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 official AdvoCare Tumblr page at http://webuildchampions.tumblr.com for meal ideas and success stories.

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 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 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
  - Fiber Drink
- 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 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

<table>
<thead>
<tr>
<th>Day 1</th>
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<th>Day 4</th>
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| Water Consumption measured in 8 ounce glasses (mark circle for each)
## CLEANSE PHASE

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

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### 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)

#### Physical Activity

<table>
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- **MAX PHASE**
- **Physical Activity**
- **Take Carb-Ease® Plus** one time daily immediately before your largest starch-containing meal.

---

**DAY 11**
- **Breakfast**: Meal Replacement Shake

**DAY 12**
- **Breakfast**: Meal Replacement Shake

**DAY 13**
- **Breakfast**: Meal Replacement Shake

**DAY 14**
- **Breakfast**: Meal Replacement Shake

**DAY 15**
- **Breakfast**: Meal Replacement Shake

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**Snack**
- **30 minutes before lunch**: MNS™ Color Pack
  - Optional: Catalyst™
  - Optional: ThermoPlus®

**Lunch**
- **MNS™ White Packs (both)**
  - Optional: Carb-Ease® Plus® (one-time daily)

**Snack**
- **AdvoCare Spark® (if needed)**

**Immediately before dinner**
- **OmegaPlex®**
  - Optional: Carb-Ease® Plus® (one-time daily)

**Dinner**
- **OmegaPlex®**
  - Optional: Carb-Ease® Plus® (one-time daily)

**Snack**
- **Bedtime**: Optional Catalyst™

---

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

## Water Consumption

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

## Physical Activity

### Day 16
- Activity

### Day 17
- Activity

### Day 18
- Activity

### Day 19
- Activity

### Day 20
- Activity

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

### Water Consumption

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

### Physical Activity

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

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

**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

**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

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.
My AdvoCare Coach

Coach Name

E-mail

My AdvoCare Information

My Distributor ID

AdvoCare Customer Service: 800-542-4800

Please consult your healthcare provider before making any dietary or fitness modifications.
For more information: http://www.advocare.com/science/faqs.aspx