

# LEAN in 13 CHECKLIST

	DAY 1	DAY 7	DAY 13
Energy (1-10):	___	___	___
Weight:	___	___	___
Waist Inches:	___	___	___

DAY	SUPPLEMENTAL PLAN	WATER	EATING PLAN
<b>1</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>2</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>3</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>4</b> Refuel	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts & Fruit <input type="checkbox"/> Lunch (Protein & Starch) <input type="checkbox"/> Muscle Gain & Fruit (afternoon snack) <input type="checkbox"/> Dinner (Protein & Starch) <input type="checkbox"/> PM Snack (Optional: Protein & Starch)
<b>5</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>6</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>7</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>8</b> Refuel	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts & Fruit <input type="checkbox"/> Lunch (Protein & Starch) <input type="checkbox"/> Muscle Gain & Fruit (afternoon snack) <input type="checkbox"/> Dinner (Protein & Starch) <input type="checkbox"/> PM Snack (Optional: Protein & Starch)
<b>9</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>10</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>11</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)
<b>12</b> Refuel	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts & Fruit <input type="checkbox"/> Lunch (Protein & Starch) <input type="checkbox"/> Muscle Gain & Fruit (afternoon snack) <input type="checkbox"/> Dinner (Protein & Starch) <input type="checkbox"/> PM Snack (Optional: Protein & Starch)
<b>13</b> Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packets #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 Gallon of Water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)

What's next? Continue taking your supplements to burn fat, maintain your ideal goal, keep your ENERGY UP, and gain health. Following the product regimen outlined will ensure that you lose weight, you are retaining muscle. Remember, ENERGY is the KEY to controlled eating and mental capacity to exercise. These suggestions were compiled by AdvoCare Independent Distributors. Please consult your health care provider before making any dietary or fitness modifications.