

24 Day Challenge Days 11-24 “Max Pack” Instructions

MORNING: Upon Waking	BREAKFAST: 30 Minutes Later	Mid-Morning (2-3 hours after shake)	30-Minutes BEFORE LUNCH	LUNCH	Mid-Afternoon (2-3 hrs after lunch)	30-Minutes After Spark/Catalyst	DINNER
<ul style="list-style-type: none"> ❑ MNS first colored packet 30 min before MEAL REPLACEMENT SHAKE. ❑ CATALYST: Take 3 capsules at the same time as your 1st colored MNS pack for <u>faster inch loss and toning.</u> ❑ SPARK: (If desired) Mix contents of SPARK packet with 8 oz. coldwater. 	<ul style="list-style-type: none"> ❑ MEAL REPLACEMENT SHAKE – Mix or blend contents of MEAL REPLACEMENT SHAKE with 8-10 oz. very cold water. ❑ MNS bottom two white packs during or after breakfast (or lunch). If you are Mac C we recommend you wait until Lunch 	<ul style="list-style-type: none"> ❑ Eat sensible protein-oriented snack. ❑ AdvoCare’s Snack Bars are a great protein-oriented snack. 	<ul style="list-style-type: none"> ❑ MNS second colored packet 30 minutes prior to lunch. ❑ CATALYST – Take 3 capsules at the same time as your 2nd colored MNS pack for <u>faster inch loss and toning.</u> 	<ul style="list-style-type: none"> ❑ Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. ❑ MNS bottom two white packs during or after lunch (if you did not take at breakfast) 	<ul style="list-style-type: none"> ❑ SPARK: If desired ❑ CATALYST – Consume 3 capsules <u>if faster inch loss results</u> are desired. 	<ul style="list-style-type: none"> ❑ Eat sensible snack including fruit or protein-oriented snack. ❑ AdvoCare’s Snack Bars are a great protein-oriented snack. 	<ul style="list-style-type: none"> ❑ 4 OmegaPlex ❑ Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.
TIPS: On DAY 1 of your program, eat only 10-15 minutes after your colored pack instead of 30 min. This will get your body used to all the great nutrition coming in!	Your results are important to me. I will be following up with you to make sure that you get results. Please be available, and feel free to also call me anytime.	Timing is important for optimal results. Be consistent and follow the scientists timing instructions correctly to feel and look your best!	Use Spark several times a day in place of soda or coffee. It will provide 3-5 hours of mental focus and productive energy. Spark is always consumed on an empty stomach (2 hours after eating). You can then eat (about 15-30 min. later) if needed.	Catalyst is always consumed on an empty stomach (2 hours after eating). You can then eat (about 15-30 min. later) if needed. You may consume 1,2 or 3 times/day with MNS packs OR between meals.	For better results while you workout , take Catalyst on an empty stomach 5 min. prior to any exercise	Digestion is important! Let me know if you are not moving waste every day so that we can make the necessary changes.	Drink lots of water everyday!!! Water Goal: Half your body Weight in ounces

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Remember...Nothing tastes as good as fit feels!

IMPORTANT: BODY WEIGHT / 2 = WATER CONSUMPTION GOAL

REMEMBER: “Whether you think you can or you think you can’t, you are exactly right.”