



24-DAY
JumpStart
TRANSFORMATION
GUIDE

Results vary with individual effort, consistency of use, body composition, eating patterns and exercise.

The 24-Day JumpStart® program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Responses to the 24-Day JumpStart® will vary based on individual characteristics. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before beginning any new supplement, exercise or nutritional program.

For more information visit advocare.com.



24-DAY
JumpStart[®]
TRANSFORMATION
GUIDE

Your Journey Begins Now...

W E L C O M E

It's official—you're now part of the AdvoCare family! By committing to the 24-Day JumpStart®, you're making one of the greatest decisions of your life. On the following pages you'll find everything you need to know in order to make the best choices, stay accountable and work toward your goals over the next 24 days and beyond.

This isn't just about taking AdvoCare products, this is your new lifestyle. Stay focused, stay consistent, and if you occasionally slip up, don't sweat it—reset and refocus toward your goals. Remember why you started in the first place and don't give up. We believe in you!

— Team AdvoCare

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GOAL SETTING

As you begin your journey, it's important to set goals. Goal setting is the process of designing what you want to accomplish and devising a plan to achieve the results you desire. Here are our top tips on making a **SMART** goal:

SPECIFIC: A goal should be as specific as possible so you know exactly what you're working toward. "Lose weight," for example, might be too vague. What exactly do you want to achieve and how? Why do you want to achieve that goal? Some examples include: "Fit into my old jeans" or "Maintain a consistent workout routine three to four times per week."

MEASURABLE: You won't know if you've reached a goal unless you measure your progress along the way.

ACCOUNTABLE: Keep track of your journey by writing in this Transformation Guide. Pick a family member or friend to help you stay on track and work toward your goal.

ATTAINABLE: You want your goal to be challenging but within reach. You don't want your goal to be too difficult because you may get discouraged, but you want to pick a goal that isn't too easy (if it was easy, you should have already achieved it).

REALISTIC AND RELEVANT: Each person is different—we all have different capabilities, preferences and resources. Pick a goal that is realistic and relevant to you, and make adjustments as needed.

TIME FRAME: You can divide your goal into different periods to help set milestones you'd like to accomplish each step of the way—we recommend starting with 24 days. What would you like to try to achieve in the next 24 days? Then think longer term into the next 90 days, the next year or the next five years. Start small and build confidence as you work toward your goal.

Remember, it's a marathon—not a sprint. Some goals will take longer to achieve and require more consistent work than others.

WHAT'S YOUR GOAL FOR THE NEXT 10 DAYS?

WHAT'S YOUR GOAL FOR THE NEXT 24 DAYS?

WHAT'S YOUR GOAL FOR THE NEXT 90 DAYS?

WHAT'S YOUR ULTIMATE LONG-TERM GOAL?

MEASUREMENTS

Though the scale is one way to track your progress on a fitness journey, it can sometimes miss key indicators that the changes you are making in your health and lifestyle habits are having a positive impact.

Use a tape measure for accuracy:

CHEST: Measure around the chest/bust at fullest point.

ARM: Measure around the fullest part of your arm, unflexed.

WAIST: Measure around the smallest part of your waistline, typically just at or above your belly button.

HIPS: Measure around the fullest part of your hips, keeping the tape parallel to the floor.

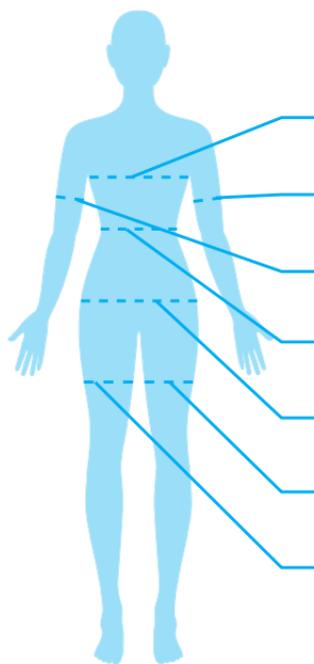
THIGH: Measure the fullest part of the thigh.

Pictures are also a great way to keep track of your progress throughout your journey. We recommend you take pictures whenever you take new measurements.

Here are a few picture tips:

- Wear the same outfit in every picture
- Take the picture in the same well-lit, clutter-free location with the same lighting
- Take multiple angles (front, back, side) while maintaining proper posture and not sucking in or “sticking it out”

LOOK AT YOU GO



DAY AREA	1	11 CLEANSE PHASE	25 MAX PHASE
CHEST			
LEFT ARM			
RIGHT ARM			
WAIST			
HIPS			
LEFT THIGH			
RIGHT THIGH			
TOTAL INCHES			
WEIGHT			

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INTRODUCTION TO PILLARS OF WELLNESS

The pillars of wellness represent the key lifestyle elements that contribute toward your overall health and well-being. At AdvoCare, we believe a sustainable balance of all five pillars is important in order to live a healthy lifestyle and meet your personal health goals. For more information about how you can prioritize each pillar, turn to the corresponding pages in your Transformation Guide.



SUPPLEMENTATION

PILLAR 1

Even with our best efforts to maintain a balanced, healthy diet and lifestyle, nutritional gaps may arise from time to time. Although many of us lead busy lives, it is important to be intentional about the type and kind of food consumed. Food is fuel for the body. Consuming an appropriate mix of foods from specific food groups and subgroups—with the balanced intake of calories—is important to achieving a healthy lifestyle. The foods we consume provide vitamins, nutrients and minerals necessary for your body to function. Foods in our diet that are nutrient dense play an important role in helping us meet the Food and Drug Administration’s (FDA) dietary recommendations for the proper amounts of vitamins and minerals to consume each day. Eating a healthy, balanced diet that incorporates complex carbohydrates, protein and fats helps give your body the building blocks it needs; however, this still may not supply everything needed for optimal health. The Scientific Report of the 2015 Dietary Guidelines Advisory Committee issued by the Office of Disease Prevention and Health Promotion states that the typical American diet is inadequate in fiber, Vitamin C, magnesium, Vitamin A, calcium and potassium.

Supplements are designed to fill in nutritional gaps to help you get the recommended daily amount of vitamins, minerals and nutrients your body needs to function at an optimal level. Supplements are intended to be taken in conjunction with a healthy, balanced diet and should not take the place of nutrients, vitamins and minerals obtained from whole foods consumed daily. Consult your health care provider to ensure dietary supplement products are right for you, and research the quality of the products you choose.



NUTRITION

PILLAR 2

BALANCED DIET

A well-balanced diet is one that contains a variety of nutrient-rich foods including lean proteins, complex carbohydrates, healthy fats, fruits, vegetables and water. It's an eating plan that should be sustainable, one that you enjoy and can consume with friends, family, at home, at work and when traveling. It supports healthy physical activity and provides you with the energy you need to manage the daily activities of everyday living. While it should be strategic, it should not be restrictive and should encompass a variety of foods.

While balance can mean a lot of things to many people, a good rule of thumb is to live by the 80/20 Rule. Eighty percent of the time, focus on consuming nutrient-rich foods and beverages that provide your body the energy and nutrients it needs to participate in exercise and maintain a strong, healthy life. Twenty percent of the time, there is room for some of the foods that you enjoy, but maybe should not be consumed every single day. Birthday parties, vacations and holidays will come, and you should enjoy them, but balance them with other healthy foods and activities.

Remember that balance isn't yes or no, always or never; instead, it consists of making healthy decisions on a regular basis to give your body the energy, nutrients and activity it needs.

UNDERSTANDING CALORIE NEEDS

Calories provide your body with energy and are found in carbohydrates, protein and fats, otherwise known as macro-nutrients. While consuming adequate calories is essential to life, consuming too many calories can have negative effects on body weight and overall health. Long-term consumption of extra calories can lead to weight gain and put you at risk for developing a variety of metabolic-related health issues.

Paying attention to calories is an important part of managing your weight, and all that starts with knowing how many you need. There is no one-size-fits-all approach to nutrition. In order to be successful, long term, it is important to individualize your nutrition needs to your body.

So, how many calories should you be eating on a normal basis? It is different for every person because it's based on a variety of factors. Calorie needs can be calculated based on height, weight, age and gender. This number is called your Resting Metabolic Rate (RMR) and determines the number of calories you need to lie on the couch and do nothing all day or sustain basic life. Next, you multiply in an activity factor based on how much you exercise. This gives you the number of calories required to maintain your weight. From here, you can subtract calories if your goal is weight loss or add calories and muscle-building activities if your goal is to gain muscle.

There are many equations out there including Harris Benedict, Mifflin St. Jeor and more, but to make it easy, here is a simple formula you can use to individualize your calorie needs:

ACTIVITY FACTOR CHART

AMOUNT OF ACTIVITY	ACTIVITY FACTOR
NO EXERCISE	1.2
1-3 DAYS OF EXERCISE	1.3
3-5 DAYS OF EXERCISE	1.4
5-6 DAYS OF EXERCISE	1.5
6 DAYS OF EXERCISE PLUS ADDED WORKOUTS	1.7
HEAVY TRAINING OVER 15 HOURS A WEEK	1.9

AdvoCare compensated Amy Goodson for her work in this Guide.

FORMULA CONTINUED ON THE NEXT PAGE >

CALCULATE YOUR DAILY CALORIE NEEDS

1. Weight in pounds x 10 = Calories to be alive = RMR
_____ lbs x 10 = _____ calories (RMR)
2. RMR calories x Activity Factor = Calories to maintain weight
_____ calories x _____ Activity Factor = _____ Total calories
3. To Lose Weight[†]:
Total Calories – 500 = _____ calories to consume a day
or
To Gain Muscle[†]:
Total Calories + 500 = _____ calories to consume a day
4. Women Only:
Subtract an additional 160 calories from total above = _____ adjusted calories to consume a day

Example:

200-pound person working out 4–5 days a week wanting to lose weight

1. RMR:
200 lbs x 10 = 2000 calories
2. Calories to Maintain Weight:
2000 calories x 1.4 Activity Factor = 2800 Total calories
3. To Lose Weight[†]:
2800 – 500 = 2300 Calories to consume a day
or
To Gain Muscle[†]:
2800 + 500 = 3300 Calories to consume a day
4. Women Only:
Subtract an additional 160 calories from total above = _____ adjusted calories to consume a day

[†] Note: These guidelines are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Responses to the 24-Day JumpStart[™] will vary based on individual characteristics. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before making changes to their nutritional program.

Nutrition is really a game of math. Once you know your calorie needs, you then need to divide them up over the course of the day into your meals and snacks. Ideally, you want to distribute them pretty evenly so that you never get really hungry. For most people in good health, when you eat frequent, balanced meals, your blood sugar and energy levels stay more stable. Here are a few examples of how to break up your calories throughout the day:

TOTAL CALORIES	BREAK FAST	SNACK	LUNCH	SNACK	DINNER	SNACK
1400	400	NONE	400	200	400	NONE
1400	350	150-175	350	150-175	350	NONE
1600	400	200	400	200	400	NONE
1600	350	150-200	350	150-200	350	100-150
2000	500	200-250	500	200-250	500	NONE
2000	400	200-250	400	250-300	400	200-250

CARBOHYDRATES

Carbohydrates are one of your body's main sources of energy. While the media and fad diets have vilified carbohydrates, the truth is that carbohydrates are a vital macro-nutrient (meaning providing calories) that gives your body the energy it needs to live, think, run, jump, chase your kids, go to work and more! In fact, your brain and central nervous system's preferred source of energy is carbohydrates. Without them in the diet, many people suffer from fatigue, low energy and decreased mental activity. And, the more you exercise, the more you need to help fuel your activity.

As with any macro-nutrient, not all carbohydrates are created equal. While each gram of carbohydrate contains 4 calories, the nutrients differ. Some of them, like complex carbohydrates, have a variety of nutrients and health benefits. Others, like simple carbohydrates, provide less nutrients, more sugar and typically contain more calories. When considering what carbohydrates to fuel your body with, it is important to understand what makes up each category of carbohydrates.

SIMPLE CARBOHYDRATES

Simple carbohydrates are made up of mono-saccharides and disaccharides, which are two-part sugar molecules. This type of carbohydrate breaks down quickly and is used as a quick source of energy for the body. Around exercise, this can be great to give the body quick fuel, but eaten in abundance over the course of the day, and you are often left on an energy roller coaster. Because simple carbohydrates digest so quickly, they have the ability to cause spikes and drops in your blood sugar, which can have negative effects on your energy levels.

Typically, simple carbohydrates are often lower in vitamins and minerals as well. In a balanced diet, they should be eaten less often. Here is a list to help you identify where they are found:

SIMPLE CARBOHYDRATE LIST

- Table sugar
- Honey and agave nectar
- Corn and maple syrup
- Candy
- Cookies, cakes and other pastries
- White flour
- Soda
- Sugar-sweetened beverages

COMPLEX CARBOHYDRATES

Complex carbohydrates are made up of glucose (sugar), starch and fiber and breakdown at a slower rate than simple carbohydrates. Because of this, they enter your blood stream slower and help slow dramatic blood sugar spikes and drops. In turn, they also help you stay full longer than simple carbohydrates.

The fiber found in complex carbohydrates does not digest and helps move things along in the digestive tract. Thus, fiber helps you get full a little faster and stay full a little longer than its simple counterparts. There are two types of fiber in the diet, insoluble and soluble. Think of insoluble fiber like a broom that helps move things along digestively. It promotes gastrointestinal mobility and helps you stay “regular”. Insoluble fiber is found in vegetables, whole wheat, bran and foods made with those ingredients. Soluble fiber, on the other hand, plays a significant role in a heart healthy diet. Examples of soluble fiber include oats and foods made with oat flour, beans, legumes, nuts, seeds and fruits where you can eat the skin like apples, pears, peaches, berries, etc.

COMPLEX CARBOHYDRATE LIST

- Whole grains
 - Whole wheat, oats, quinoa, couscous, farro, barley, buckwheat, brown rice, etc.
- Starchy vegetables
 - Potato, sweet potato/yams, corn, peas, pumpkin, winter squash like butternut, acorn and spaghetti squash
- Vegetables
- Beans and legumes

When evaluating calories of carbohydrates, typically the grain foods contain more carbohydrates per serving than beans or vegetables, which means they also have more calories. Foods like pasta, rice, couscous and other grains have more calories than broccoli, for instance. It's not to say you can't eat them, they just need to be accounted for in your total calorie needs. It is important to note, however, that whole grains also provide B vitamins, iron, folate and other nutrients required for optimal health.

Non-starchy vegetables, on the other hand, contain some grams of carbohydrate, but more fiber. They are typically considered a low-calorie food and can be eaten in greater quantities in the diet without providing extra calories. Be sure that you are not lathering your veggies in butter and high calorie sauces, as that can add extra calories. Starchy vegetables like potatoes, sweet potatoes, peas, corn and winter squash contain more carbohydrates than their non-starchy counterparts. They are also a good source of a variety of nutrients, but should be counted for more like a grain than non-starchy vegetables.

Here are a few tips to help you consume more vegetables in your diet:

- Raw veggies dipped in a couple tablespoons of hummus
- Spinach or kale blended into a smoothie
- Baby carrots dipped in 1–2 tablespoons of peanut butter
- Mix vegetables into common recipes that your family already enjoys
- Try shredding or spiraling vegetables to use instead of pasta in dishes like spaghetti and lasagna
- Mash cauliflower instead of potatoes

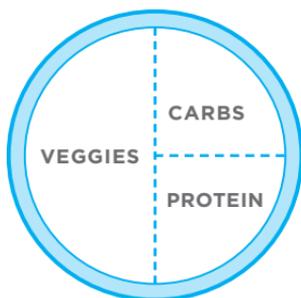
FRUIT

Fruit often straddles the line between simple and complex carbohydrates. Some fruit, like that where you can eat the skin (apples, pears, peaches, berries, etc.), is higher in fiber than other fruits. However, because its primary carbohydrate is fructose, a simple sugar, it typically digests faster than many complex carbohydrates.

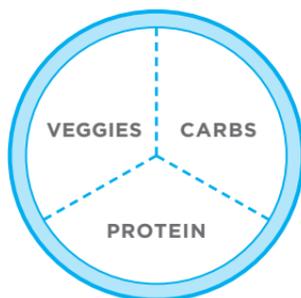
It is important to note that fruit is a nutrient-rich food that contains a variety of vitamins, minerals, antioxidants and other phytonutrients that helps strengthen the body and immune system. Fruit does contain more calories than non-starchy vegetables, so it is important to pay attention to serving sizes. One serving of fruit is considered approximately 15 grams of carbohydrate and provides the body around 60 calories. One serving can be classified as:

- One baseball-size fruit (apple, pear, peach, orange, etc.)
- ½ banana
- ½ cup chopped fruit (pineapple, melons, mango, etc.)
- ¾ cup berries
- ¼ cup dried fruit (raisins, craisins, etc.)
- 15 bite-size fruits like grapes or cherries
- 4 oz 100% fruit juice

The key to carbohydrate intake is to choose quality sources and manage how much you consume. For most people looking to lose weight, making one-fourth your plate carbohydrates, one-fourth protein and one-half vegetables can help manage calories while still providing you with a vast amount of nutrients. If you are a heavy exerciser, shaping your plate to one-third carbohydrates, one-third protein and one-third vegetables can give you adequate energy for your level of activity.



TO LOSE WEIGHT



WITH HEAVY EXERCISE

PROTEIN

Protein is comprised of smaller components known as amino acids. There are actually 22 amino acids, nine which are considered “essential amino acids” because they cannot be made in the body. This means you must get them from the foods you eat or by taking dietary supplements. The other amino acids are also found in food, but can be synthesized by the body. Protein is essential for various functions in the body such as the growth and repair of tissues (including muscle), the production of hormones and enzymes, fluid balance and more. Similar to carbohydrates, each gram of protein provides the body with 4 calories, but protein takes longer to digest. So, you can think of protein as helping you get full faster and stay full longer. Because of this, protein can help to stabilize healthy blood sugar and thus energy levels as well.

Protein sources are considered complete, meaning that they contain all the essential amino acids your body cannot make, or incomplete, meaning that they only contain some of the essential amino acids. Animal proteins such as beef, pork, chicken, turkey, fish, dairy foods and eggs are complete proteins. Some plant sources like soy foods and quinoa are also considered complete proteins. Plant proteins like beans, legumes, nuts, seeds, nut butters and whole grains are considered incomplete. You can still get protein from these foods, but need to get a variety of plant protein options to ensure you are getting all the essential amino acids your body cannot make on its own.

If you eat plant-based, consider pairing your plant proteins to create “complementary proteins,” meaning two foods that together give you all nine essential amino acids. It is not necessary to do this at each meal, but combinations like black beans and brown rice, bean salad with corn and couscous, peanut butter on whole wheat bread or even trail mix with nuts, seeds and toasted oats can help you up the protein in your day to help ensure you are getting everything you need. It is also important to note that most plant proteins contain carbohydrates and protein or fat and protein, which typically results in more calories. So, if you choose to get all of your protein from plants, be sure that you are also evaluating your calories as well.

As with other food groups, there are high and low-quality proteins in which to choose. Typically the recommendation is to consume high-quality proteins that are lean, meaning lower in saturated and total fat. Animal foods naturally contain fat, but there are some small tweaks you can make in order to create a lean protein option:

- Take the skin off your chicken or turkey, or opt for breast meat
- Buy lean cuts of red meat and cut off visible fat
- Choose low-fat or fat-free dairy
- Bake, grill and pan sear instead of fry
- Go with fish—it’s naturally lean

DETERMINING PROTEIN NEEDS

The other piece of the protein equation is knowing how much you need each day. Similar to carbohydrates, this varies based on exercise level and how much you weigh. The Recommended Dietary Allowance (RDA) says 0.8 grams protein per kilogram of body weight can help meet the basic requirements of healthy people. However, this is less of a recommendation and more of a minimal need to maintain health.

So, how can you determine your specific, individual protein needs? First, you need to convert your weight to kilograms (kg). To do this, you divide your weight in pounds by 2.2 and that will give you kilograms. From there, determine how many grams of protein per kilogram of body weight you need to match your activity level. Here is a guide to help you:

ACTIVITY LEVEL	RECOMMENDED PROTEIN NEEDS
Sedentary (no exercise)	0.8 GM PER KG BODY WEIGHT
Moderately Active (a few days a week)	1.0 GM PER KG BODY WEIGHT
Endurance Athletes (runners, cyclists, swimmers)	1.2 - 1.4 GM PER KG BODY WEIGHT
Weight Loss (with activity included)	1.5 GM PER KG BODY WEIGHT
Strength Athletes	1.6 - 1.7 GM PER KG BODY WEIGHT
Heavy Strength Training Athletes	1.7 - 2.0 GM PER KG BODY WEIGHT

My weight _____ lbs divided by 2.2 = _____ kg

My weight _____ kg multiplied by my activity level _____ gm/kg
= _____ gm of protein per day for ME

It can be hard to calculate protein at every meal, so a good rule of thumb is to try to consume a lean source of protein at each meal and a smaller portion at each snack throughout the day.

A food scale can help you dial in on your protein needs. Remember that larger, more active individuals will need more protein than someone who is smaller and less active. Understanding how much protein is in certain foods can help you make educated protein choices throughout the day. Here are some examples to give you an idea:

FOOD	GRAMS OF PROTEIN	REAL LIFE EXAMPLE
3 oz Lean Meat, Chicken, Turkey, Pork, Tofu	21-24 grams	Deck of Cards or Palm of a Woman's Hand
3 oz Fish	18-22 grams	Checkbook
1 cup Yogurt	8-12 grams	Baseball
1 oz Cheese	7-8 grams	Tube of Lipstick
2 Tbs. Peanut Butter	8 grams	Golf Ball

Once you know the grams of protein you need per day, you can use your scale to help you measure out what that looks like in food. While you may not have to measure your protein foods forever, as you get on a healthy eating plan using tools like scales can be helpful to guide you along the right path.

FATS

Like carbohydrates and protein, fat is an essential macro-nutrient in the diet. However, fat yields 9 calories per gram, whereas carbohydrate and protein each only provide 4 calories per gram, meaning that you don't need as much fat in the diet as you do carbs and protein. Dietary fat has a variety of roles in the body including providing insulation for organs and helping with hormone production. Essential fatty acids also serve as an energy source for the body and assist with the absorption of fat-soluble vitamins like A, D, E and K. Fat also helps with satiety and can help you feel more satiated after a meal.

While some people think eating fat will make them fat, that could not be further from the truth. Eating too many calories (from carbohydrates, protein or fat) can cause weight gain, but distributing fat throughout the day can help you get full faster and stay full longer. The American Heart Association and Dietary Guidelines for Americans recommends consuming approximately 20–35% of your total calories from fat. The recommendation further states that 10% should come from monounsaturated fat, 10% from polyunsaturated fat, 10% or less should come from saturated fat and as little as possible from trans fat. The idea is to focus more on the “good” or heart healthy fats and minimize the “bad” or saturated fats.

“GOOD FATS”

One of the categories of “good” fat is monounsaturated fatty acids, and they come from plant foods. This type of fat has been shown to help lower bad cholesterol (LDL) and triglyceride levels and raise good cholesterol (HDL) levels in healthy individuals. Here is a list of the foods where you can find monounsaturated fats:

- Avocados and avocado oil
- Olives and olive oil
- Sunflower oil
- Cashews
- Hazelnuts
- Macadamia nuts
- Almonds
- Pistachios
- Sesame seeds
- Nut butters

The next category of “good” fat is polyunsaturated fatty acids, and it provides two essential fatty acids that your body cannot make. The polyunsaturated fats are also called omega-3 and omega-6 fatty acids or linolenic and linoleic acids. While the Western diet is high in omega-6 fatty acids (found in plant-based foods), most Americans do not get enough omega-3 fatty acids in the diet. However, those that consume a Mediterranean style diet are likely to be eating more omega-3s. Omega-3 fatty acids can also help raise good cholesterol (HDL) levels and lower triglycerides in healthy individuals. Omega-3s can be found in supplements, as well as in certain foods where you can find polyunsaturated fats. Here is a list of the foods where you can find polyunsaturated fats:

- Canola oil
- Soybeans and soybean oil
- Walnuts
- Chia seeds
- Flax seeds
- Mackerel
- Salmon
- Tuna
- Sardines
- Egg yolk

“BAD” FATS

Saturated fat, otherwise known as “bad” fat can contribute to inflammation in the body and when consumed in excess, can contribute to an increase in total and bad cholesterol (LDL) levels. Saturated fats primarily come in animal foods such as meat, the skin on chicken, full-fat dairy and butter. However, they can also be found in palm, palm kernel and coconut oils as well as baked goods, creamy sauces and salad dressings. Here is a list of common foods containing saturated fat:

- Whole fat dairy foods
- Butter
- Gristled and marbled beef
- Visible fat and skin on beef, pork and other animal proteins
- Skin on chicken and turkey
- Small portion of egg yolk
- Coconut oil
- Palm oil
- Palm kernel oil
- Fried foods
- Baked goods and desserts

It's not to say you can't ever consume saturated fat, but it is important to keep it at 10% or less of total calories. Baked goods, desserts and fried foods should fall under the 20% of the 80/20 Rule.

The other “bad” fat is called trans fat. Ideally, you consume little to no trans fat in the diet. For the most part, trans fat is formed in the cooking (frying more specifically) process versus naturally occurring. On a food label and ingredient list, trans fats can be identified by the words “hydrogenated” or “partially hydrogenated”. Trans fats were originally used in packaged products to improve flavor, texture and shelf-life. However, in 2013 the Food and Drug Administration (FDA) made a determination that partially hydrogenated oils were no longer considered generally safe for the public and should be limited and avoided if possible.

Here is a list of foods that do contain or may contain trans fat:

- Fried food
- Margarine
- Shortening
- Packaged cookies, pastries and cakes
- Processed foods containing hydrogenated or partially hydrogenated oils
- Microwave popcorn

FAT IN THE DIET

Remember, that it is important to consume healthy, “good-for-you” fat in the diet; you just don't need as much as carbohydrates and protein. Think of garnishing each meal with healthy fat. Here are a few ideas of how to include fat into your meals and snacks:

- Sprinkle nuts on your oatmeal at breakfast
- Dip your apple or banana in peanut butter as a mid-morning snack
- Add avocado to your whole wheat wrap at lunch
- Dip your raw veggies or pita chips in hummus for an afternoon snack
- Serve salmon with veggies roasted in olive oil for dinner

Here are some easy ways to swap your bad fat for a good fat:

FAT SWAP CHART

HIGH FAT FOOD	HEALTHY SWAP
ALFREDO SAUCE	MARINARA SAUCE
MAYONNAISE	MUSTARD
CREAM CHEESE	PEANUT BUTTER
CREAMY SALAD DRESSING	BALSAMIC VINAIGRETTE DRESSING
TARTER SAUCE	KETCHUP
BUTTER/MARGARINE	YOGURT-BASED BUTTER
FRENCH FRIES	ROASTED SWEET POTATO WEDGES
BISCUIT	ENGLISH MUFFIN
DOUGHNUT OR PASTRY	WHOLE WHEAT TOAST
FRIED CHICKEN	GRILLED OR PAN SEARED CHICKEN

The chart below can help guide you and is based on the American Heart Association®’s heart health guidelines and recommendations.

GET TO KNOW YOUR FAT CHART

HEART HEALTH NUMBERS	OPTIMAL RANGE	WAYS TO IMPROVE
Total Cholesterol	Less than 200 mg/dL	<ul style="list-style-type: none"> • <i>Decrease</i> saturated & trans fat intake • <i>Increase</i> soluble fiber intake • Lose weight • Exercise
LDL (bad) Cholesterol	Less than 100 mg/dL	<ul style="list-style-type: none"> • <i>Decrease</i> saturated & trans fat intake • <i>Increase</i> soluble fiber intake • Lose weight • Exercise
HDL (good) Cholesterol	<i>Men:</i> Greater than 40 mg/dL <i>Women:</i> Greater than 50 mg/dL	<ul style="list-style-type: none"> • <i>Increase</i> unsaturated fat intake, specifically omega-3 fatty acids • Exercise
Triglycerides	Less than 150 mg/dL	<ul style="list-style-type: none"> • <i>Decrease</i> saturated & trans fat intake • <i>Increase</i> unsaturated fat intake, specifically omega-3 fatty acids • <i>Decrease</i> processed carbohydrate intake • Lose weight • Exercise

Guidelines based on American Heart Association Recommendations

http://www.onlinejacc.org/sites/default/files/additional_assets/guidelines/Prevention-Guidelines-Made-Simple.pdf
 Circulation. 2019;139:e1082-e1143- <https://www.ahaGuides.org/doi/pdf/10.1161/CIR.0000000000000625>

If you have a known health condition, consult your health care provider for specific advice on your individual needs.

VITAMINS AND MINERALS

Vitamins and minerals are known as micro-nutrients since they are required by the body in small amounts, but do not provide calories like macro-nutrients (carbohydrate, protein and fat). Micro-nutrients are essential to every metabolic process in your body! They help create energy from the food you eat, strengthen your immune system, help build strong bones, enhance recovery from exercise and so much more. Think of micro-nutrients as the “behind the scenes crew” working to pull off a big concert or the presidential address; you don’t know they’re there, but without them the show would not go on.

While we could spend weeks discussing each vitamin and mineral’s role in the body, it is more important to understand a general view of how certain ones work together to improve your health and where you can find them in food. Knowing the micro-nutrients you need to help strengthen your immune system, build and maintain strong bones and recover from exercise will help you live a more nutrient-rich life!

STRENGTHENING IMMUNE HEALTH

Lots of vitamins and minerals play a role in immune health, but vitamins A, B-6, C, D, E as well as the minerals zinc, selenium, magnesium, iron and copper top the chart in regards to helping your body remain healthy. While you may be thinking “How will I ever get all these nutrients in my diet?”, the truth is that consuming a balanced, nutrient-rich diet can provide you with what you need. Focus on getting a variety of fruits, vegetables, whole grains, lean proteins and healthy fats into your meals and snacks to help boost your immune health.

What are some examples of the foods that contain immune-strengthening nutrients?

- Vitamin A: Orange and yellow fruits and vegetables, cod liver oil, eggs, broccoli, spinach
- Vitamin B-6: Fish, pork, poultry, beef, whole grains, eggs, milk, spinach, carrots
- Vitamin C: Citrus fruits, tomatoes and tomato sauces, bell peppers, green vegetables
- Vitamin D: Milk, fatty fish (salmon, trout, tuna, mackerel), eggs, fortified foods
- Vitamin E: Vegetable oils, nuts, seeds, green leafy vegetables, fortified breakfast cereals
- Zinc: Meat, fish, dairy, eggs, legumes, nuts, seeds, whole grains
- Selenium: Beef, chicken, pork, tuna, tofu, cottage cheese, Brazil nuts, enriched foods
- Magnesium: Avocados, nuts, seeds, legumes, tofu, whole grains, fatty fish
- Iron: Beef, turkey, tofu, shellfish, spinach, legumes, pumpkin seeds, quinoa, broccoli
- Copper: Oysters and shellfish, whole grains, beans, nuts, potatoes, organ meats

BUILD AND MAINTAIN STRONG BONES

Calcium, vitamin D, phosphorus and magnesium are the main micro-nutrient players when it comes to supporting bone health. This is true whether you are building bone ages 0–30 years or striving to maintain bone mineral density age 30 years+. Calcium and vitamin D work in concert together to build bone, as without adequate vitamin D you only absorb about 10–20% of the calcium consumed. The best sources of calcium in the diet are dairy foods (cow’s milk, cheese and yogurt), but some calcium can also be found in fortified and plant foods. Vitamin D can be found in milk, egg yolk and fatty fish (salmon, trout, tuna, mackerel, sardines), but is ideally “consumed” with 15–20 minutes of sunlight exposure in the middle of the day.

RECOVERY FROM EXERCISE

While a variety of micro-nutrients are needed to support exercise, focusing on antioxidants and omega-3 fatty acids can help with the recovery process. Antioxidants help protect cell membranes from oxidative damage that occurs during exercise. They are a classification of vitamins and minerals such as vitamins A, C and E, selenium, zinc and copper. Polyphenols and flavonoids that are found in plants also have antioxidant properties. Bright colored fruits and vegetables are the body’s biggest suppliers of antioxidants, as they are loaded with the nutrients required to rebuild, recover and restore. Animal and plant proteins also provide the body with an abundance of zinc and selenium.

To obtain the vitamins and minerals your body needs, focus on eating a variety of colors of fruits and vegetables. Each color supplies the body with a package of nutrients, so try to eat a rainbow of colors. Ideally, you want to consume at least five servings (more is better) a day. The list below will help you identify what a serving is:

VEGETABLES

- 1 cup green leafy vegetables
- 1 cup raw vegetables
- ½ cup cooked vegetables
- 6 oz 100% vegetable juice

FRUIT

- 1 medium-size fruit (apple, orange, peach, pear, etc.)
- 1 cup berries
- ½ banana
- ½ cup chopped fruit (pineapple, melons, mango, etc.)
- ¼ cup dried fruit
- 15 individual bite-size fruit (grapes, cherries)
- 4 oz 100% fruit juice

PORTION CONTROL

Portion control is an important tool for weight management and consuming the proper amount of calories to help reach your personal goal. The reality is that plates and portion sizes are bigger these days and you need tools and tips in place to help you consume the right amount of nutrition. The goal is to think of eating until you are not hungry, instead of until you are full. Here are some tips to help you control portions:

- Shape your plate! A good rule of thumb is to take your plate and make half of it veggies, one-fourth lean protein and one-fourth whole grains; then if you are hungry, go back for more veggies.
- Pay attention to the serving size on food labels. Some packaged foods list nutrition facts for “1 serving” when the package might contain 2–3 servings total.
- Food scales are another tool that can help you accurately measure the amount of food you need at a setting.
- Use snack baggies to help you measure out bite-size foods like crackers, nuts, etc. A good rule is to portion out the bag or box into how many servings are on the food label. Taking 5–10 minutes after going to the grocery store can help you make better portion decisions all week long.
- Make your meal multiple colors of food as adding color typically means adding fiber, which can help you feel full faster.
- If you struggle with not feeling “full” at meals, try increasing fiber-rich vegetables and drinking more water.
- Watch the clock! Nutrient timing is key to healthy eating. If you skip meals, you set yourself up to feel “starving” and likely to make less optimal food choices. The goal is to fuel your body with nutrient-rich foods every few hours.
- For most people, eating regularly helps stabilize your blood sugar, and thus your energy levels, and also helps you feel hungry and satisfied versus starving and stuffed!
- When eating out at restaurants, here are some tips that can help you make better decisions!
 - Ask for a to-go box and reserve half of your meal for later (portions served in American restaurants tend to be extremely large).
 - Ask for your sauces, spreads and salad dressings on the side when possible.
 - Look for words like baked, grilled, roasted, pan seared, sautéed, and steamed.
 - Avoid menu items with words like crispy, fried, battered, breaded, creamy, buttered, stuffed with, etc.

SUGGESTED FOOD LIST (WITH SERVING SIZES)

The following food lists and tips can serve as a guide to help you complete your daily nutrition log in the Transformation Guide. These food suggestions are merely a guide and not a definitive list of what can and cannot be consumed. Serving sizes vary based on your size, your goal and how much you are exercising. After calculating your calorie goals and protein needs, you should be able to gauge how much you should be eating from the food group lists below.

As always, please consult your health care provider before making any dietary or fitness modifications.

CARBOHYDRATES

Based on your calorie needs and activity level, your carbohydrate needs can vary. For many people, consuming 30–45 grams of carbohydrates at a meal is adequate. This typically equates to about one-half to one cup cooked. Again, this amount can vary for different people, but is a good place to start. You can also think of making carbohydrates one-fourth of your plate and increasing that to one-third of your plate if you exercise one hour or more per day.

CARBOHYDRATE SERVING SIZES:

- Beans, ½ cup dry, 1 cup cooked
- Lentils, ¼ cup uncooked/dry, ½ cup cooked
- Oatmeal, ½ cup uncooked/dry, 1 cup cooked
- Quinoa, ¼ cup uncooked, ½ cup cooked
- Potatoes (any variety), 1 cup or 1 medium potato
- Whole grains (brown rice, whole grain pasta, etc.), ½ cup cooked
- Whole grain bread, 1 slice, ½ English muffin or small bagel
- Whole grain crackers, 10–15 each or 1 serving as indicated on food label

PROTEIN

Based on your calculated protein needs, you can determine how much protein you should be consuming at each meal and snack. A general recommendation is to consume 20–30 grams of protein at each main meal (breakfast, lunch and dinner) and then include some at snacks as well. One ounce of protein typically yields around 7–8 grams of protein.

Based on the one-ounce (or equivalent) serving sizes below, most individuals should consume 3–4 ounces at a meal, to meet the 20–30 gram recommendation, and 1–2 ounces at a snack. A food scale can be a helpful tool to identify what 3–4 ounces looks like. Remember, protein choices can be mixed and matched to provide the

total amount of protein needed at a meal or snack. It is also important to note that some foods, like dairy, beans, nuts, seeds and nut butters, can count toward your total protein intake as well. However, those foods typically also contain carbohydrates and/or fat, so those calories need to be accounted for at that meal or snack.

PROTEIN SERVING SIZES:

- 1 oz meat (beef, pork bison, venison, ground beef)
- 1 oz fish (cooked salmon, halibut, cod, tuna, etc.)
- 1 oz poultry (chicken or turkey)
- 1 large egg
- 1 oz firm tofu or 2 oz extra firm or regular tofu
- 1 oz cheese
- 3 oz Greek yogurt
- 7 oz plain yogurt
- 8 oz cow's milk (also contains 12 grams of carbohydrate)
- 2 tablespoons nut butter (also contains 8 grams of fat)
- 1–2 oz seeds (also contains 5–8 grams of fat)
- ½ cup beans or lentils (also contains various amounts of carbohydrate)

HEALTHY FATS

It can be hard to identify how much fat you should consume at a meal, so think of garnishing each meal with some healthy fat. Remember, the goal is to consume 20–35% of total calories from fat. So, for instance, if you need to consume 1500 calories to meet your goal, then your fat range should be 33–58 grams of fat per day. If you are consuming 2000 calories a day, then your fat range should be 44–78 grams of fat per day.

It is also important to note that you consume grams of fat in other foods like dairy, proteins, etc. Reading food labels and/or tracking your food in an app can help you identify how much fat is in the other foods you are consuming. The following serving sizes each yield approximately 4–5 grams of fat.

FAT SERVING SIZES:

- Avocado, ⅛ medium
- Nut butter, 1 tablespoon
- Olives, 5 large or 10 small
- Seeds, 1–2 tablespoons
- Nuts: 6 almonds, 2 whole pecans/walnuts, 10 large or 20 small peanuts, 1 tablespoon other nuts
- Unsaturated oils, 1 teaspoon

FRUIT SERVING SIZES

- 1 medium-size fruit (apple, orange, peach, pear, etc.)
- 1 cup berries
- ½ banana
- ½ cup chopped fruit (pineapple, melons, mango, etc.)
- ¼ cup dried fruit
- 4 oz 100% fruit juice
- 15 individual bite-size fruit (grapes, cherries)

VEGETABLE SERVING SIZES

- 1 cup green leafy vegetables
- 1 cup raw vegetables
- ½ cup cooked vegetables
- 6 oz 100% vegetable juice

DAIRY SERVING SIZES

- 8 oz milk (skim or reduced fat)
- 6 oz plain yogurt (nonfat or low fat)
- 1 ½ oz low-fat cheese
- ½ cup cottage cheese

FOODS TO LIMIT

- Sugar-sweetened beverages
- Alcohol
- Creamy sauces, spreads and salad dressings
- Fried foods
- Foods made with refined flours
- Processed foods
- Added sugars
- Candy

FRUIT EXAMPLES INCLUDE:

- Apple
- Banana
- Berries (strawberries, blueberries, etc.)
- Citrus Fruits (oranges, nectarines, grapefruit, etc.)
- Grapes
- Kiwi
- Mango
- Melon
- Peach
- Pear
- Pineapple
- Plum
- 100% Fruit Juice

VEGETABLE EXAMPLES INCLUDE:

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Cucumber
- Dark Leafy Greens
- Eggplant
- Green Beans
- Mushrooms
- Onion
- Peppers
- Radishes
- Tomato
- Yellow Squash
- Zucchini
- 100% Vegetable Juice

SIMPLE SWAPS

It can be hard to remove some of your favorite high-calorie foods from your diet, but simple swaps can help you still enjoy the foods you love for less calories. Swapping some of the following foods for more nutrient-rich options can help you eat more nutrients, have more energy and feel better over the course of the day. Here are some examples of simple food swaps:

CARBOHYDRATES	
<i>Avoid or limit high-sugar, low fiber carbohydrates. Instead, look for whole grains that are higher in fiber.</i>	
AVOID/MINIMIZE	BETTER CHOICE
POTATO FRIES	BAKED SWEET POTATO FRIES
WHITE BREAD	WHOLE WHEAT/GRAIN BREAD
FRUIT JUICE	FRESH BERRIES
HIGH-SUGAR CEREAL	HIGH FIBER CEREAL

PROTEINS	
<i>Avoid fried or breaded proteins or proteins cooked in a creamy sauce. Instead, look for lean cuts of meat that are grilled, boiled, steamed or poached with no sauce or sauce on the side.</i>	
AVOID/MINIMIZE	BETTER CHOICE
FRIED FISH OR FISH STICKS	FRESH COD OR WHITE FISH
FRIED CHICKEN	GRILLED, BROILED OR POACHED CHICKEN BREAST
HIGH-FAT PORK (EX. SAUSAGE)	PORK TENDERLOIN
CREAM CHEESE	LOW-FAT COTTAGE CHEESE
GROUND CHUCK	LEAN SIRLOIN BEEF OR FILET MIGNON

FATS

Avoid and limit the intake of saturated fats in your diet. Instead, look for mono-unsaturated and polyunsaturated fats and sources of omega-3 fatty acids.

AVOID/MINIMIZE	BETTER CHOICE
CREAMY DIPS/SAUCES	AVOCADO
MARGARINE	OLIVE OIL
POTATO CHIPS	NUTS AND SEEDS
CORN OIL	CANOLA OIL
FATTY RED MEAT	FRESH SALMON

LOWER CALORIE SAUCES/SEASONING:

- Apple Cider Vinegar (Mix with 1 packet of sweetener and mustard for a DIY honey mustard sauce)
- Balsamic Vinegar
- Ketchup (Ideally reduced-sugar)
- Mustard (Dijon, grainy mustard, spicy mustard)
- Salsa or hot sauce
- Soy Sauce or Liquid Aminos or Coconut Aminos (Low-sodium)
- Sriracha

ADDITIONAL HEALTHY SWAPS

INSTEAD OF	TRY
PASTA	ZUCCHINI NOODLES OR SPAGHETTI SQUASH
BREAD	PORTOBELLO MUSHROOMS OR LETTUCE
CHIPS	MINI BELL PEPPERS OR CARROT CHIPS
SOUR CREAM	0% PLAIN GREEK YOGURT
RICE	SHREDDED CAULIFLOWER RICE
BREAD CRUMBS	OLD FASHIONED OATS
TACO SHELLS	LETTUCE WRAP
MASHED POTATOES	MASHED CAULIFLOWER
SOFT DRINKS	SPARKLING WATER WITH LIME OR LEMON
CANDY	FROZEN GRAPES OR CHERRIES

MEAL PREP AND PLANNING

Meal prep may seem overwhelming when you first start, but it can help you in a variety of ways:

- Make healthier, more mindful choices – When you are prepared with meals and snacks, it can help you avoid temptation. Many people choose a less healthy option when they are not prepared.
- Save money – Planning ahead, making a grocery shopping list and having healthy meals and snacks available is typically cheaper than eating out or grabbing food on-the-go.
- Save time – Taking a few hours to meal prep one day a week can help you save time the other six days, as well as make better choices.

To get started meal prepping, start small and keep it simple. Plan one to two meals a day and pack healthy snacks that don't require any prep. AdvoCare Meal Replacement Shakes require minimal prep time and take the guesswork out of breakfast! AdvoCare Ready-to-Drink Protein is great for on-the-go nutrition, especially in place of an afternoon snack.

What does a meal prep day look like? Dedicate a few hours and save time throughout the week.

1. GROCERY SHOP – Create a plan, make a grocery list and stick to it!

- Tip: Stick to the outer edges of the grocery store for most of your shopping, as this is typically where you find produce, dairy, meat and other whole foods. When you go through the aisles, be on the lookout for high fiber, less processed carbohydrates like whole grain breads, quinoa, rice, etc., healthy fats like nuts, seeds and nut butters, spices to cook with, etc.
 - If you're getting condiments, be mindful of the sugar and sodium content—take a look at the food label and ingredient list to double check your choice.

2. PRODUCE PREP – When you get home, take time to peel, chop and cut all your produce.

- Put prepped veggies and fruit into containers in the fridge so that they are easy to grab for a snack or to toss into a dish for an easy dinner.
- Roasting is a delicious way to eat vegetables and often a great way to learn to like other veggies. Drizzle your veggies with olive oil, herbs and spices then cook on 400 degrees F for 45 minutes to an hour. Store in an airtight container in the refrigerator. Veggies cooked like this can stay fresh in the fridge up to five days, making veggies an easy addition to weeknight meals.

3. SNACK-BAGGIE TEMPTING FOODS

- If foods that come in large packages like nuts and crackers tempt you to eat too many, try snack bagging them right after you grocery shop. Use the serving size on the box or bag to determine how many servings are in the container. From there, get out that many snack bags and separate. This will make your life easier when it comes to snack time as well as help you watch your portion sizes.

4. PICK ONE OR TWO PROTEINS FOR THE WEEK – Having protein options already cooked can make it easier to increase meal variety.

- Choose one or two protein options that can be used in a variety of meals and cook those on your prep today.
- Flavoring your protein with basic seasonings can make it easier to add to various dishes.
- For example, cook chicken in a slow cooker or pressure cooker to be used for a basic carb-protein-veggie meal, wrapped up in chicken lettuce tacos, tossed into a soup or as a protein addition to a salad. Similarly, ground beef or turkey can be used in tacos, taco salad, zucchini-noodle pasta dishes and even in breakfast scrambles.

5. MAKE BREAKFAST EASY – Breakfast can be a struggle for many people due to morning time constraints so prep what you can beforehand.

- The AdvoCare Meal Replacement Shakes are a great option to mix in the morning. They can also be used to make overnight chia puddings.
- Adding milk or yogurt to oats in a jar (with a lid) and mixing in some of your favorite nut, seed and fruit toppings to make “overnight oats” can make getting fiber and protein easy in the morning.
- Egg muffin cups are another great way to prep breakfast. Choose a cheese, meat and vegetable and whip up a batch on the weekend. Store in an airtight container, and you have protein ready to go for busy mornings.

Here are some **MEAL IDEAS** that include protein, high-fiber carbohydrates and vegetables to help fuel your day:

Fruit

Eggs Scrambled
with Veggies

Whole Wheat
Toast

Smoothie
with Greek
Yogurt, Low-Fat
Milk, Fruit &
Peanut Butter

Oatmeal
with Almond/
Peanut Butter
Greek Yogurt

Salad with
Chicken, Cheese,
Nuts, Fruit, Balsamic
Vinaigrette and
Whole Wheat
Crackers

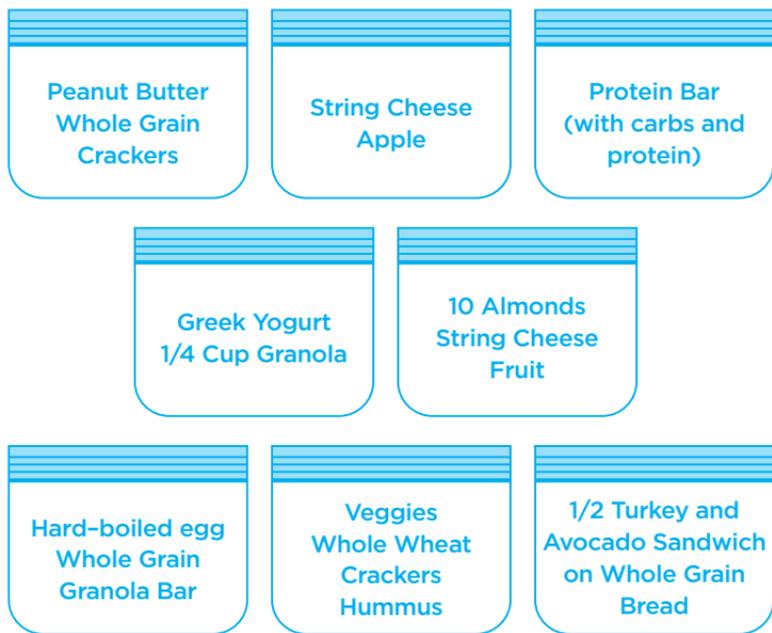
Whole Grain
Wrap with Chicken,
Cheese, Hummus,
Veggies
Side of Fruit

Chicken Bowl:
Sautéed Chicken
Brown Rice
Veggies

Salmon
Roasted Sweet
Potato
Asparagus

Lettuce Tacos
Lean Ground Beef
Quinoa
Roasted Veggies

HEALTHY SNACKS are essential to help you ward off afternoon vending machine calls. Consider packing snacks in your lunch box and keeping them handy in your purse, desk as well as at home in the pantry and fridge.



Having snacks that can be stored in a work bag or desk are key for afternoon snack attacks when you need fuel to keep working or chase kids. These are easy options that will help you feel satisfied and keep you from looking for junk food around the office or your house.

- Nuts
- Turkey Jerky (Watch out for sodium levels and added ingredients)
- Whole grain crackers and nut butter
- Tuna (in water)
- Protein Shakes (like AdvoCare BodyLean 25™)
- Protein bars (like AdvoBar®)

HOW TO UNDERSTAND A FOOD LABEL

Food labels can be confusing to read and understand, but being aware of some easy tips can help you identify better choices when grocery shopping.

1 First, look at the “Serving Size” and “Calories per Serving”. Many food items have more than one serving per container so be aware of how many servings you are eating! Multiplying the number of servings per container by calories per serving can help you determine how many calories are in a food item and thus, how much you should consume.

2 Second, look at the “Total Carbohydrate” category to assess for fiber and added sugars. If added sugar is listed, that means the product has sugar added and the goal is to limit those in the diet.

- *Dietary Fiber*: Look for high-fiber foods (6 grams or more per serving)
- *Sugars*: Some foods contain natural sugar like products made with fresh or dried fruit. While naturally occurring, it still counts toward your total carbohydrate and sugar calories. Added sugars, on the other hand, are found in certain packaged foods and beverages; this means sugar has been added to sweeten the product. Note that added sugars can come from honey, agave nectar, fructose, high fructose corn syrup, dextrose and other ingredients that mean “sugar”. The goal is to consume minimal added sugars in the diet as they can add up to additional, unwanted calories. A good rule of thumb is for the product to have less than half of its total carbohydrates coming from sugar.

3 Third, look to see if the product has protein. Many grain-based foods won’t have much protein per serving and that is okay; you will just need to add protein to the meal or snack when you eat that food item. Animal based products, soy foods, beans, lentils, legumes, nuts, nut butters, seeds and foods made with these ingredients are likely to contain more protein than other foods.

4 Fourth, check out the “Total Fat” and “Saturated Fat” grams. Though some saturated fat is fine to have in the diet, you want to limit it from packaged foods. Try to choose foods that have one gram of saturated fat or less per serving and look for more polyunsaturated and mono-unsaturated fats on the label as those are the good fats!

5

Fifth, assess how much sodium (salt) is in the food product. The goal is to eat 2,300 mg sodium or less per day if you are a healthy individual.

- A low sodium food is considered one with 140 mg of sodium or less per serving

6

Finally, check out the ingredient list! Ingredients are listed in order of amount they are used in the product. If some type of sugar is listed first, try looking at a different brand or version. Also, when reading the names of flours, try to choose whole wheat/grain/oat flour. Typically, if the product has a shorter ingredient list that means it has less things added to it, which is often (not always) a good sign.

Food labels have been modified to help consumers better identify what's important. The picture below shows what changes have been made and how the food label can now better help you understand what's in the food you are eating.

NEW LABEL: WHAT'S DIFFERENT

Servings: *larger, bolder type*

Nutrition Facts	
28 servings per container	
Serving Size	1 scoop (36g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 50mg	17%
Sodium 50mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 25g	50%
Vitamin D 0mcg	0% • Calcium 180mg 14%
Iron 0.2mg	1% • Potassium 70mg 1%

Serving Sizes *updated*

Calories: *larger type*

Daily Values: *updated*

New: *added sugars*

Change: *in nutrients required*

actual amounts declared

Footnote: *new*

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HYDRATION

Maintaining proper hydration is a key component to your health. Water helps your body in a variety of ways including:

- Regulating body temperature
- Helps lubricate and cushion joints
- Helps rid the body of wastes through urination, perspiration and bowel movements

In fact, depending on age, the human body is comprised of 60–80% water, making it essential that you're hydrating continuously. The general guideline is to consume half your bodyweight (in pounds) in ounces of fluid per day. Exercise will increase your fluid needs, an additional five to ten ounces for every 20 minutes of consistent activity.

Most people are walking around dehydrated on a daily basis. How do you know if you are hydrated? The easiest way is to look at the color of urine. Pale yellow to clear is generally deemed “hydrated” while apple juice and darker usually means “dehydrated”. You are more likely to be dehydrated when you wake up in the morning, when it is really hot and humid outside and/or if you workout twice a day. These are times you might need to drink more than what is “normal” for you. Even mild dehydration can cause dizziness, muscle cramps, and fatigue, and extreme dehydration has further consequences.

Most of your fluid needs can be obtained through the water and beverages you drink, as well as through some of the types of foods you eat. So, what beverages count toward your total fluid needs? All beverages except for alcohol. Fruit, vegetables and soups can also help you reach your hydration goals.

It is important to note that not all beverages are created equal. Water is always a great, calorie-free option for hydration, but many of the beverages people consume also contain calories. The problem with this is that many sugar-sweetened beverages provide extra calories with little to no nutrient value. Fluids like soda, sweet tea, lemonade, fruit juices, fancy coffee beverages and even some smoothies can tack on unwanted calories.

JUICES

Even the new pressed juices and antioxidant smoothies need to be evaluated. While they might be full of nutrients, they are often high in calories as well. It's not to say you can't drink them, but you need to make sure you allow for them in your total calorie intake. A good rule of thumb is to eat your fruit and not drink it, as you typically get more fiber and less calories by eating the whole

fruit itself. However, if you want to juice, the best way is to create a base with vegetables and then add 2 servings of fruit (see carbohydrate section for serving sizes). This allows you to have a fairly sweet, nutrient-packed juice for way less calories than fruit juice alone. Another option is to actually blend or puree the whole fruit and vegetable. There are many fancy blenders on the market that have the capability to puree, which will allow you to get the benefits of the nutrients and fiber to help with satiety.

ALCOHOL

While alcohol can be included in a healthy diet, it can also add up to lots of calories if you are not careful. The American Heart Association states that one “drink” a day for women and two for men is safe for those that want to consume alcohol. Note that a “drink” is designated by appropriate serving sizes (For example, 5 oz red wine or 12 oz beer), not by the size of your glass. And like other fluids, the calories must be counted.

Certain drinks such as red wine, have actually been shown to offer numerous benefits when consumed in appropriate amounts. Tannins, which give red wine its color, have been linked to heart health; and resveratrol, a powerful antioxidant, protects against cell damage.

Beverages can be tricky and for many, derail their goal. So, take inventory of what you are drinking and how much. See if those beverages are adding a significant amount of calories to your day and if they are, consider some simple sip swaps.

*Reference based on American Heart Association Recommendations
https://www.heart.org/HEARTORG/Conditions/Alcohol-and-Cardiovascular-Disease_UCM_305173_Article.jsp?appName=MobileApp*

SIMPLE SIP SWAP

BEVERAGE	APPROXIMATE CALORIES	APPROXIMATE EXERCISE REQUIRED TO BURN THE CALORIES OFF
WATER	0 CALORIES	0 MILES
LARGE SWEET TEA	220 CALORIES	2.25 MILES
20 OZ BOTTLE OF SODA	240 CALORIES	2.5 MILES
16 OZ BOTTLED JUICE BLEND	260 CALORIES	2.75 MILES
3 (5 OZ) GLASSES OF RED WINE	320-350 CALORIES	3.5 MILES
20 OZ FRUIT FUSION SMOOTHIE	355 CALORIES	3.5 MILES
VENTI FRAPPUCCINO (MOCHA) WITH WHIP	410 CALORIES	4 MILES
5 (12 OZ) LIGHT BEERS	480-530 CALORIES	5 MILES
5 (12 OZ) REGULAR BEERS	750 CALORIES	7.5 MILES
2 (8 OZ) FROZEN MARGARITAS	800-1200 CALORIES	8-12 MILES

CAFFEINE

Caffeine is a naturally occurring substance found in a large variety of plants and beverages we consume. Caffeine is a thoroughly researched ingredient, and the general consensus is that a moderate amount consumed daily is not harmful. It is important to remember, however, that everybody and every body is different. Those that are extra sensitive to the effects of caffeine should carefully monitor their consumption and discuss with their physician if necessary.

Newer research supports that on average, a healthy person can safely consume up to 500 mg of caffeine a day. It is important to be cognizant of the foods, drinks and supplements you consume and how much caffeine they contain. Coffee, tea, chocolate and other beverages all contain various amounts of caffeine per serving.

AdvoCare Products containing caffeine:

- Spark® (120 mg)
- AdvoCare Slam® (120 mg)
- MNS® 3 (130–160 mg)
- MNS® C (300–320 mg)
- MNS® E (338–412 mg)
- ThermoPlus® (40–50 mg)
- Pre Workout (120 mg)
- BioFuel® (110 mg)

Note: Products with a range of numbers listed contain caffeine from herbal sources, therefore, a range is an approximation of the total caffeine content.

FUELING WORKOUTS

It is important to consume the right foods at the right time to fuel your workout and promote optimal recovery. Knowing what to eat and when can help you have the energy you need to train at an optimal level.

PRE-WORKOUT FUEL AND HYDRATION

The goal of a pre-workout meal or snack is to provide the body with fuel and hydration to get to and through the workout, whether that be cardio, weight training or a combination of the two. Ideally you include a pre-workout meal 2–4 hours before activity that is rich in complex carbohydrates (think oatmeal or brown rice), moderate in lean protein (think chicken or dairy), lower in fat (think nuts and oils) and fiber (think broccoli and cauliflower). You also want to be sure to consume plenty of fluids pre-workout, at least 16–20 ounces. This will help to give you the energy you need to move. Nutrient-rich examples of pre-workout meals include:



If a meal isn't a feasible pre-workout option and you need to eat something closer to your activity, try a snack with carbohydrates and protein. Here are some examples:

**Greek Yogurt with
Berries and Whole
Grain Cereal**

**Whole Grain
Granola Bar
String Cheese**

**Apple or Banana
Peanut butter**

**Turkey and
Cheese Roll-Ups
Grapes**

**Fruit
100 Calorie
Pack of Nuts
String Cheese**

**Whole Grain
Crackers
Cheese**

**Whole Wheat
Bread
Peanut Butter**

**Energy Bar
with 5-10 grams
of Protein**

**Small bowl of
whole grain cereal
with low-fat milk
and nuts**

**Smoothie with
whey protein,
fruit and water
or low-fat milk**

If you workout early in the morning and don't have time to eat hours before, try a granola bar, banana or even dry cereal or crackers within the 30 minutes before you get moving. If the workout will be intense or extra long, pump the snack up to one of the ones listed above.

DURING-WORKOUT FUEL AND HYDRATION

During exercise, your main goal is to stay hydrated. Ideally, you should be consuming 5–10 ounces of fluid every 20 minutes of consistent movement. For those exercising 0–90 minutes, water should be an appropriate way to hydrate. The sports nutrition recommendation for fueling during exercise longer than 90 minutes is 30–60 grams of carbohydrate per hour. If you are training for a marathon or endurance event and know your workout will be hours long, then start fueling with carbohydrates earlier so you don't get behind. If you have never consumed fuel during exercise, start practicing on long runs and/or rides with approximately 20–25 grams of carbohydrates every 30 minutes. Examples include 8 ounces of a sports drink and a few bites of a granola bar.

POST-WORKOUT FUEL

Post-workout is all about recovery. Think of recovery as having 3 Rs: Replenish, Rebuild, Rehydrate. Replenish means you need carbohydrates to replace what was burned off in exercise. Rebuild means you need protein. Exercise causes breakdown and thus requires high-quality protein to help rebuild and repair muscle fibers. Rehydrate means you need to drink adequate fluid to replace the sweat and electrolytes you lost in sweat.

Ideally you want simple carbohydrates immediately post-workout because it breaks down quickly. While all proteins can work, whey protein is the ideal protein choice after a workout as it is also quick digesting and contains the highest content of leucine, an amino acid that independently has been shown to stimulate muscle re-synthesis after a workout.[†]

The goal is to eat as quick as you can post-workout, but definitely within 45 minutes. If you can do it faster, then great! Again, your post-workout snack calories need to be included in your daily calorie intake. Many people don't feel hungry immediately after a workout, so shakes and smoothies can be a nutrient-rich option to start recovery. Plus, it can count toward rehydration. Get a quick snack in within the 45 minutes after a workout, and then follow it up with a meal of complex carbohydrates, lean protein, veggies and fluid and hour or two after.

Here are some nutrient-rich, high-quality protein post-workout recovery snacks:

- Low-fat chocolate milk
- Vanilla yogurt with fruit and honey, water
- Protein Bar, water
- Beef or turkey jerky, a banana, water
- Smoothie made with low-fat milk, whey protein and fruit

[†] <https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/nutritionathleticperf.pdf>

EXERCISE

PILLAR 3

Any amount of physical activity is better than none, but the recommended amount is 150 minutes per week (or two hours and 30 minutes) in at least 10 minute intervals.

The CDC recommends adults receive:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week AND muscle-strengthening activities on 2 or more days a week

OR

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity every week AND muscle-strengthening activities on 2 or more days a week

OR

An equivalent mix of moderate and vigorous-intensity aerobic activity AND muscle-strengthening activities on 2 or more days a week

INTENSITY

- *Moderate*: Brisk walking, water aerobics, general gardening
- *Vigorous*: Jogging, jump rope, heavy gardening

TYPES OF ACTIVITY

- *Aerobic activity*: Any endurance activity performed in a rhythmic manner for a sustained period of time. These activities typically increase your heart rate and help improve cardiovascular fitness.
- *Muscle strengthening*: Any activity which increases skeletal muscle strength, power, endurance and mass. It is imperative to work all major skeletal muscle groups such as shoulders, chest, triceps, biceps, abdomen, legs and back.

IDEAS TO GET MOVING

Having an active lifestyle does not mean you have to go to the gym, although working out at the gym is great to do. It may just mean being a little more creative. Below are some suggestions on ways to incorporate physical activity into your daily routine:

AT HOME:

- Garden or mow the grass
- Go on a short walk
- Walk the dog
- Stand while talking on the phone
- Park further away when shopping
- Jog in place or do squats while watching TV

AT WORK:

- Brainstorm project ideas with co-workers while taking a walk
- Use a standing desk
- Walk to speak to someone instead of using the phone
- Take the stairs instead of the elevator
- Walk while waiting for the plane at the airport
- Participate in a recreational league at your company
- Walk around your building during a break during the work day or during lunch

AT PLAY:

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging or bicycling
- Join a recreational club that emphasizes physical activity
- At the beach, sit and watch the waves instead of lying flat
- Better yet, get up and walk, run or fly a kite
- When golfing, walk instead of using a cart
- Dance

STRESS MANAGEMENT

PILLAR 4

Stress is your body's normal response to a challenge or demand. Not all stress is negative; in fact, a little stress can be a good thing when managed properly. Short-term and low levels of stress can help motivate you to achieve your goals, meet a deadline or get away in a dangerous situation. Prolonged periods of stress can become unhealthy. When experienced continuously, stress can cause cortisol, the flight or fight hormone, to be released from the adrenal gland. A high level of circulating cortisol is associated with bad food choices and weight gain. Long bouts of stress can lead to negative outcomes such as irritability, reduced sleep, bad food choices and negative effects on cardiovascular health. Some common indicators of stress are headaches, muscle pain/tension, fatigue, overeating, social withdrawal and exercising less often. Managing stress is a key aspect of a healthy lifestyle. While stress is inevitable, there are many ways to help negate its effects and keep stress levels under control. Creating a stress-management strategy is a fantastic way to keep your stress in check.

- *Listen to music.* Research studies confirm that music is able to change the mood of the listener. Music with stringed instruments, drums, wind instruments as well as sounds of rain or nature sounds are the most effective at relaxing listeners.
- *Go for a walk.* Walking (or any type of physical exercise) helps with the release of endorphins. Endorphins are mood-boosting hormones. Walking can also put individuals in a meditative state.
- *Meditate.* Stress initiates the fight or flight response. Meditation may help structurally transform the brain and change its response to stress.
- *Read.* Reading is a great way to relax. It has been shown as little as 10 minutes of reading can be enough to decrease stress levels by more than 68 percent.

- *Laugh.* Research shows that laughter has the ability to reduce stress hormones by as much as 70 percent. Even the anticipation of laughter has been shown to reduce stress.
- *Step away.* One key strategy of stress management is to get away. It sounds obvious, but sometimes the quickest way to de-stress is to walk away from a stressful situation to regroup and collect your thoughts.
- *Hug.* Hugging is a great way to signal the body to let go of stress. Scientific data has revealed that the hormone oxytocin is released when people hug. Oxytocin can illicit anti-stress effects like the lowering of blood pressure and cortisol levels. Oxytocin is also able to increase mood-altering hormones like serotonin and dopamine, which is thought to cause the warm and cozy feeling you get when you get a hug.

SLEEP

PILLAR 5

Sleep is one of the most underrated parts of a healthy lifestyle. One-third of your life is spent sleeping, which means it is an important part of daily life. While sleeping, memories are solidified and consolidated. During the day, the brain takes in large amounts of information; overnight, the information is processed and transferred from tentative, short-term memory to stronger, long-term memory in a process called consolidation. The body needs sleep in order to rejuvenate and repair damage to the body that may have occurred during the day. The American Academy of Sleep Medicine recommends adults aged 18 years and older sleep at least 7 hours each night to promote optimal health and well-being. Sleep satisfaction is associated with higher levels of daytime energy. Unhealthy levels of stress and a bad diet can negatively impact sleep. When possible try to find healthy outlets like exercise and meditation to help manage stress as well as choose healthy sleep-promoting foods to help get a good night's rest.

PREPARE A COMFORTABLE & RELAXING ENVIRONMENT

- Keep your room comfortably cool.
- Switch off your TV. Put your phone on silent and use light blocking (blackout) curtains in your bedroom.
- Sleep on a comfortable mattress and pillow to help support your natural sleeping position.
- Avoid eating heavy meals and caffeine later in the day, and limit fluid intake close to bedtime.
- Limit your exposure to bright light and sunlight during the evening hours leading up to slumber.

CREATE A ROUTINE THAT IS EASY TO FOLLOW & MAINTAIN

- The time immediately before going to bed is crucial to your quality of sleep.
- Go to bed at the same time each night and wake up at the same time each morning, even on the weekends.
- Maintain an active lifestyle during the day.

MEAL REPLACEMENT SHAKES + ADDITIONS

The AdvoCare Meal Replacement Shakes can be a convenient option for consuming protein and other nutrients. As a snack they are likely sufficient in calories for most people; however, some people may need more calories if consuming the shakes as breakfast. In the previous sections, you learned how to calculate your calorie needs, as well as how to distribute them over the course of the day. If you find you need more calories at breakfast, you can mix the AdvoCare Meal Replacement Shakes with add-ins. Here are a few nutrient-rich additions for your shake:

- Blend your shake with milk instead of water (Adds 80–150 calories per cup depending on skim, 2% or whole milk)
- 6–8 oz Greek yogurt (Typically adds 80–120 calories depending on fat fat free, 2% or whole milk base)
- Nut butters like peanut and almond (Adds 95 calories per tablespoon)
- Peanut butter powder (Adds 25–30 calories per tablespoon)
- Fruit (Adds approximately 75 calories per serving—see fruit section for serving size)
- Non-starchy vegetables (Adds very little calories and lots of nutrients)

KEEPING TRACK USING THE DAILY CHECKLISTS

Use the following pages to keep track of your journey over the next 24 days. Writing down your goals and keeping track of your food choices, supplements, sleep, stress, and exercise helps you stay accountable and gives you an opportunity to go back, review and make adjustments based on what you wrote down.

HERE ARE A FEW TIPS FOR SUCCESS:

1. The night before or as soon as you wake up, set your goal for the day. Each day can have a focus on a different area whether it's nutrition choices, working out, your attitude, or whatever goal is going to help you stay on the right track.
2. Use the pages to plan out your meals ahead of time, especially if you're eating out—feel free to write in the pages or print out extras from advocare.com to take on the go.
3. Make sure to look ahead to know which AdvoCare products you're taking each day. That way, if you're traveling or away from your home, you're prepped and ready to take your products at the proper time. Try setting reminders on your phone to help you remember, too!
4. Look back on your days—were there days when you ate too much, ate too little, or didn't take supplements properly? Did you sleep enough? Use this as a Guide to go back and look at what happened so you can make adjustments as needed.
5. Share your days with a trusted friend or family member. These pages are great ways to stay accountable and focused—a friend or family member can help you stay on track!

Remember, the following pages are merely suggestions for making the most of your days on the 24-Day JumpStart®. Find what works best for you and make tweaks along the way. Long-term consistency is key, so if you make a mistake or go off track, don't sweat it. Get back to making healthy choices and working toward your goals.

Let's get started!

DAILY
CHECK
LISTS

DAY 1

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #1

Nutrient-rich snacks with fiber and protein can help prevent energy lulls and are a great way to add nutrients to your day. Plan an afternoon snack between lunch and dinner to help yourself make better portion decisions at dinner time.

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="checkbox"/> AdvoCare* Fiber (follow with 8 oz of water) <input type="checkbox"/> Protein: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fruit: _____ <input type="checkbox"/> Fat: _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____ <input type="checkbox"/> OmegaPlex*
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 2

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 2

When choosing snacks, try to include food groups that you might miss in meals like dairy or fruit. Adding milk, cheese, yogurt and fruit to snack time can increase your nutrient intake!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="checkbox"/> AdvoCare* Fiber (follow with 8 oz of water) <input type="checkbox"/> Protein: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fruit: _____ <input type="checkbox"/> Fat: _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____ <input type="checkbox"/> OmegaPlex*
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 3

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 3

Live the 80/20 Rule. Eighty percent of your diet should come from nutrient-rich foods like whole grains, lean proteins, dairy, healthy fats, fruits and vegetables. Twenty percent of your diet can come from less nutrient-rich foods that likely have more calories, fat and sugar and less vitamins and minerals like fried foods and pastries.

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="radio"/> AdvoCare* Fiber (follow with 8 oz of water) <input type="radio"/> Protein: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fruit: _____ <input type="radio"/> Fat: _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____ <input type="radio"/> OmegaPlex*
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
BEDTIME	<input type="radio"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 4

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 4

Consuming soluble fiber can help you get full faster and stay full longer after a meal! Add soluble fiber to your eating plan with foods made with oats, fruits where you can eat the skin (apples, pears, berries), almonds and seeds.

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="radio"/> AdvoCare® Fiber (follow with 8 oz of water) <input type="radio"/> Protein: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fruit: _____ <input type="radio"/> Fat: _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____ <input type="radio"/> OmegaPlex*
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
BEDTIME	<input type="radio"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 5

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 5

Watch out for sneaky sources of sodium! Your dietary intake of sodium should be at or under 2,300 mg. per day. You can lower sodium intake by eating less processed and packaged foods, less restaurant food, less frozen entrées and filling up on more whole foods like fruits, vegetables and dairy!

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="radio"/> AdvoCare® Fiber (follow with 8 oz of water) <input type="radio"/> Protein: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fruit: _____ <input type="radio"/> Fat: _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____ <input type="radio"/> OmegaPlex*
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
BEDTIME	<input type="radio"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 6

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 6

Breakfast is the most important meal of the day because it breaks your overnight fast and sets the base for your energy and blood sugar throughout the day. Don't make it a small snack; be sure to get in high fiber carbohydrates and protein to start your day!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="checkbox"/> AdvoCare® Fiber (follow with 8 oz of water) <input type="checkbox"/> Protein: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fruit: _____ <input type="checkbox"/> Fat: _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____ <input type="checkbox"/> OmegaPlex*
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 7

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 7

Make half of your lunch and dinner plate vegetables. Vegetables can be eaten raw in a salad, layered on a sandwich, wrap or burger; or roasted, steamed or sautéed as a side item.

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="checkbox"/> AdvoCare* Fiber (follow with 8 oz of water) <input type="checkbox"/> Protein: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fruit: _____ <input type="checkbox"/> Fat: _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____ <input type="checkbox"/> OmegaPlex*
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 8

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 8

Portion control for snacks can be hard. One idea is to “snack baggie” your favorite snacks like cheese cubes, whole grain crackers, nuts, trail mix, etc. at the beginning of the week so they are ready to go, in the right portion sizes, when you are hungry.

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="radio"/> AdvoCare® Fiber (follow with 8 oz of water) <input type="radio"/> Protein: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fruit: _____ <input type="radio"/> Fat: _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____ <input type="radio"/> OmegaPlex*
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
BEDTIME	<input type="radio"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 9

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 9

Trying to reach a weight-loss goal? Try tracking your meals and snacks in an app. Being aware of how much you are eating and how many calories you consume can help you watch portions and possibly choose healthier options.

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="checkbox"/> AdvoCare* Fiber (follow with 8 oz of water) <input type="checkbox"/> Protein: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fruit: _____ <input type="checkbox"/> Fat: _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____ <input type="checkbox"/> OmegaPlex*
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 10

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #10

To lose body fat, you need to eat less and move more! Adding extra steps to your normal day and eating until you are “not hungry” versus “full” will get you headed in the right direction!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> Probiotic Restore Ultra* Capsules
BREAKFAST	<input type="checkbox"/> AdvoCare* Fiber (follow with 8 oz of water) <input type="checkbox"/> Protein: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fruit: _____ <input type="checkbox"/> Fat: _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____ <input type="checkbox"/> OmegaPlex*
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> AdvoCare Cleanse Caplets
H₂O	
	Total Ounces _____

DAY 11

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1-10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #11

To maintain a healthy weight, try to consume at least three food groups in every meal. Making vegetables one of those food groups will up your fiber intake and your satiety level!

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> Other: _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 12

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #12

Swapping a whole grain like oats, quinoa or brown rice in the place of waffles, pasta or another processed carbohydrate will increase your fiber, iron and B-vitamin intake in addition to helping you feel fuller at meals.

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> Other: _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 13

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #13

Swapping yogurt in place of cream cheese, mayonnaise or even cream in a recipe can help lower fat, increase protein and provide you with calcium and potassium!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> MNS* Color Pack (Pack #1) <input type="checkbox"/> <i>Other:</i> _____
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake <input type="checkbox"/> <i>Optional Shake Additions:</i> _____ _____
MID-MORNING	<input type="checkbox"/> <i>Dairy or Protein:</i> _____ <input type="checkbox"/> <i>Fruit or Complex Carb:</i> _____
30 MINUTES BEFORE LUNCH	<input type="checkbox"/> MNS Color Pack (Pack #2)
LUNCH	<input type="checkbox"/> <i>Protein:</i> _____ <input type="checkbox"/> <i>Vegetable:</i> _____ <input type="checkbox"/> <i>Complex Carb:</i> _____ <input type="checkbox"/> <i>Fat:</i> _____ <input type="checkbox"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="checkbox"/> <i>Dairy or Protein:</i> _____ <input type="checkbox"/> <i>Fruit or Complex Carb:</i> _____ <input type="checkbox"/> <i>Optional Vegetable:</i> _____ <input type="checkbox"/> <i>Optional Spark</i>
DINNER	<input type="checkbox"/> <i>Protein:</i> _____ <input type="checkbox"/> <i>Vegetable:</i> _____ <input type="checkbox"/> <i>Fat:</i> _____ <input type="checkbox"/> <i>Optional Complex Carb:</i> _____
AFTER DINNER	<input type="checkbox"/> <i>Dairy or Protein:</i> _____
H₂O	
	Total Ounces _____

DAY 14

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #14

Are you a pasta lover and wish you weren't? Try zucchini "zoodles" or spiralized sweet potato strings in the place of noodles to lower the calories and up the fiber, all while eating your favorite food!

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> Other: _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 15

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #15

Salt can make foods tasty but be a nemesis to your heart's health! Try seasoning foods with basil, oregano, rosemary, ginger and turmeric for a delicious flavor with no sodium!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> MNS* Color Pack (Pack #1) <input type="checkbox"/> Other: _____
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake <input type="checkbox"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="checkbox"/> MNS Color Pack (Pack #2)
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 16

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #16

Nutrition is like a teeter-totter; if one side goes up in calories, the other side must go down. When eating out, if you need a burger, choose fruit and milk as side items. If fries are a must, pair them with a grilled chicken wrap or salad. Balance it out!

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> Other: _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 17

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #17

When eating out at restaurants, try to split a meal with a spouse or friend and each of you order a side salad. Eating a smaller portion will help keep the calorie count down! Ordering a kid's size meal can also help you save on calories by eating less!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> MNS* Color Pack (Pack #1) <input type="checkbox"/> Other: _____
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake <input type="checkbox"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="checkbox"/> MNS Color Pack (Pack #2)
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 18

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #18

When eating out at restaurants, put the sauces and dressings on the side. Many are loaded with fat and calories but are less calorically costly when you simply use less!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> MNS* Color Pack (Pack #1) <input type="checkbox"/> Other: _____
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake <input type="checkbox"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="checkbox"/> MNS Color Pack (Pack #2)
LUNCH	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Complex Carb: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="checkbox"/> Dairy or Protein: _____ <input type="checkbox"/> Fruit or Complex Carb: _____ <input type="checkbox"/> Optional Vegetable: _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> Protein: _____ <input type="checkbox"/> Vegetable: _____ <input type="checkbox"/> Fat: _____ <input type="checkbox"/> Optional Complex Carb: _____
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 19

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #19

Before you head to your favorite restaurant, check out the nutrient profile of your favorite meal on the restaurant's website. Being aware of what's in an entrée beforehand can help you save calories when ordering on the spot.

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> MNS* Color Pack (Pack #1) <input type="checkbox"/> <i>Other:</i> _____
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake <input type="checkbox"/> <i>Optional Shake Additions:</i> _____ _____
MID-MORNING	<input type="checkbox"/> <i>Dairy or Protein:</i> _____ <input type="checkbox"/> <i>Fruit or Complex Carb:</i> _____
30 MINUTES BEFORE LUNCH	<input type="checkbox"/> MNS Color Pack (Pack #2)
LUNCH	<input type="checkbox"/> <i>Protein:</i> _____ <input type="checkbox"/> <i>Vegetable:</i> _____ <input type="checkbox"/> <i>Complex Carb:</i> _____ <input type="checkbox"/> <i>Fat:</i> _____ <input type="checkbox"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="checkbox"/> <i>Dairy or Protein:</i> _____ <input type="checkbox"/> <i>Fruit or Complex Carb:</i> _____ <input type="checkbox"/> <i>Optional Vegetable:</i> _____ <input type="checkbox"/> <i>Optional Spark</i>
DINNER	<input type="checkbox"/> <i>Protein:</i> _____ <input type="checkbox"/> <i>Vegetable:</i> _____ <input type="checkbox"/> <i>Fat:</i> _____ <input type="checkbox"/> <i>Optional Complex Carb:</i> _____
AFTER DINNER	<input type="checkbox"/> <i>Dairy or Protein:</i> _____
H₂O	
	Total Ounces _____

DAY 20

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #20

When eating at parties or family gatherings, choose the smaller plate on the buffet line. By default, you will eat less. Then move away from the food table so you can't keep snacking!

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> Other: _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 21

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 21

Don't ever go to a party or friend gathering hungry! Eat a small protein-rich snack 30 minutes to an hour before so that you are not starving. This can help you choose proper portions on the buffet line.

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* <input type="checkbox"/> MNS* Color Pack (Pack #1) <input type="checkbox"/> <i>Other:</i> _____
BREAKFAST	<input type="checkbox"/> Meal Replacement Shake <input type="checkbox"/> <i>Optional Shake Additions:</i> _____ _____
MID-MORNING	<input type="checkbox"/> <i>Dairy or Protein:</i> _____ <input type="checkbox"/> <i>Fruit or Complex Carb:</i> _____
30 MINUTES BEFORE LUNCH	<input type="checkbox"/> MNS Color Pack (Pack #2)
LUNCH	<input type="checkbox"/> <i>Protein:</i> _____ <input type="checkbox"/> <i>Vegetable:</i> _____ <input type="checkbox"/> <i>Complex Carb:</i> _____ <input type="checkbox"/> <i>Fat:</i> _____ <input type="checkbox"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="checkbox"/> <i>Dairy or Protein:</i> _____ <input type="checkbox"/> <i>Fruit or Complex Carb:</i> _____ <input type="checkbox"/> <i>Optional Vegetable:</i> _____ <input type="checkbox"/> Optional Spark
DINNER	<input type="checkbox"/> <i>Protein:</i> _____ <input type="checkbox"/> <i>Vegetable:</i> _____ <input type="checkbox"/> <i>Fat:</i> _____ <input type="checkbox"/> <i>Optional Complex Carb:</i> _____
AFTER DINNER	<input type="checkbox"/> <i>Dairy or Protein:</i> _____
H₂O	
	Total Ounces _____

DAY 22

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 2 2

Choose water when hydrating throughout the day. Tasty beverages like soda, sweet tea and even natural juices can negatively affect blood sugar leaving you crashing later, while only craving more sugar.

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> <i>Other:</i> _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> <i>Optional Shake Additions:</i> _____ _____
MID-MORNING	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Complex Carb:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____ <input type="radio"/> <i>Optional Vegetable:</i> _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> <i>Optional Complex Carb:</i> _____
AFTER DINNER	<input type="radio"/> <i>Dairy or Protein:</i> _____
H₂O	
	Total Ounces _____

DAY 23

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP # 23

Contrary to popular belief, no workout plan can compensate for a bad diet! Consuming nutrient-rich foods with an hour or more of consistent exercise a few days a week will help you maintain or lose weight.

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> Other: _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

DAY 24

TODAY'S DATE: _____

*I slept _____ hours last night.**On a scale of 1–10, today I feel:*

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

DAILY TIP #24

While splurging on your favorite food is okay every once in awhile, eating whatever you want Friday at 5 p.m. through Sunday night will derail your weight goal. Instead, enjoy a food you like 1–2 times a week for weight loss and 2–3 times a week for maintenance.

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> Spark* <input type="radio"/> MNS* Color Pack (Pack #1) <input type="radio"/> Other: _____
BREAKFAST	<input type="radio"/> Meal Replacement Shake <input type="radio"/> Optional Shake Additions: _____ _____
MID-MORNING	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> MNS Color Pack (Pack #2)
LUNCH	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Complex Carb: _____ <input type="radio"/> Fat: _____ <input type="radio"/> MNS White Pack (Pack #3 & #4)
MID-AFTERNOON	<input type="radio"/> Dairy or Protein: _____ <input type="radio"/> Fruit or Complex Carb: _____ <input type="radio"/> Optional Vegetable: _____ <input type="radio"/> Optional Spark
DINNER	<input type="radio"/> Protein: _____ <input type="radio"/> Vegetable: _____ <input type="radio"/> Fat: _____ <input type="radio"/> Optional Complex Carb: _____
AFTER DINNER	<input type="radio"/> Dairy or Protein: _____
H₂O	
	Total Ounces _____

YOU
DID
IT!

CONGRATULATIONS!

We are so proud of you for completing the 24-Day JumpStart[®], but this is just the beginning. Take advantage of this momentum and keep up the great work.

What's next?

CELEBRATE!

Think about everything you've learned and accomplished in the last 24 days. Now share your results with family and friends! If you are a Distributor, be sure to consult the AdvoCare Policies and Procedures to see how to share results compliantly!

SET YOUR NEXT GOAL.

Look back at the Goals section in this guide. Did you accomplish what you hoped to accomplish? If you did—great job! Set your next goal and keep going. Didn't quite get there? Don't give up—remember that change doesn't happen overnight. Keep on keeping on—you've got this!

KEEP IT UP!

Keep rocking those healthy lifestyle choices and stay consistent in your new healthy lifestyle and AdvoCare product routine. Ready to take it to the next level? AdvoCare has a variety of products to meet your weight-management, active lifestyle and sports nutrition needs.* For more information visit advocare.com.

The 24-Day JumpStart[®] program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Responses to the 24-Day JumpStart[®] will vary based on individual characteristics. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before beginning any new supplement, exercise or nutritional program.

AdvoCare compensated Amy Goodson for her work in the Guide.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FEATURED CONTRIBUTORS



Amy Goodson
MS, RD, CSSD, LD

Amy Goodson, MS, RD, CSSD, LD is a registered dietitian and Certified Specialist in Sports Dietetics. She focuses on overall health, wellness and sports nutrition. Amy has worked with the Dallas Cowboys, Texas Rangers, TCU Athletics,

Ben Hogan Sports Medicine and more. She is a co-author of Swim, Bike, Run, Eat and nutrition contributor to retired NFL Player Donald Driver's book, The 3-D Body Revolution. She is a writer for Women's Running Magazine and is the owner of RD Career Jump Start, a business designed to help dietetic students, interns and new registered dietitians determine and take the steps necessary to reach their dream career.

With a bachelor's degree in communications and a master's degree in exercise and sports nutrition, Amy is passionate about marrying the two to provide quality, science-based nutrition information through speaking, media, writing and consulting. Amy consults for various companies, food brands and organizations and serves as a media dietitian for RDTV where she does food and nutrition TV segments nation-wide. Amy has over 600 media placements in a variety of TV, radio and print outlets.



Dr. Lauren Horton
PhD

Dr. Lauren Horton is the Senior Manager of Product Education in Research and Development at AdvoCare. She works with regulatory affairs as a part of the claim substantiation team to ensure AdvoCare product claims are supported by scientific

research. As a member of the product education team, Dr. Horton answers product questions as well as leads product trainings. Dr. Horton believes that knowledge is power when it comes to living a healthy lifestyle.

Before joining the AdvoCare family, Dr. Horton served as a clinical researcher at a leading Clinical Research Organization. While there, she monitored clinical trials, mentored junior clinical researchers and helped develop clinical trial protocols. Dr. Horton's passion is improving the quality of life of those around her. Dr. Horton has helped both men and women from all over the country discover how small steps each day can lead to huge strides towards living a healthier lifestyle and true transformation—inside and out.

Dr. Horton's educational background includes a Bachelor of Science in Biology from Rust College and a Doctor of Philosophy in Biomedical Science from Morehouse School of Medicine in Atlanta, GA. She completed her postgraduate work at the University of Pennsylvania in Philadelphia, PA in cardiovascular disease and circadian rhythms.



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