

AdvoCare Daily Use Guide

UPON RISING : **SPARK** drink with 3 **CATALYST** tablets.

30 MINS. BEFORE BREAKFAST: Take **MAX 3** packet labeled “Take 30 mins. before Breakfast” (Marked “Yellow”)

BREAKFAST: **MEAL REPLACEMENT SHAKE**

MID MORNING SNACK: Always include some source of protein and fiber.

30 MINS. BEFORE LUNCH: Take **MAX 3** packet labeled “Take 30 minutes before lunch” (Marked “Yellow”)

LUNCH: Take **MAX 3** packets labeled “Take with Breakfast or Lunch” (Marked “White”). Always include some source of protein and fiber for meal.

MID AFTERNOON SNACK: Always include some source of protein and fiber. **SPARK** drink.

DINNER: Always include some source of protein and fiber with meal.

***Recommended: Drink lots of water throughout the day.**