

# 10 DAY CLEANSE PHASE



This 10 day cleansing phase is a great way to kickstart your plan and gently remove wastes from your system. It was designed to provide anti-inflammatory effects with the use of OmegaPlex and our eating plan provided. This may help relieve any aches and pains you may have had prior to starting this cleansing phase.

Energy and mental clarity are kept up with the use of the Spark energy drink. Abandon the carbonated and sugary energy drinks and sodas and replace them with Spark.

Using this 10 day cleansing phase along with proper diet and exercise guidance which we provide, you'll be well on your way to continue on with the next 14 days of our 24 Day Rigorous Weightloss Challenge.



The intake of Omega 3 Fatty Acids as found in OmegaPlex is one of the cornerstones of nutrition we utilize with our members along with a Paleo diet plan.



Your ultimate success depends greatly on your **precision and focus** on the plan. There are specifics to follow to maximize your success.

Here are some quick tips and guidelines for you to follow:

1. **NO** dairy (milk, cheese, yogurt)
2. **NO** wheat or wheat products
3. **NO** alcohol
4. **NO** sodas or coffee

**Eat meat and vegetables, nuts and seeds, fruit, little starch and no sugars.**

Day	Fiber Drink	Herbal Cleanse	ProBiotic Restore™ Ultra
1	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	
4		<input type="checkbox"/>	<input type="checkbox"/>
5		<input type="checkbox"/>	<input type="checkbox"/>
6		<input type="checkbox"/>	<input type="checkbox"/>
7		<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>		<input type="checkbox"/>
9	<input type="checkbox"/>		<input type="checkbox"/>
10	<input type="checkbox"/>		<input type="checkbox"/>
	<b>AM</b>	<b>PM</b>	<b>AM</b>

Here is the schedule for the Herbal Cleanse supplements. Take the supplements **as directed** for best results.

Consult a health care professional before starting any new exercise, diet, or supplement program. This program was created by AdvoCare Independent distributors and is not offered through AdvoCare corporate.

Take one **ProBiotic Restore™ Ultra** packet upon rising or 30 minutes before breakfast.  
(Days 4-10)

**Meal #1**

2 whole eggs  
1 cup of blueberries

**Fiber Drink** (Days 1-3 and 8-10)

**Spark**

**Meal #2**

Chicken breast  
2 cups broccoli

**Snack**

12 almonds  
1 apple

**Spark** (As needed)

**Meal #3**

Steak  
Mixed greens salad  
4-6 **OmegaPlex** capsules

Take one **Herbal Cleanse Packet** before bedtime.  
(Days 1-7)

# 14 DAY MAX PHASE



The MNS MAX 3 Pack is our top selling nutritional for weightloss that does it all. It includes probiotics, appetite control, energy, core nutrition, Omega 3s, and more.



Spark is our mental focus and energy drink that is an excellent replacement for coffee and sodas. It's a high nutrient, low sugar supplement that tastes great.



CATALYST is a supplement that contains Branch Chain Amino Acids as well as L-Glutamine. By sustaining your muscles during exercise or reduced caloric intake, Catalyst helps rid the fat, retain the muscle, and leave your body lean when used in combination with our healthy diet and exercise program.



These meal replacement shakes are optional to this program, but are very convenient and nutrient dense. These shakes contain 24 grams of protein with 26 vitamins and minerals and only 220 per serving making them a well rounded meal replacement.

[Click here to order your 24 Day Challenge supplements now.](http://www.AdvoCareNutritionals.com/24daychallenge)

<http://www.AdvoCareNutritionals.com/24daychallenge>

Take 3 **CATALYST** with **SPARK** first thing in the morning or 30 minutes before breakfast.  
Take contents of one **colored MNS Packet** at this time as well.

### **Meal #1**

#### **Meal Replacement Shake**

-or-

2 Sausage patties

1 cup of Strawberries

Take both **White MNS Packets** (these are always to be taken with a meal – either with breakfast or lunch)

Take contents of second **colored MNS Packet** 30 minutes *before* lunch.

### **Meal #2**

Chicken breast

Spinach salad

### **Snack**

12 macadamia nuts

1 orange

**Spark** (As needed)

### **Meal #3**

Salmon

12 Asparagus spears

Meal Planning Basics:

**“Eat meat and vegetables, nuts and seeds, fruit, little starch, and no sugars.”** This is the best advice I can give with the biggest return, which is why we use it with our current member and personal client base.

Your meals should consist of:

Protein source + vegetables and/or fruit

Snacks can be:

Fruit and/or nuts and seeds

(Protein is **always a good idea** with snacks, but we realize it may not be readily available as fruit and nuts can be. On that note, beef jerky can be a simple protein snack that can be carried around with you without refrigeration.)

With our 24 Day Rigorous Weightloss Challenge, we also offer an at-home workout program for those of you who do not have access to a gym or bootcamp. The following workouts can be done with **no equipment or weights**.

[Note: If you are already working out, continue to do so along with our nutrition and supplements program for this 24 day challenge. If you are advanced you can also follow our **elite workout programming** at [RigorousFitness.com](http://RigorousFitness.com). We also have workout programming for you if have some equipment at home like dumbbells, medicine ball, and a jump rope. Just go to [Sub10Workouts.com](http://Sub10Workouts.com).]

The workouts below comprise of basic exercise movements.

Day	Workout
1	Five rounds: 10 Push-ups 15 Squats
2	Run 30 seconds Walk 60 seconds Repeat for 18 minutes
3	Four rounds: 20 Sit-ups 20 Mountain Climbers
4	Four rounds: 20 Walking Lunges 30 Push-up Plank Holds
5	Four rounds: 15 Russian Twists 20 Squats
6	Three rounds: 10 Burpees Run 400 Meters
7	Rest Day
8	Run 30 seconds Walk 60 seconds Repeat for 18 minutes

9	Four rounds: 20 Sit-ups 20 Mountain Climbers
10	Four rounds: 20 Walking Lunges 30 Push-up Plank Holds
11	Four rounds: 15 Russian Twists 20 Squats
12	Three rounds: 10 Burpees Run 400 Meters
13	Five rounds: 10 Push-ups 15 Squats
14	Rest Day
15	Sit-ups Mountain Climbers
16	Walking Lunges Push-up Plank Holds
17	Four rounds: 15 Russian Twists 20 Squats
18	Three rounds: 10 Burpees Run 400 Meters
19	Five rounds: 10 Push-ups 15 Squats
20	Run 30 seconds Walk 60 seconds Repeat for 18 minutes
21	Rest Day
22	Four rounds: 20 Walking Lunges 30 Push-up Plank Holds
23	Four rounds: 15 Russian Twists, 20 Squats

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Three rounds:  
10 Burpees  
Run 400 Meters

Upon completion of the program, we recommend continuing with the basic supplementation of CorePlex® (multivitamin and mineral supplement) and OmegaPlex® (Omega-3 Fatty Acid supplement). Also, use Spark® for energy and mental focus as needed.

Start the program and order your 24 Day Challenge supplements using the link below:

==> <http://www.AdvoCareNutritionals.com/24daychallenge>

Final Words...

The nutrition plan I've sampled in this document follows the "Paleo" way of eating. Again, that's focusing on eating "meat and vegetables, nuts and seeds, fruit, little starch and no sugars." This is the exact way I advise my members to eat at our [training facility](#). It's **proven** and **it works**. Couple the nutrition with the precision 24 day supplement strategy and brief, intense workouts, and you'll be on your way to an elevated health and fitness lifestyle.

Bookmark our website at [24DayRigorousWeightlossChallenge.com](http://24DayRigorousWeightlossChallenge.com) for updates and new programs.

We run this program (without the above workout since we do our own CrossFit workouts) at my training facility. Though we're headquartered out of Birmingham, AL, you can join our online community by simply creating a free profile here.

==> <http://www.CrossFitBirmingham.com>

BEST!

Richard Rigor