

# Get You In Shape “Lifestyle” One Page Playbook

<p><b>MORNING:</b> Upon Waking</p> <ul style="list-style-type: none"> <li>❑ <b>MNS first colored packet</b> 30 min before breakfast or MEAL REPLACEMENT SHAKE.</li> <li>❑ <b>SPARK: (If desired)</b> Mix contents of SPARK packet with 8 oz. coldwater.</li> </ul>	<p><b>BREAKFAST:</b> 30 Minutes Later</p> <ul style="list-style-type: none"> <li>❑ Program Options in GYIS Program Guidebook.</li> <li>❑ Or <b>MEAL REPLACEMENT SHAKE – (optional)</b> Mix or blend contents of MEAL REPLACEMENT SHAKE with 8-10 oz. <b>very cold</b> water.</li> <li>❑ <b>MNS bottom two white packs</b> during or after breakfast (or lunch). *If you are on the MNS-C, we recommend you wait until Lunch</li> </ul>	<p><b>Mid-Morning</b> (2-3 hours after shake)</p> <ul style="list-style-type: none"> <li>❑ Eat sensible protein-oriented snack.</li> <li>❑ <b>AdvoCare’s Snack Bars</b> are a great protein- oriented snack.</li> </ul>	<p><b>30-Minutes BEFORE LUNCH</b></p> <ul style="list-style-type: none"> <li>❑ <b>MNS second colored packet</b> 30 minutes prior to lunch.</li> </ul> <p><b>TIP:</b> Put a reminder on your phone to let you know to take these packs so you don’t forget.</p>	<p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>❑ Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</li> <li>❑ <b>MNS bottom two white packs</b> during or after lunch (if you are MNS-C or if you did not take at breakfast)</li> </ul>	<p><b>Mid-Afternoon</b> (2-3 hrs after lunch)</p> <ul style="list-style-type: none"> <li>❑ <b>SPARK:</b> If desired</li> </ul>	<p><b>30-Minutes After Spark</b></p> <ul style="list-style-type: none"> <li>❑ Eat sensible snack including fruit or protein-oriented snack.</li> <li>❑ <b>AdvoCare’s Snack Bars</b> are a great protein-oriented snack.</li> </ul>	<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>❑ Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</li> </ul>
<p><b>TIPS:</b></p> <p><b>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!</b></p>	<p>Your results are important to me. I will be following up with you to make sure that you get results. Feel free to also call me anytime.</p>	<p><b>Timing</b> is important for optimal results. Be consistent and follow the scientists timing instructions correctly to feel and look your best!</p>	<p>Use <b>Spark</b> in place of soda or coffee. It will provide 3-5 hours of mental focus and productive energy. It’s recommended you take it before workout anytime on an empty stomach (1-2 hours after eating). You can then eat (about 15-30 min. later) if needed.</p>	<p><b>For better results</b> add <b>Catalyst</b> to your challenge. Take 3 capsules 10-15 min. prior to working out or 3 capsules on an empty stomach if not working out.</p> <p>It’s up to you when you take it but make sure you take 3 capsules/ day.</p>	<p><b>Digestion</b> is important! Let me know if you are not moving waste every day so that we can make the necessary changes.</p>	<p><b>Drink lots of water everyday!!!</b></p> <p><b>Water Goal:</b> Half your body weight in ounces</p>	<p><b>Remember This Is Still a Challenge!</b></p> <p>Treat it like one!</p> <p>Let us know if you have a friend or two we can help get started with you to help with your motivation.</p>

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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.”**