

ADVOCARE

Your Authority For Health & Wellness

WEIGHT LOSS * ENERGY INCREASE
MUSCLE GAIN * STRENGTHENING & TONING
MENTAL ALERTNESS * SKIN CARE

STEP 2 INSTRUCTIONS

Products: Maximum Energy Kit or Maximum Appetite Kit
Catalyst

Optional Products: Fibo-Trim and Carb-Ease and
ThermoPlus

DAYS 11 -24

WAKE UP
Then GET READY

SPARK with 3 CATALYST and 1ST SILVER OR GOLD PACKET

30 MINUTES LATER
(* 5 minute first day)

DRINK MEAL REPLACEMENT w/ WATER
Option: TAKE BOTH WHITE PACKETS AFTER SHAKE OR BOTH AFTER LUNCH

2 HOURS LATER

SNACK (WHAT EVER YOU WANT, BUT EAT A SNACK) Fruit, small handful of nuts, string cheese, veggies w/small amount of Low-fat dip, protein bar.

30 MINUTES
BEFORE LUNCH
(* 5 minute first day)

2ND SILVER OR GOLD PACKET with 3 CATALYST
BEFORE LUNCH (Empty Stomach)

LUNCH TIME

EAT A GOOD LUNCH
If you did not take the 2 white packets after the Shake, TAKE BOTH WHITE PACKETS AFTER LUNCH

2 HOURS LATER

SNACK (anything, but Protein bar preferred)

MID AFTERNOON
3:30PM – 4:30PM

SPARK really great time to get you through that afternoon slump- can also try **Coffecino**

DINNER

EAT A GOOD DINNER (palm size of protein, and carb- refer palm diagram)

2 HOURS LATER

OPTIONAL SNACK – low fat frozen yogurt, piece of fruit, do NOT be afraid to eat when your body tells you it is time!

THERE ARE NO MORE REQUIREMENTS ON WHAT YOU CAN AND CAN NOT EAT. EAT WHAT EVER YOU WANT. YOU WILL FIND AT THIS POINT YOU WILL NOT CRAVE SUGAR, COFFEE, SODA, YOU WILL CRAVE WATER AND GRAVITATE TOWARD HEALTHY FOODS OR FOODS YOU NEVER CRAVED BEFORE.

***5 minutes first day, 10 minutes second day, 15 minutes...etc UP to 30 minutes. GOAL: Discover your absorption point.**