

24-Day Challenge

Phase 1 "A Quick-Start Guide"

Products

Cleanse



Meal Shakes



Omegaplex



Spark



DAYS 1-3

SPARK: "First thing" in the morning!

30-MINUTES LATER: Drink the cleanse fiber packet, then the Meal Replacement Shake w/ 2 Omegaplex and follow up w/ a full glass of water.

SNACK: Fruit/Veggie/Nuts

LUNCH: Include a lean protein, 2 veggies, healthy starch

SNACK: Fruit/Veggie/Nuts

DINNER: Include a lean protein, 2 veggies, healthy starch

IMMEDIATELY BEFORE BED: 1 packet Herbal Cleanse pills

TIP-

Fiber- Drink immediately after mixing, don't over shake or over stir. If sensitive to texture, mix fiber packet with "Simply" brand orange juice w/ pulp.

Meals- Cook "more" at dinner to take as your lunch the next day.

Water- Drink 86oz of water or 1/2 your body weight everyday!

Food Guidance- Refer to the "Team Audacity" Food Guide.

DAYS 4-7 & 8-10 NOTE: Refer to the SIMPLE Herbal Cleanse "calendar" inside the Herbal Cleanse box to see what changes on days 4-7 and 8-10! Everything else stays the same.

ADD ON'S:

Catalyst: to utilize fat for muscle. Take (3) 30 minutes before a meal 2-3 x/day, or 15 minutes before exercise

Rehydrate: Drink anytime, if you get tired of 86oz of just water.