

Vegetarian Meal Guide

Lean in 13



Team AdvoCare Fuzion
Body & Financial Fitness

Team Member Name:

Team Member Support Contact:

Start Date:

Target Date:

Food/Beverage		AdvoCare Supplement PLAN**
MEAL 1 Time: 7AM	4 Egg Whites for protein, add in 1/3 cup beans	Take when you WAKE
	1/3 cup* Cream of Rice w/ 1 tsp. of Extra Virgin Coconut Oil and Dash of Cinnamon	MNS Max® 3 (yellow packet)***
	1/4 Grapefruit (eat regular or can broil for juicy taste)	Catalyst (3)***
	Or Handful berries	Spark®
MEAL 2 Time: 10 AM	AdvoCare Fruit/Fiber Bar OR Vegetarian Meal Replacement Shake	Take Pre-Workout
		1 Scoop Argine Extreme****
		1 Scoop Mass Impact****
MEAL 3 Time: 12:30PM		Spark®****
		Within 30-min Post-Workout
	4 oz. Fish or salmon or tofu or tempeh small handful of chickpeas	1 Vegetarian Meal Shake
	handful veggies (can be raw or cook all in same pan in coconut oil) Or can put fish/CP over salad greens Dressing can be 1 tsp EVOO/1tsp BV or FF dressing	Catalyst (3)
MEAL 4 Time:		30-min Before Lunch
	Vegtarian Meal Replacement Shake	Thermoplus (optional for weight loss)
MEAL 5 Time: 6 PM		Lunchtime
	4 oz. fish/salmon OR 1 cup beans (protein/fiber)	MNS Max® 3 (pkt 1,3 &4)***
	3 oz. Sweet Potato or 1/2 cup quinoa	
	8 Asparagus Spears (or do a small salad with 1 tsp evoo/1tsp BV)	
MEAL 6 Time:		Bedtime
	1/2 cup veggies	Nighttime Recovery
	8 walnuts/almonds	Catalyst (1)

*Uncooked Measurement

*** Take with breakfast

*** Take Pre-Workout

**** Take 30-min Post-Workout

Products Suited for Vegetarian Clients

Herbal Cleanse (follow for days 1-10)

AdvoCare Spark® Energy Drink

CorePlex® with Iron

CATALYST™

Fruit & Fiber Bar

MNS® Max 3

Vegetarian Meal Replacement Shakes

Team Fuzion ONLY uses AdvoCare Nutritional Supplements.

WHY? Because they are a proven, Informed Choice and demonstrated health solution!

Ask me how you can get 20-40% off your AdvoCare Supplements.