



# LEAN LIFESTYLE GUIDE

Health Principles for Living Your Goals

## Foundation Products



Metabolic Nutrition System E, C, or 3

The Perfect Lifestyle Plan to Follow the



DAY CHALLENGE™

### Daily Basics:

- Carb moderation: Keeping carbs around/under 30g per meal and 100g per day will help minimize fat storage and enhance your body's ability to utilize stored fat as a fuel source.
- Increase clean protein and healthy fat intake as you reduce carb intake.
- Drink 2-3 liters (60-90oz) of water per day.
- Exercise 30+ minutes at least 5 days per week.
- Take AdvoCare products correctly. Do your best to consume your entire MNS packet by lunch.

### Eat More:

- Clean Proteins: fish, eggs, chicken, beef
- Healthy Fats: avocado, nuts/seeds, coconut/olive oil
- Veggies: salads or steamed/grilled
- Clean Complex Carbs: rice, rice cakes, hummus, oatmeal, couscous and quinoa
- Fruit: fibrous and low glycemic (apples, grapefruit, berries)

### Avoid or Limit:

- Dairy: cheese, yogurt, milk, white sauces or dressing
- Wheat products: bread, pasta, crackers, etc.
- Fried foods, refined sugars and starches
- Coffee, soda, alcohol: drink more water, Spark, and Rehydrate

The Lean Lifestyle products and principles are a foundation for Looking, Feeling, and Performing better. You have the option of stepping right into this Lean Lifestyle plan or beginning your journey with the 24 Day Challenge.

Get Facebook group link from your AdvoCare Coach or Sponsor

## Tips for Success

## Example Eating Plan

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack (if needed)
Before Breakfast: • <b>SPARK</b> • 1st Color <b>MNS</b> Packet  <b>MEAL REPLACEMENT SHAKE</b> -or- Choose one or two: 3 whole eggs 1/2 cup oats with nuts/fruit  • Both White <b>MNS</b> Packets	Choose one or two: 2-3 eggs 1 fruit veggies 1 tbsp nut butter hummus 1-2 rice cakes 4 oz lean meat <b>RTD PROTEIN ADVOBAR</b>	Before Lunch: • 2nd Color <b>MNS</b> Packet • <b>SPARK</b> if needed  Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)  • <b>MNS</b> White Packets if not taken with breakfast	<b>ADVOGREENS POWDER</b> morning or afternoon  Choose one or two: 2-3 eggs 1 fruit veggies 1 tbsp nut butter hummus 1-2 rice cakes 4 oz lean meat <b>RTD PROTEIN ADVOBAR</b>	Protein with vegetables* (steak, chicken or fish with veggies of choice)  *Add rice or 1/2 potato if needed	Choose one or two: 2-3 eggs 1 fruit veggies 1 tbsp nut butter hummus 1-2 rice cakes 4 oz lean meat <b>RTD PROTEIN ADVOBAR</b>

## Personalize Your Plan



TRIM

WELL



FIT



PERFORM



ACTIVE



10 Day Cleanse Program



Cycle Every 90 Days