

ADVO CARE cleanse 10 DAY CLEANSE CHECKLIST

24 Day Challenge - Days 1-10



Supplement Checklist

Drink 85 to 100oz of water Every Day

	Day	1	2	3
30 minutes before Breakfast	Spark® 3 Catalyst			
Breakfast	Fiber Drink followed by at least 8oz of water <i>Meal Replacement Shake</i> (optional)			
30 minutes before Lunch	3 Catalyst			
Lunch	2 OmegaPlex®			
Afternoon Snack	Spark®			
Dinner	2 OmegaPlex®			
Bedtime	Herbal Cleanse Tablets			

	Day	4	5	6	7
30 minutes before Breakfast	Spark® 3 Catalyst ProBiotic RESTORE™				
Breakfast	<i>Meal Replacement Shake</i> (optional)				
30 minutes before Lunch	3 Catalyst				
Lunch	2 OmegaPlex®				
Afternoon Snack	Spark®				
Dinner	2 OmegaPlex®				
Bedtime	Herbal Cleanse Tablets				

	Day	8	9	10
30 minutes before Breakfast	Spark® 3 Catalyst ProBiotic RESTORE™			
Breakfast	Fiber Drink followed by at least 8oz of water <i>Meal Replacement Shake</i> (optional)			
30 minutes before Lunch	3 Catalyst			
Lunch	2 OmegaPlex®			
Afternoon Snack	Spark®			
Dinner	2 OmegaPlex®			

ADVO CARE max pack MAX Pack CHECKLIST

24 Day Challenge - Days 11-24 (Phase 2)



Supplement Checklist

	Day	11	12	13	14	15	16	17
30 mins before Breakfast	Spark® 3 Catalyst MNS Packet (1st color pack)							
Breakfast	Meal Replacement Shake Both White MNS packs							
30 mins before Lunch	3 Catalyst MNS Packet (2nd color pack)							
Afternoon Snack	Spark®							
Dinner	2 OmegaPlex®							

	Day	18	19	20	21	22	23	24
30 mins before Breakfast	Spark® 3 Catalyst MNS Packet (1st color pack)							
Breakfast	Meal Replacement Shake Both White MNS packs							
30 mins before Lunch	3 Catalyst MNS Packet (2nd color pack)							
Afternoon Snack	Spark®							
Dinner	2 OmegaPlex®							