











LEAN in 13

WHAT AND WHEN TO EAT

1	2	3	4	5	6	7	8	9	10	11	12	13	14	<p>FREE DAY (Day 14)</p> <p>This day you can eat without a “pattern.” If you want to eat a “treat,” go ahead; just don’t overeat (choose moderate portion).</p>
B	B	B	RF	B	B	B	RF	B	B	B	RF	B	FREE!	

AFTER LEAN IN 13: Repeat again OR do a 2:1 burn/refuel OR a 1:1 burn/refuel OR refuel everyday to maintain your new lean body!

MEALS/SNACKS	BURN: Days 1-3	REFUEL: Day 4	NOTES
BREAKFAST			<p>Meal Replacement Shake: Add Water.</p> <p>Optional Add-ins: ice, 1-2 tsp. of flax seed oil or 1-2 tsp. nut butter, Splenda or Stevia.</p> <p>DO NOT ADD: fruit, milk, juice or yogurt</p>
SNACK			<p>Nuts: 1/4 cup; raw or dry roasted.</p> <p>DO NOT EAT: nuts roasted in oil, “candied nuts”, or sugar/honey-coated, etc.</p> <p>Fruit on Refuel Day: About 1 cup of any fruit</p>
LUNCH			<p>Protein: About the size of a deck of cards. If you are still very hungry, eat a few more bites until you are “satisfied.”</p> <p>Red/Green/Yellow: See the “key” below.</p> <p>Refuel Day: Eat an AdvoCare Bar or Meal Replacement Shake as alternative meal options.</p>
SNACK			<p>Muscle Gain: 1 serving plus water.</p> <p>Optional Add-ins: Ice; if you <u>DID NOT</u> add 1-2 tsp. nut butter or flax seed oil to your morning shake, you can add one of them here.</p> <p>DO NOT ADD: fruit, milk, juice or yogurt (Exception: fruit on Refuel Day)</p>
DINNER			Same as Lunch above.
OPTIONAL MEAL/SNACK			<p>Optional: Some people may need to add another meal or small snack. Guideline: If you are VERY hungry two hours after dinner, have a small snack. Go to bed <i>slightly hungry</i>. Waking up hungry? You’re burning FAT!</p>

IMPORTANT: Eat ALL five meals/snacks (do not skip any). Space your meals/snacks at least 2.5 hours apart from each other, but do not wait longer than 4 hours without eating. If you wait longer than 4 hours, you won’t get all five meals/snacks in AND you decrease your results. **WARNING:** The carbohydrate add-ons (fruit/starch) for the Refuel days are KEY to fat burning. **DO NOT** skip the carbs on this day or your results will SLOW DOWN!

Energy and Pre-Workout Drinks: As needed, any time of the day in between meals/snacks.

For intense exercisers: You may use 1 Post-Workout Shake in place of one of your five meals. **Rehydrate:** One serving/workout.

Pure Water:

Remember!
12 cups per day
minimum.
1 cup = 8 oz.

CHOOSE A PROTEIN

(**about 1 cup**) White Fish**, Salmon, Tuna, Chicken, Turkey, Eggs (2 w/ yolks), Egg Whites, Tofu, Lean Ground Beef

CHOOSE A VEGGIE OR COMBO

(**about 1 cup**) Asparagus**, Green Salad, Green Beans, Peppers, Spinach, Onions, Tomatoes, Salsa, Eggplant, Celery, Cauliflower, Broccoli, Cucumbers. NO Corn, Potatoes, Squash, Peas

CHOOSE A STARCH

Sweet Potato**, Brown Rice (1/2 c.), Cooked Oats (1 c.), All-Bran Cereal (1 c.), Beans (1/2 c.) or Fruit (1 c.)

Things to OMIT:

All white flour products, all dairy, soda, deli meat, creamy sauces, dressings, sugar, honey, candy, butter, mayo, fried foods.

Miscellaneous foods that are OK: vinegars, low/no calorie dressings, sprays, flavored seasonings (small portions to avoid high salt content). We recommend pure water over diet drinks. **Foods that may promote faster results (also: grapefruit and almonds for fruit/nut choices)

These suggestions were compiled by AdvoCare Independent Distributors. Please consult your health care provider before making any dietary or fitness modifications.