

TRANSFORMATION



FITNESS & WELLNESS

## **Nutrition Guide and Fat Los System**



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# **Your Best Body Begins Here!**

The journey will not be easy, but if you stick with it and complete the program... We guarantee the most rewarding experience of your life!

After all, if you don't have your health, you have nothing. On the flipside, with excellent health you really do have everything, as you will see in just a few short weeks from now.

This info pack is a guide to help you stay on track and educate you with the program and the AdvoCare products. Plus, you will learn how to implement good eating habits that will last a lifetime.

The trick is just to get started and stay committed, which is why we came up with this program. We want you to be successful in your health and wellness journey.

We would like to invite you to be one of these success stories. Whether you think you can or you think you can't, you're right! I am looking for walking billboards so we can inspire others to take their health and wellness into their own hands.

Let this motivate you, but don't lose sight of the goals: a better body, better health, and a better life

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# **Section One**

## **Nutritional System and Meal Plan**

# Cleanse Phase (Days 1-10) Lean and Green Phase



## AM Probiotic (Small White Pill)

Take every morning before breakfast

PM Herbal Cleanse (Brown Pill) Take every night before bed.



## AM Fiber

Take every morning with breakfast. Mix it with water, orange juice, oatmeal, etc



## Catalyst

Take 3 before you workout!



## Spark

Take instead of soda or coffee when you need energy!

1. Drink plenty of water - at least  $\frac{1}{2}$  your body weight in ounces.
2. Preparation is KEY! Have AdvoCare products and food ahead of time.
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.)
  - Heavily Processed Foods
5. Eat healthy fats such as avocados, nuts/seeds, olives/olive oil.
6. Eat plenty of lean protein (anything that was once alive) to feed lean muscle so your body can burn stored fat for fuel. "Feed muscle/starve fat."
7. Eat plenty of fruits and vegetables.

## Max Phase (Days 11-24)



**Spark**

Take instead of soda or coffee when you need energy



**Metabolic Nutrition System (MNS)**

MNS-C, MNS-3, or MNS-E

Take before and with meals daily. Follow instructions on front of strip packets



**Catalyst**

Take 3 before you workout

1. Continue to drink plenty of water. Remember the body weight rule.
2. Continue with your new habit of preparation with AdvoCare products and food. Make sure you follow the recommended time frame with the MNS Strip Pack.
3. You can add Dairy back into your nutrition plan, if you like.
4. Continue to cut out:
  - Alcohol
  - Pop
  - Coffee

*(Stick to your AdvoCare Spark & Rehydrate.)*
5. Your body will crave more of what you feed it! Continue feeding your body lean protein, vegetables, fruits, good fats, and healthy carbs.
6. By the end of the 24 days ALL of your MNS strip packets should be gone. If you have left over packets then you did not follow the system!

# Metabolic Nutrition System Instructions

**1** Take approx. 30 minutes before breakfast on an **EMPTY STOMACH!**

**2** Take approx. 30 minutes before lunch on an **EMPTY STOMACH!**

**3** Take **WITH FOOD!**  
Preferably with breakfast or lunch.  
They can be taken immediately before a meal, with the meal, or directly on top of a meal. The white packet has more nutritional value than prenatal vitamins; therefore, food intake is essential

Ratings on scale of 1-10	Energy	Appetite Control
Max E	10	8
Max C	8	10
Max 3	6	6

This product is to be taken on days 11-24. If I were able to take only one product, the Metabolic Nutrition System (MNS) would be my choice. It is actually 5 different products in one, which is why they call it a system. It is not a “diet pill” per say. It is high quality nutrition to bridge the gap between what you eat and what your body actually needs.

It contains your multi vitamin, fish oil (omega fats), high powered anti-oxidant, extra calcium, craving control (to curb fat and sugar cravings), and a time released energy product to keep you feeling balanced all day. This product will replace any stand-alone vitamins you may have been taking in the past.

Continue to follow your nutrition plan, but add this product in as recommended in the directions above. DO NOT starve yourself to try and achieve results sooner. You need to eat while on this program. Your body will crave more of what you give to it. We have all of our clients on these products and the longer they stay on it the better it continues to work.



## **TFW Approved: – Nutritional System Daily Meal Plan**

In order to see the best results during this program we have created a meal plan for you to follow. **By sticking to the meal options listed below you will be able to maximize your results.** If you want to add some more options to your daily routine, the grocery lists provided in the rest of this document can provide healthy options and variety.

### **Breakfast Options**

1. 2-4 Eggs fried, scrambled, or hardboiled  
Add spinach, mushrooms, tomato, and onions with the scrambled eggs to make an omelet  
1 Cup of berries of your choice
2. Small bowl of Go Lean Crunch cereal with almond milk  
1 cups of berries of your choice
3. AdvoCare meal replacement shake with almond milk

### **Lunch Options**

1. 5 ounces of tuna or chicken breast  
Add chicken or tuna to medium sized spinach salad with peppers and onions (Prefer Braggs Salad dressing)  
8 ounces of chicken breast, 2 cups of mixed greens, chopped carrots and cucumbers, 2/3 cup of black beans, and 2 tablespoons of guacamole
2. Strawberry banana shake: 12 ounces of water or almond milk, 2 scoops of vanilla muscle gain from AdvoCare, 1 banana, 1 cupped hand of strawberries, 1 fist of spinach, 2 thumbs of walnuts (Add fluid of choice, protein, bananas, and nuts into a blender and blend on high for 1 minute. Add spinach and blend again for another minute. )

### **Dinner Options**

1. 8 ounces or 3.5 ounces of wild salmon, 2 cups of zucchini, 1 medium sweet potato, 1 tablespoon of extra virgin olive oil
2. 4-8 ounces of chicken breast, ½ cup of brown rice, ¾ cup of green beans
3. 8 ounces or 3.5 ounces of lean sirloin, 2 cups of asparagus, 1 medium sweet potato, 1 tablespoon of extra virgin olive oil, 1 tablespoon of butter
4. Veggie wrap: 1 sprouted whole grain tortilla, ¼ cup of hummus, 3-5 broccoli florets, 2-4 baby carrots, handful of kale  
(Directions: take tortilla, spread on hummus. Chop all veggies and place in the tortilla, fold and eat!)

### **Snack Options**

1. Almond butter with a medium apple  
Fist-full of almonds
2. 2-3 hardboiled eggs  
Select one medium sized apple, orange, peach, banana
3. AdvoCare snack bar
4. 2-3 Tonnino Yellowfin tuna filets with oregano in olive oil



## **Section Two**

### **More Helpful Nutrition Tips for Weight Loss Success**

## A Big Fat List of Fat Fighting Foods!

If you can use one of each of these ingredients for your 3 “main meals” each day you’ll be off to a flying start. Just add water to drink. Fruit or vegetables will work for snacking between meals.

### Proteins

Chicken breast  
 Turkey breast  
 Lean ground turkey  
 Wild game meat  
 Orange roughy  
 Lobster  
 Swordfish  
 Top sirloin  
 Crab  
 Tuna  
 Haddock  
 Top round steak  
 Lean ground beef  
 Wild Salmon  
 Shrimp  
 Low-fat cottage cheese  
 Low-fat cheese  
 Trout  
 Swordfish  
 Top Sirloin steak  
 Buffalo  
 Lean ham  
 Egg whites

### Carbohydrates

Baked potato  
 Sweet potato  
 Sunflower  
 Kidney beans  
 Barley  
 Steamed brown rice  
 Oatmeal  
 Pasta  
 Whole grains  
 Whole wheat tortillas  
 Squash  
 Pumpkin  
 Corn  
 Strawberries  
 Melon  
 Apple  
 Orange  
 Fat-free yogurt  
 Whole wheat bread  
 High-fiber cereal

### Vegetables

Asparagus  
 Squash  
 Carrots  
 Broccoli  
 Cauliflower  
 cabbage  
 Artichoke  
 Peas  
 Spinach  
 Celery  
 Green beans  
 Mushrooms  
 Brussels sprouts  
 Green peppers  
 Romaine Lettuce  
 Tomato  
 zucchini  
 cucumber

### Fats

Avocado  
 Safflower oil  
 Sunflower oil  
 Canola oil  
 Flax seed oil  
 Olives  
 Olive Oil  
 Low-sodium nuts  
 Cold water fish  
 Natural peanut butter  
 Pumpkin seeds

### Vegetarian Proteins

Tempeh  
 Seitan  
 Tofu  
 Soy Foods  
 Veggie Burger

### Foods to Avoid

Butter  
 Fried foods  
 Mayonnaise  
 Whole fat dairy products  
 Lard

## More Useful Foods for a Healthy Diet

### PROTEINS

1 egg, 2 egg whites  
 6 oz. cottage cheese  
 ¼ C bran flakes  
 2 light string cheese seeds  
 6 oz. Greek yogurt  
 4 oz. turkey  
 4 oz. chicken  
 4 oz. tilapia  
 4 oz. cod  
 4 oz. blue hake  
 4 oz. salmon  
 4 oz. walleye  
 5 oz. tuna  
 3 oz. shrimp  
 4 oz. crab meat  
 5 oz. lobster  
 4 oz. lean ham  
 3 oz. pork chops  
 3oz 95% lean beef  
 4oz prime rib

### CARBS

¼ C all bran  
 ¼ C fiber one  
 ¼ C oatmeal  
 ½ C brown rice  
 ½ C wild rice  
 ½ C basmati rice  
 1 whole wheat bread  
 1 whole wheat tortilla  
 ¾ C sweet potatoes  
 2/3 C corn  
 2/3 C peas  
 ½ C black beans  
 1 apple  
 1 apricot  
 1 C blueberries  
 1 C cherries  
 1 C cranberries  
 ½ grapefruit  
 1 nectarine  
 1 orange  
 1 peach  
 1C grapes  
 1pear  
 2 kiwi  
 1 C raspberries  
 1plum  
 1 C strawberries  
 1banana  
 Low-fat yogurt  
 Low-fat milk

### VEGETABLES

asparagus  
 artichokes  
 bean sprouts  
 bell peppers  
 broccoli  
 Brussels sprouts  
 butternut squash  
 cabbage  
 carrots  
 cauliflower  
 celery  
 collard greens  
 cucumber  
 eggplant  
 green beans  
 lettuce  
 mushrooms  
 string beans  
 radishes  
 salad greens  
 snap peas  
 spinach  
 onions  
 tomatoes  
 zucchini  
 water chestnuts

### FATS

1 oz. almonds  
 ½ C avocado  
 ½ C sunflower seeds  
 ¼ C pumpkin seeds  
 2 T peanut butter  
 ¼ C olives  
 low-fat salad dressing  
 safflower oil  
 canola oil  
 sunflower oil



# Restaurant Guide



The more you eat out, the more likely you are to be overweight, say obesity experts who have studied the link between eating at restaurants and obesity — which are both on the rise. However, life happens; on special occasions you might need some tips for eating healthily at a restaurant. Eating out can be challenging when trying to stay within your nutrition plan, but it's not impossible. With some specific instructions to your server, you can make healthier choices. Again, eating out should not be a part of your regular, weekly nutrition plan.

**Breakfast:** Order an egg white omelet. Just say “no oil or butter.” You may add any vegetables. Request 1 or 2 slices of dry whole-wheat toast. Place jam on toast instead of butter.

**Chinese:** Order steamed chicken, shrimp, or scallops. Remember that you can ask for a mix of shrimp and chicken. Request steamed rice and steamed vegetables. For spicy flavor, use dry chili pepper flakes or use their plum sauce, ginger, or lite soy sauce.

**Continental:** Order grilled fish or chicken breast without butter, oil, or sauce. Have it cooked with seasonings but no fat. Top with onions, tomatoes, or steamed spinach.

**Italian:** Order grilled fish like snapper or chicken breast; without butter, oil, or sauce, smothered in steamed spinach with garlic and tomato sauce on the side and steamed asparagus or another vegetable.

**Mexican:** Instead of chips, ask for corn tortillas, and dip them in hot sauce. Order fish or chicken breast rolled in Mexican spices and char-grilled with no fat. Smother the fish or chicken in pico de gallo and get some steamed vegetables-on the side. Order grilled chicken fajitas without the skin, butter or oil. Place the chicken breast in corn tortillas with onion, pico de gallo, or salsa.

**Seafood:** Order a low fat fish, rolled in the same seasonings they blacken their fish with. Ask for it to be char grilled without butter, oil or fat. Pico de gallo goes great over grilled fish. Another great choice is ceviche or shrimp cocktail.

**Steak House:** Filet mignon has the least amount of fat of all the steaks, but order the petite size. You may also order a grilled lobster tail without the butter.

**Sushi:** Order the shrimp or cucumber rolls, crab or California rolls made without mayo or fish eggs. Other items that would be a great choice include scallops, snapper, flounder and tuna. Be sure to use the light soy sauce for less sodium.

# Understanding Portion Sizes

## Protein

Eat protein dense foods with each meal. In healthy individuals a higher-protein diet is completely safe. And not only is it safe, it may actually be essential for achieving your best health, body composition, and performance. Here is what you should keep in mind when consuming protein:

- A portion size of protein is visually about the size of the palm of your hand, between 20-30g.
- Women should aim for 1 palm of protein dense food with each meal (about 20-30 g)  
Men should aim for 2 palms of protein dense food with each meal (about 40-60 g).  
By doing so, you will not only ensure adequate intake of protein, you'll also stimulate your metabolism, improve your muscle mass and recovery, and reduce your body fat.

### For Women



### For Men



## Vegetables

Eat vegetables with each meal. Science has demonstrated that in addition to the micronutrients (vitamins and minerals) packed into vegetables; there are also important plant chemicals (phytonutrients) that are essential for optimal functioning.

To ensure that you stay balanced and get enough vegetables:

- Aim to eat at least 1-2 fist-sized servings of vegetables with every meal.
- Women should aim for 1 fist of vegetables, and men should aim for 2 fists of vegetables with every meal.
- Aim to get about 1 cupped handful of fruits at many meals as well.
- If that is a lot more vegetables than you currently eat, slowly work your way up from where you are now. Add a fist here and a fist there until you reach your new goal of 1 to 2 at every meal.

By developing the habit of eating vegetables at each meal, you will be much more likely to get your full 5-10 servings each day.

### **For Women**



### **For Men**



## Carbohydrates

Eat some carbohydrate dense foods with most meals, especially after exercise. We recommend the majority of your carbohydrates come from whole, minimally processed carbohydrate sources. And it is ok to have some carb-free meals, such as a salad for example. Just make sure you aren't keeping your carb intake too low for your activity levels. To ensure you are eating reasonable amounts, here is what we recommend:

- Women should aim for 1 cupped handful of carbohydrate dense foods with most meals
- Men should aim for 2 cupped handfuls of carbohydrate dense foods with most meals

With an intake at these levels, this is neither a low-carbohydrate diet, nor a high-carbohydrate diet. Rather, it's a controlled-carbohydrate diet. It is enough to meet your needs, but not so little that it hurts your performance, or so much that it leads to fat gain.

### **For Women**



### **For Men**



## **Fat Dense Foods (Healthy Fats)**

Eat healthy fat dense foods with most meals. You should include a small amount of healthy fat dense food with most meals.

To ensure you are meeting your health fat needs, here is what we recommend:

Women should aim for 1 thumb of fat dense foods with most meals

- Men should aim for 2 thumbs of fat dense foods with most meals

### **For Women**



### **For Men**

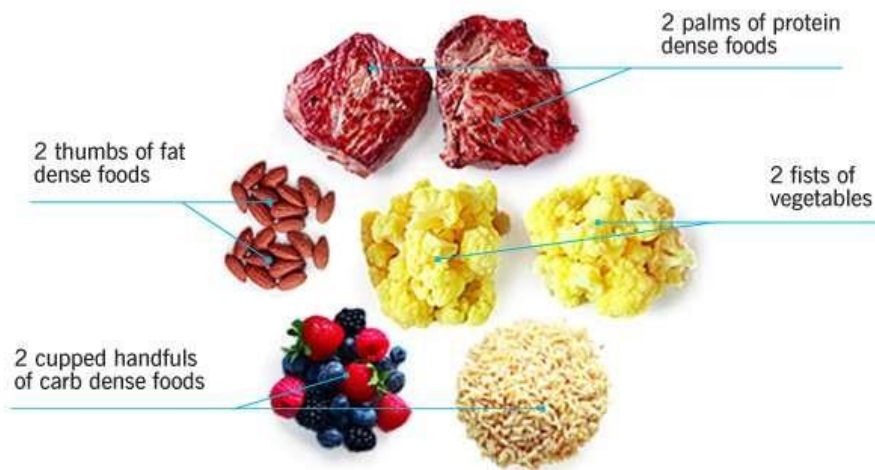




## Sample meal planning for Women



## Sample meal planning for Men



## Recommendations on Food Consumption

When you go to eat your next meal or snack make sure you take your time and slowdown. We understand that we live in this fast paced world, but you need to slow down and consume your food a little slower. Try this the next time you eat and make sure you stop at 80% full. We do not want to overeat! Also do not let yourself become extremely hungry.

### **Immediately after your meal:**

You're probably still a little hungry. It will take roughly 15-20 minutes to get a sense of satisfaction from a meal. If you're a fast eater, wait it out before you go for more.

### **One Hour after finishing a meal:**

You should still feel satisfied with no desire to eat another meal.

### **Two hours after finishing a meal:**

You may start to feel a little hungry, like you could eat something, but the feeling isn't overwhelming.

### **Three to four hours after finishing a meal:**

You should feel like it's time for the next meal. Your hunger should be around a 7 or 8 out of 10 (where 10 is the hungriest you've ever been), but may be more or less depending on when you exercised and what your daily physical activity level is. Not really hungry yet? You likely had too much food at your previous meal.

### **Four hours after finishing a meal:**

You're quite hungry, like mothering is getting between you and the kitchen. You're at 8 or 9 out of 10. This is when the "I'm so hungry I could eat anything" feeling appears. (Obviously, if you let your hunger get this far you may make poor choices.)

## Simplified Grocery List

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

### ***Meat/Fish & Proteins***

Lean red meats 95% lean  
Salomon  
Tonnino Yellowfin Tuna Fillets with Oregano in Olive Oil Chicken  
Canned Tuna  
Eggs  
Almonds  
Walnuts  
Tempeh  
Tuna  
Tilapia

### ***Grains, Cereals***

Brown Rice  
All Bran Buds  
Whole oats Oatmeal  
Whole Wheat Bread  
Quinoa  
Whole Wheat Bun  
Black beans, lentils, split peas

### ***Condiments***

Fat free Dressing  
Almond Milk  
Prepared yellow mustard  
Bragg Vinaigrette salad dressing

### ***Fruits and Vegetables***

Orange, medium  
Apple, medium  
Peaches  
Tomatoes  
Strawberries  
Blueberries  
Large garden salad with tomato and onion  
Green beans  
Asparagus  
Sweet Potato  
Baby carrots, raw  
Cucumber  
Celery stalks

## What's Next?

Continue with your new, healthy lifestyle!

The first portion of this program is designed to get you some much needed momentum and help you get a “jump start” on reaching your health and fitness goals. You have new habits that are now in place and have become part of your daily routine. Your new daily routine is what is going to guarantee continued success and turn this into a true lifestyle. This is not the time to let up and stop doing the things you have been doing.

Continue to use this nutrition guide book to make good, healthy food choices. Continue on your supplement routine to fill in the gaps in your diet. You can continue to purchase products at the retail price or you can get a 20-40% discount on your products that you take moving forward. If you have questions about the discount let us know.

Two critical AdvoCare products for you to consuming are:

- Spark
- Metabolic Nutrition System Max 3, E, or C.

These two products are what you need to maintain high energy levels and mental focus, as well as continue to feed your body the core nutrition it needs to keep up with an active lifestyle, quality relationships, and your health and overall wellness. Additional AdvoCare products for you to obtain optimal health and wellness are available.

As you have found, nutrition is crucial to your long term success. Focus on what you eat, continuing on your AdvoCare supplements and an exercise program that work for you. Imagine where you will be after a full 90 days of following this program!