



DAILY
GUIDE

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



Thousands have enjoyed success from jumpstarting their healthy lifestyle with the 24-Day Challenge. We are excited for you to have the opportunity to experience these same great results.

- Follow the suggestions listed in the Daily Guide.
- Stay in contact with your coach for guidance and support.
- Visit the Virtual Coach at advocare.com/24daychallenge/virtualcoach for meal planning ideas, coaching tips and a day-by-day look at the Challenge.

The official AdvoCare 24-Day Challenge® app is available for Android and iOS users!





DAILY GUIDE

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 to 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 6 so that you know which products are in the Cleanse Phase, in the Max Phase or companion products.
3. **Look through our food recommendations on Page 18.** Here you'll find selections of proteins, complex carbohydrates, vegetables, snacks and other foods which are provided to help plan your day.
4. **Learn about water consumption and recommended portion sizes.** See Page 7 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



- Herbal Cleanse System
- Fiber
- A.M. ProBiotic Restore™ Ultra
- Spark®
- P.M. Herbal Cleanse caplets
- OmegaPlex®

MAX PHASE



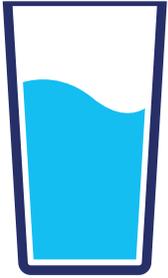
- MNS®
- Spark®
- Meal Replacement Shake

FAVORITE COMPANION PRODUCTS



- Catalyst™
- ThermoPlus®
- Carb-Ease® Plus
- ProBiotic Restore™ Ultra

WATER RECOMMENDATIONS

Body weight (pounds) **/ 2 =**  Ounces of water you should consume per day

1 cup = 8 ounces

FOOD PORTION / SIZE RECOMMENDATIONS



ONE CUP
One serving of raw fruits or vegetables



THREE OUNCES
One serving of meat, poultry or fish



HALF CUP
One serving of whole grains



ONE TABLESPOON
One serving of a healthy fat

CLEANSE PHASE

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

	DAY 1	DAY 2
A.M. PACK	30 minutes before breakfast <input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>
BREAKFAST	<input type="checkbox"/> Fiber Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb
30 minutes before snack	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™
Snack	<input type="checkbox"/>	<input type="checkbox"/>
DINNER	<input type="checkbox"/> OmegaPlex* <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex* <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>
P.M. PACK	Bedtime <input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™

	DAY 3	DAY 4	DAY 5
A.M. PACK	30 minutes before breakfast <input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™
BREAKFAST	<input type="checkbox"/> Fiber Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Water <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb
30 minutes before snack	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DINNER	<input type="checkbox"/> OmegaPlex* <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex* <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex* <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P.M. PACK	Bedtime <input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™

PHYSICAL ACTIVITY

DAY 1

ACTIVITY

DAY 2

ACTIVITY

DAY 3

ACTIVITY

DAY 4

ACTIVITY

DAY 5

ACTIVITY

CLEANSE PHASE

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

	DAY 6	DAY 7
A.M. PACK 30 minutes before breakfast	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL Catalyst™</small>
BREAKFAST	<input type="checkbox"/> Fiber Water ■ Protein ■ Complex Carb ■ Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Water ■ Protein ■ Complex Carb ■ Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb
30 minutes before snack	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™
Snack	<input type="checkbox"/>	<input type="checkbox"/>
DINNER	<input type="checkbox"/> OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>
P.M. PACK Bedtime	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™

	DAY 8	DAY 9	DAY 10
A.M. PACK 30 minutes before breakfast	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Spark* ProBiotic Restore™ Ultra <small>OPTIONAL</small> Catalyst™
BREAKFAST	<input type="checkbox"/> Fiber Water ■ Protein ■ Complex Carb ■ Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Water ■ Protein ■ Complex Carb ■ Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake	<input type="checkbox"/> Fiber Water ■ Protein ■ Complex Carb ■ Fruit -OR- <small>OPTIONAL</small> Meal Replacement Shake
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb	<input type="checkbox"/> ■ Protein ■ Vegetables ■ Complex Carb
30 minutes before snack	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Spark* <small>OPTIONAL</small> Catalyst™
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DINNER	<input type="checkbox"/> OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P.M. PACK Bedtime	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> Herbal Cleanse caplets <small>OPTIONAL</small> Catalyst™

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)

	DAY 11	DAY 12
30 minutes before breakfast	MNS* Color Pack Spark* OPTIONAL Catalyst™ OPTIONAL ProBiotic Restore™ Ultra OPTIONAL ThermoPlus*	MNS* Color Pack Spark* OPTIONAL Catalyst™ OPTIONAL ProBiotic Restore™ Ultra OPTIONAL ThermoPlus*
BREAKFAST	Meal Replacement Shake	Meal Replacement Shake
Snack		
30 minutes before lunch	MNS* Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease* Plus† (one time daily)	MNS* Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease* Plus† (one time daily)
LUNCH	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb
Snack	Spark* (if needed)	Spark* (if needed)
Immediately before dinner	OPTIONAL Carb-Ease* Plus† (one time daily)	OPTIONAL Carb-Ease* Plus† (one time daily)
DINNER	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack		
Bedtime	OPTIONAL Catalyst™	OPTIONAL Catalyst™

	DAY 13	DAY 14	DAY 15
30 minutes before breakfast	MNS* Color Pack Spark* OPTIONAL Catalyst™ OPTIONAL ProBiotic Restore™ Ultra OPTIONAL ThermoPlus*	MNS* Color Pack Spark* OPTIONAL Catalyst™ OPTIONAL ProBiotic Restore™ Ultra OPTIONAL ThermoPlus*	MNS* Color Pack Spark* OPTIONAL Catalyst™ OPTIONAL ProBiotic Restore™ Ultra OPTIONAL ThermoPlus*
BREAKFAST	Meal Replacement Shake	Meal Replacement Shake	Meal Replacement Shake
Snack			
30 minutes before lunch	MNS* Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease* Plus† (one time daily)	MNS* Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease* Plus† (one time daily)	MNS* Color Pack OPTIONAL Catalyst™ OPTIONAL Carb-Ease* Plus† (one time daily)
LUNCH	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb
Snack	Spark* (if needed)	Spark* (if needed)	Spark* (if needed)
Immediately before dinner	OPTIONAL Carb-Ease* Plus† (one time daily)	OPTIONAL Carb-Ease* Plus† (one time daily)	OPTIONAL Carb-Ease* Plus† (one time daily)
DINNER	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack			
Bedtime	OPTIONAL Catalyst™	OPTIONAL Catalyst™	OPTIONAL Catalyst™

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

PHYSICAL ACTIVITY

DAY 11

ACTIVITY

DAY 12

ACTIVITY

DAY 13

ACTIVITY

DAY 14

ACTIVITY

DAY 15

ACTIVITY

MAX PHASE

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

	DAY 16	DAY 17
30 minutes before breakfast	MNS* Color Pack Spark* [OPTIONAL] Catalyst™ [OPTIONAL] ProBiotic Restore™ Ultra [OPTIONAL] ThermoPlus*	MNS* Color Pack Spark* [OPTIONAL] Catalyst™ [OPTIONAL] ProBiotic Restore™ Ultra [OPTIONAL] ThermoPlus*
BREAKFAST	Meal Replacement Shake	Meal Replacement Shake
Snack		
30 minutes before lunch	MNS* Color Pack [OPTIONAL] Catalyst™ [OPTIONAL] Carb-Ease* Plus† (one time daily)	MNS* Color Pack [OPTIONAL] Catalyst™ [OPTIONAL] Carb-Ease* Plus† (one time daily)
LUNCH	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb
Snack	Spark* (if needed)	Spark* (if needed)
Immediately before dinner	[OPTIONAL] Carb-Ease* Plus† (one time daily)	[OPTIONAL] Carb-Ease* Plus† (one time daily)
DINNER	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack		
Bedtime	[OPTIONAL] Catalyst™	[OPTIONAL] Catalyst™

	DAY 18	DAY 19	DAY 20
30 minutes before breakfast	MNS* Color Pack Spark* [OPTIONAL] Catalyst™ [OPTIONAL] ProBiotic Restore™ Ultra [OPTIONAL] ThermoPlus*	MNS* Color Pack Spark* [OPTIONAL] Catalyst™ [OPTIONAL] ProBiotic Restore™ Ultra [OPTIONAL] ThermoPlus*	MNS* Color Pack Spark* [OPTIONAL] Catalyst™ [OPTIONAL] ProBiotic Restore™ Ultra [OPTIONAL] ThermoPlus*
BREAKFAST	Meal Replacement Shake	Meal Replacement Shake	Meal Replacement Shake
Snack			
30 minutes before lunch	MNS* Color Pack [OPTIONAL] Catalyst™ [OPTIONAL] Carb-Ease* Plus† (one time daily)	MNS* Color Pack [OPTIONAL] Catalyst™ [OPTIONAL] Carb-Ease* Plus† (one time daily)	MNS* Color Pack [OPTIONAL] Catalyst™ [OPTIONAL] Carb-Ease* Plus† (one time daily)
LUNCH	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb	MNS* White Packs (both) ■ Protein ■ Vegetables ■ Complex Carb
Snack	Spark* (if needed)	Spark* (if needed)	Spark* (if needed)
Immediately before dinner	[OPTIONAL] Carb-Ease* Plus† (one time daily)	[OPTIONAL] Carb-Ease* Plus† (one time daily)	[OPTIONAL] Carb-Ease* Plus† (one time daily)
DINNER	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)	OmegaPlex* ■ Protein ■ Vegetables ■ Complex Carb (if needed)
Snack			
Bedtime	[OPTIONAL] Catalyst™	[OPTIONAL] Catalyst™	[OPTIONAL] Catalyst™

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

PHYSICAL ACTIVITY

DAY 16

ACTIVITY

DAY 17

ACTIVITY

DAY 18

ACTIVITY

DAY 19

ACTIVITY

DAY 20

ACTIVITY

MAX PHASE

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

	DAY 21	DAY 22
30 minutes before breakfast	<input type="checkbox"/> MNS[®] Color Pack Spark[®] <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> ProBiotic Restore™ Ultra <input type="checkbox"/> <small>OPTIONAL</small> ThermoPlus [®]	<input type="checkbox"/> MNS[®] Color Pack Spark[®] <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> ProBiotic Restore™ Ultra <input type="checkbox"/> <small>OPTIONAL</small> ThermoPlus [®]
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake	<input type="checkbox"/> Meal Replacement Shake
Snack		
30 minutes before lunch	<input type="checkbox"/> MNS[®] Color Pack <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)	<input type="checkbox"/> MNS[®] Color Pack <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)
LUNCH	<input type="checkbox"/> MNS[®] White Packs (both) <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> MNS[®] White Packs (both) <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb
Snack	<input type="checkbox"/> Spark[®] (if needed)	<input type="checkbox"/> Spark[®] (if needed)
Immediately before dinner	<input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)	<input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)
DINNER	<input type="checkbox"/> OmegaPlex[®] <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex[®] <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime	<input type="checkbox"/> <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Catalyst™

	DAY 23	DAY 24
30 minutes before breakfast	<input type="checkbox"/> MNS[®] Color Pack Spark[®] <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> ProBiotic Restore™ Ultra <input type="checkbox"/> <small>OPTIONAL</small> ThermoPlus [®]	<input type="checkbox"/> MNS[®] Color Pack Spark[®] <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> ProBiotic Restore™ Ultra <input type="checkbox"/> <small>OPTIONAL</small> ThermoPlus [®]
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake	<input type="checkbox"/> Meal Replacement Shake
Snack		
30 minutes before lunch	<input type="checkbox"/> MNS[®] Color Pack <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)	<input type="checkbox"/> MNS[®] Color Pack <input type="checkbox"/> <small>OPTIONAL</small> Catalyst™ <input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)
LUNCH	<input type="checkbox"/> MNS[®] White Packs (both) <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="checkbox"/> MNS[®] White Packs (both) <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb
Snack	<input type="checkbox"/> Spark[®] (if needed)	<input type="checkbox"/> Spark[®] (if needed)
Immediately before dinner	<input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)	<input type="checkbox"/> <small>OPTIONAL</small> Carb-Ease [®] Plus [†] (one time daily)
DINNER	<input type="checkbox"/> OmegaPlex[®] <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="checkbox"/> OmegaPlex[®] <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)
Snack	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime	<input type="checkbox"/> <small>OPTIONAL</small> Catalyst™	<input type="checkbox"/> <small>OPTIONAL</small> Catalyst™

Water consumption (cups)

Water consumption (cups)

Water consumption (cups)

Water consumption (cups)

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

PHYSICAL ACTIVITY

DAY 21

ACTIVITY

DAY 22

ACTIVITY

DAY 23

ACTIVITY

DAY 24

ACTIVITY

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 (≥ 93% lean)
- Salmon
- Tofu
- Tuna (fresh or packed in water)
- Turkey Breast

VEGETABLES (Lightly cooked, grilled, steamed, roasted 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
- Squash
- Zucchini/Squash

COMPLEX CARBS

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

SNACKS/OTHER

Snack ideas include AdvoCare products, healthy fats, fruit and other snacks from the food suggestion list. Also, consider a half 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, 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

- AdvoBar®
- Muscle Gain™
- Pro 20®
- Edamame
- Hummus

LIMIT OR AVOID

- Soda (including diet)
- Alcohol
- Creamy Sauces
- High-Calorie Salad Dressings
- Sugar
- Fried Food
- Processed Food
- White Flour
- Partially Hydrogenated Oils
- Other Caffeinated Beverages

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 judgment and if you have any questions, contact your AdvoCare coach.

My AdvoCare Coach

Coach Name

E-mail

My AdvoCare Information

My Distributor ID or Preferred Customer ID

AdvoCare Customer Service: 800-542-4800

- 1. The 24-Day Challenge® is not intended for pregnant or nursing women or individuals under 18 years of age.**
- 2. Please consult your healthcare provider before making any dietary or fitness modifications.**

For more information, visit www.advocare.com/science/faqs.aspx



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