

24 Day Challenge Days 11-24 "Lean Lifestyle" Phase Instructions

<p>MORNING: Upon Waking</p> <ul style="list-style-type: none"> ❑ MNS first colored packet 30 min before MEAL REPLACEMENT SHAKE. ❑ SPARK: (if desired) Mix contents of SPARK packet with 8 oz. coldwater. 	<p>BREAKFAST: 30 Minutes Later</p> <ul style="list-style-type: none"> ❑ 2 OmegaPlex (if added to the program) ❑ 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 	<p>Mid-Morning (2-3 hours after shake)</p> <ul style="list-style-type: none"> ❑ Eat sensible protein-oriented snack. ❑ AdvoCare's Snack Bars are a great protein-oriented snack. 	<p>30-Minutes BEFORE LUNCH</p> <ul style="list-style-type: none"> ❑ MNS second colored packet 30 minutes prior to lunch. 	<p>LUNCH</p> <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 are MNS Max C or if you did not take at breakfast) 	<p>Mid-Afternoon (2-3 hrs after lunch)</p> <ul style="list-style-type: none"> ❑ SPARK: If desired 	<p>30-Minutes After Spark/Catalyst</p> <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. 	<p>DINNER</p> <ul style="list-style-type: none"> ❑ 2 OmegaPlex (if added to the program) ❑ Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.
<p>TIPS:</p> <p>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!</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>Timing is important for optimal results. Be consistent and follow the scientists timing instructions correctly to feel and look your best!</p>	<p>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.</p>	<p>For better results take Catalyst on an empty stomach 5 min. prior to any exercise.</p> <p>We have put Catalyst a few times on this page. It's up to you when you take it but make sure you at least take 3 capsules/day.</p>	<p>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.</p>	<p>Digestion is important! Let me know if you are not moving waste every day so that we can make the necessary changes.</p>	<p>Drink lots of water everyday!!!</p> <p>Water Goal: Half your body Weight in ounces</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."