max pack

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

MAX Pack CHECKLIST

MNS

SPARK

MEAL REPLACEMENT SHAKE

OMEGAPLEX THERMOPLUS CATALYST

Optional Add-ons

Supplement Checklist

	Day	1	2	3	4	5	6	7
Before Breakfast	Spark 3 Catalyst 1st Yellow Packet							
Breakfast	Meal Shake Both White Packets							
Before Lunch	3 Catalyst 2nd Yellow Packet							
Afternoon Snack	Muscle Gain							
Before Dinner	1-2 ThermoPlus							
Dinner	4-6 OmegaPlex Softgels							
Bedtime	3 Catalyst							

	Day	8	9	10	11	12	13	14
Before Breakfast	Spark 3 Catalyst 1st Yellow Packet							
Breakfast	Meal Shake Both White Packets							
Before Lunch	3 Catalyst 2nd Yellow Packet							
Afternoon Snack	Muscle Gain							
Before Dinner	1-2 ThermoPlus							
Dinner	4-6 OmegaPlex Softgels							
Bedtime	3 Catalyst							

*Spark & Rehydrate can be consumed anytime. AdvoCare bars and/or any other supplement can be taken during Phase 2. This includes products from any of the Performance Elite, Active or Wellness lines and is based on goals and objectives.

This program is created by AdvoCare Independent Distributors and is not offered through AdvoCare corporate. Please consult your health care provider before making any dietary or fitness modifications.