

Busy Mom's Guide to 24 Day Challenge

HOW TO 24!

http://thehomemakersjournal.com http://realmomdiets.blogspot.com

With and without Advocare Products

- You can follow along with the plan and either substitute product or ignore advocare products.
- This is just a personal guide and the author cannot be held liable for the information within the pages. As each person is different please seek a physician before starting this or any program.

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First Look:



Your Standard kit:

Spark,Herbal Cleanse,Omega Plex,MNS, & Meal Replacement Shakes

- for best results add 2 bottles of Catalyst!

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8 Tips for the Cleanse Phase of the 24 Day Challenge

Cleanse Phase (Days 1-10)

1. Drink plenty of water - at least ½ your body weight in ounces.

2. Preparation is KEY! Have Advocare products and food ahead of time. (see prep tips below!)

3. **Cut out:**
• Alcohol
• Pop
• Coffee
Replace these drinks with Advocare Spark & Rehydrate.

4. Cut out:
• Fried Foods
• Refined Sugars
• White Starches (Ex. White bread, white pasta)
• Dairy (Yogurt, cheese/cottage cheese, milk, etc.) (Days1-10)
• Heavily Processed Foods

5. Eat healthy fats such as avocados, nuts/seeds, olives/olive oil.

6. Eat plenty of lean protein

7. Eat plenty of fruits and vegetables.

8. Mix the fiber drink in applesauce & eat it instead of trying to drink it!

Preparation Tips:

Create Daily Packs:



Add in your Packets & Create a Menu Card:



Ready to go!



Example **Menu for Days 1-3**

24 Day Challenge (Times are examples only)

DAYs 1-3 (6a)
Immediately after waking up
FIBER DRINK
SPARK
3 CATALYST

Meal 1 (6:30a)
1 egg, 2 egg whites
1 small banana
1/4 C oatmeal
1 16 oz water
**Tip: if you like coffee or tea, heat up water and sip on it!*

Meal 2 (9:30a)
1 wheat bread with almond butter or 2T peanut butter
10 baby carrots
6 almonds
1 16 oz water

30 minutes before Meal 3 (11:30a)
SPARK

Meal 3 (12p)
5 oz tuna, 1 T light Miracle Whip
1 slice whole wheat bread
2 celery stalks
2T peanut butter
1 16 oz water

Meal 4 (3:30/4:30p)
12 reduced fat Wheat Thins
1/2 cucumber
1 16 oz water

Meal 5 (6:30/7:30p)
4 oz chicken
1/2 C brown rice
3/4 C green beans
1 16 oz water

Before bed
HERBAL CLEANSE TABLETS

Menu for Days 4-7

24 Day Challenge (Times are examples only)

DAYs 4-7 (6a)
Immediately after waking up

2 PROBIOTIC
RESTORE
PILLS

SPARK
3 CATALYST

Meal 1 (6:30a)
Egg Zucchini Muffins
1 Banana
16 oz Water

**Tip: if you like coffee or tea, heat up water and sip on it!*

Meal 2 (9:30a)
3 Energy Bites
Apple Slices
16 oz water

30 minutes before Meal 3 (11:30a)
SPARK

Meal 3 (12p)
Meal Replacement Shake
16 oz water

Meal 4 (3:30/4:30p)
1-2 Hard Boiled Eggs
1 Orange
16 oz water

Meal 5 (6:30/7:30p)
Tuna Burger
3 Bean Salad
16 oz water

Before bed
HERBAL CLEANSE TABLETS

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Days 1-3

BREAKFAST	MID-MORNING	LUNCH	AFTERNOON	DINNER	BEFORE BED
Immediately after waking: SPARK 3 CATALYST *30 min later:* FIBER DRINK *can mix in the meal replacement shake*	Fruit Carb Protein 16oz Water	*30 min before eating:* 3 CATALYST Salad with lean protein & Carb 16oz Water	Nuts, Fruit, Raw Veggies SPARK 16oz Water	4-6 Omega Plex Lean Protein Vegatable Carb 16oz Water	HERBAL CLEANSE (3 PILLS) 3 CATALYST (with water)
Choose 1: - Smoothie - Egg, 1 slice toast - Egg Zucchini Muffins - 1/4 c. Oatmeal - Meal Replcement Shake (*if not mixed with fiber*)	**Choose 1:** - Smoothie - Apple, Peanut Butter - 3 Energy Bites - Protein Bar - Hard Boiled Eggs & Orange silces	**Choose 1:** - Smoothie - Salad w/ Chicken - Rolled Turkey Slices in lettuce - Peanut Butter Sandwhich -LEFTOVERS **-ADD FRUIT!**	**Choose 1:** - Smoothie - Apple, Peanut Butter - 3 Energy Bites - Protein Bar - Hard Boiled Eggs & Orange silces	**Choose 1:** - Veggie Burger, Veg, Sweet Potato - Salad w/ Tuna or Chicken - Fajita & Side Salad - Turkey & Egg Omelet	

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Days 4 - 7

BREAKFAST	MID-MORNING	LUNCH	AFTERNOON	DINNER	BEFORE BED
Immediately after waking: SPARK 3 CATALYST **2 PROBIOTIC RESTORE PILLS**	Fruit Carb Protein 16oz Water	*30 min before eating:* 3 CATALYST Salad with lean protein & Carb 16oz Water	Nuts, Fruit, Raw Veggies SPARK 16oz Water	4-6 Omega Plex Lean Protein Vegatable Carb 16oz Water	HERBAL CLEANSE (3 PILLS) 3 CATALYST (with water)
Choose 1: -1 c Strawberries & 1/2c Oatmeal -Meal Replacement Shake - 1/2 c Oatmeal Apple Slices	**Choose 1:** -Protein Bar -Grapes & Almonds - Apple Slices w/Peanut Butter	**Choose 1:** -Taco Salad -Meal Replacement Shake (1per day) - Leftovers - add fruit	**Choose 1:** - Smoothie - Apple, Peanut Butter - 3 Energy Bites - Protein Bar - Hard Boiled Eggs & Orange silces	**Choose 1:** -Tuna Patty & Salad -BBQ Chicken & Sweet Potato - Baked Chicken, 1/2c Brown Rice, Broccoli	

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Days 8 – 10

BREAKFAST	MID-MORNING	LUNCH	AFTERNOON	DINNER	BEFORE BED
Immediately after waking: SPARK 3 CATALYST **2 PROBIOTIC RESTORE PILLS** **FIBER DRINK**	Fruit Carb Protein 16oz Water	*30 min before eating:* 3 CATALYST Salad with lean protein & Carb 16oz Water	Nuts, Fruit, Raw Veggies SPARK 16oz Water	4-6 Omega Plex Lean Protein Vegatable Carb 16oz Water	3 CATALYST (with water)
Choose 1: - 1/4 C oatmeal 1 medium orange -Meal Replacement Shake (1per day) - Smoothie	**Choose 1:** - 10 baby carrots -Protein Bar - Smoothie - Celery & Peanut Butter	**Choose 1:** - 1 slice wheat bread,turkey,1 tsp mustard -Large Salad - 1 Slice Bread Peanut Butter, Grapes	**Choose 1:** - Smoothie - Apple, Peanut Butter - 3 Energy Bites - Protein Bar - Hard Boiled Eggs & Orange silces	**Choose 1:** - 4 oz chicken ¾ C sweet potatoes ¾ C green beans -Large Salad - Turkey Burger Taco	

Find more Ideas and recipes : www.realmomdiets.blogspot.com

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10 Day Grocery List

These are general guidelines and recommendations of foods to have on hand during your 24 Day Challenge. Your list will vary slightly. Be sure to read carefully before making any purchases.

Meat/Fish & Proteins

Turkey Breast 12 oz.
Chicken 6 lbs (2 bags frozen)
Canned Tuna 6 cans (in water)
Eggs 3 dozen
Almonds 1 bag Blue Diamond

Grains, Cereals, and Accompaniments

Brown Rice 1 box
All Bran Buds 1box
Plain oatmeal enough for 12 servings
Whole Wheat Bread 2 loaves
Reduced Fat Wheat Thins 1 bx

Frozen Foods
Frozen mixed vegetables 2-3 bags of your choice

Condiments
Fat free Italian dressing
Prepared yellow mustard
Light Miracle Whip

Fruits & Vegetables
Oranges, 1 bag
Apples, 6 or more
Banana, 3 or more
Peaches 2 or more
Tomatoes 3-4
Strawberries 4 pints
Onion 2 large
Large garden salad Bag Mix
Large Spinach Bag mix
Baby Carrots
Sweet Potato 4
Cucumber 4
Celery stalks
Broccoli
Cauliflower
3 each yellow,green,red bell peppers

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Fill out your measurements below, being as accurate as you can with your measurements. The more measurements you take, the better you can track. Sometimes it may not appear as if you are loosing weight based on the scale- if you keep your measurements you might find you are loosing inches over weight!

Make sure you take two before pictures, one from the front and one from the side.

You take pictures because overall results are important. A photo will be a good indicator of your overall weightloss and inches lost.
After you've completed the 24 Day Challenge, you'll look back at these images and see how far you've come.

Start Date: _____ Starting Weight: _____

Right Arm: _____ Waist: _____

Chest: _____ Right Thigh: _____ Hips: _____

Right Calf: _____ Dress Size: _____ _

You'll record your "after" measurements and pictures once you've completed the challenge!

Place Front Facing "Before" Picture Here!

Take photos in front of a plain background.

Include your entire body, from head to toes.

Place Side Facing "Before" Picture Here!

Wear something that shows your shape. A tank top and shorts work well