

ADVOCARE[®]

10-DAY

RESET[™]

G U I D E B O O K

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

The 10-Day Reset 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 10-Day Reset 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.

ADVOCARE®

10-DAY

RESET™

DIETARY SUPPLEMENT CLEANSING SYSTEM

G U I D E B O O K





WELCOME

Welcome to AdvoCare's 10-Day Reset! This science-based system was created to help you get started on the path to your best self. Today, you'll begin with an easy-to-follow 10-day cleanse to reset your body and kick-start your healthy habits. Remember: don't let minor slip-ups keep you from completing your cleanse. Take a moment to recall your goal and get back on track. We believe in you!

— Team AdvoCare®

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10-DAY **RESET**[™]

DIETARY SUPPLEMENT CLEANSING SYSTEM



A critical key to overall wellness is a healthy gut microbiome. It's linked to many bodily functions, including energy, metabolism, immune response, digestive health, memory, cognitive function and mood. A healthy body acting as the host typically consists of more than a thousand species of bacteria and other microbes. The culmination of these species, especially within the gut, is what we call the microbiome. For the next 10 days, your main focus is to support your microbiome through the products we'll introduce on the next page.*

*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.

CLEANSE

The first step in boosting the body's gut microbiome is to cleanse it. If you are having irregular or inconsistent bowel movements, your body is asking for help to get back on track. After all, the bowel is a primary pathway of ridding the body of waste. When it can't do its job efficiently, this can cleanse the system to help it reset.*



The AdvoCare Cleanse uses a unique and effective blend of vitamins, herbs and other beneficial ingredients intended to gently boost the body's process of elimination.* It contains key ingredients like:

- *Milk thistle seed which nutritionally supports the liver (the body's main detoxifying organ)**
- *Senna leaf that has been used traditionally for generations to help stimulate bowel movement and waste elimination**
- *Nine essential vitamins including B-complex vitamins, vitamin C and zinc*



SYNBIOTIC ULTRA™

The AdvoCare Cleanse fuels your body and gut with friendly bacteria found in a probiotic. Synbiotic Ultra™ can contribute to achieving and maintaining a nourished immune system and healthy microbiome by supporting healthy intestinal function and the ability to absorb nutrients from food and supplements.*

This supplement has been carefully formulated with a prebiotic and postbiotic in addition to the 8 strains of probiotics at 10 billion CFUs.

FIBER

Rich in the fibers your body needs to support a healthy GI tract, AdvoCare® Fiber provides 10g of dietary fiber in each serving that can help you reach your daily fiber goal. It contains 6g soluble fiber and 4g insoluble fiber. Soluble fiber absorbs water in your stomach and intestines, which provides a feeling of fullness that can help manage your appetite. Insoluble fiber does not absorb water; it moves quickly through your system cleansing the digestive tract and eliminating waste as it works.*



These three products work together toward internal cleansing, improved digestion and a healthy gut microbiome.*



Available in three unique flavor options

ADDITIONAL PRODUCT RECOMMENDATIONS

OMEGAPLEX®

Omega-3 fatty acids are vital for core nutrition. They're involved in the transportation of nutrients, the maintenance of healthy skin and the support of a healthy cardiovascular and immune system. They also aid in weight management by supporting a healthy metabolism and providing and storing energy for the body.*



SPARK®

Spark® is a unique blend of 20 vitamins, minerals and nutrients that work together to provide a healthy and balanced source of energy. It contains 120mg of caffeine, only 4g of carbohydrates per serving and 0g of added sugar. It offers an excellent source of antioxidant vitamins A, C and E, which neutralize cell-damaging free radicals and is made with six B-complex vitamins that are critical for energy metabolism, proper function and maintenance of the nervous system.*

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INTRODUCTION TO

PILLARS OF WELLNESS

Research has shown that there are specific fundamental elements that support overall health and well-being. The five 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.

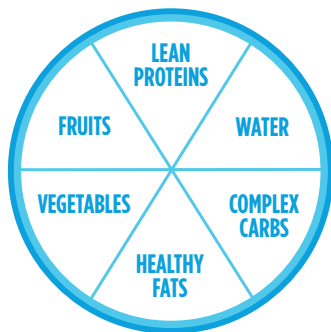




NUTRITION

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.



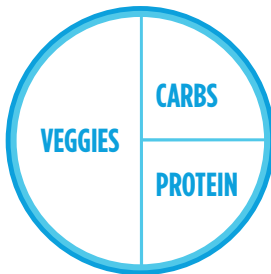
Remember that balance isn't yes or no, always or never; instead, it consists of making healthy decisions on a regular basis to give your body the energy, nutrients and activity it needs.

UNDERSTANDING CALORIE NEEDS

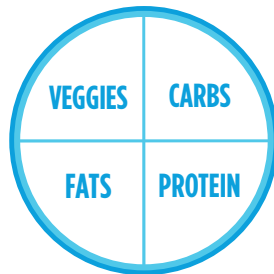
Calories provide your body with energy and are found in carbohydrates, protein and fats, otherwise known as macronutrients. While consuming adequate calories is essential to life, consuming too many calories can have negative effects on body weight and overall health. Long-term consumption of extra calories 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 that all 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.

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 of 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-fourth carbohydrates, one-fourth protein and one-fourth vegetables can give you adequate energy for your level of activity. Add some “good fats” (not too much), which promote feelings of fullness between meals.



TO LOSE WEIGHT



WITH HEAVY EXERCISE

MACRONUTRIENTS

CARBOHYDRATES

Carbohydrates are one of your body's main sources of energy and its preference when it needs energy. While each gram of carbohydrate contains four calories, the nutrients differ. The key to carbohydrate intake is to choose quality sources and manage the amount you consume.

SIMPLE CARBOHYDRATES

This type of carbohydrate breaks down quickly and is used as a fast source of energy for the body. Typically, simple carbohydrates are often lower in vitamins and minerals and should therefore be eaten less often.

TABLE SUGAR	COOKIES, CAKES & OTHER PASTRIES
HONEY AND AGAVE NECTAR	WHITE FLOUR
CORN AND MAPLE SYRUP	SODA
CANDY	SUGAR-SWEETENED BEVERAGES

COMPLEX CARBOHYDRATES

This type of carbohydrate breaks down at a slower rate and helps you stay fuller longer than simple carbohydrates. They are made up of glucose (sugar), starch and fiber.

WHOLE GRAINS <i>Whole wheat, oats, quinoa, couscous, farro, barley, buckwheat, brown rice, etc.</i>	STARCHY VEGETABLES <i>Potato, sweet potato/yams, corn, peas, pumpkin, winter squash like butternut, acorn and spaghetti squash</i>
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 carbohydrates 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 slathering 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.

PROTEIN

Protein is comprised of smaller components known as amino acids. Out of 22 amino acids, nine are considered essential because they cannot be made in the body. You get them from foods you consume or by supplementation. The other amino acids are also found in food but can be synthesized by the body.

Similar to carbohydrates, each gram of protein provides the body with four calories, but protein takes longer to digest. Protein sources are either considered complete, meaning they contain all the essential amino acids, or incomplete, meaning they only contain some of the essential amino acids.

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:

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



FATS

Like carbohydrates and protein, fat is an essential macronutrient in the diet. However, fat yields nine calories per gram, so you don't need as much fat in the diet as you do carbs and protein. Eating too many calories from all three categories can cause weight gain, but distributing fat throughout the day can help you get full faster and stay full longer.

“GOOD FATS”

Monounsaturated fatty acids 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. You can find monounsaturated fat in these foods:

AVOCADOS & AVOCADO OIL	MACADAMIA NUTS
OLIVES & OLIVE OIL	ALMONDS
SUNFLOWER OIL	PISTACHIOS
CASHEWS	SESAME SEEDS
HAZELNUTS	NUT BUTTERS

Polyunsaturated fatty acids provide two essential fatty acids your body can't make, omega-3 and omega-6. You can find polyunsaturated fat in these foods:

CANOLA OIL	MACKEREL
SOYBEAN & SOYBEAN OIL	SALMON
WALNUTS	TUNA
CHIA SEEDS	SARDINES
FLAX SEEDS	EGG YOLK



“BAD FATS”

Saturated fat can contribute to inflammation in the body when consumed in excess and an increase in total and bad cholesterol (LDL) levels.

You can find saturated fat in these foods:

WHOLE FAT DAIRY FOODS	COCONUT OIL
BUTTER	PALM OIL
GRISTLED & MARBLED BEEF	PALM KERNEL OIL
SKIN ON CHICKEN & TURKEY	FRIED FOODS
VISIBLE FAT & SKIN ON BEEF, PORK & OTHER ANIMAL PROTEINS	BAKED GOODS & DESSERTS

The other “bad” fat is called trans fat. Ideally, you should consume little to no trans fat in the diet. You can find trans fat in these foods:

FRIED FOOD	SHORTENING
MARGARINE	MICROWAVE POPCORN
PACKAGED COOKIES, PASTRIES & CAKES	
PROCESSED FOODS CONTAINING HYDROGENATED OR PARTIALLY HYDROGENATED OILS	

MICRONUTRIENTS

VITAMINS AND MINERALS

Vitamins and minerals are known as micronutrients since they are required by the body in small amounts but do not provide calories like macronutrients (carbohydrate, protein and fat). Micronutrients 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 micronutrients as the “behind the scenes crew” working to pull off a big concert—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 micronutrients 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!

FOODS TO STRENGTHEN 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.

<i>What are some examples of the foods that contain immune-strengthening nutrients?</i>	
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

FOODS TO BUILD AND MAINTAIN STRONG BONES

Calcium, vitamin D, phosphorus and magnesium are the main micronutrient 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.

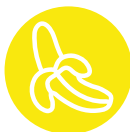
CALCIUM + VITAMIN D



FOODS TO RECOVER FROM EXERCISE

While a variety of micronutrients 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:



FRUIT

- 1 medium-size fruit (apple, orange, peach, pear, etc.)
- 1 cup berries
- 1/2 banana
- 1/2 cup chopped fruit (pineapple, melons, mango, etc.)
- 1/4 cup dried fruit
- 15 individual bite-size fruit (grapes, cherries)
- 4 oz 100% fruit juice

VEGETABLES

- 1 cup green leafy vegetables
- 1 cup raw vegetables
- 1/2 cup cooked vegetables
- 6 oz 100% vegetable 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!** Make half of it veggies, one-fourth lean protein and one-fourth whole grains. Want seconds? Grab more veggies!
- **Double Check!** Some packaged foods list nutrition facts for “1 serving” when the package might contain 2–3 servings total.
- **When in doubt, measure it out!** Try a food scale to help you learn how to accurately measure the amount of food you need.
- **Snack smart!** Portion out the bag or box into snack baggies for the total servings that are on the food label.



- **Make it colorful!** Multiple colors of food typically means adding fiber. Try increasing fiber-rich vegetables and drinking more water if you struggle with not feeling full after you eat.
- **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.
- **Don’t wait!** Eating regularly helps stabilize your blood sugar, and thus your energy levels. This helps you feel hungry and satisfied versus starving or stuffed.
- **No regrets!** When eating out at restaurants, try these tips to help make healthy menu decisions:
 - Ask for a to-go box and reserve half of your meal for later.
 - Ask for your sauces, spreads and dressings on the side.
 - Look for menu items with words like baked, grilled, roasted, pan-seared, sautéed and steamed.
 - Avoid menu items with words like crispy, fried, battered, breaded, creamy, buttered and stuffed.

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.

CARBOHYDRATES

*Avoid or limit high-sugar, low-fiber carbohydrates.
Instead, look for whole grains that are higher in fiber.*

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

*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.*

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

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

FATS

Avoid and limit the intake of saturated fats in your diet. Instead, look for monounsaturated 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

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.

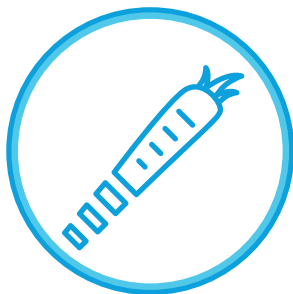
1. GROCERY SHOP – Create a plan, make a grocery list, and stick to it!

- 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 day.
- 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.



MEAL IDEAS

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 and desk, as well as at home in the pantry and fridge.



Having snacks that can be stored in a 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[®])

**BE A
PLANNER
PRACTICE
MAKES
PROGRESS**



DAILY CHECKLISTS

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* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
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 or fruit to snack time can increase your nutrient intake!

30 MINUTES BEFORE BREAKFAST	<input type="checkbox"/> Spark* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
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="checkbox"/> Spark* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> 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="checkbox"/> Spark* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> 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="checkbox"/> Spark* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> 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* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
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* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
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="checkbox"/> Spark* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> 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* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
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* (optional) <input type="checkbox"/> Synbiotic 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* (optional)
AFTER DINNER	<input type="checkbox"/> Dairy or Protein: _____
BEDTIME	<input type="checkbox"/> AdvoCare® Cleanse Caplets
H₂O	
	Total Ounces _____



WHAT'S NEXT?

CONGRATS!

You've completed AdvoCare's 10-Day Reset. We're so proud of you and you should be proud of yourself, too! This is just the beginning. Take advantage of this momentum and continue by working toward a new goal. AdvoCare® has a variety of products to help you Look Better, Feel Better, Perform Better.

For more information, visit advocare.com.



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 nationwide. Amy has more than 600 media placements in a variety of TV, radio and print outlets.



Dr. Lauren Horton
MS-HEOR, PhD

Dr. Horton is passionate about improving the quality of life of those around her. She helps thousands of men and women discover how small steps and the right mix of

supplementation each day can lead to huge strides toward living a healthier lifestyle. Dr. Horton is most passionate about women's health and bridging the gap to increase the health of those in underserved communities. Nominated by the American Heart Association as a Woman of Impact, she is actively involved in helping to change the statistics surrounding heart disease in women and people of color.

Horton holds a bachelor's degree in biology from Rust College, a master's in health economics and clinical outcomes research from Xavier University as well as a Ph.D. in biomedical science from Morehouse School of Medicine. She completed her post-doctoral studies at the University of Pennsylvania.

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