

# the Lean in 13

## Program Guide

Here are some important tips to help you tailor the next 13 days to ensure optimal results!

### What is the Lean in 13 Program?

It's the regular AdvoCare products you're already taking, plus a specific 13 day eating plan. These components together is how this program works and why results happen so quickly.

### Why should I use the Lean in 13 Program?

1. To Jump Start a new weight loss program
2. To break through a fitness plateau
3. To lose a few inches just in time for vacation
4. To lose a few inches and recover from a vacation

The Lean in 13 program helps to put your metabolism back on the right track and pushes your body into a "fat burning" mode to get the body moving!

### What do I do after I complete the program?

Well you can...

1. Repeat the program until you reach your desired results
2. Repeat and change the ratio's of burn days to refuel days (ie. 2 to 1, instead of 3 to 1).
3. Or you can pursue regular healthy eating habits and continue taking the AdvoCare products as suggested

### Lean in 13 FYI

**Ultimately, you should feel GREAT on this program!**

It's normal to feel slightly hungry as your body burns fat. However, you should not feel like you're starving. If you start feeling "bad" or "too" hungry here are some recommended adjustments you can make.

1. Readjust the Lean in 13 pattern
  - Change the ratio of burn days to refuel days, keeping the 14th day free.
  - Either change to 2 burn days to 1 refuel day or 1 burn day to 1 refuel day.
2. Drink more water!!
  - Not drinking enough water can make you fatigued and can make "think" you are hungry.
3. Listen to your body!
  - Not everyone's body is the same, so adjust the eating plan accordingly.

**NOTE: These suggestions are highly recommend for anyone who is:**

- Extremely active
- Already at their desired goal weight