

SPRING FORWARD: Your 14-Day Game Plan to Move Toward Your Goals

**Eat Healthy + Keep Moving +
Drink More Water + Plan Ahead**

PRODUCT TIPS

As always, follow the instructions on the product packaging. You can refer to our “Day at a Glance” to see how AdvoCare products can fit into a healthy lifestyle.

MNS® - Check out the new insert in each box of MNS for detailed descriptions and instructions.

Spark® - It's great to start every morning with energy and mental focus!* Many people prefer to have a second serving of Spark in the afternoon, but this is optional.

Meal Replacement Shakes - Most people like to swap out their breakfast for a Meal Replacement Shake, but you may find that you need to adjust and have a shake for a different meal. Fit it in wherever it makes the most sense for you!

Catalyst™ - Recommended usage for Catalyst is before a meal, before a workout or at bedtime.

AdvoCare Slim®- This popular add on is a great addition for appetite management.* It can be taken up to twice daily in place of Spark, or you can replace one serving of Spark with a Slim.

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

EAT HEALTHY

Follow along with the suggested plan in the “Day at a Glance.” Keep portion sizes in mind and use the food suggestions to help you make good food choices and plan your meals.

KEEP MOVING

There are many simple ways to get moving. Try to be a little more active every day! Here are a few tips:

- Take the stairs instead of the elevator
- Go on a family walk around the block before or after dinner
- Pull into the parking spot that is a little further away from the door
- Try a new fitness class at the gym
- Measure your steps with a fitness tracker and see if you can beat your number from the day before
- Set a one-hour timer on your calendar to take a lap around your house or office

DRINK MORE WATER

Aim for 1/2 of your body weight in ounces daily!

PLAN AHEAD

Commit to 14 days of healthy lifestyle choices now - then keep going! After 14 days, repeat the process with the same AdvoCare products or add in additional products to help meet your personal goals.* Remember to always consult your physician before beginning an AdvoCare product regimen or changing your diet or fitness routine.

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YOUR DAY AT A GLANCE

30 minutes before breakfast	<input type="checkbox"/>	MNS® Color Pack Spark® or AdvoCare Slim® Catalyst™	<input type="radio"/>
BREAKFAST	<input type="checkbox"/>	Meal Replacement Shake OR <input type="checkbox"/> Protein <input type="checkbox"/> Complex Carb <input type="checkbox"/> Fruit	<input type="radio"/>
Snack	<input type="checkbox"/>		<input type="radio"/>
30 minutes before lunch	<input type="checkbox"/>	MNS® Color Pack Catalyst™	<input type="radio"/>
LUNCH	<input type="checkbox"/>	MNS® White Packs (both) <input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb	<input type="radio"/>
Mid-Afternoon	<input type="checkbox"/>	Spark® or AdvoCare Slim® (if needed)	<input type="radio"/>
Snack	<input type="checkbox"/>		<input type="radio"/>
DINNER	<input type="checkbox"/>	<input type="checkbox"/> Protein <input type="checkbox"/> Vegetables <input type="checkbox"/> Complex Carb (if needed)	<input type="radio"/>
Snack	<input type="checkbox"/>		<input type="radio"/>
Bedtime	<input type="checkbox"/>	Catalyst™	<input type="radio"/>

Water consumption (cups)

FOOD SUGGESTIONS

These food suggestions are merely a **guideline** and not a definitive list of what can and cannot be consumed. As always, please consult your healthcare provider before making any dietary or fitness modifications.

PROTEINS

- Muscle Gain™
- Pro 20®
- Chicken Breast
- Eggs
- Game (bison, buffalo, elk, etc.)
- Ground Beef or Turkey (93% lean)
- Lean Fish (tilapia, red snapper, cod, etc.)
- Lean Beef or Pork Loin (93% lean)
- Salmon
- Tofu
- Tuna (fresh or packed in water)
- Turkey Breast

VEGETABLES (Lightly cooked, grilled, steamed, roasted or raw)

- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Cucumber
- Dark Leafy Greens (spinach, kale, swiss chard, collard, etc.)
- Eggplant
- Green Beans
- Onion
- Peppers
- Salad Greens (spring mix, romaine, etc.)
- Tomato
- Zucchini/Squash

COMPLEX CARBS

- Beans
- Lentils
- Oatmeal
- Quinoa
- Potatoes (any variety)
- Whole Grains (rice, pasta or bread)

SNACKS/OTHER

Snack ideas include AdvoCare products, healthy fats, fruit and other snacks from the food suggestion list. Also, consider a half portion of protein or vegetables.

Healthy Fats (In moderation)

- Avocado
- Nut Butter (no added sugar, oil or salt)
- Nuts or seeds (raw or roasted - no added sugar, oil or salt)
- Oil (extra-virgin olive, sunflower, safflower, flaxseed, coconut, macadamia nut, grapeseed, etc.)

Fruit

- Apple
- Banana
- Berries (strawberries, blackberries, raspberries, blueberries, etc.)
- Cantaloupe
- Citrus Fruits (orange, tangerine, grapefruit, etc.)

- Grapes

- Kiwi

- Mango

- Melon

- Pear

- Pineapple

Dairy (In moderation)

- Plain Yogurt (low fat or nonfat)

- Low-Fat Cheese

- Milk (skim or reduced fat)

Other snacks

- AdvoBar®

- AdvoGreens™ Snack Shake

- Muscle Gain™

- Pro 20®

- Edamame

- Hummus

LIMIT OR AVOID

- Soda (including diet)
- Alcohol
- Creamy Sauces
- High-Calorie Salad Dressings
- Sugar
- Fried Food
- Processed Food
- White Flour
- Partially Hydrogenated Oils
- Other Caffeinated Beverages

The items on this page are merely suggestions and do not encompass all options for food. Use your best judgment and if you have any questions, contact your AdvoCare Coach.



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