

# AFTER THE

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# JUMPSTART<sup>®</sup>

ADVOCARE<sup>®</sup>

## STAY THE COURSE

### EXAMPLE DAILY SCHEDULE

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> <b>Spark<sup>®</sup></b> <input type="radio"/> <b>MNS<sup>®</sup> Pack #1 (Omni and Delta)</b> <input type="radio"/> Other: _____
<b>BREAKFAST</b>	<input type="radio"/> <b>Meal Replacement Shake</b> <input type="radio"/> <b>Optional Shake Additions:</b> _____ _____
MID-MORNING	<input type="radio"/> <b>Dairy or Protein:</b> _____ <input type="radio"/> <b>Fruit or Complex Carb:</b> _____
<b>LUNCH</b>	<input type="radio"/> <b>Protein:</b> _____ <input type="radio"/> <b>Vegetable:</b> _____ <input type="radio"/> <b>Complex Carb:</b> _____ <input type="radio"/> <b>Fat:</b> _____ <input type="radio"/> <b>MNS<sup>®</sup> Pack # 2 (Omni)</b>
1 - 2 HOURS AFTER LUNCH	<input type="radio"/> <b>MNS<sup>®</sup> Pack # 2 (Delta)</b>
MID-AFTERNOON	<input type="radio"/> <b>Dairy or Protein:</b> _____ <input type="radio"/> <b>Fruit or Complex Carb:</b> _____ <input type="radio"/> <b>Optional Vegetable:</b> _____ <input type="radio"/> <b>Optional Spark<sup>®</sup></b>
<b>DINNER</b>	<input type="radio"/> <b>Protein:</b> _____ <input type="radio"/> <b>Vegetable:</b> _____ <input type="radio"/> <b>Fat:</b> _____ <input type="radio"/> <b>Optional Complex Carb:</b> _____
AFTER DINNER	<input type="radio"/> <b>Dairy or Protein:</b> _____
<b>H<sub>2</sub>O</b>	
	<b>Total Ounces</b> _____

### IS THIS YOU?

- You want to continue with the same routine as the Max Phase.
- You want to maintain results.
- You want to continue working toward long-term goals (weight loss, body composition, etc.)

### PILLARS OF WELLNESS OVERVIEW

- Continue eating a well-balanced diet that contains a variety of nutrient-rich foods including lean proteins, complex carbohydrates, healthy fats, fruits, vegetables and water and in portions as stated in the Transformation Guide.
- Focus on the 80/20 rule: 80% 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.
- Incorporate exercise into your weekly routine. If you've already been exercising, consider mixing it up and trying something new! Remember to get at least 2.5 hours of aerobic exercise and 2 days of weight or resistance training each week.
- Hydrate with at least ½ your body weight in ounces of water every day.
- Aim to get at least 7 hours of sleep per night.
- Focus on managing stress in ways that complement your healthy lifestyle.

### BUNDLE PRODUCTS

- Spark<sup>®</sup>
- MNS<sup>®</sup>
- Meal Replacement Shakes

### OPTIONAL ADD-ONS

- AdvoCare Catalyst<sup>®</sup>
- ThermoPlus<sup>®</sup>
- Probiotic Restore ULTRA<sup>®</sup>
- OmegaPlex<sup>®</sup>

Results vary with individual effort, consistency of use, body composition, eating patterns and exercise. Participants should seek the advice of their health care provider before beginning any new supplement, exercise or nutritional program.

\*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.