

# 24 Day Challenge Days 1-10 "Preparation Phase"

## Days 1-3

MORNING	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BEDTIME
<input type="checkbox"/> <b>FIBER DRINK</b> – Mix contents of <b>FIBER DRINK</b> with 8 oz. <u>very cold</u> water and drink immediately. Follow up with an additional 8 oz. of water.  <i>Recipe Suggestion:</i> Combine <b>FIBER DRINK</b> packet with <b>Meal Replacement Shake</b> in 10-12 oz. <u>very cold</u> water.	<input type="checkbox"/> <b>Meal Replacement Shake</b> –with 8-10 oz. <u>very cold</u> water.(optional) <input type="checkbox"/> See Program for other options  <i>Recipe Suggestion:</i> Blend with ice for "Smoothy" consistency. Add flavorings, as desired.	<input type="checkbox"/> Healthy snack	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <input type="checkbox"/> Or <b>Meal Replacement Shake (optional)</b>  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a "ton" of calories!!!	<input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8-12 oz. cold water. <input type="checkbox"/> Approximately ½ hour after <b>SPARK</b> , eat fruit and/or protein oriented snack.	<input type="checkbox"/> <b>4-6 OmegaPlex</b> w/dinner <input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a "ton" of calories!!!	<input type="checkbox"/> Consume packet of tablets in <b>HERBAL CLEANSE</b> labeled <b>Herbal Cleanse</b> ".
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## Days 4-7

MORNING	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BEDTIME
<input type="checkbox"/> Consume packet of tablets in <b>HERBAL CLEANSE</b> labeled "ProBiotic RESTORE". <input type="checkbox"/> Wait 30 minutes before consuming <b>MEAL REPLACEMENT SHAKE</b> for breakfast.	<input type="checkbox"/> <b>Meal Replacement Shake</b> –with 8-10 oz. <u>very cold</u> water optional). <input type="checkbox"/> See Program for other breakfast options  <i>Recipe Suggestion:</i> Blend with ice for "Smoothy" consistency. Add flavorings if desired.	<input type="checkbox"/> Healthy snack	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <input type="checkbox"/> Or <b>Meal Replacement Shake (optional)</b>  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a "ton" of calories!!!	<input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8-12 oz. cold water. <input type="checkbox"/> Approximately ½ hour after <b>SPARK</b> , eat fruit and/or protein oriented snack.	<input type="checkbox"/> <b>4-6 OmegaPlex</b> w/dinner <input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a "ton" of calories!!!	<input type="checkbox"/> Consume packet of tablets in <b>HERBAL CLEANSE</b> labeled <b>Herbal Cleanse</b> ".
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## Days 8-10

MORNING	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BEDTIME
<input type="checkbox"/> Consume packet of tablets in <b>HERBAL CLEANSE</b> labeled "ProBiotic RESTORE". <input type="checkbox"/> Wait 30 minutes before consuming <b>Fiber Drink</b> . <input type="checkbox"/> <b>FIBER DRINK</b> – Mix contents of <b>FIBER DRINK</b> with 8 oz. <u>very cold</u> water and drink immediately. Follow up with an additional 8 oz. of water.  <i>Recipe Suggestion:</i> Combine <b>Fiber Drink</b> packet with <b>Meal Replacement Shake</b> in 10-12 oz. <u>very cold</u> water.	<input type="checkbox"/> <b>Meal Replacement Shake</b> –with 8-10 oz. <u>very cold</u> water. optional) <input type="checkbox"/> See Program for other breakfast options  <i>Recipe Suggestion:</i> Blend with ice for a "Smoothy" consistency. Add flavorings if desired.	<input type="checkbox"/> Healthy Snack	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <input type="checkbox"/> Or <b>Meal Replacement Shake (optional)</b>  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a "ton" of calories!!!	<input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8-12 oz. cold water. <input type="checkbox"/> Approximately ½ hour after <b>SPARK</b> , eat fruit and/or protein oriented snack.	<input type="checkbox"/> <b>4-6 OmegaPlex</b> w/dinner <input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a "ton" of calories!!!	
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**CATALYST (optional)** – Take 3 capsules 10-15 minutes before working out or 3 capsules on an empty Stomach (if not working out)  
**IMPORTANT: BODY WEIGHT/2 = WATER CONSUMPTION GOAL & Exercise Everyday (cardio and/or resistance training)**