



The 24 Day CHALLENGE



AdvoCare Products For Entire Challenge

- Herbal Cleanse (1 Box)
- Meal Replacement Shakes (1 Box)
- SPARK (2 Boxes)
- MNS Vitamin Strips (1 Box)
- OmegaPlex (1 Bottle)
- Optional (Highly recommended)
 - ThermoPlus (1 Bottle)
 - Catalyst (1 Bottle)
 - Muscle Gain (2 Boxes)

Grocery Shopping List

If two quantities are shown, the first quantity shown is for days 1-10, the second quantity shown is for days 11-24.

(Quantities are approximate)

- Organic Apples (10) / (10)
- Can Of Steel Cut Non Instant Oats (1)
- Grapefruit (10) / (10)
- Organic, Free Range Eggs (2 Dozen)
- Large Bag Of Ready To Eat Baby Carrots (1) / (1)
- Large Bag Of Ready To Eat Broccoli (1) / (1)
- Bag Of Bell Peppers (2) / (2)
- Large Bag Of Unsalted Almonds (1)
- Bag Of Organic Brown Rice Cakes (1)
- Jar Of Natural Almond Butter (1)
- Carton Of Fresh, Organic Blueberries (1) / (1)
- Large Bag Of Ready To Eat Spinach or Lettuce (1) / (1)
- 5 oz Cans Of Tuna In Spring Water (20)
- 5 oz Cans Of Boneless, Skinless Salmon (20)
- Individual Serving Size Of Hummus (10) / (10)
- Individual Serving Size Of Guacamole (1 Box)
- Bottle Of Low Fat Balsamic Dressing (1)
- Small Jar Of Olives (1)
- Bag Of Ezekiel Tortillas (2)