



What is Evolve?

Evolve is a comprehensive 6-week Advocare nutrition and exercise program carefully designed by professional IFBB pro bodybuilder Nathan Detracy. The goal of this program is to prepare you for a new lifestyle. Look and feel better in just a few short weeks; start your evolution today!

Evolve Nutrition

The Evolve nutrition program is not a diet; it is a new way of eating and understanding what, when, and why to eat and supplement to help your body get the most out of every nutrient that goes into your mouth. This eating plan keeps your caloric intake consistent while allowing you to eat food from all food groups. You will enjoy proteins, good fats, and both low- and high-glycemic carbohydrates every three hours.

Evolve Exercise

The Evolve exercise program incorporates both strength training (weight lifting) and cardio workouts. As you progress through the 6-week program, the workouts will increase in difficulty. To aid in the muscle rebuilding process, supplement intake will increase as well. Don't worry – you will be surprised at how quickly your body responds with proper nutrition and supplementation and just how much you can accomplish! Following the plan will help ensure you feel energized while toning and evolving your body.

Your Evolution

At the end of this 6-week journey, you will have laid the foundation for a new lifestyle and look and feel better.



Nutrition Chart

Shakes	Protein	Fruit	Vegetables	Grains	Healthy Fats
Mix only with water Add ice if desired DO NOT add any fruit milk, juice, etc.*	<p>Serving Size: Females - 3 oz (deck of cards) Males – 4 – 6 oz (1 ½ deck of cards)</p> <p>Choose From: White fish Salmon* Tuna Chicken Turkey breast Eggs (Females - 3 whites + 1 whole; Males - 5 whites + 1 whole)</p> <p>Cooking Method: Steam, bake, or broil DO NOT fry No skin No breading Rinse canned tuna or chicken</p>	<p>Serving Size: ½ cup</p> <p>Choose From: Grapefruit Strawberries Peaches Blueberries Plums</p> <p>Purchase: Fresh or frozen DO NOT choose canned</p>	<p>Serving Size: 1 – 1 ½ cups</p> <p>Choose From: Asparagus Green salad Green beans Peppers Spinach Onions Tomatoes Eggplant Cucumbers Cauliflower Broccoli</p> <p>Cooking Method: Eat raw, steam, or bake DO NOT cook in oil</p>	<p>Serving Size: ½ cup (4 oz)</p> <p>Choose From: Sweet potato Brown rice Oatmeal Black beans</p> <p>Cooking Method: Steam, bake, or broil DO NOT choose instant rice or oatmeal DO NOT add oil</p>	<p>Serving Size: ¼ cup (2 oz) nuts, nut butter or ½ avocado.</p> <p>Choose From: Almonds Walnuts Avocado</p> <p>Purchase: Raw unsalted, nuts (DO NOT buy the kind roasted, salted or flavored with sugar) Natural nut butters</p>

**check your individual nutrition plan for exceptions*

Foods to Omit
<p>Flour Products: bread, all pasta, crackers, chips, tortillas, pita bread, flour products of any kind, fried or breaded food, etc.</p> <p>Sweets: sugar, honey, cakes, cookies, brownies, etc.</p> <p>Dairy Products: milk, cottage cheese, butter, yogurt, cream bases soups or sauces, etc.</p> <p>Snacks: soda, drinks, chips, popcorn, etc.</p> <p>Starchy Vegetables: corn, peas, squash, potatoes, etc.</p> <p>Miscellaneous: “no stir” nut butters, canned foods, frozen prepared foods, etc.</p>

Sauces, Dressings, and Salt
<p>You Can Have: small amounts of Splenda small amounts of zero calorie butter sprays all types of pure vinegar 1-1 tbsp fat free mayo small amounts of mustard 1-2 tsp olive oil or flax seed oil herbs, spices, and pepper</p> <p>Avoid: salting your food, creamy dressings or sauces, BBQ sauce</p>

Nutrition Substitution (aka Cheating)

Let's talk about cheating. Remember, the Evolve nutrition program is not a diet. It is a lifestyle change designed around eating and enjoying healthy, nutritious foods. Does this mean you can never enjoy a juicy cheeseburger or a gooey brownie again? Absolutely not! You can't expect to look or feel your best if you eat cheeseburgers, brownies, and the like, but the occasional cheat is allowed. That's right, you are ALLOWED to cheat once a week. Just remember, you are still in the midst of your evolution and if you are going to cheat, you need to be responsible and plan accordingly.

The Rules

1. It must be on a workout day
2. Add an extra 20 minutes of cardio
3. Avoid fat gain by taking additional supplements
4. Drink extra water

The Supplements

Taking these AdvoCare supplements 30 minutes before eating your cheat meal will help flush the extra fat and carbs from your system:

- **Fibo-Trim** – 3 capsules will help reduce fat absorption by binding to fat until food moves down the gastrointestinal track
- **Carb-Ease** – 3 capsules inhibit production digestive enzymes that breakdown starch and sugar while decreasing the absorption of those carbs that do get broken down
- **ThermoPlus** – 2 capsules stimulate metabolism while sage and oolong tea extracts suppress appetite

Water

Drink 1 ½ gallons (180 oz) of water on cheat days (180 oz). Fat is excreted from the body through urine; dehydration slows this process.

Your Weight

The amount of sodium in your cheat meal will play a big part in water retention and your scale weight. (Keep in mind that many restaurants will age meats in salt.) Understand that the weight gain is only temporary and do not study the scale for a couple of days. Drink water, water, and more water to help shed water weight.

Note: If this is your second time on the Evolve program, your cheat meals should be controlled cheat meals. This means decreased fats and carbs and increased meats and vegetables. Drink 1 ½ gallons (180 oz) of water the day of and the day after cheat meals. Your cheat meal calories will be healthier so extra cardio is done the day after instead of the day of; this will help with water retention.



Week 1: Your Evolution Begins

Congratulations on choosing to begin your evolution! Don't be nervous; this plan is very simple and straightforward. Each week, your nutrition plan, supplements, and exercises will be explained so you'll know exactly what to expect. If you ever have any questions, please ask an Evolution trainer.

Evolve Nutrition

Every 3 hours, you will eat nutritious foods in the form of proteins, carbohydrates, and healthy fats:

- **Protein:** Each of your meals has some sort of protein; this is essential for building muscle. Don't worry ladies, muscle is more dense than fat. The Evolve program will increase metabolism and energy output through both diet and exercise to decrease fat and increase muscle. You will look smaller and tighter – guaranteed!
- **Carbohydrates:** You will consume low-glycemic carbs to keep your insulin levels balanced and increase your energy and metabolism. This will eventually allow you to eat more without putting on unwanted weight. You will notice that one meal contains fruit. Fruit, mostly natural sugars, is high-glycemic and good source of vitamins and antioxidants. We can add this high-glycemic food to your menu in conjunction with a protein or fat that to counter balance and keep insulin levels low.
- **Healthy Fats:** There are two reasons for adding healthy fats to your menu. First, fats have more energy per gram and will help increase your energy output. Second, each cell in your body is surrounded by a membrane and healthy fats allow good nutrients to enter and wastes exit at an easier rate. Unhealthy fats (saturated) do the opposite so remember that on your cheat meals!

This week, drink $\frac{3}{4}$ gallon (90 oz) of water each day. This may seem like a lot, but it is crucial to your success. Fat is excreted through urine and you'll want to stay hydrated to make it easy for your body to expel fat.

Evolve Supplements by AdvoCare

Each MNS Packet includes:

- **Probiotic:** Beneficial microorganisms strengthen and support your immune and digestive system and help maintain the healthy bacteria your body needs to break down nutrients and create intestinal health.

- **Metabolic Enhancer:** 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.
- **Thermogenesis/Energy:** 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.
- **OmegaPlex:** Omega3 fatty acids are some of the good fats we were talking about earlier. An increase in this supplement helps boost your immune and cardiovascular systems, supports brain functions, and improves skin and hair.
- **Meal Replacement:** This balanced shake takes the place of your breakfast, making it easy to have that first, often skipped, meal of the day. You'll notice increased control of food choices throughout your day.
- **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.
- **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.
- **Spark:** This product will give you 2 to 5 hours of 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.



Week 1: Nutrition

Timing	Eat every 3 hours
Portions	Refer to the Nutrition Chart for Female/Male portion sizes
Water	Drink ¾ gallon (90 oz) of water each day
Why?	Fat is excreted from the body through urine; dehydration slows this process
Energy	Drink 1 Spark for an additional energy boost

Planned Time		Food
	Wake (15 – 30 minutes before Meal 1)	– MNS packet labeled “BEFORE Breakfast”
	Meal 1	– Meal Replacement Shake – 2 MNS packets both labeled “WITH Breakfast or Lunch”
	Meal 2	– 2 oz nuts or protein with a piece of fruit
	30 minutes before Meal 3	– MNS packet labeled “BEFORE Lunch”
	Meal 3	– Protein – Brown rice, sweet potato, or yam
	Meal 4	– Muscle Gain (Females ¾ scoop; Males 1 ¼ scoops)
	Meal 5	– Protein – Veggies
	Before Bed	– 3 Catalyst capsules

Remember, it is critical to prepare the day before to have the correct foods and quantities!

Week 1: Workout Log – You will workout 3 days this week. There should be one days rest between.

Weights Perform exercises in 3 set of 20 reps; Rest until heart rate decreases, Record Results!
Cardio 3 post-workout sessions for 30 minutes each; Breathing should be heavy
Beginners: Recumbent Bike
Moderate: Walk on treadmill
Advanced: Walk on treadmill at an incline while holding free weights

Workout Day 1 – Date:

	Set 1		Set 2		Set 3		Notes
	Weight	Reps	Weight	Reps	Weight	Reps	
Hammer incline chest press							
Peck deck							
Machine shoulder press							
Dumbbell side laterals							
Dumbbell front raises							
Machine tricep dips							
Tricep straight bar cable press downs							
Dumbbell skull crushers							
Post-Workout Cardio:						Time:	

Workout Day 2 – Date:

	Set 1		Set 2		Set 3		Notes
	Weight	Reps	Weight	Reps	Weight	Reps	
Machine high row							
Machine seated row							
Wide grip lat pull downs							
Bent over dumbbell laterals							
Straight bar curls							
Machine concentration curls							
Lying hamstring curls							
Ball Hamstring roll outs							
Post-Workout Cardio:						Time:	

Workout Day 3 – Date:

	Set 1		Set 2		Set 3		Notes
	Weight	Reps	Weight	Reps	Weight	Reps	
Machine leg press							
Leg extensions							
Walking lunges							
Machine leg press-calf raises							
Low back extensions							
Ball V up's							
Ball reverse crunches							
Post-Workout Cardio:						Time:	

6-Week Supplement Order Form

Get 25% off all AdvoCare Supplements



Sign up to be an AdvoCare Wholesale member. Membership is just \$79 and more than pays for itself with your first supplement order!

Product	Quantity	Flavors	Retail Cost
Spark	1 canister	cherry, citrus, fruit punch, grape, orange	\$51.95
Carb-Ease	1 bottle		\$31.95
Fibo-Trim	1 bottle		\$37.95
MNS Max 3	3 boxes		\$134.85
Muscle Gain	2 canisters	chocolate, vanilla	\$143.90
Meal Replacement Shakes	3 boxes	berry, chocolate, vanilla	\$119.85
Catalyst	2 bottles		\$63.00
ThermoPlus	1 bottle		\$31.95
Post-Workout Recovery	1 box	chocolate, vanilla	\$47.50
Muscle Fuel	1 box	fruit punch	\$41.95
Subtotal			\$704.85
Less 25% Member Savings			-\$176.21
TOTAL <i>(does not include applicable sales tax and shipping)</i>			\$528.64

Referring Trainer Name: _____

Payment Information

Card Type: _____

Name on Card: _____

Billing Address: _____

Card #: _____

Exp Date: _____

Signature: _____

Email Address: _____

Account Information

Full Name: _____

Phone #: _____

Mailing Address: _____

DOB: _____ County: _____

Order Convenient Heat and Eat Meals – www.preparednutrition.com

Name: _____

Phone #: _____ Email: _____

Group 1	Quantity	Price per Case	Total
<i>20 per case; ½ cup (4 oz) servings</i>			
Black Beans		\$30 each	
Brown Rice		\$30 each	
Broiled Yams		\$35 each	
Group 2	Quantity	Price per Case	Total
<i>20 per case; 1cup (8 oz) servings</i>			
Cut Green Beans		\$30 each	
Broccoli		\$35 each	
Asparagus		\$40 each	
Group 3	Quantity	Price per Case	Total
<i>20 per case; 3 oz servings</i>			
Broiled Chicken Breast		\$55 each	
Grilled Chicken Breast		\$60 each	
Salmon Tenders		\$70 each	
Tilapia		\$65 each	
Grilled Choice Sirloin Steak		\$70 each	
Grilled Pork Loin Steak		\$65 each	
Sautéed Ground Turkey		\$65 each	
Subtotal			\$
+ Sales Tax			\$
TOTAL			\$

All orders must be paid in full

Order Information

Client Signature: _____

Authorization Signature: _____

Order Date: _____

Order Time: _____

Pick-Up Date: _____

Pick-Up Time: _____

Order Date: _____

Order Time: _____

Pick-Up Date: _____

Pick-Up Time: _____

