



24 day Challenge!

It takes 21 days to develop a habit, these 24 days will help change your lifestyle. Days 11-40

Consumption Guide for "Burn Phase"

MORNING	BREAKFAST	MID-MORNING	30-MIN. BEFORE LUNCH	LUNCH	MID-AFTERNOON	DINNER	EVENING	Workout
<input type="checkbox"/> MNS Nutritional Supplements – Consume contents of first colored packet 30 minutes prior to breakfast. <input type="checkbox"/> CATALYST – Consume 3 capsules. (or before workout)*	<input type="checkbox"/> Mix & Blend: 10-12 oz. cold water Meal Replacement Shake	<input type="checkbox"/> Consume fruit or protein oriented snack, if hungry.	<input type="checkbox"/> MNS Nutritional Supplements – Consume contents of second colored packet 30 minutes prior to lunch. <input type="checkbox"/> CATALYST – Consume 3 capsules. (or before workout)* WAIT 30-45 minutes prior to consuming lunch.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. Or have <input type="checkbox"/> Mix & Blend: 10-12 oz. cold water Meal Replacement Shake MNS Nutritional Supplements – Consume contents of both WHITE packets during or after breakfast or lunch.	<input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8-12 oz. cold water. (or another time of day when needed) <input type="checkbox"/> Approximately ½ hour after SPARK, eat fruit or protein oriented snack. Or have Muscle Gain	Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.	Need a snack? Mix another shake & use less water for pudding consistency!	At least 30 min. Resistance Training Or Cardio
WAIT 30-45 minutes before consuming MEAL REPLACEMENT SHAKE for breakfast.	Recipe Suggestion: Blend with ice for "Smoothy" consistency.			Recipe Suggestion: Blend with ice for "Smoothy" consistency.		Recipe Suggestion: When eating salads, put salad dressings on the side! Watch sauces, gravies, and dressings! Will save a "ton" of calories!!!	DO NOT FEAR BEING HUNGRY!!! You are converting from a storage tank to a fuel burning engine!!! Think 40 days from today!	

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*Catalyst may be taken once or twice a day. If you only once a day, you will just NOT take 3 at this time.

IMPORTANT: BODY WEIGHT / 2 = WATER CONSUMPTION GOAL

REMEMBER: "Whether you think you can or you think you can't, you are exactly right."

Beyond money, what is the cost to maintain your current weight and make no changes?