



# Carb Challenge

## What is the Carb Challenge?

The Carb Challenge is designed to not only continue to lean down your body but allow you to understand what Carbohydrate patterns work the best for you. During the next 4 weeks you will keep a consistent pattern of supplementation, cardio and workout regimens. The only thing that will change will be the food you eat and the timing of those nutrients. At the end of each week you will log your progress in the tracker on the last page of this program. By the end you will be able to determine what patterns work the best for your body type. Remember that levels of carbohydrates may need to change over a period of time due to the amount of muscle you have put on.

## Carb Challenge Nutrition:

In the Carb Challenge you will notice that week by week Protein will always stay consistent. This is because your protein is the main building blocks of your lean body mass structure. This is an important time to continue to build lean body mass in order to establish faster metabolism. Carbohydrates and Fats will fluctuate week to week to determine what is the best ratios for you. Remember you will not see consistent results nor be able to track what works best if you do not stick to the patterns drawn out. These patterns have been proven over time with many trials to be best for fat loss. Your goal is to see which of these patterns work the best for you. Remember doing the same exact ratio without change will normally bring your body to a plateau. We are looking for a pattern that will work for you so we can continue those in the future.

## Your Evolution:

Remember that everything is set in stone except the food so be as close to the menu as possible.

## Week 1: Discussion

### Water:

Drink 1 gallon (124oz) water per day. This may seem like a lot, but it is crucial to your success. Energy through the cell's mitochondria is increased with more water in the body... It allows the carbohydrate to be utilized faster for energy. Bottom line is that if you drink your gallon you will lose body fat faster!

### Nutrition:

**Week 1 (Med/Low Carbs) – Day 1/Day 2/Day 3/Day 4/Day 5/Day 6/Day 7**

*Ok, let's talk about how a Medium to Low Carb (zig zag) works. The purpose of this kind of pattern is to get your metabolism used to a certain amount of calories and then drop the quicker absorbing (easier to use carbohydrates) nutrients that then causes the body to look for stored energy (aka: Fat). As you can see by the chart there will be 4 Medium carb days and 3 Lower carb days. Fill in the Menus above and use them for the appropriate days.*

### Exercise Nutrition:

**Let's talk about the four quadrants. Supplementation, nutrition (the food you eat and water you drink), weight lifting and Cardiovascular activity are the four pieces of the puzzle that if put together will bring you optimal results.**

**Supplementation** – you cannot get all your nutrition from food alone. Supplementation maximizes nutrient density (more nutrition in less calories). There are reactions from vitamins, minerals, herbs and amino acids that happen in the body to cause the ability to build, repair and refresh cells are needed in the form of supplementation. When these pieces are missing the body will actually break down further in order to acquire these pieces, causing the body to decrease healthy tissue instead of increase healthy tissues.

**Nutrition** – Correct ratios and timing of proper nutrients such as protein, carbs and fat are important depending on what the body needs at the given time.

**Weight lifting exercise** – When building a faster metabolism lifting weights causes micro tears in the muscle tissue. By ingesting the right amounts of the Supplements and nutrition through proper diet the body will repair the torn tissues to be stronger. This over time causes a faster metabolism where you will lose the much more buoyant fat. Do not be scared to increase lean body mass because muscle is much more dense than fat. You will lose inches and look more toned.

**Cardiovascular exercise** – This type of exercise creates a calorie deficit causing the body to look for stored energy in the form of fat.

**A comprehensive chart will carry you day by day through the whole four week program**

## Carb Challenge Supplements Guide by AdvoCare

### Each MNS Max 3 Contains:

- **ActoTherm SR:** This blend of safe and powerful herbal extracts, vitamins, and minerals boost support your body's ability to burn calories more effectively as well as reduce appetite.
- **Bio Therm:** This unique formulation of herbal ingredients helps increase energy, support metabolic efficiency, and suppress your appetite. Oolong tea extract helps ignite your body's natural ability to produce energy so you feel more energized and vibrant.
- **CorePlex:** This high-potency, multivitamin and mineral supplement provides a strong foundation of basic nutrition. Each serving provides 36 vitamins, minerals and nutrients in a highly absorbable form so you can enjoy the advantages of complete core nutrition.
- **Omega Plex:** Omega Plex is the highest quality, purest marine lipid Omega 3's you will find. These fatty acids are essential for everything from building cell membranes to performing key functions in the brain, eyes and lungs. Ease inflammation, boost metabolism and immune system, cushion your internal organs, increase energy, aid effective digestion, insulate and protect lungs, speed nerve transmission, keep your heart beating in a regular rhythm, enhance mood and increase learning abilities and memory.
- **Probiotic:** Microorganisms strengthen and support your immune and digestive system to help maintain the healthy bacteria your body needs to break down nutrients and create intestinal health for better absorption.
- **Calcium Plus:** Supports bone and connective tissue to prevent problems at the muscle/bone junction. Minerals are chelated so that absorption is much higher.

### Other Supplements required:

- **Catalyst:** Amino acids (what protein breaks down into) provides your body with the muscle building components it needs – especially in between meals. This product forces your body to burn a higher percentage of fat for energy by shielding or protecting lean muscle. Unlike most Brand Chain Amino Acids Catalyst goes through the same process as those in a hospital in a controlled environment to ensure for the best product available.
- **Post-Workout Recovery:** 1 protein to 3 carbohydrate ratio that is proven to spike insulin levels and shuttle the nutrients into the muscle cells for repair. This is huge. Quick repair means growth.
- **Meal Replacement:** This balanced shake takes the place of your breakfast, making it easy to have that 1<sup>st</sup> often skipped, meal of the day. You'll notice increased control of food choices throughout your day.
- **Rehydrate:** Rehydrate will aid in flushing toxins from the body and making sure you keep a good electrolyte balance in your body while you are cleansing. Increased water, intense sweating and drastic reduction of salt from your diet can sometime throw off the balance of your essential minerals. The rehydrate will counteract this issue and leave you feeling refreshed.
- **Spark:** This product will give you energy without spiking your blood sugar and causing you to "crash". The B-vitamins and amino acids create neurotransmitter reactions in your brain to provide long lasting, more focused energy. Caffeine dilates blood vessels for better and quicker nutritional absorption.

### Optional additions:

- **Bio Tools:** Using the newest science on epigenetics these two products decrease chronic body inflammation. This product works miracles for those that have joint problems and aids in faster recovery as well.
- **Oasis:** Derived from a plant that survives in harsh weather, Adaptogens allow the body to overcome stresses that would normally run you down. These can be mental or physical stresses.
- **Muscle Gain:** This protein blend fills the gaps in your diet by increasing daily protein consumption. Digestive enzymes, B-6 and B-12 increase the amount of protein absorbed and used by your body. AdvoCare's proteins are predigested in a laboratory and broken down into very small molecules to enhance the efficiency of absorption.
- **Fibo Trim and CarbEase** – For optional cheat days to lesson fat absorption and slow carb absorption

This program is exclusively for the Advocare Evolve Team.



Get 25% off when you have a wholesale account and purchase this post 24 day Challenge:

Product	Quantity	Flavors	Retail Cost
Catalyst	2 bottles	(if over 250lbs add 1 bottle)	\$63.00
Meal Replacement Shake	1 box	FLAVOR _____	\$39.95
MNS Max 3	2 boxes		\$91.90
Omega Plex	1 bottle		\$21.95
Post-Workout Recovery	1 box	FLAVOR _____	\$49.95
Spark	1 box	FLAVOR _____	\$22.95
Rehydrate	1 box	(canister if more than 3 workouts weekly)	\$18.95
<b>Subtotal</b>			<b>\$308.65</b>
<b>Less 25% Member Savings</b>			<b>-\$77.16</b>
<b>Optional Products</b>			
Bio Tools ( )	1 box		\$69.95
Carb-Ease ( )	1 bottle		\$32.95
Fibo-Trim ( )	1 bottle		\$37.95
Oasis ( )	1 box		\$27.95
Muscle Gain Protein ( )	1 box		\$38.95
<b>TOTAL</b>	<i>(does not include optional products, applicable sales tax and shipping)</i>		<b>\$231.49</b>

Name
Email
Phone
DOB
Social Security (needed for referral income)
CC # and expiration date
Shipping and Billing Address
Who referred you to Advocare