



## • **Step 1: 10-Day Herbal Cleanse (Days 1-10)** **Detailed Instructions**

**What to expect after this step:**

- **Step 2:** Max Pack Phase or Lean-In-13 Zig-Zag Program (Days 11-23)
- **Step 3:** Free Day – eat what you want! – but still take supplements (Day 24)
- **Step 4:** Repeat Step 2 or Start Maintenance Plan (ask your AdvoCare coach about Maintenance Plan)

**\*\*\*TO RECEIVE THE BEST RESULTS, ENTER AND FINISH THIS PROGRAM WITH A FULL COMMITMENT AND COMPLETE IT “AS DESIGNED”. TO SEE THE END RESULTS OF THIS PROGRAM, IT IS RECOMMENDED TO TAKE BEFORE PICTURES WITH FULL BODY MEASUREMENTS (WAIST, CHEST, HIPS, ARMS, ETC.) AND AFTER PICTURES WITH AFTER MEASUREMENTS. IF YOU LIKE THE RESULTS OF THE 24 DAY CHALLENGE PROGRAM AND WOULD LIKE TO CONTINUE, IT IS RECOMMENDED TO REPEAT THE MAX PHASE OR LEAN-IN-13 (STEP 2) AS MANY TIMES AS NECESSARY TO ACHIEVE YOUR DESIRED WEIGHT OR SIZE. THEN YOU CAN CUSTOMIZE YOUR ADVOCARE PRODUCTS TO MEET YOUR NEEDS ON A MAINTENANCE PLAN. SPEAK WITH YOUR ADVOCARE COACH TO HELP CUSTOMIZE A PLAN!\*\*\***

**Being Prepared is Vital:**

1. You will eat 5 - 6 meals daily, spacing them approximately every 2 - 3 hours apart.
2. On this Herbal Cleanse (Days 1-10) phase, follow the prompts on the following charts day by day.
3. The purpose of the Herbal Cleanse is to help the body be better able to absorb nutrients and to rid the body of toxins. Your body will be pushing toxins and waste into the bloodstream and intestines that needs to be flushed out. You will find yourself urinating more often, however, excretion should be normal at one to two times per day. This Cleanse is gentle and uneventful, but VERY effective.
4. Have a water bottle that holds either 1/2 gallon (64oz) or an entire gallon to make it easy to track water consumption. Water is what flushes the toxins out of the body. Make sure you drink about 1 gallon/day. Add slices of lemon to your water for additional cleansing benefit. (Note: Spark, Meal Replacement or Muscle Gain shakes, and tea count towards your daily water consumption)
5. The Cleanse phase will also reduce cravings for foods and help you feel full on less food portions.
6. If needed, have a food scale that measures in ounces. It is very important to make sure you are getting the right amounts and not too much or too little! After a month or so, you will be able to judge how a serving size for your weight should look.
7. SHOP AND PREPARE FOR THE ENTIRE WEEK AT ONE TIME SO IN THE MORNINGS IT WILL TAKE YOU NO LONGER THAN 5 MINUTES TO PREP AND GET OUT THE DOOR.
8. Catalyst is optional on the Cleanse, but highly recommended. Catalyst is a branch chain amino acid (BCAA) grown from microorganisms into yeast that form the highest possible quality amino acid strands. The BCAA forces the body to be more efficient in turning fat into energy by protecting muscle tissue. Catalyst is best used when you are active, immediately pre-workout, in between meals if you feel hunger or prior to bed. A serving is 1 per 50 pounds of body weight...round up. If you are looking for muscle tone and body definition as you get leaner, then Catalyst is a must.

## Step 1: 10-Day Herbal Cleanse (Days 1-10) AdvoCare Product List

Most cleanse programs are expensive, require fasting and are very harsh on your sensitive digestive system. The AdvoCare Herbal Cleanse will keep your friendly bacteria (micro-flora) in your intestines in the correct balance and provide you added probiotics, nutritional support, energy and lean muscle protection. Below is a list of the products you will use for Step 1 (Days 1-10). Set all other products aside to be used in Step 2 [do not take the MNS (Metabolic Nutrition System) specifically until Step 2].



**Herbal Cleanse** Provides internal cleansing **and** Enhances nutrient absorption

*\*Make sure to read the pamphlet in the Herbal Cleanse box thoroughly!* **Helps rid your body of toxins & waste. Three key products:**

1. Fiber drink – scrubs intestinal tract;
2. Herbal Cleanse Tablets – cleanses impurities & toxins from the liver, kidney & blood;
3. ProBiotic Restore – strengthens immune and digestive systems & maintains normal, healthy bacteria.



**Spark®** Long-lasting energy (3-5 hours), without spiking blood sugar.

Sharpens mental focus and alertness - B-Vitamins and Amino acids create neurotransmitter reactions in the brain to provide long lasting, more focused energy.

Caffeine dilates blood vessels for better & quicker nutritional absorption.

Take anytime during the day for a natural energy lift. Can be served Cold or Hot.



**OmegaPlex®** Plays an important role in the transportation of nutrients. Helps promote & boost a healthy metabolism. Promotes maintenance of healthy skin, hair and nails. Essential for building cell membranes to perform key functions in the brain, eyes & lungs. Eases inflammation and boosts immune system. Aids in effective digestion, speed nerve transmission and enhances mood and memory/learning abilities.

### OPTIONAL ADD-ONS:



**Meal Replacement Shake** in Berry, Chocolate, Vanilla

Nourishes Muscles and Supports Metabolism. A perfectly balanced (protein-to-carb ratio), satisfying meal. Great for someone who usually skips breakfast or lunch.



**Catalyst™** Amino Acids that support & preserve muscle tone, enhances strength & energy during workouts & helps rid the fat, retain the muscle and leave your body more toned and defined!



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

## Detailed Instructions & Daily Checklist for Step 1: 10-Day Herbal Cleanse (Days 1-10)

The following checklist for the 10-Day Herbal Cleanse products and eating regime will help make sure you take all of the recommended Cleanse products each day and eat correctly to achieve the best results. Use the Food Portion Chart on Page 5 to determine the eating portion size for your weight (Small, Medium, Large).

- Drink about 1 gallon of water per day. Toxins are releasing into your bloodstream at an elevated level and you have to remove them by flushing out the toxins with lots of water. Otherwise they will be reabsorbed. Add slices of lemon to your water for additional benefit. (Note: Spark, Meal Replacement or Muscle Gain shakes, and tea count towards your daily water consumption)
- Space your meals 2 to 3 hours apart throughout the day. No longer and no less, so blood sugar levels become balanced. Some people find it helpful to set an alarm on their cell phone as a meal time reminder. See page 5 for Food Portion Chart.
- EAT CLEAN. Processed foods do not tell your body that you are full and contain many calories that have no nutrition. Eat nutrient dense whole foods as outlined on the "Food Portion Chart" and "Recommended Food & Menu Ideas".
- Do not skip meals, over eat OR eat less than the required amount. Not eating is just as much of a cheat as overeating! This is not a diet, and we need to strengthen your metabolism through feeding the body. If you are very active or doing intense workouts, be sure to add a 6<sup>th</sup> meal as noted below, or get back with your AdvoCare coach to tweak your portions.

### Meal Food Combination Recommendations

To boost the power of the Cleanse, eat only fruits and vegetables for Meals 2-5 on **DAY 1 ONLY** and do not work out on Day 1. Every 2 to 3 hours on Day 1, eat as many fruits and vegetables together as needed for each meal. It is recommended to cut off fruit by 6pm. Do not eat fruits or vegetables that are not on the list on Page 5.

<b>Meal 1</b>	Meal Replacement Shake <b>or</b> Protein, Carbohydrate & Vegetable
<b>Meal 2</b>	Healthy Fat & a Fruit
<b>Meal 3</b>	Protein, Carbohydrate & Vegetable
<b>Meal 4</b>	Healthy Fat & a Fruit
<b>Meal 5</b>	Protein & Vegetable (Carbohydrate optional)
<b>**You may add extra green veggies at anytime on any day</b>	
<b>***If you are doing intense workouts, add a carb serving with a ½ protein serving or a Muscle Gain immediately post workout as a 6<sup>th</sup> meal.</b>	
<b>Reminder: NO FRIED FOOD, NO REFINED OR WHITE FLOUR/RICE, NO ALCOHOL, NO SUGAR, NO DAIRY</b>	

### Days 1-3: **\*\*Note: Do not take the MNS (Metabolic Nutrition System) until Step 2.**

**To boost the power of the Cleanse, eat only fruits & vegetables for Meals 2-5 on DAY 1 ONLY	Day 1	Day 2	Day 3	When	What
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Immediately upon rising (Empty Stomach: ES)</b>	<ul style="list-style-type: none"> <li>❖ Drink a <b>Spark</b> (or in afternoon if preferred)</li> <li>❖ Take (3) <b>Catalyst</b> (if chosen as an add-on)</li> <li>❖ Drink the <b>Fiber 10 Drink</b> (followed by a full glass of water)</li> </ul>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>20-40 minutes later Breakfast (Meal 1)</b>	<ul style="list-style-type: none"> <li>❖ Drink a <b>Meal Replacement Shake</b> (if chosen as an add-on) <b>or</b> Eat a Protein, Carbohydrate &amp; Vegetable</li> <li>❖ Take (2) <b>OmegaPlex</b></li> </ul>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Mid Morning Snack (Meal 2)</b>	<ul style="list-style-type: none"> <li>❖ Eat a Healthy Fat &amp; a Fruit <b>or</b> Drink a <b>Muscle Gain Shake</b> (if chosen as an add-on) &amp; eat a Fruit</li> </ul>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>30 minutes before Lunch (ES)</b>	<ul style="list-style-type: none"> <li>❖ Take (3) <b>Catalyst</b> (if chosen as an add-on)</li> <li>❖ Drink a 2nd <b>Spark</b> (or 1<sup>st</sup> if you did not in morning)</li> </ul>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Lunch (Meal 3)</b>	<ul style="list-style-type: none"> <li>❖ Eat a Protein, Carbohydrate &amp; Vegetable</li> </ul>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Mid Afternoon Snack (Meal 4)</b>	<ul style="list-style-type: none"> <li>❖ Eat a Healthy Fat &amp; a Fruit <b>or</b> Drink a <b>Muscle Gain Shake</b> (if chosen as an add-on) &amp; eat a Fruit</li> </ul>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Dinner (Meal 5)</b>	<ul style="list-style-type: none"> <li>❖ Eat a Protein &amp; Vegetable (Carbohydrate optional)</li> <li>❖ Take (2) <b>OmegaPlex</b> (or optional at bedtime)</li> </ul>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Immediately before Bedtime</b>	<ul style="list-style-type: none"> <li>❖ Take the <b>Herbal Cleanse Packet</b> (3 Brown pills)</li> </ul>

## Days 4-7:

Day 4	Day 5	Day 6	Day 7	When	What
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Immediately upon rising (Empty Stomach: ES)	<ul style="list-style-type: none"> <li>❖ Drink a <b>Spark</b> (or in afternoon if preferred)</li> <li>❖ Take (3) <b>Catalyst</b> (if chosen as an add-on)</li> <li>❖ Take the <b>Restore Packet</b> (2 little white capsules)</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20-30 minutes later Breakfast (Meal 1)	<ul style="list-style-type: none"> <li>❖ Drink a <b>Meal Replacement Shake</b> (if chosen as an add-on) <b>or</b> Eat a Protein, Carbohydrate &amp; Vegetable</li> <li>❖ Take (2) <b>OmegaPlex</b></li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Morning Snack (Meal 2)	<ul style="list-style-type: none"> <li>❖ Eat a Healthy Fat &amp; a Fruit <b>or</b> Drink a <b>Muscle Gain Shake</b> (if chosen as an add-on) &amp; eat a Fruit</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30 minutes before Lunch (ES)	<ul style="list-style-type: none"> <li>❖ Take (3) <b>Catalyst</b> (if chosen as an add-on)</li> <li>❖ Drink a 2nd <b>Spark</b> (or 1<sup>st</sup> if you did not in morning)</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lunch (Meal 3)	<ul style="list-style-type: none"> <li>❖ Eat a Protein, Carbohydrate &amp; Vegetable</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Afternoon Snack (Meal 4)	<ul style="list-style-type: none"> <li>❖ Eat a Healthy Fat &amp; a Fruit <b>or</b> Drink a <b>Muscle Gain Shake</b> (if chosen as an add-on) &amp; eat a Fruit</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dinner (Meal 5)	<ul style="list-style-type: none"> <li>❖ Eat a Protein &amp; Vegetable (Carbohydrate optional)</li> <li>❖ Take (2) <b>OmegaPlex</b> (or optional at bedtime)</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Immediately before Bedtime	<ul style="list-style-type: none"> <li>❖ Take the <b>Herbal Cleanse Packet</b> (3 Brown pills)</li> </ul>

## Days 8-10:

Day 8	Day 9	Day 10	When	What
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Immediately upon rising (Empty Stomach: ES)	<ul style="list-style-type: none"> <li>❖ Drink a <b>Spark</b> (or in afternoon if preferred)</li> <li>❖ Take (3) <b>Catalyst</b> (if chosen as an add-on)</li> <li>❖ Take the <b>Restore Packet</b> (2 little white capsules)</li> <li>❖ Drink the <b>Fiber 10 Drink</b> (followed by a full glass of water)</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20-40 minutes later Breakfast (Meal 1)	<ul style="list-style-type: none"> <li>❖ Drink a <b>Meal Replacement Shake</b> (if chosen as an add-on) <b>or</b> Eat a Protein, Carbohydrate &amp; Vegetable</li> <li>❖ Take (2) <b>OmegaPlex</b></li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Morning Snack (Meal 2)	<ul style="list-style-type: none"> <li>❖ Eat a Healthy Fat &amp; a Fruit <b>or</b> Drink a <b>Muscle Gain Shake</b> (if chosen as an add-on) &amp; eat a Fruit</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30 minutes before Lunch (ES)	<ul style="list-style-type: none"> <li>❖ Take (3) <b>Catalyst</b> (if chosen as an add-on)</li> <li>❖ Drink a 2nd <b>Spark</b> (or 1<sup>st</sup> if you did not in morning)</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lunch (Meal 3)	<ul style="list-style-type: none"> <li>❖ Eat a Protein, Carbohydrate &amp; Vegetable</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mid Afternoon Snack (Meal 4)	<ul style="list-style-type: none"> <li>❖ Eat a Healthy Fat &amp; a Fruit <b>or</b> Drink a <b>Muscle Gain Shake</b> (if chosen as an add-on) &amp; eat a Fruit</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dinner (Meal 5)	<ul style="list-style-type: none"> <li>❖ Eat a Protein &amp; Vegetable (Carbohydrate optional)</li> <li>❖ Take (2) <b>OmegaPlex</b> (or optional at bedtime)</li> </ul>

\*\*There will be left over OmegaPlex®, which can be used in Step 2; or can continued to be taken at 4 a day until finished.

## Food Portion Chart for Meals/Eating Step 1: 10-Day Herbal Cleanse (Days 1-10)

Under 140lbs = Small (S)    141-224lbs = Medium (M)    225lbs+ = Large (L)

	<b>Meal Replacement (MR) Muscle Gain (MG) Shakes</b>	<b>Protein</b>	<b>Fruit</b>	<b>Vegetables</b>	<b>Low/Med Glycemic Carbs</b>	<b>Healthy Fats</b>
<b>Small (S) Under 140 lbs Serving Size</b>	MR: 1 packet MG: 1 scoop	3 oz meat or 5 egg whites	1/2 fruit or 1/4 cup	3/4 cup	1/4 cup or 2 oz	Nuts: 1/8 cup Avocado: 1 oz Peanut or Almond Butter: 1 Tbsp. Olive Oil: 1/2 Tbsp. Eggs: 2 egg yolks
<b>Medium (M) 141-224 lbs Serving Size</b>	MR: 1 packet MG: 2 scoops	5 oz meat or 8 egg whites	1 small fruit or 1/2 cup	1 Cup	1/2 cup or 4 oz	Nuts: 1/4 cup Avocado: 2 oz Peanut or Almond Butter: 2 Tbsp. Olive Oil: 1 Tbsp. Eggs: 3 egg yolks
<b>Large (L) 225 lbs + Serving Size</b>	MR: 1 packet MG: 3 scoops	8 oz meat or 12 egg whites	1 large fruit or 3/4 cup	1 1/2 cups	3/4 cup or 6 oz	Nuts: 1/4 cup Avocado: 2 oz Peanut or Almond Butter: 2 Tbsp. Olive Oil: 1 Tbsp. Eggs: 4 egg yolks
<b>Choose From:</b>	Meal Replacement Shakes  Muscle Gain Shakes  **If you do not eat enough protein based on this chart, it is highly recommended to incorporate Muscle Gain as a protein substitute.	White Fish, Salmon, Tuna, Chicken, Turkey Breast, Ground Turkey, Egg Whites  **Rinse canned tuna or chicken before using	Grapefruit, Green Apples, Peaches, Pears, Any berries, Plums, Prunes, Papaya, Oranges, Cantaloupe, Honeydew, Kiwi, Banana, Cherries, Figs, Lemon/Lime	Asparagus, Any green salad, Green beans, Peppers, Spinach, Onions, Tomatoes, Cucumbers, Celery, Cauliflower, Collard Greens, Cabbage, Broccoli, Zucchini	Sweet potato, Yams, Brown rice, Oatmeal, Black beans, Quinoa	Nuts: Almonds, Cashews, Walnuts, Seeds  Avocado, Peanut Butter, Almond Butter, Olive Oil, Eggs Yolks
<b>Do Not:</b>	Do not add any fruit, milk, juice	Do not fry No skin No breading	Do not choose canned or dried	Do not cook in oil	Do not choose instant rice or oatmeal or add oil to the carbs	Nuts: Do not use sugar coated or salted nuts. Peanut Butter: Do not use PB with added sugar, oil or salt. Olive Oil: Do not cook – use only raw.
<b>When to have:</b>	<b>MR</b> – Meal 1 or Substitute for <b>Meal 3 or 5</b> <b>MG</b> – Substitute for any protein <b>Meal 1 - 6</b>	<b>Meals 3 &amp; 5</b>	<b>Meals 2 &amp; 4</b>	<b>Meals 3 &amp; 5</b> Plus add more green veggies at any time	<b>Meal 3</b>	<b>Meals 2 &amp; 4</b>



# Step 1: 10-Day Herbal Cleanse (Days 1-10)

## Recommended Foods & Menu Ideas

### **Foods to AVOID:**

(These products keep toxins alive, like throwing fuel on a fire)

- Alcohol (You're on the Cleanse – hold off for 10 days!)
- Coffee, Sodas, Energy Drinks (only drink Spark or Slam)
- White foods/Starches (e.g. white pasta, bagels, white bread, white rice, processed foods, crackers, chips)
- Sauces
- Cooking with Oils (it is best to cook with Water or Broth)
- Sugar, Honey, Desserts - (except for fresh fruits - these are good sugars on the 10-day Cleanse)
- Cheese & Mushrooms (both are "molds" and will help keep toxins alive)
- If at all possible, avoid Dairy Products (cow's milk, yogurt, butter, etc...dairy products contain lots of sugars and will feed the toxins)
- Fatty Foods, Fried Foods, Fast Foods, Meat with skin or breading
- Ground beef or fatty meats. Turkey meat is much better and you can season it to taste!
- Salad dressings (due to the fat and oil content – use Salsa or fresh squeezed lemon juice and spices instead)
- Canned fruit or vegetables
- Dried fruit coated with sugar
- Instant rice or oatmeal (cook the real deal)

### **Foods to EAT:**

(Goal is to "starve" the toxins)

- **Fresh/Raw** Fruits and Veggies (will serve as "S-O-S" pads to scrub out the toxins)
- 100% Whole Grain Rice (Brown rice, Wild rice), Quinoa
- Oatmeal
- Chicken, Fish, Turkey Breast, Ground Turkey
- Almond Milk, Rice Milk
- Healthy Fats: Avocado, Olives/Olive Oil, Raw Nuts/Seeds (unsalted and not coated with anything)
- Peanut or Almond Butter (no sugar or oil added)
- Beans, Lentils
- Chicken or Vegetable Broths
- Hummus (without the oil)
- Fresh Diluted Juices, Herbal Teas
- Garlic, Spices, Herbs, Fresh Salsa, Taco Seasoning (low sodium)
- For cooking, use water, broth, lemon juice, or the non-stick spray with no calories/fat (do not use oil)

**The following items are optional because they are not a low glycemic carb. For best results, hold off for 10 days:**

- Sprouted Grain Bread or Tortillas (Ezekiel is a great brand or Dave's Killer Bread)
- 100% Whole Grain Pasta
- 100% Whole Wheat Bread (make sure it says 100% or else it's just white bread in brown clothing – preferably Stone Ground Wheat)

**Upon completing your 10-Day Cleanse, your energy will be high and waistline more slender - then you'll begin Step 2: Max Pack Phase or Lean-In-13 fat-burning and toning regimen. The energy & physical transformation you experience during the Max Pack Phase or Lean-In-13 Program will be accelerated and enhanced by your ability to be a CHAMP during the 10-Day Cleanse. Choose to be outstanding during your cleanse so that your body can live & move at its full potential. Your mental resolve will determine your physical result and your physical result will then allow you to be more – mentally, emotionally and spiritually.**

\*\*This particular program regime is created by AdvoCare Independent Distributors and not through AdvoCare corporate. Please consult your health care provider before making any dietary or fitness modifications.\*\*

## **Step1: 10-Day Herbal Cleanse (Days 1-10) Helpful Food Hints & Menu Ideas:**

- Cooking ideas – Experiment with different spices. Use these on your meats, carbs and veggies. It is what will add flavor to all your food. Try to stay away from the spices that have sodium contents over 600 per serving.
- Veggies – Any veggie that can be cooked: put into a pan and use an all-purpose seasoning on it.... Let them brown well before turning them. It tastes great! Will make eating veggies very easy.
- Eggs - Get fresh basil (found in the salad area in grocery store in small plastic container), tear up and put into eggs as they cook. Also add some fresh spinach. Feel free to experiment with different herbs and spices in the eggs as well!
- Meats - Making pre and post-cooked marinades will help the flavor of the meat by 100%. If you have olive oil in your menu, save it for the post cooked marinade!
  - Pre-cooked - Mix low sodium soy sauce, mixture of seasonings, chopped basil, and spoon full of fancy mustard or A1 and mix it with a small amount water. Let meat sit in for at least 20 minutes and then BBQ or bake in oven.
  - Post-cooked - add olive oil (the amount on your "food portion guide"), basil, seasoning, little low sodium soy sauce, mustard again if desired and mix cut up meat into the sauce and then pour over complex carbs (brown rice, quinoa, etc.) or salad

### **Shakes**

A delicious way to have the Meal Replacement Shakes is to combine shake with ice cubes in a blender, 6 oz of water for thick shake, 8 oz for thinner shake

### **Oatmeal**

To add a "kick" of flavor, when you are letting the oatmeal come to a boil, you can throw in: cinnamon, chopped walnuts (or any type of nuts). You can sweeten with a small amount of Splenda or Stevia.

If you chose Muscle Gain as an add-on, mix two scoops of Chocolate or Vanilla Muscle Gain with 2Tbs. of water and blend until the consistency is like cake batter. Then add oatmeal per portion control chart for your size.

### **Dinner or Lunch**

#### **TACOS:**

Ground turkey meat w/Taco Seasoning packet (low sodium) – OR place 6 chicken breasts, 1 c. water, and a pack of Taco Seasoning (low sodium) in the crock-pot, and voila! Shredded chicken breast ☺. Place on top of Brown Rice with Black Beans, Tomatoes, Onions (scallion onions), Lettuce, Olives, Salsa

#### **SALADS:**

Taco Salad: Make a salad and add Black Beans (rinsed), Ground Turkey meat and any veggies. For dressing, use fresh squeezed lemon or fresh Salsa.

Chef salad: Make a salad, then cut up every veggie you like, add Chicken, add a boiled Egg, and throw some onion, garlic and spices for flavor. There is so much taste with the meats and seasonings; it is not so bad without the 5 cups of Ranch dressing!

Mixed Greens Salad: Make a salad with veggies and add grilled chicken and lemon & spices for the dressing.

#### **CHICKEN RECIPES:**

To prepare chicken, place fresh or frozen chicken in PYREX dish. Use water, lemon juice or low sodium broth on the bottom so chicken won't burn. Sprinkle spices of your choice on top. Cook chicken at 400 degrees for 1 hour and 20 minutes. Serve with

1. Wild Rice, Brown rice, or Quinoa (ancient grain w/the most fiber of all grains- serve like rice)
2. Veggies. You can cut up some veggies and place in a pan. Add water, lemon juice or broth. Add some garlic, onion and spices to the mix and saute.

#### **CHICKEN SKEWERS:**

Cut up raw chicken, red onions, peppers, tomatoes, etc. and then grill. Make some Wild Rice, or Brown Rice, and place skewers on top.

### **CHICKEN LETTUCE WRAPS:**

Cook up ground chicken breast (or lean ground turkey), chopped onions, peppers, green beans, etc. Add in spices (i.e. taco /fajita seasoning – low sodium). Peel iceberg lettuce leaves and spoon in mixture. Wrap it up and eat!

### **CHICKEN MARINARA:**

To prepare chicken, place fresh or frozen chicken breast in PYREX dish. Pour fresh marinara sauce (in refrigerated section of grocery store) all over the top of chicken. Cook chicken in PYREX at 400 degrees for 45-60 minutes. Serve with broccoli or veggie of choice and/or brown rice.

### **SALMON/FISH:**

Fresh or frozen Salmon. Use water or low sodium broth in the PYREX pan, then put fish in. Top with cut lemons, red onion, garlic, cloves and dill. Pepper is good seasoning too. Cook only for ½ hr to 45 minutes on high (400 degrees). Don't over cook fish or it will dry out. The key is to cook on a high temp for a short time period. Serve with brown rice/Wild Rice and a salad and/or veggies.

Tuna Fish. Add chopped celery. Mix with relish and mustard.

### **Snack Ideas**

- 2 ounces of Lean Turkey or Chicken on top of Dark Leafy Lettuce, Avocado, Sprouts, Sliced Tomato.
- 2 Tablespoons of Natural Peanut Butter or Almond Butter and apple slices or celery
- Boiled Egg and an Orange
- ½ Grapefruit and 1 Egg and 2 Egg Whites scrambled
- 2 ounces of Lean Turkey rolled with Avocado and Brown Rice
- 2 ounces of Raw Almonds and a piece of Fruit.
- ½ Banana and 1 spoonful of all Natural Peanut Butter

### **“Fast Food” Eating**

#### **Helpful tips if you have a busy work schedule...**

Make it simple on yourself. When you are shopping and/or preparing for your meals, do the following:

1. First, cook all of your fresh or frozen (seasoned) chicken. This will help by allowing you to pull quickly from the fridge during the week.
2. If necessary, buy your veggies frozen, then cook a portion for each meal.
3. If you like tuna, buy it in the packets so you can open it and eat it without having to drain (they come pre-seasoned also). Great for lunches, 17 grams of protein!

If you get home late in the evenings and can't cook dinner, OR you might want to go out, here are some helpful places to eat while on a cleanse:

Baja Fresh: “Side by Side” meal. Order it without the cheese or sour cream- and the portions are HUGE so feel free to share or take ½ home. Grab a glass of water and put some lime in it and you're set!

Subway: “Salads” No dressing - but you can have salsa over it or squeeze fresh lemon!!!

Chipotle: Order a “bowl” with chicken, black beans, salsa, lettuce and no rice, no cheese.

Almost anywhere you go will have a chef salad or grilled chicken, etc. Don't be afraid to ask for exactly what you want to eat....even if it's not on the menu! Mix and match.

### **For a “Sweet Tooth”**

Cut up an apple into thin slices. Spray the pan with the non stick spray so the apple doesn't burn. Cook on med-high and sprinkle cinnamon over the apple slices.

If you like peaches, you can pour ½ cup of frozen peaches into a saucepan. Add a cup of water and it will thaw-out as it simmers. Add cinnamon for a “cobbler taste”.