



cleanse 10 DAY CLEANSE PROGRAM

AdvoCare
Cleanse
Support

HERBAL CLEANSE SYSTEM



OMEGAPLEX



SPARK



10 Tips for
Cleansing
Success

Dietary suggestions that may enhance your results:

Eat More:

- Veggies: salads during the day and steamed at night
- Fruit: fibrous and low glycemic (apples, grapefruit, berries)
- Healthy Fats: avocado, nuts/seeds, olives/olive oil
- Clean Proteins: fish most ideal, eggs/chicken/beef as secondary options, avoid processed lunch meats
- Clean Complex Carbs: rice, rice cakes, hummus, oatmeal, couscous and quinoa

Avoid or Minimize:

- Fried foods, refined sugars and starches
- Wheat products: bread, crackers, etc.
- Dairy: cheese, yogurt, milk, white sauces or dressing
- Coffee or soda: drink water, SPARK, or REHYDRATE
- Alcohol

HUNGRY? Eat more of the suggested foods.

Example
Eating
Plan

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack (if needed)
PROBIOTIC RESTORE w/ SPARK or water 30 minutes before breakfast FIBER DRINK with breakfast Fruit is best for cleansing. Add in 3 hard boiled eggs or oatmeal, if needed.	Fruit is best for cleansing. Add in 3 hard boiled eggs or oatmeal, if needed.	Salad or veggies with lean protein and a complex carbohydrate.	Nuts, seeds, veggies w/ hummus, or fruit. Rice cakes with natural peanut or almond butter.	4-6 OMEGAPLEX Lean protein with lightly cooked vegetables, add complex carb if needed.	Fruit or spoon of almond butter. Bedtime HERBAL CLEANSE TABLETS
SPARK Water between meals.	Water between meals.	Water between meals.	Tired? SPARK up! Water between meals.	Water between meals.	Water between meals.



Get Yourself Fully Invested Before You Begin

Upon completing your 10 Day Cleanse, your energy should be higher and your waistline more slim - then you'll begin the 14 Day MAX Pack toning and metabolic enhancing regimen. The energy and physical transformation you experience during the MAX Pack phase will be enhanced by your successful 10 Day Cleanse.



Optional Add-on

REHYDRATE

Improves hydration and system function