Instructions for the 24 Day Challenge

Step 2

- Step 1: 10-Day Herbal Cleanse (Days 1-10)
- Step 2: Lean-In-13 zig-zag eating phase (Days 11-23)
- Step 3: Free Day – eat what you want! (Day 24)

To receive the best results, enter and finish this program with a full commitment and complete it “as designed”. To see the end results of this program, it is recommended that you take before pictures with full body measurements (waist, chest, hips, arms, etc.) and after pictures with after measurements. If you like the results of the 24 Day Challenge program and would like to continue, it is recommended that you repeat Step 2 as many times as necessary to achieve your desired look. Then you can customize your AdvoCare products to meet your needs. Speak with the person who introduced you to help customize a plan!
Step 2: Lean-In-13 (Days 11-23)

What is the Lean-in-13 Program? Use your AdvoCare products (as usual) and then apply a specific eating plan for the course of 13 days. This just makes your body burn fat FASTER! It is intended for the person who is willing to follow a 13-day eating plan and who really wants fast results. The Lean-in-13 program helps to put your metabolism back on the right track and pushes your body into an intense “fat burning” mode. The specific products to use on the Lean-In-13 are listed below:

MNS Max E, MNS Max 3, or MNS Max C  Metabolic Nutrition Systems (MNS®) help you target your specific weight management challenges. MNS Maximum Energy contains a proprietary blend of botanical extracts and nutrients designed to help “rev up” metabolism. For caffeine sensitivity, try MNS Max 3 with half the caffeine or try MNS Max C for appetite control.

Spark TM  Sharpens mental focus and alertness. Long-lasting energy, low calorie and Sugar-free. Take anytime during the day for a natural energy lift.

Meal Replacement Shake in Berry, Chocolate, Vanilla
Nourishes Muscles and Supports Metabolism. A perfectly balanced, satisfying meal. Take within one hour of waking up.
OPTIONAL PRODUCTS

CATALYST  Supports & preserves muscle tone, enhances strength & energy during workouts & forces the body to burn a higher % of fat!

THERMOPLUS  Innovative weight-loss enhancer that contains key botanical extracts to help support efficient metabolism and suppress appetite.

MUSCLE GAIN  Metabolically balanced blend of high-grade proteins that supplies amino acids and other nutrients that are essential to protein synthesis and muscle building in an easy-to-digest formula that includes digestive enzymes to improve absorption of protein.

• MNS*: The “before meal” packs MUST be taken on an empty stomach to work. It is also critical that you EAT within 30 MINUTES after you take each of them (include protein in your meal/snack). This will give you the smooth energy and physical results you are looking for. If you happen to “forget” to take the 2nd pack before lunch, you can wait until the afternoon (when your stomach is empty) to take it. Remember that you will still need to eat a snack or meal within 30 minutes if you choose to take it this way. If you feel “too much energy” or “not enough energy”, ask the distributor to help you switch over to one of the other versions of MNS. The 3rd & 4th packs are rich in vitamins and minerals and require a full stomach to digest them appropriately. Do not take these two without food.

• SPARK/SLAM*: You can take more than one serving of Spark or Slam throughout the day as needed for energy (empty stomach). Some people find it helpful to drink this in the morning with the “before breakfast” set of pills and then again in the afternoon.

• THERMOPLUS*: You want to find the right amount for you based on the overall energy effect you get from this product. You can start with (1) capsule during the times recommended below and increase this amount (up to 3 capsules for even more energy).

• CATALYST*: You can take as much Catalyst as you can fit in during your day (only empty stomach - do NOT take with food.). The schedule below accounts for two times per day, but you may add more or less. Take Catalyst in sets of (3 - 6) capsules at a time. You can eat 30 minutes after taking it.

• MUSCLE GAIN* and MEAL REPLACEMENT SHAKE*: Do not add any other form of protein to either of these shakes (ie. use water, not milk). Do not add fruit, juice, or yogurt to the Meal Replacement Shake (this throws off the carbohydrate / protein balance that is important to fat burning). You can blend fruit with a serving of Muscle Gain in place of your Meal Replacement Shake at breakfast if you wish. This keeps your protein / carb ratio on target. On your “Burn Days”, do not add fruit to your afternoon Muscle Gain Shake; just blend with water (you can add ice for thickness). However, on your “Refuel Day” you will eat fruit separately or blend the fruit in the shake. Don’t skip the fruit add-on on your Refuel Day.

IMPORTANT: Commit to 90-days of MNS at the very least if you are looking for continued results and to feel your best. Every 90 days, stop MNS & ThermoPlus and complete the 10-day Herbal Cleanse, then go back on MNS and ThermoPlus and continue your original routine (you can continue Spark, Catalyst, and Shakes during the Herbal Cleanse).

Note: Your stomach is considered “empty” two hours after the last time you ate.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.
### Meals/ Snacks

<table>
<thead>
<tr>
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<th>BURN DAYS 1 - 3</th>
<th>REFUEL DAY 4</th>
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</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
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<tr>
<td><strong>snack</strong></td>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
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<td><strong>lunch</strong></td>
<td><img src="image5.png" alt="Image" /></td>
<td><img src="image6.png" alt="Image" /></td>
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<tr>
<td><strong>dinner</strong></td>
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<td><img src="image8.png" alt="Image" /></td>
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<tr>
<td><strong>optional meal/snack</strong></td>
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**Notes**
- **Meal Replacement Shake:** Add water. Optional add-ins: ice, 1-2 tsp. of flax seed oil OR 1-2 tsp. nut butter, Splenda or Stevia. **Do NOT add:** fruit, milk, juice, yogurt.
- **Nuts:** 1/4 cup; Raw or dry roasted. **Do NOT eat** nuts roasted in oil, “candied nuts”, or sugar/honey coated, etc.
- **Fruit on Refuel day:** About 1 cup of any fruit.
- **Protein:** About the size of a deck of cards. If you are still very hungry, eat a few more bites until you are “satisfied.”
- **Red/Green/Yellow:** see the “key” below.
- **Refuel Day:** Eat an AdvoCare bar or Meal Replacement Shake as alternative meal options.
- **Muscle Gain:** 1 serving plus water. Optional add-ins: ice; if you did not add 1-2 tsp. nut butter or flax oil to your morning shake, you can add one of them here. **Do NOT add:** milk, juice, yogurt, or fruit (Exception: fruit on Refuel day).
- **Same as lunch**
- **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 slightly hungry. Waking up hungry? You’re burning fat!

**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) to the Refuel Day are KEY to fat burning. Don’t skip the carbs on this day or your results will SLOW DOWN.

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<td><strong>Free Day (Day 14):</strong> This is the day you can eat without a “pattern.” If you want to eat a “treat”, go ahead; just don’t overeat (choose a moderate portion.)</td>
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**Pure Water:** 12 cups per day minimum (1 cup = 8 oz)

**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 to the day. Rehydrate: one serving per workout.

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

**Choose a Vegetable or Combination:** (about 1 cup)
- Asparagus**, Green Salad
- Green Beans, Peppers
- Spinach, Onions, Tomatoes, Salsa, Eggplant, Cucumbers
- Cauliflower, Broccoli, Celery
- Do NOT choose: corn, potatoes, squash, peas

**Choose ONE Starch from the list:**
- Sweet Potato**
- Brown Rice (1/2 cup)
- Cooked Oats (1 cup)
- All-Bran Cereal (1 cup)
- Beans (1/2 cup)
- OR a fruit (1 cup)

**Omit:**
- All white flour products, all dairy, soda, deli meat, creamy sauces, dressings, sugar, honey, candy, butter, mayo, fried food

**Miscellaneous foods that are OK to have:** vinegars, low/no-calorie dressings, sprays, flavored seasonings (Small portions of seasonings as to avoid high salt content.) We recommend pure water over diet drinks.

**** Foods that may promote faster results (also: grapefruit and almonds for fruit and nut choices.)
Detailed Instructions for  
Step 2: Lean-in-13 (Days 11-23) 

Using the eating chart on the previous page, incorporate the following checklist of Lean-In-13 products to be sure you take all of your supplements each day. Print/copy this chart for as many days as needed.

<table>
<thead>
<tr>
<th>Time</th>
<th>Actions</th>
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| Upon rising (ES)      | Drink a Spark  
                        Take 1st MNS “before breakfast” pack  
                        Take (3-6) Catalyst (optional)  
                        Take (1-3) ThermoPlus (Optional) |
| 20-30 minutes later   | Drink a Meal Replacement Shake                        |
| 30 minutes before lunch (ES) | Take 2nd MNS “before lunch” pack  
                        Take (3-6) Catalyst (optional)  
                        Take (1-3) ThermoPlus (optional)  
                        Drink a second Spark (optional) |
| With Lunch            | Take 3rd & 4th MNS “WITH breakfast or lunch” packs |
| Mid-afternoon (ES)    | Drink a Muscle Gain shake (optional)                  |

Example “Burn” Day:  
- (Breakfast) Immediately upon rising, drink a Spark first and take 1st MNS “before breakfast” pack,  
  (3-6) Catalyst (optional), and (1-3) ThermoPlus (optional). After about 20-30 min., drink a Meal Replacement Shake.  
- (Snack) ¼ Cup raw nuts with or without some raw veggies.  
- (Pre-Lunch) 30 minutes before lunch, take 2nd MNS “before lunch” pack, (3-6) Catalyst (optional),  
  and (1-3) ThermoPlus (optional) on empty stomach. Drink a second Spark (optional).  
- (Lunch) Take 3rd & 4th MNS “WITH breakfast or lunch” packs. Eat a lean protein and any vegetable combination.  
- (Mid-Afternoon) Drink a Muscle Gain shake (optional).  
- (Dinner) Eat a lean protein and any vegetable combination.  
- (Optional Meal/Snack) Eat a lean protein and any vegetable combination or ¼ cup raw nuts.

Example “Refuel” Day:  
- (Breakfast) Immediately upon rising, drink a Spark first and take 1st MNS “before breakfast” pack,  
  (3-6) Catalyst (optional), and (1-3) ThermoPlus (optional). After about 20-30 min., drink a Meal Replacement Shake.  
- (Snack) ¼ Cup raw nuts with 1 cup of any fruit (be sure to have a protein with the fruit).  
- (Pre-Lunch) 30 minutes before lunch, take 2nd MNS “before lunch” pack, (3-6) Catalyst (optional),  
  and (1-3) ThermoPlus (optional) on empty stomach. Drink a second Spark (optional).  
- (Lunch) Take 3rd & 4th MNS “WITH breakfast or lunch” packs. Eat a lean protein with any vegetable combination and add a starch from the recommended list on the eating chart.  
- (Mid-Afternoon) Drink a Muscle Gain shake (optional) with 1 cup of any fruit.  
- (Dinner) Eat a lean protein with any vegetable combination and add a starch from the recommended list on the eating chart.  
- (Optional Meal/Snack) Eat a lean protein and any vegetable combination or ¼ cup raw nuts or AdvoCare Meal Replacement bar or another Meal Replacement Shake.
Making Adjustments to Your Program

It is normal to feel *slightly* hungry as your body burns fat. However, you should not feel like you’re “starving.” If you start feeling “bad”, “too” hungry, or you feel fatigued, MAKE THESE ADJUSTMENTS:

1. Readjust the Lean-in-13 pattern of “burn” days and “refuel” days, especially for ACTIVE people, those who are nursing, or for those who need more calories than the average person. (If your workouts are very intense, you WILL need to adjust the burn/refuel pattern.) Here is how:
   - **Change the ratio of burn days to refuel days, keeping the 14th day as a “free” day.**
   - **Change the pattern to 2 burn days + 1 refuel day OR 1 burn day + 1 refuel day.**

2. Drink more water: Not drinking enough water can make you fatigued and can make you “think” you are hungry.
3. Listen to your body: Not any one body is the same, so add more refuel days if necessary. You will still see results!
4. If you are already at your ideal weight, but want a little more “cut”, you can even do back-to-back refuel days (no burn days) and still get to experience great results and be part of the action!

**Hunger Buster Tips:**

1. Be sure you are drinking lots of water: a majority of it in the beginning of the day.
2. Don’t let the day get away from you: if you get so busy that you delay your mid-morning snack and put off lunch... well, hunger comes knocking.... LOUDLY.
3. To fight night-time munchies: Evaluate your fatigue... I know that when I’m tired, my body “thinks” it wants food to get back some energy. You know how kids ask for food at night when it is past their bedtime?? (Other than delay tactics!) If you are roaming around the house at night and think you are hungry, brush your teeth and get to bed.
4. If you get hungry before the next snack/meal 2.5 hour time span, drink 16 oz of water.
5. If you must eat something in the evening after all 6 snacks and meals are done... have an extra serving of vegetables.
6. If you need more appetite control, have you tried MNS Max Appetite Control rather than the MNS Max Energy or the MNS Max 3?
7. Save your spark serving for that time of day that the munchies come.
8. REMEMBER: as your body REALLY gets “hot” burning up a lot of fat, you might feel more hungry. Being hungry IS NOT a negative! It means your body is burning up calories and it needs to burn up more stored fat to use as energy.

**FAQ’s**

- **Why should I use the Lean in 13 Program?**
  1. To Jump Start a new weight loss program.
  2. To break through a weight loss plateau.
  3. To lose a few inches just in time for vacation.
  4. To lose a few inches and recover from a vacation.

The Lean-in-13 program helps to put your metabolism back on the right track and pushes your body into an intense “fat burning” mode.

- **What do I do after I complete the program?**

  Continue your results by nourishing your body with your AdvoCare products. As for the eating plan, you can...
  1. Repeat the 13-day eating plan **OR**...
  2. Repeat and **change** the ratios of burn days to refuel days (i.e., 2 burn days, then 1 refuel)
  3. Pursue regular healthy eating habits and continue taking the AdvoCare products. Make this a lifestyle.

**Do not FORGET to take the 24th Day as a “free” day to eat without a “pattern”! (or the 14th day if you are repeating the Lean-In-13)**