

The 24-Day Challenge

Instruction Manual



“Remember, there are EXCUSES, or there are RESULTS, but never BOTH!”

24-Day Challenge

(overview)

Ready to Kick-Start Your Fat-Burning Furnace

A GUARANTEED way to drop those unwanted pounds and better your health...

The AdvoCare 24 Day Challenge is a revolutionary program designed by leading fitness and nutrition experts, built around good, solid nutrition and convenience, in order to help you enhance your immune system and increase your energy levels while leaning you out and melting away fat. It's not a gimmick!! It's not a fad!! It's a program that will enhance your overall health and well-being, while educating you on simple, realistic lifestyle changes that fit into any schedule!

The program fills the nutritional gaps, cleans out the system and kick-starts your metabolism through some of the same amazing AdvoCare solutions used by elite amateur and professional athletes for the over 19 years!

Just so you know, the AdvoCare solutions are chosen because...

- There is industry leading science in every formulation
- They are backed and formulated by a world-class Science/Medical Board
- They are driven to creation by an elite advisory council
- They are endorsed by hundreds of UNPAID World Class athletes and entertainers
- They create truly unmatched and amazing testimonies from around the country
- They are tested and certified by Informed Choice
- They carry a 100% satisfaction guarantee

Want to know what the Challenge will do for you...

- Provide FREE coaching throughout
- Include the optimal breakfast for 14 to 24 days
- Ensure 2-4 convenient meals/snacks per day
- Melt away unwanted body fat
- Boost natural energy levels
- Build beautiful lean muscle
- Cut cravings and fill nutritional gaps
- Kick-start your body's metabolism
- Better your general health and wellness
- Improve nutrient absorption and digestion
- Minimize aches, pains and inflammation
- Increase Immune system function
- Teach a real-world ,simple lifestyle set of habits



Quite honestly, the beauty of the 24 Day Challenge is its ability to provide the three things that cause most people to fail to reach their weight loss or weight management goals....convenience, a plan and support!

While weight loss or management is certainly achieved through the Challenge, the way you feel and the increase you will see in your natural energy levels, will truly amaze you! Good luck and have fun...

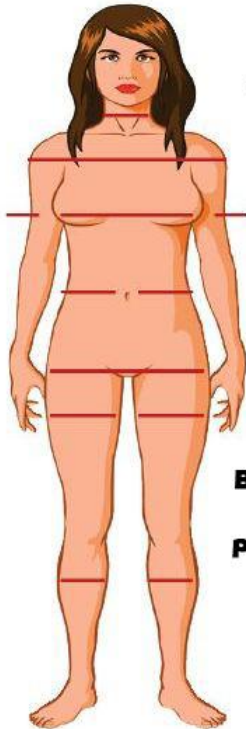
24-Day Challenge

(tracking form)

LEAN OUT, TONE UP TIME

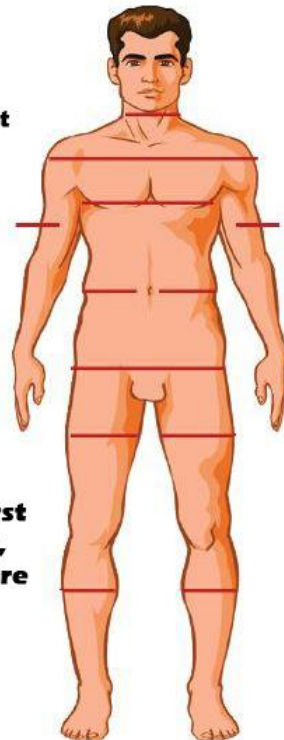
MEASUREMENTS	DAY #1	DAY #11	DAY #24
Weight			
Jean/Dress Size			
Waist			
Hips			
Neck			
Right Thigh / Left Thigh			
Right Arm / Left Arm			
Right Calf / Left Calf			
Chest			
Shoulders			
Right Arm / Left Arm			

PROGRESS TRACKING

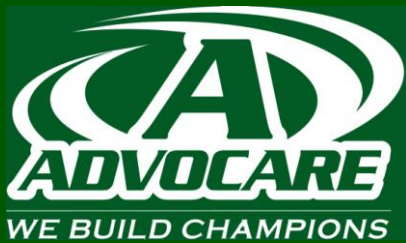


BEFORE/AFTER PICTURES
Ladies - sportsbra and spandex shorts or swimwuit
Guys - shorts, no shirt

MEASUREMENT LOCATIONS
Neck - 1/2 way between chin and collarbone
Shoulders - widest point
Chest - arms relaxed at sides, across nipple line
Waist - belly button level
Hips - widest point, feet together
Thighs - widest point, standing straight
Calves - widest point, standing straight
Arms - 1/2 way between shoulder and elbow



Be sure to weigh and take measurements first thing in the morning on Days 1, 11 and 24, prior to eating or drinking anything to ensure the most accurate results!



10-Day Cleanse Phase

(checklist & schedule)

DAY	FIBER DRINK (AM)	HERBAL CLEANSE (PM)	PROBIOTIC RESTORE ULTRA (AM)
1	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	
4		<input type="checkbox"/>	<input type="checkbox"/>
5		<input type="checkbox"/>	<input type="checkbox"/>
6		<input type="checkbox"/>	<input type="checkbox"/>
7		<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>		<input type="checkbox"/>
9	<input type="checkbox"/>		<input type="checkbox"/>
10	<input type="checkbox"/>		<input type="checkbox"/>

PRE-BREAKFAST

PROBIOTIC RESTORE ULTRA (Days 4-10) At least 30 minutes before breakfast.

SPARK (Daily) Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

BREAKFAST

FIBER DRINK (Days 1-3 & 8-10) Mix in 8-12 ounces of cold water, drink down, do not let sit! If needed, sip, add more water, sip, etc. to thin out, but drink quickly.

MEAL REPLACEMENT SHAKE (Daily) Blend or shake in 8-12 ounces of water, add ice to thicken to preference (DO NOT add fruits or fruit juices) **OR** 1:2 (ladies) or 1:4 (men) whole egg to white ratio scramble with 1 piece of fruit or ½ cup (ladies) or 1 cup (men) oatmeal. (Veggies can be added to scramble.)

MID-MORNING SNACK

A lean protein **OR** serving of Muscle Gain **OR** Catalyst **OR** ¼ cup unsalted almonds or cashews, with a piece of fruit **OR** veggies.

LUNCH

Salad or veggies with lean protein and a piece of fruit **OR** a Meal Replacement Shake.

POST-LUNCH (60-90 mins after lunch)

SPARK (if applicable) Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

MID-AFTERNOON SNACK

A lean protein **OR** serving of Muscle Gain **OR** Catalyst **OR** ¼ cup unsalted almonds or cashews, with a piece of fruit **OR** veggies.

DINNER

Salad or veggies with lean protein **OR** a Meal Replacement Shake.

NIGHTTIME SNACK

Lean protein **OR** Muscle Gain **OR** Catalyst **OR** ¼ cup unsalted almonds or cashews.

BEFORE BED

HERBAL CLEANSE (Days 1-7) with 8-12 ounces of water.

10-Day Cleanse Phase (notes, solutions & tips)

"BASIC" CLEANSE SOLUTIONS



"FULL" CLEANSE SOLUTIONS



POSSIBLE CLEANSE ADD-ONS



CLEANSE NOTES & TIPS

- **Take your before photos and weigh and measure on the morning of Day #1! This is for YOU, not for anyone else, but the ONLY surefire way to gauge progress is to know the starting point.**
- Preparation is KEY! Just a little prep can do wonders for keeping things simple! Shop in advance and prepare snacks and meals if at all possible! Life becomes easier this way!
- Use the checklist on the "Cleanse" schedule! If you don't you will be counting packets by Day #4!
- **AVOID...alcohol, fried foods, refined sugars, syrups, honey, corn, breads, potatoes, crackers, candy, chips, white rice, cheeses, mushrooms, creamy sauces or dressings, dried or canned fruits, lunch meats, yogurt, milk, coffee, energy drinks or sodas.**
- **MINIMIZE...oatmeal, brown rice, hummus, quinoa, beans, lentils, or whole wheat pasta (try and limit these choices to no more than three meals during your entire cleanse).**
- **EAT...fresh fruits, green vegetables, salads, chicken, fish, turkey, eggs, lean red meats, lean ground beef or turkey, tofu, almond milk, avocados, natural peanut butter, almond butter, unsalted cashews or almonds.**
- **Drink ¾ to 1 gallon of water per day, without fail! This will have a direct impact on how well your body rids itself of toxins!**
- Eat 5-6 small meals/snacks each day, spaced 2-3 hours apart to keep the metabolism elevated and blood sugar levels regulated. Never skip a meal or snack (see next note).
- Use your Catalyst as needed! While whole food snacks are always recommended first, Catalyst is an exceptional alternative, especially for your nighttime snack.
- **MORNING EXERCISE...**if you are exercising in the morning, have a serving of Catalyst (if applicable) with your Spark and Probiotic (Days 4-10), prior to working out. Have your Fiber Drink and Meal Replacement Shake or breakfast immediately after!
- **AFTERNOON EXERCISE...**Simply add a serving of Catalyst (if applicable) to your afternoon Spark and skip the Mid-Afternoon snack. (Obviously, exact times will vary and may need further adjusting by your Coach).
- **COMMUNICATE....with your AdvoCare Coach! This could never be emphasized enough! The coaching and support will prove to be invaluable!**



14-Day Burn Phase (checklist & schedule)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Burn	Refuel	Burn	Burn	Burn	Refuel	Burn	Burn	Burn	Refuel	Burn	Burn	Burn	FREE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PRE-BREAKFAST (30 mins before)

MNS MAX (Daily) Take first MNS Max COLOR packet with 8-10 ounces of water.

SPARK (Daily) Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

CATALYST (if applicable) For those who do not eat breakfast within 1 hour of waking or those who exercise in the morning.

BREAKFAST

MNS MAX (Daily) Take both MNS Max WHITE packets with meal and 8-10 ounces of water.

BURN DAYS!! MEAL REPLACEMENT SHAKE (Daily) Blend or shake in 8-12 ounces of water, add ice to thicken to preference (DO NOT add fruits or fruit juices) **OR** 1:2 or 1:4 whole egg to white ratio scramble. (Veggies can be added to scramble.)

REFUEL DAYS!! MEAL REPLACEMENT SHAKE (Daily) Blend or shake in 8-12 ounces of water, add ice to thicken to preference (DO NOT add fruits or fruit juices) and a piece of fruit **OR** 1:2 or 1:4 whole egg to white ratio scramble with fruit or oatmeal. (Veggies can be added to scramble.)

MID-MORNING SNACK

A lean protein **OR** serving of Muscle Gain **OR** Catalyst **OR** a ¼ cup of unsalted almonds or cashews **OR** 1-2 tbsp peanut butter. Add veggies as desired.

PRE-LUNCH (30 mins before)

MNS MAX (Daily) Take second MNS Max COLOR packet with 8-10 ounces of water.

LUNCH

BURN DAYS!! Salad and/or veggies with lean protein **OR** a Meal Replacement Shake.

REFUEL DAYS!! Salad and/or veggies with lean protein and a piece of fruit or a starchy carbohydrate **OR** a Meal Replacement Shake with a piece of fruit.

POST-LUNCH (60-90 mins after lunch)

SPARK (if applicable) Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

MID-AFTERNOON SNACK

A lean protein **OR** serving of Muscle Gain **OR** Catalyst **OR** a ¼ cup of unsalted almonds or cashews **OR** 1-2 tbsp peanut butter. Add veggies as desired.

DINNER

Salad and/or veggies with lean protein **OR** a Meal Replacement Shake.

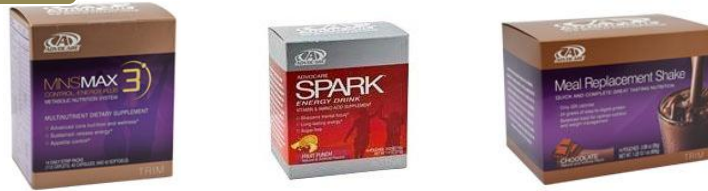
NIGHTTIME SNACK

Lean protein **OR** Muscle Gain **OR** Catalyst.

14-Day Burn Phase

(notes, solutions & tips)

"BASIC" BURN SOLUTIONS



"FULL" BURN SOLUTIONS



POSSIBLE BURN ADD-ONS



BURN NOTES & TIPS

- **Weigh and measure the morning of Day #1 (Day #11 of the Challenge)! This will determine the "Cleanse" Phase effect and give you a gauge for the "Burn" Phase success. Your last weigh and measure will be on the morning of Day #14 (Day #24), as always, before eating or drinking anything.**
- Your goal is to be 80-90% ON TARGET through the "Burn" Phase! You can do ANYTHING for 14 days!
- Preparation is still very important, as is ensuring you still drink ¾ to 1 gallon of water per day!
- **"Burn" Days will not allow for any starchy carbohydrate or fruit consumption. Only lean proteins, vegetables and healthy fats.**
- **"Refuel" Days will allow for starchy carbohydrates and fruits to be added in at breakfast and lunch again. DO NOT add starchy carbs or fruits into snacks or dinner however.**
- **You can slightly increase healthy fat and protein intake, if necessary, on your "Burn" days and you can eat/snack on vegetables at any time, on any day! Little chance you can eat too many.**
- Eat 5-6 small meals/snacks each day, spaced 2-3 hours apart to keep the metabolism elevated and blood sugar levels regulated. Never skip a meal or snack (see next note).
- Use your Catalyst as needed! While whole food snacks are always recommended first, it is an exceptional alternative, especially for your nighttime snack.
- EXERCISE...Although optional, exercise, even 15 minutes per day is highly recommended for overall health and well-being. If you do include exercise, simply try not to eat whole foods within an hour of starting. Ideally, you would consume your Spark and Catalyst prior to exercise.
- **Take your products correctly and on time! Consume your entire MNS strip before lunch!**
- **COMMUNICATE....with your AdvoCare Coach! This could never be emphasized enough! The coaching and support, when used, will prove to be invaluable!**

24-Day Challenge

(grocery shopping guide)

RECOMMENDATIONS

PROTEINS

Eggs
Tofu
Veggie Burgers
Plain Greek Yogurt
Ostrich Sticks
Low-Sodium Jerky
Chicken
Turkey
93%+ Ground Beef
93%+ Ground Turkey
Bison
Buffalo
Elk
Swordfish
Haddock
Halibut
Sea Bass
Flounder
Red Snapper Grouper
Salmon
Tilapia

VEGGIES

Green Salad
Leafy Greens
Romaine
Spring Greens
Kale
Asparagus
Cauliflower
Broccoli
Green Beans
Peppers
Spinach
Tomatoes
Edemame
Sugar/Snow Peas
Brussels Sprouts
Collard Greens
Zucchini
Eggplant
Cucumbers
Celery
Onions

STARCHES

Sweet Potato
Yams
Brown Rice
Oatmeal
All-Bran Cereal
Kashi Cereal
Black Beans
Lentils
Quinoa
Multi-Grain Bread
Whole Wheat Bread
Whole Wheat Pasta

FATS

Avocados
Olive Oil
Canola Oil
Peanuts
Cashews
Almonds
Peanut Butter

FRUITS

Apples
Bananas
Melons
Papaya
Kiwi
Grapefruit
Berries
Oranges
Peaches
Pears
Mango
Pineapple

LIMITEDS

Milk
Cheese
Cottage Cheese
Sour Cream
Yogurt
Frozen Yogurt
Caffeine

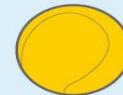
AVOID

Alcohol	White Breads
All-White Flour	Dairy
Creamy Sauces	Candy
Sugar	Fried Foods
Syrups	Soda
Honey	Deli Meats
Mushrooms	Mayonnaise

PORTION CONTROL



3 oz (75 g) cooked chicken
or meat (4 oz raw):
deck of cards



1 cup (250 ml) cooked rice,
pasta or ice cream:
tennis ball



1 oz (30 g) cheese:
4 dice or 1 domino



medium piece of fruit:
baseball



1 tsp (5 ml) butter or
margarine: one die



1 small baked potato:
a computer mouse



average woman's fist:
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,
jam, salad dressing: golf ball



1 oz (30 g) of chocolate:
a packet of dental floss