



Congratulations! You have learned so much about how to eat the right foods, in the correct portion sizes and at the right times to maximize results! Your supplements have been filling in nutritional gaps and increasing your body's ability to "let go" of stored fat. You have effectively strengthened your metabolism so your body can handle enjoying other foods in moderation and NOT gaining weight back fast. You can use this valuable information in the future. It is very important for maintenance to do the following;

1. **Continue to take your Metabolic Nutrition System Max 3.** This is your core foundational nutrition.
 - A chelated highly absorbable multi vitamin with 300x the RDA for all vitamins and minerals
 - A chelated calcium & vitamin D. Plus 8 minerals and 4 vitamins that are ALL essential for making bone.
 - 1000mg of marine lipid Omega 3's
 - Thermogenesis – time released energy
 - Standardized herbal extracts that will help you to keep losing or to maintain your weight loss.

2. **Take extra Omega Plex each day.**

Each capsule is 500mg of balanced EPH and DHA from fresh, pure marine lipids. Flaxseed has a very ineffective transformation into DHA in the body (less than 10%) Advocare's Omega 3's are exactly what you need forever! You have 2 capsules of omega 3's in your MNS with breakfast packet = 1000mg.

Use this chart to determine your level of Omega 3's needed daily:

4 to 6 capsules for general health

6 to 8 capsules for joint or cardiovascular issues

8 to 10 capsules for heavy weight lifting or serious athletes

10 to 12 capsules for neurological issues, memory, Alzheimer's or Depression.

Here are some of the things that Omega 3's do for your health:

Reduce inflammation in all organ systems

Accelerate the loss of body fat

Elevate Mood

Improve attention Span

Lower insulin levels

Create and maintain healthy serotonin levels

Increase health of the immune system

Decrease symptoms & severity of rheumatoid arthritis

Decrease cardiovascular risk

Decrease birth defects

Reduce the symptoms of chronic skin conditions such as eczema

3. **Continue to space your meals out 2 to 3 hours apart.** Keep **Meal Replacement Shakes** and/ or **Muscle Gain** handy so that you never get stuck skipping a meal. Skipping meals is cheating just like eating a piece of cheesecake! A balanced blood sugar will help you to feel energized, provide weight maintenance and control.
4. **Use the 80/20 rule.** 80% of the time eat healthy clean proteins, carbohydrates and fats that you have been eating with your Advocare Programs. Limit processed and non nutrient dense foods to 20% or less of the time. That is 7 meals a week you could have whatever – the other 28 meals you eat clean and portioned. 20% foods are sugar, fried food, bread, pasta, processed, canned, white flour and dairy. When you do eat in the 20% category take Advocare's Damage Control Combo – **3 Fibo Trim, 3 Carb Ease and 1- 2 Thermo Plus**
5. **Drink 96oz to 1 gallon of water per day**
6. **Eat protein with EVERY meal**

7. **Limit carbohydrates.** 0 to 30 grams maximum in a meal unless after a workout.
8. **Eat healthy fats in small amounts.** Olive oil, nuts, avocado.
9. **Be active.** Get your heart pumping, break a serious sweat! Minimum 30 min. 5x a wk. Always protect your lean muscle by taking **Catalyst** pre workouts.
10. **Take all foods that temp you out of your home. When you go out to eat** don't be afraid to ask the server not to bring bread or chips. Also ask them to steam your veggies or to grill your meat/fish and put dressing on the side. When you go to an all day event like a sports game or amusement park if they tell you that you cannot bring in food, you can say that you are allergic to most foods or on a special diet and they have to allow you to bring in your food☺
11. **Enjoy life and treat yourself every once in a while....you deserve it!**

YOU ARE AN ADVOCARE CHAMPION ...DEDICATED TO BEING HEALTHY, STAYING FIT AND LIVING WELL



WORKOUTS AND BUILDING LEAN MUSCLE RECOMMENDATIONS

Resistance Training (lifting weights) develops the shape of your body. Nutrition and Cardio determine whether you can see that shape. Below are recommendations for Pre and Post workouts to help you optimize shaping your body.

You decide what is the best combination of products for your sport or your goals.

Catalyst and/or **Muscle Gain** immediately before workouts and between meals will safely protect your lean muscle tissue from being burned for energy.

Slam and/or **Spark** 15 to 30 minutes before workouts will energize you and give you focus.

Argenine and/or **Muscle Fuel** 15 to 30 minutes before workouts will increase blood flow, stamina and endurance, and help prolong muscle failure for explosive bursts of power and faster during workout recovery time.

Post Workout Recovery Shakes immediately post workout and **Nighttime Recovery** at Bedtime will aid in overall increased recovery time, less soreness, injury prevention and replenishing glycogen stores after workouts.

Rehydrate during workouts or any time of day will reduce muscle cramping, quickly rehydrate the body and replace essential minerals lost through sweat when you exercise.



ALL PERFORMANCE REGIMENS
begin with the foundation of

MNS system Max 3

Or the Core Four:

Coreplex – 2 AM/2PM

Omega Plex – 3AM/3PM

Calcium Plus - 2 AM/2PM

Probiotic Ultra – 1AM/1PM



- *To Build Muscle you need to have protein at 6 to 7 meals per day. at 1.5grams per pound of body weight.*

Example: 165 pounds now and wants to be 175lb.

175 x 1.5= 262.5 grams per day

37.5grams for 7 meals

- *6 oz steak or chicken is approx 36 grams of protein*

3 scoops of muscle gain is 37.5 grams of protein

1 Meal Replacement shake plus 1 scoop of muscle gain is 36.5 grams

- *Eliminate all Thermos and all cardio to help the body use the calories you are eating to grow muscle.*
 - *Take Advocare to increase strength, endurance, recovery time and aid in building muscle*
 - *Eat good fats and low glycemic carbohydrates in at least 3 or 4 of your meals*
 - *Eat clean to not gain fat!*
 - *Drink a gallon of water each day*
 - *Lift 3 to 5 days per week*