



# 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 JUMPSTART™

### 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 Jumpstart™.

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



WELL



FIT



PERFORM



ACTIVE



10 Day Cleanse Program



Cycle Every 90 Days