



# SLIM & TRIM

## LIFESTYLE GUIDE

### Foundation Products



### Tips for Success

#### The 4 Daily Success Keys:

- 1. AdvoCare Products:** Take consistently and correctly. Consume MNS packet by lunch.
- 2. Carb Moderation:** Keeping carbs around/under 100g per day (30g or less per meal) will minimize fat storage and enhance your body's ability to utilize stored fat as fuel. Increase clean protein and healthy fats as you reduce carbs.
- 3. Exercise:** At least 30 minutes 5 days per week with a balance of strength and cardio.
- 4. Water:** 90 ounces or more per day.

#### Eat More:

- Clean Proteins: fish, eggs, chicken, beef
- Healthy Fats: avocado, nuts/seeds, coconut/olive oil
- Veggies: salads or steamed/grilled
- Complex Carbs: rice, hummus, oatmeal, couscous, 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

### Example Eating Plan

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack (if needed)
Before Breakfast: • 1st Color <b>MNS</b> Packet (SPARK recommended!)		Before Lunch: • 2nd Color <b>MNS</b> Packet	"Flat Tummy Cocktail" (SLIM & BIOCHARGE)		
<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>	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	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>

### Add On! Personalize Your Plan



### 10 Day Cleanse Program



Cycle Every 90 Days