



DAILY CHECKLIST

Included in this checklist are instructions for supplementation and diet for each day of your AdvoCare 24 Day Challenge. Follow this plan for success!

Day	Upon Waking	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack	Bedtime
1	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> ProBiotic Restore™ Ultra <input type="checkbox"/> 2 glasses H ₂ O <input type="checkbox"/> OPTIONAL Catalyst	<input type="checkbox"/> Fiber Drink <input type="checkbox"/> Fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Fruit with 2-3 eggs – optional plain oatmeal if needed <input type="checkbox"/> 2 glasses oH ₂ O	<input type="checkbox"/> Salad or greens w/ lean protein & complex carbohydrates <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural peanut or almond butter	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse Tablets <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> 1 glass H ₂ O
2	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> ProBiotic Restore™ Ultra <input type="checkbox"/> 2 glasses H ₂ O <input type="checkbox"/> OPTIONAL Catalyst	<input type="checkbox"/> Fiber Drink <input type="checkbox"/> Fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Fruit with 2-3 eggs – optional plain oatmeal if needed <input type="checkbox"/> 2 glasses oH ₂ O	<input type="checkbox"/> Salad or greens w/ lean protein & complex carbohydrates <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural peanut or almond butter	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse Tablets <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> 1 glass H ₂ O
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6	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> ProBiotic Restore™ Ultra <input type="checkbox"/> 2 glasses H ₂ O <input type="checkbox"/> OPTIONAL Catalyst	<input type="checkbox"/> Fiber Drink <input type="checkbox"/> Fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Fruit with 2-3 eggs – optional plain oatmeal if needed <input type="checkbox"/> 2 glasses oH ₂ O	<input type="checkbox"/> Salad or greens w/ lean protein & complex carbohydrates <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural peanut or almond butter	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse Tablets <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> 1 glass H ₂ O
7	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> ProBiotic Restore™ Ultra <input type="checkbox"/> 2 glasses H ₂ O <input type="checkbox"/> OPTIONAL Catalyst	<input type="checkbox"/> Fiber Drink <input type="checkbox"/> Fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Fruit with 2-3 eggs – optional plain oatmeal if needed <input type="checkbox"/> 2 glasses oH ₂ O	<input type="checkbox"/> Salad or greens w/ lean protein & complex carbohydrates <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural peanut or almond butter	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse Tablets <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> 1 glass H ₂ O
8	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> ProBiotic Restore™ Ultra <input type="checkbox"/> 2 glasses H ₂ O <input type="checkbox"/> OPTIONAL Catalyst	<input type="checkbox"/> Fiber Drink <input type="checkbox"/> Fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Fruit with 2-3 eggs – optional plain oatmeal if needed <input type="checkbox"/> 2 glasses oH ₂ O	<input type="checkbox"/> Salad or greens w/ lean protein & complex carbohydrates <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural peanut or almond butter	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse Tablets <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> 1 glass H ₂ O



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10	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> ProBiotic Restore™ Ultra <input type="checkbox"/> 2 glasses H ₂ O <input type="checkbox"/> OPTIONAL Catalyst	<input type="checkbox"/> Fiber Drink <input type="checkbox"/> Fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Fruit with 2-3 eggs – optional plain oatmeal if needed <input type="checkbox"/> 2 glasses oH ₂ O	<input type="checkbox"/> Salad or greens w/ lean protein & complex carbohydrates <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> AdvoCare Spark® <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural peanut or almond butter	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 glasses H ₂ O between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse Tablets <input type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> 1 glass H ₂ O



1 cup of water = 8 oz



Do your best to stick to the plan for Days 1-10. Note that Spark is optional in the afternoon. It helps increase energy levels & keeps you sharp! If you choose to have Spark in the afternoons, you will need 2 additional boxes to carry you through the full 24 days.

Keep carbohydrate intake low (minimizes fat storage) and increase healthy fats as you decrease carbs (avocado, olives, olive oil, nuts & seeds). Don't worry about quantities. Just eat the RIGHT FOODS. YOU SHOULD NOT BE HUNGRY. If you are, just eat MORE of the recommended foods! MINIMIZE OR AVOID ALCOHOL, BREAD, COFFEE & DAIRY. Turn into a fat burning machine!



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11	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts, *Veggies, *2 rice cakes, *Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs, *Piece of fruit, *Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O
12	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts, *Veggies, *2 rice cakes, *Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs, *Piece of fruit, *Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O
13	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts, *Veggies, *2 rice cakes, *Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs, *Piece of fruit, *Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O



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15	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts,*Veggies,*2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs,*Piece of fruit,*Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O
16	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts,*Veggies,*2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs,*Piece of fruit,*Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O



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18	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts, *Veggies, *2 rice cakes, *Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs, *Piece of fruit, *Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O
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20	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts,*Veggies,*2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs,*Piece of fruit,*Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O
21	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts,*Veggies,*2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs,*Piece of fruit,*Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O
22	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts,*Veggies,*2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs,*Piece of fruit,*Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O



DAILY CHECKLIST

Included in this checklist are instructions for supplementation and diet for each day of your Advocare 24 Day Challenge. Follow this plan for success!

Day	Upon Waking	Breakfast	Mid-Morning	30-min ^{before} Lunch	Lunch	Mid-Afternoon	Dinner	Bedtime/Snack
23	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts,*Veggies,*2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chix *Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs,*Piece of fruit,*Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O
24	<input type="checkbox"/> Spark® <input type="checkbox"/> Catalyst <input type="checkbox"/> Gold Strip MNS pkt. (marked take 30 min. before Brkf) <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> White MNS pkt. <input type="checkbox"/> (optional 2nd white MNS packet) <input type="checkbox"/> 30 min. later Meal Replacement Shake OR Choose 1 or 2: *3-4 whole eggs,*1-2c oats w/ fruit <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> 2 Omegaplex® <input type="checkbox"/> Choose 1 or 2: *3 eggs, Piece of fruit,*Nuts,*Veggies,*2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O	<input type="checkbox"/> Gold Strip. MNS pack. (marked take 30 min. B4 lunch)	<input type="checkbox"/> White MNS packet (if not taken @ breakfast) <input type="checkbox"/> Protein w/ vegetables: *chix ON salad *chix w/ brown rice or sweet potato *Salmon/white fish & broccoli <input type="checkbox"/> 2 glass H ₂ O ^{between meals}	<input checked="" type="checkbox"/> OPTIONAL Spark® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cake w/ natural PB or almond butter	<input type="checkbox"/> Protein w/ veggies: *Steak *Chix,*Fish May add rice or potato if necessary <input type="checkbox"/> 2 glasses H ₂ O ^{between meals}	<input type="checkbox"/> 2 Omegaplex® <input checked="" type="checkbox"/> OPTIONAL Catalyst <input type="checkbox"/> If needed Choose 1 or 2: *3 eggs,*Piece of fruit,*Nuts,*Veggies *2 rice cakes,*Hummus <input type="checkbox"/> 2 glasses H ₂ O

ABBREVIATION KEY:

- ✓ Chix – chicken
- ✓ H2O – water
- ✓ Brkf.- Breakfast
- ✓ Pack – Packet
- ✓ B4- Before

Be on at least 90% of the time for days 11-24. Note that Spark is optional in the afternoon. It helps increase energy levels & keeps you sharp! If you choose to have Spark in the afternoons, you will need 2 additional boxes to carry you through the full 24 days.

Keep carbohydrate intake low (minimizes fat storage) and increase healthy fats as you decrease carbs (avocado, olives, olive oil, nuts & seeds). Don't worry about quantities. Just eat the RIGHT FOODS. YOU SHOULD NOT BE HUNGRY. If you are, just eat MORE of the recommended foods! MINIMIZE OR AVOID ALCOHOL, BREAD, COFFEE & DAIRY. Turn into a fat burning machine!