Please consult your healthcare provider before making any dietary or fitness modifications.
CONGRATULATIONS ON PURCHASING THE 24-DAY CHALLENGE!

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

MAX PHASE
- MNS®
- Spark®
- Meal Replacement Shake

FAVORITE COMPANION PRODUCTS
- Catalyst™
- Carb-Ease® Plus
- ThermoPlus®
- ProBiotic Restore™ Ultra

WATER RECOMMENDATIONS

\[
\text{Body weight (pounds)} \div 2 = \frac{\text{Ounces of water you should consume per day}}{1 \text{ cup} = 8 \text{ ounces}}
\]

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

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

For a complete list of companion products and other product add-ons, please go to advocare.com.
# Cleanse Phase

**Day 1**

**Breakfast**
- Spark® ProBiotic Restore™ Ultra
- Optional Catalyst™
- Fiber
- Water
- Protein
- Complex Carb
- Fruit
- Meal Replacement Shake

**Snack**
- Optional

**Lunch**
- Optional

**Dinner**
- Optional

**Bedtime**
- Optional

**Day 2**

**Breakfast**
- Spark® ProBiotic Restore™ Ultra
- Optional Catalyst™
- Fiber
- Water
- Protein
- Complex Carb
- Fruit
- Optional Meal Replacement Shake

**Snack**
- Optional

**Lunch**
- Optional

**Dinner**
- Optional

**Bedtime**
- Optional

**Day 3**

**Breakfast**
- Spark® ProBiotic Restore™ Ultra
- Optional Catalyst™
- Fiber
- Water
- Protein
- Complex Carb
- Fruit
- Optional Meal Replacement Shake

**Snack**
- Optional

**Lunch**
- Optional

**Dinner**
- Optional

**Bedtime**
- Optional

**Day 4**

**Breakfast**
- Spark® ProBiotic Restore™ Ultra
- Optional Catalyst™
- Fiber
- Water
- Protein
- Complex Carb
- Fruit
- Optional Meal Replacement Shake

**Snack**
- Optional

**Lunch**
- Optional

**Dinner**
- Optional

**Bedtime**
- Optional

**Day 5**

**Breakfast**
- Spark® ProBiotic Restore™ Ultra
- Optional Catalyst™
- Fiber
- Water
- Protein
- Complex Carb
- Fruit
- Optional Meal Replacement Shake

**Snack**
- Optional

**Lunch**
- Optional

**Dinner**
- Optional

**Bedtime**
- Optional

---

**Physical Activity**

**Day 1**
- Optional

**Day 2**
- Optional

**Day 3**
- Optional

**Day 4**
- Optional

**Day 5**
- Optional

---

*Water consumption measured in 8 ounce glasses (mark circle for each)*
# Cleanse Phase

**Day 6**

- **Breakfast**
  - Fiber
  - Water
  - Optional: Catalyst
  - Optional: ProBiotic Restore Ultra

- **Snack**
  - Protein
  - Complex Carb
  - Fruit
  - Optional: Meal Replacement Shake

- **Dinner**
  - OmegaPlex
  - Protein
  - Vegetables
  - Complex Carb (if needed)

- **Bedtime**
  - Herbal Cleanse caplets


**Day 7**

- **Breakfast**
  - Fiber
  - Water
  - Optional: Catalyst
  - Optional: ProBiotic Restore Ultra

- **Snack**
  - Protein
  - Complex Carb
  - Fruit
  - Optional: Meal Replacement Shake

- **Dinner**
  - OmegaPlex
  - Protein
  - Vegetables
  - Complex Carb (if needed)

- **Bedtime**
  - Herbal Cleanse caplets


**Day 8**

- **Breakfast**
  - Fiber
  - Water
  - Optional: Catalyst
  - Optional: ProBiotic Restore Ultra

- **Snack**
  - Protein
  - Complex Carb
  - Fruit
  - Optional: Meal Replacement Shake

- **Dinner**
  - OmegaPlex
  - Protein
  - Vegetables
  - Complex Carb (if needed)

- **Bedtime**
  - Herbal Cleanse caplets

**Day 9**

- **Breakfast**
  - Fiber
  - Water
  - Optional: Catalyst
  - Optional: ProBiotic Restore Ultra

- **Snack**
  - Protein
  - Complex Carb
  - Fruit
  - Optional: Meal Replacement Shake

- **Dinner**
  - OmegaPlex
  - Protein
  - Vegetables
  - Complex Carb (if needed)

- **Bedtime**
  - Herbal Cleanse caplets

**Day 10**

- **Breakfast**
  - Fiber
  - Water
  - Optional: Catalyst
  - Optional: ProBiotic Restore Ultra

- **Snack**
  - Protein
  - Complex Carb
  - Fruit
  - Optional: Meal Replacement Shake

- **Dinner**
  - OmegaPlex
  - Protein
  - Vegetables
  - Complex Carb (if needed)

- **Bedtime**
  - Herbal Cleanse caplets

---

**Physical Activity**

- **Day 6**
- **Day 7**
- **Day 8**
- **Day 9**
- **Day 10**
### MAX PHASE

**DAY 11**
- 30 minutes before breakfast
  - MNS® Color Pack
  - Spark®
- Snack
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- LUNCH
  - MNS® White Packs (both)
    - Protein
    - Vegetables
    - Complex Carb
- Snack
  - Spark® (if needed)
- Immediately before dinner
  - OmegaPlex®
    - Protein
    - Vegetables
    - Complex Carb (if needed)
- DINNER
  - MNS® Color Pack
    - Catalyst™
    - ProBiotic Restore™ Ultra ThermoPlus®
- Snack
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- Bedtime
  - Optional: Catalyst™

**DAY 12**
- 30 minutes before breakfast
  - MNS® Color Pack
  - Spark®
- Snack
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- LUNCH
  - MNS® White Packs (both)
    - Protein
    - Vegetables
    - Complex Carb
- Snack
  - Spark® (if needed)
- Immediately before dinner
  - OmegaPlex®
    - Protein
    - Vegetables
    - Complex Carb (if needed)
- DINNER
  - MNS® Color Pack
    - Catalyst™
    - ProBiotic Restore™ Ultra ThermoPlus®
- Snack
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- Bedtime
  - Optional: Catalyst™

**DAY 13**
- 30 minutes before lunch
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- LUNCH
  - MNS® White Packs (both)
    - Protein
    - Vegetables
    - Complex Carb
- Snack
  - Spark® (if needed)
- Immediately before dinner
  - OmegaPlex®
    - Protein
    - Vegetables
    - Complex Carb (if needed)
- DINNER
  - MNS® Color Pack
    - Catalyst™
    - Carb-Ease® Plus® (one time daily)
- Snack
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- Bedtime
  - Optional: Catalyst™

**DAY 14**
- 30 minutes before lunch
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- LUNCH
  - MNS® White Packs (both)
    - Protein
    - Vegetables
    - Complex Carb
- Snack
  - Spark® (if needed)
- Immediately before dinner
  - OmegaPlex®
    - Protein
    - Vegetables
    - Complex Carb (if needed)
- DINNER
  - MNS® Color Pack
    - Catalyst™
    - Carb-Ease® Plus® (one time daily)
- Snack
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- Bedtime
  - Optional: Catalyst™

**DAY 15**
- 30 minutes before lunch
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- LUNCH
  - MNS® White Packs (both)
    - Protein
    - Vegetables
    - Complex Carb
- Snack
  - Spark® (if needed)
- Immediately before dinner
  - OmegaPlex®
    - Protein
    - Vegetables
    - Complex Carb (if needed)
- DINNER
  - MNS® Color Pack
    - Catalyst™
    - Carb-Ease® Plus® (one time daily)
- Snack
  - MNS® Color Pack
  - Carb-Ease® Plus® (one time daily)
- Bedtime
  - Optional: Catalyst™

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

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**PHYSICAL ACTIVITY**

**DAY 11**
- [ ]

**DAY 12**
- [ ]

**DAY 13**
- [ ]

**DAY 14**
- [ ]

**DAY 15**
- [ ]

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

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</thead>
</table>

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

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

### DAY 21

**30 minutes before breakfast**
- Meal Replacement Shake

**LUNCH**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb

**Snack**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb
- Spark® (if needed)

**Immediately before dinner**
- OmegaPlex®
- Protein
- Vegetables
- Complex Carb

**DINNER**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb

**Bedtime**
- Optional
- Catalyst®

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

### DAY 22

**30 minutes before breakfast**
- Meal Replacement Shake

**LUNCH**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb

**Snack**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb
- Spark® (if needed)

**Immediately before dinner**
- OmegaPlex®
- Protein
- Vegetables
- Complex Carb

**DINNER**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb

**Bedtime**
- Optional
- Catalyst®

### DAY 23

**30 minutes before lunch**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb (if needed)

**LUNCH**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb (if needed)

**Snack**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb
- Spark® (if needed)

**Immediately before dinner**
- OmegaPlex®
- Protein
- Vegetables
- Complex Carb

**DINNER**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb (if needed)

**Bedtime**
- Optional
- Catalyst®

### DAY 24

**30 minutes before lunch**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb (if needed)

**LUNCH**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb (if needed)

**Snack**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb
- Spark® (if needed)

**Immediately before dinner**
- OmegaPlex®
- Protein
- Vegetables
- Complex Carb

**DINNER**
- MNS Color Pack
- Protein
- Vegetables
- Complex Carb (if needed)

**Bedtime**
- Optional
- Catalyst®

---

### PHYSICAL ACTIVITY

**DAY 21**

- [ ]

**DAY 22**

- [ ]

**DAY 23**

- [ ]

**DAY 24**

- [ ]

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*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 (> 93% lean)
- Tofu
- Tuna (fresh or packed in water)
- Turkey Breast
- Salmon
- Dark Leafy Greens (spinach, kale, swiss chard, collard, etc.)
- Eggplant
- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Cucumber
- Green Beans
- Onion
- Peppers
- Salad Greens (spring mix, romaine, etc.)
- Tomato
- Squash
- Zucchini/Squash
- Beans
- Lentils
- Oatmeal
- Quinoa

VEGETABLES (Lightly cooked, grilled, steamed, roasted or raw)

- Green Beans
- Onion
- Peppers
- Salad Greens (spring mix, romaine, etc.)
- Tomato
- Squash
- Zucchini/Squash

COMPLEX CARBS

- Potatoes (any variety)
- Whole Grains (rice, pasta or bread)

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.

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

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

Healthy Fats (In moderation)

- Plain Yogurt (low fat or nonfat)
- Low-Fat Cheese
- Milk (skim or reduced fat)

Dairy (In moderation)

- Mango
- Melon
- Pear
- Pineapple
- AdvoBar™
- Muscle Gain™
- Pro 20™
- Edamame
- Hummus

Other Snacks
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