minutes before breakfast**: MNS™ Color Pack (AdvoCare Spark™ optional), Catalyst™ (ThermoPlus® optional)
- **Breakfast**: Meal Replacement Shake
- **30 minutes before lunch**: MNS™ White Packs (both)
- **Lunch**: MNS™ White Packs (both)
- **Snack**: AdvoCare Spark® (if needed)
- **Immediately before dinner**: Carb-Ease® Plus (optional) (one-time daily)
- **Dinner**: OmegaPlex®
- **Snack**: Meal Replacement Shake
- **Bedtime**: Catalyst™

**Day 15**
- **30 minutes before breakfast**: MNS™ Color Pack (AdvoCare Spark™ optional), Catalyst™ (ThermoPlus® optional)
- **Breakfast**: Meal Replacement Shake
- **30 minutes before lunch**: MNS™ White Packs (both)
- **Lunch**: MNS™ White Packs (both)
- **Snack**: AdvoCare Spark® (if needed)
- **Immediately before dinner**: Carb-Ease® Plus (optional) (one-time daily)
- **Dinner**: OmegaPlex®
- **Snack**: Meal Replacement Shake
- **Bedtime**: Catalyst™

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**Physical Activity**

<table>
<thead>
<tr>
<th>Day 11</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Day 12</td>
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<tr>
<td>Day 13</td>
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<tr>
<td>Day 14</td>
<td>Activity</td>
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<tr>
<td>Day 15</td>
<td>Activity</td>
</tr>
</tbody>
</table>

1. Take Carb-Ease® Plus one time daily immediately before your largest starch-containing meal.

**Water Consumption** measured in 8 ounce glasses (mark circle for each)
### MAX PHASE

#### DAY 16
- **30 minutes before breakfast**
  - MNS™ Color Pack
  - AdvoCare Spark®
  - Optional: Catalyst™
  - Optional: ThermoPlus®
- **Breakfast**
  - Meal Replacement Shake
- **Snack**
  - MNS™ Color Pack
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb (if needed)
- **Snack**
  - Bedtime

#### DAY 17
- **30 minutes before breakfast**
  - MNS™ Color Pack
  - AdvoCare Spark®
  - Optional: Catalyst™
  - Optional: ThermoPlus®
- **Breakfast**
  - Meal Replacement Shake
- **Snack**
  - MNS™ Color Pack
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb (if needed)
- **Snack**
  - Bedtime

#### DAY 18
- **30 minutes before breakfast**
  - MNS™ Color Pack
  - AdvoCare Spark®
  - Optional: Catalyst™
  - Optional: ThermoPlus®
- **Breakfast**
  - Meal Replacement Shake
- **Snack**
  - MNS™ Color Pack
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb (if needed)
- **Snack**
  - Bedtime

#### DAY 19
- **30 minutes before breakfast**
  - MNS™ Color Pack
  - AdvoCare Spark®
  - Optional: Catalyst™
  - Optional: ThermoPlus®
- **Breakfast**
  - Meal Replacement Shake
- **Snack**
  - MNS™ Color Pack
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb (if needed)
- **Snack**
  - Bedtime

#### DAY 20
- **30 minutes before breakfast**
  - MNS™ Color Pack
  - AdvoCare Spark®
  - Optional: Catalyst™
  - Optional: ThermoPlus®
- **Breakfast**
  - Meal Replacement Shake
- **Snack**
  - MNS™ Color Pack
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Optional: Carb-Ease® Plus† (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb (if needed)
- **Snack**
  - Bedtime

---

### Physical Activity

- **Day 16**
- **Day 17**
- **Day 18**
- **Day 19**
- **Day 20**

---

*Take Carb-Ease® Plus one time daily immediately before your largest starch-containing meal.*
### Water Consumption
Water Consumption measured in 8 ounce glasses (mark circle for each)

### MAX PHASE

**Day 21**
- **30 minutes before breakfast**
  - MNS™ Color Pack
  - AdvoCare Spark®
  - (optional) Catalyst™
  - ThermoPlus®
- **Breakfast**
  - Meal Replacement Shake
- **Snack**
- **30 minutes before lunch**
  - MNS™ Color Pack
  - Carb-Ease® Plus
  - (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Carb-Ease® Plus
  - (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
- **Bedtime**
  - CatalyT™

**Day 22**
- **30 minutes before breakfast**
- **Breakfast**
- **Snack**
- **30 minutes before lunch**
  - MNS™ Color Pack
  - Carb-Ease® Plus
  - (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Carb-Ease® Plus
  - (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
- **Bedtime**
  - CatalyT™

**Day 23**
- **30 minutes before breakfast**
- **Breakfast**
- **Snack**
- **30 minutes before lunch**
  - MNS™ Color Pack
  - Carb-Ease® Plus
  - (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Carb-Ease® Plus
  - (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
- **Bedtime**
  - CatalyT™

**Day 24**
- **30 minutes before breakfast**
- **Breakfast**
- **Snack**
- **30 minutes before lunch**
  - MNS™ Color Pack
  - Carb-Ease® Plus
  - (one-time daily)
- **Lunch**
  - MNS™ White Packs (both)
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
  - AdvoCare Spark® (if needed)
- **Immediately before dinner**
  - Carb-Ease® Plus
  - (one-time daily)
- **Dinner**
  - OmegaPlex®
  - Protein
  - Vegetables
  - Complex Carb
- **Snack**
- **Bedtime**
  - CatalyT™

**Physical Activity**

<table>
<thead>
<tr>
<th>Day 21</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Day 22</td>
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<td>Day 23</td>
<td>Activity</td>
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<tr>
<td>Day 24</td>
<td>Activity</td>
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</tbody>
</table>

† Take Carb-Ease® Plus one time daily immediately before your largest starch-containing meal.
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.

Proteins
- 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.)
- Lean Beef or Pork Loin
- Salmon
- Tofu
- Tuna (fresh or packed in water)
- Turkey Breast

Complex Carbs
- Beans
- Lentils
- Oatmeal
- Quinoa
- Potatoes (any variety)
- Whole grains (rice, pasta or bread)

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

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

The items on this page are merely suggestions and do not encompass all options for food while on the 24-Day Challenge. Use your best judgement and if you have any question contact your AdvoCare Coach.
<table>
<thead>
<tr>
<th>My AdvoCare Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach Name</td>
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<table>
<thead>
<tr>
<th>My AdvoCare Information</th>
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</thead>
<tbody>
<tr>
<td>My Distributor ID</td>
</tr>
</tbody>
</table>

**AdvoCare Customer Service: 800-542-4800**

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