

Welcome to the AdvoCare 24 Day Challenge with Team AdvoCare Fuzion

In 24 Minutes, you will FEEL the AdvoCare Difference! In 24 Hours you will KNOW the AdvoCare Difference! In 24 Days you will SEE the AdvoCare Difference!

Day	Upon Awakening	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack	Bedtime
1	<input type="checkbox"/> Fiber drink <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after fiber drink <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs and plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit <i>(if needed)</i>	<input type="checkbox"/> Herbal Cleanse w/ water
2	<input type="checkbox"/> Fiber drink <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after fiber drink <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs and plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit <i>(if needed)</i>	<input type="checkbox"/> Herbal Cleanse w/ water
3	<input type="checkbox"/> Fiber drink <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after fiber drink <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs and plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit <i>(if needed)</i>	<input type="checkbox"/> Herbal Cleanse w/ water
4	<input type="checkbox"/> Probiotic Restore <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after Probiotic Restore <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs & plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit <i>(if needed)</i>	<input type="checkbox"/> Herbal Cleanse w/ water
5	<input type="checkbox"/> Probiotic Restore <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after Probiotic Restore <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs & plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit <i>(if needed)</i>	<input type="checkbox"/> Herbal Cleanse w/ water

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6	<input type="checkbox"/> Probiotic Restore <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after Probiotic <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs & plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse w/ water
7	<input type="checkbox"/> Probiotic Restore <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after Probiotic <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs & plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit (if needed)	<input type="checkbox"/> Herbal Cleanse w/ water
8	<input type="checkbox"/> Probiotic Restore <input type="checkbox"/> Fiber drink <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after fiber drink <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs & plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit (if needed)	
9	<input type="checkbox"/> Probiotic Restore <input type="checkbox"/> Fiber drink <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after fiber drink <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs & plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit (if needed)	
10	<input type="checkbox"/> Probiotic Restore <input type="checkbox"/> Fiber drink <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Fruit 30 minutes after fiber drink <input type="checkbox"/> Spark <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit Add in 2/3 eggs & plain oatmeal if needed. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Salad or greens w/ lean protein and complex carbohydrates. <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Nuts, seeds, raw veggies or fruit. Rice cakes w/ natural peanut or almond butter. <input type="checkbox"/> Spark (optional) <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Lean protein w/ lightly cooked vegetables <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> <input type="checkbox"/> 2 glasses of water between meals	<input type="checkbox"/> Fruit (if needed)	

Day	Upon Awakening	Breakfast	Mid-Morning	30 Minutes Before lunch	Lunch	Mid-Afternoon	Dinner	Snack
11	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
12	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
13	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
14	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water

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15	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
16	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
17	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
18	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water

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19	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
20	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
21	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
22	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water

Day	Day	Upon Awakening	Breakfast	Mid-Morning	30 Minutes Before lunch	Lunch	Mid-Afternoon	Dinner
23	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water
24	<input type="checkbox"/> 3 Catalyst <input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before breakfast) <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> Spark	30 min later <input type="checkbox"/> Meal Replacement Shake <u>OR</u> Choose 1 or 2: *3-4 whole eggs *1-2c oats w/fruit <input type="checkbox"/> White MNS packet <input type="checkbox"/> (optional 2 nd White MNS packet) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water <input type="checkbox"/> 2 OmegaPlex	<input type="checkbox"/> Gold stripped MNS packet (marked take 30 min before lunch)	<input type="checkbox"/> Protein w/ vegetables: *Chicken ON salad *Chicken w/brown rice or sweet potato *Salmon or white fish and broccoli <input type="checkbox"/> White MNS packet (if not taken with breakfast) <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Spark <input type="checkbox"/> Snack: *Nuts *Seeds *Raw veggies *Piece of fruit *Rice cake w/ natural peanut or almond butter <input type="checkbox"/> 2 glasses of water	<input type="checkbox"/> Protein w/ veggies: *Steak *Chicken *Fish <i>May add rice or potato if necessary</i> <input type="checkbox"/> 2 OmegaPlex <input type="checkbox"/> 2 glasses of water	If needed... <input type="checkbox"/> Snack: Choose 1 or 2: *3 eggs *Piece of fruit *Nuts *Veggies *2 rice cakes *Hummus <input type="checkbox"/> 2 glasses of water

Do your best to stick to the plan for Days 1-10. 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 & keep you sharp! If you chose to have Spark in the afternoons you will need 2 boxes to carry through the 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 and dairy. Turn into a fat burning machine!