



AdvoCare10 DAY CLEANSE

Breakfast

Mid-Morning

Lunch

Mid-Afternoon

Dinner

Snack

Day 1

<p>2 Glasses Water with Fiber Drink</p> <p>30 Minutes Later Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p> <p>(at bedtime) HERBAL CLEANSE TABLETS with Water</p>
SPARK / WATER between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day 2

<p>2 Glasses Water with Fiber Drink</p> <p>30 Minutes Later Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p> <p>(at bedtime) HERBAL CLEANSE TABLETS with Water</p>
SPARK / WATER between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day 3

<p>2 Glasses Water with Fiber Drink</p> <p>30 Minutes Later Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p> <p>(at bedtime) HERBAL CLEANSE TABLETS with Water</p>
SPARK / WATER between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day 4

<p>PROBIOTIC RESTORE</p> <p>Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p> <p>(at bedtime) HERBAL CLEANSE TABLETS with Water</p>
SPARK / WATER between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day 5

<p>PROBIOTIC RESTORE</p> <p>Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p> <p>(at bedtime) HERBAL CLEANSE TABLETS with Water</p>
SPARK / WATER between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals



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Day
6

<p>PROBIOTIC RESTORE</p> <p>Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p> <p>(at bedtime) HERBAL CLEANSE TABLETS with Water</p>
SPARK / WATER between meals		2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day
7

<p>PROBIOTIC RESTORE</p> <p>Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p> <p>(at bedtime) HERBAL CLEANSE TABLETS with Water</p>
SPARK / WATER between meals		2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day
8

<p>PROBIOTIC RESTORE</p> <p>2 Glasses of Water with Fiber Drink</p> <p>Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p>
SPARK / WATER between meals		2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day
9

<p>PROBIOTIC RESTORE</p> <p>2 Glasses of Water with Fiber Drink</p> <p>Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p>
SPARK / WATER between meals		2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals	2 Glasses Water between meals

Day
10

<p>PROBIOTIC RESTORE</p> <p>2 Glasses of Water with Fiber Drink</p> <p>Bowl or piece of Fruit</p>	<p>Fruit & 3 Eggs or Oatmeal</p>	<p>Salad or Greens with Lean Protein and Complex Carbs</p>	<p>SPARK! Nuts, Raw Veggies or Fruit</p>	<p>4-6 OmegaPlex</p> <p>Lean Protein with Lightly Cooked Veggies</p>	<p>Bowl or piece of Fruit</p>
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