



39 DAYS TO FIT

The goal of this program is to cut body fat, while preserving muscle. This will allow you to have a toned and fit physique, rather than just looking "skinny."

The product plan and eating plan are set up in such a way that you will not only look fit and great on the outside, but you will gain amazing energy, fill your nutritional needs, dramatically reduce sugar and fat cravings, and best of all, gain health from the inside out!

We believe you will LOVE how you feel ~ and be amazed at the changes your body can make in just 39 days.

It is important that you have listened to the audio CD that explains this program and/or are being helped by an educated AdvoCare member.

Products

The product plan is truly the foundation and centerpiece of the entire program. The products make following the meal plan easy. The will-power and energy you will get from the products are truly amazing. The products also kick your metabolism into higher gear, so fat burning is at it's highest. You have a choice to purchase products at full retail cost or become a member and receive a discount on this order and all future orders. (Begin with an Herbal Cleanse if you haven't completed one in the last 90 days.)

Metabolic Nutrition System, Spark, Meal Replacement Shakes, Catalyst, and ThermoPlus

Eating

Your meals are completely listed out for you and overly simple. You will follow an 11 day meal plan and then take the next 3 days to eat your favorite foods. (Then repeat this pattern two more times.) This not only allows you to eat your favorite foods while still losing body fat, but prevents your metabolism from dropping and re-adjusting.

Exercise

We encourage you to exercise during the 39 day plan. However, if you have not been exercising previously, start out with shorter increments and increase over time. No matter where you are with exercise, you want to challenge yourself, but avoid burning out.

Follow Up

Your AdvoCare distributor will be doing this plan with you and making any necessary adjustments step by step. We will have an interactive conference call half way through to share results and answer questions.

Start

Neck ____ Chest ____ L Arm ____ R Arm ____
Waist ____ Hips ____ L Thigh ____ R Thigh ____
L Calf ____ R Calf ____ Weight ____

Finish

Neck ____ Chest ____ L Arm ____ R Arm ____
Waist ____ Hips ____ L Thigh ____ R Thigh ____
L Calf ____ R Calf ____ Weight ____

Focus

Following instructions every day for 39 days is the KEY to your success.

Over the next 39 days, my goal is to _____

Skinny Eating Rules

1. Eat 4 meals each day. Begin each day with a shake, then add 3 more meals that are listed for you. (Do not skip meals.) After your shake, eat the remaining 3 meals in any order.

2. You can substitute one protein for another that you prefer. (i.e. Where it says "eggs" you could eat tuna.)

3. Allow at least 2 & 1/2 hours to pass before eating the next meal.

4. There are no specific portion sizes ~ stop eating when you feel "satisfied." **DO NOT STUFF YOURSELF.** (If you have no room left to eat anything else, that means you have eaten too much.)

5. Follow this "on/off" pattern:
First 11 Days: eat meals listed
Next 3 Days: whatever you want
Next 11 Days: eat meals listed
Next 3 Days: whatever you want
Last 11 Days: eat meals listed

6. On the "YOUR CHOICE" days, **DO NOT STUFF YOURSELF** and continue to space your meals 2 & 1/2 hours apart. These 3 days are important for the next 11 day phase to be most effective.

7. You can add non-starchy vegetables to ANY meal you want. Beyond vegetables, do not add other foods or toppings you don't see listed.

8. Drink 1 gallon of water each day.

9. You can add up to 2 AdvoCare energy drinks each day.

10. If you work out, you can add Muscle Fuel and Post-Workout Recovery Shake.

11. Allow at least 2 hours of an empty stomach before bedtime.

12. The leaner you are/become you may feel it necessary on some days to add a 5th meal of either a fruit salad or protein. Listen to your body.

MEALPLAN

PHASE 1

DAY 1	CHICKEN	SANDWICH	LEAN GROUND TURKEY
DAY 2	FRUIT SALAD	TUNA SALAD	EGG OMELETTE
DAY 3	OMELETTE	FISH FILET	TUNA SALAD
*DAY 4	FRUIT SALAD	VEGETABLES	VEGETABLES
DAY 5	MIXED VEGETABLES	TUNA SALAD	OMELETTE
DAY 6	FRUIT SALAD	TUNA SALAD	LEAN GROUND TURKEY
DAY 7	FRUIT SALAD	FISH FILET	OMELETTE
DAY 8	TUNA SALAD	CHICKEN & GRAPES	FISH FILET
DAY 9	SANDWICH	TUNA SALAD	LEAN GROUND TURKEY
DAY 10	FRUIT SALAD	TUNA SALAD	LEAN GROUND TURKEY
DAY 11	CHICKEN	OMELETTE	TUNA SALAD
DAY 12	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE
DAY 13	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE
DAY 14	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE

PHASE 2

DAY 15	SCRAMBLED EGGS	COTTAGE CHZ W/VEG	TUNA SALAD
DAY 16	COTTAGE CHEESE	EGG SALAD	SCRAMBLED EGGS
DAY 17	TUNA SALAD	SCRAMBLED EGGS	FISH FILET
DAY 18	COTTAGE CHEESE	SCRAMBLED EGGS	FRUIT SALAD
DAY 19	SCRAMBLED EGGS	MIXED NUTS	CHICKEN
*DAY 20	FRUIT SALAD	VEGETABLES	VEGETABLES
DAY 21	SCRAMBLED EGGS	FISH FILET	TUNA SALAD
DAY 22	COTTAGE CHEESE	MIXED NUTS	CHICKEN
DAY 23	EGG SALAD	MIXED NUTS	COTTAGE CHEESE
DAY 24	FISH FILET	FRUIT SALAD	CHICKEN
DAY 25	EGG SALAD	SCRAMBLED EGGS	CHICKEN
DAY 26	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE
DAY 27	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE
DAY 28	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE

PHASE 3

DAY 29	CHICKEN	COTTAGE CHEESE	FISH FILET
DAY 30	FRUIT SALAD	MIXED NUTS	TUNA SALAD
DAY 31	MIXED NUTS	TUNA SALAD	CHICKEN
DAY 32	OATMEAL	TUNA SALAD	CANTALOUPE/MELON
DAY 33	FRUIT SALAD	CHICKEN	PASTA W/SPAG. SAUCE
DAY 34	FRESH GRAPES	COTTAGE CHEESE	MIXED NUTS
*DAY 35	FRUIT SALAD	VEGETABLES	VEGETABLES
DAY 36	FRUIT SALAD	TUNA SALAD	CANTALOUPE/MELON
DAY 37	OATMEAL	MIXED NUTS	TUNA SALAD
DAY 38	CHICKEN	TUNA SALAD	PASTA W/SPAG. SAUCE
DAY 39	SANDWICH	TUNA SALAD	CHICKEN

* Fruit and vegetable day. Eat just 3 meals this day (no shake.)

Fruit Salad and Vegetables: Choose a minimum of 3 different fruits and vegetables.

Sandwiches: Maximum of 2 slices of bread (preferably gluten-free, oat, or bran.)

Cottage Cheese: Low-fat only. You can add chopped vegetables if you want.

Egg or Tuna Salad: You may add non-fat mayo/mustard/ chopped vegetables if you want.

Scrambled eggs or Omelette: You may add a small amount of low-fat cheese.

Pasta Meal: Use caution not to overeat, as it is easier to do with this meal.

Avoid: Creamy dressings, butter, breaded/fried foods, sugar and all sugar-based sauces.

Condiments allowed: Small amounts of ketchup, mustard, no-fat mayo, no-calorie sauces.

IMPORTANT: For males who want to cut body fat, add a 5th meal (protein + carbohydrate, ie. chicken + grapes.) Add a 6th meal if he works out. If using Post-Workout Shake, count this as one of the 6 meals when aiming for fat loss.

**BEST ENERGY, FAT
BURN, AND
APPETITE CON-
TROL POSSIBLE**

STOCKUP

(42 DAY SUPPLY)

**METABOLIC
NUTRITION
SYSTEM KIT**
\$89.95 X 3

Kit includes

14 Shakes

14 Spark Packets

14 Days of MNS

CATALYST
\$29.95 X 2

THERMOPLUS
\$29.95 X 1

RETAIL

\$359.70

**20% MEMBER
DISCOUNT**

\$287.76

*Note: We highly
recommend*

A-SUPREME to re-
duce the effects of
stress that can hinder
weight loss.

**MEMBERSHIP
DISCOUNTS**

MEMBERSHIP = \$50

25% DISCOUNT
\$375 FOR A \$500
ORDER

40% DISCOUNT
\$2100 FOR A \$3000
ORDER

**LIFETIME
DISCOUNT**

Once you reach your
discount, you will re-
ceive that discount on
ALL future orders,
without minimum or-
ders or sales require-
ments.

PHASE 1 14 DAYS

Poultry/Fish

Chicken Breast (no skin)

Lean Ground Turkey

Fish Filets

Sandwich Meat

Dairy

Eggs

Low Fat Cheese (op-
tional)

Milk for Omelette

Produce

Fruit Salad (3 types)

Grapes

Vegetables (to add to
eggs, tuna, sandwich,
and alone)

Canned/Bottled Food

Low Fat Tuna

Non-Fat Mayo

Mustard

Calorie Free Sauces

Grains

Sandwich Bread (rice
bread, oat, or bran)

Miscellaneous

“YOUR CHOICE”
(days 12-14)

PHASE 2 14 DAYS

Poultry/Fish

Chicken Breast (no skin)

Fish Filets

Dairy

Eggs

Low Fat Cheese (op-
tional)

Milk for Omelette

Cottage Cheese

Produce

Fruit Salad (3 types)

Vegetables (to add to
eggs, tuna, and to eat
alone)

Canned/Bottled Food

Low Fat Tuna

Non-Fat Mayo

Mustard

Calorie Free Sauces

Miscellaneous

Mixed Nuts

“YOUR CHOICE”
(days 26-28)

PHASE 3 11 DAYS

Poultry/Fish

Chicken Breast

Fish Filets

Sandwich Meat

Dairy

Cottage Cheese

Produce

Fruit Salad (3 types)

Grapes

Cantaloupe/Melon

Vegetables

Canned/Bottled Food

Low Fat Tuna

Non-Fat Mayo

Mustard

Calorie Free Sauces

Spaghetti Sauce (pref-
erably low sugar)

Grains

Sandwich Bread

Oatmeal

Pasta (preferably gluten
free ~ ie. rice noodles)

Miscellaneous

Mixed Nuts

This plan was not developed by AdvoCare International.

