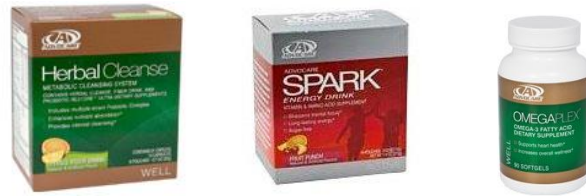


# 10-Day Cleanse Phase (notes, solutions & tips)

## "BASIC" CLEANSE SOLUTIONS



## "FULL" CLEANSE SOLUTIONS



## POSSIBLE CLEANSE ADD-ONS



## CLEANSE NOTES & TIPS

- **Take your before photos and weigh and measure on the morning of Day #1! This is for YOU, not for anyone else, but the ONLY surefire way to gauge progress is to know the starting point.**
- Preparation is KEY! Just a little prep can do wonders for keeping things simple! Shop in advance and prepare snacks and meals if at all possible! Life becomes easier this way!
- Use the checklist on the "Cleanse" schedule! If you don't you will be counting packets by Day #4!
- **AVOID...alcohol, fried foods, refined sugars, syrups, honey, corn, breads, potatoes, crackers, candy, chips, white rice, cheeses, mushrooms, creamy sauces or dressings, dried or canned fruits, lunch meats, yogurt, milk, coffee, energy drinks or sodas.**
- **MINIMIZE...oatmeal, brown rice, hummus, quinoa, beans, lentils, or whole wheat pasta (try and limit these choices to no more than three meals during your entire cleanse).**
- **EAT...fresh fruits, green vegetables, salads, chicken, fish, turkey, eggs, lean red meats, lean ground beef or turkey, tofu, almond milk, avocados, natural peanut butter, almond butter, unsalted cashews or almonds.**
- **Drink ¾ to 1 gallon of water per day, without fail! This will have a direct impact on how well your body rids itself of toxins!**
- Eat 5-6 small meals/snacks each day, spaced 2-3 hours apart to keep the metabolism elevated and blood sugar levels regulated. Never skip a meal or snack (see next note).
- Use your Catalyst as needed! While whole food snacks are always recommended first, Catalyst is an exceptional alternative, especially for your nighttime snack.
- **MORNING EXERCISE...**if you are exercising in the morning, have a serving of Catalyst (if applicable) with your Spark and Probiotic (Days 4-10), prior to working out. Have your Fiber Drink and Meal Replacement Shake or breakfast immediately after!
- **AFTERNOON EXERCISE...**Simply add a serving of Catalyst (if applicable) to your afternoon Spark and skip the Mid-Afternoon snack. (Obviously, exact times will vary and may need further adjusting by your Coach).
- **COMMUNICATE....with your AdvoCare Coach! This could never be emphasized enough! The coaching and support will prove to be invaluable!**