

24-Day Challenge

Phase 2 "A Quick-Start Guide"

Products

MNS(C, 3 or E) Meal Shakes



Omegaplex

"And/Or Add-on"



Spark



DAY 1 – FREE DAY! Eat high-calorie meals today. Eat greasy foods & sweets, etc! This day is designed to excite the metabolism to burn through fat again, don't skip it! However, do begin the product regiment below as well. (shake this day is your choice)

DAYS 1-14

Spark: "First thing" w/ MNS packet #1.

30-Minutes later: Meal Replacement Shake W/ packets #3 & #4.

Snack: Fruit/veggie/nuts

30-Minutes before lunch: Take packet #2 (the last MNS packet)

Lunch: Include a lean protein, 2 veggies, healthy starch and

Snack: Fruit/veggie/nuts

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

TIP-

If you forget packets #3 & #4 w/ shake- take them with lunch or dinner.

Meals- Continue the food guide, however it is your choice if you choose to continue eating chemical and preservative-free.

Water- Continue drinking 86oz of water or 1/2 your body weight in oz's.

Every 14th day of the 2nd phase = Free Eating Day! However continue your product.

ADD ON'S: (Consult with the person who put you on the 24-day challenge.)

Omegaplex: Continue current bottle with a meal until gone , then continue, add or switch out with something below!

Catalyst: Utilize fat for muscle. Take (3) 30 minutes before a meal (w/ MNS packets #1 & #2) 2-3 x/day, or 15 minutes before exercise.

Thermoplus: Burn 300 extra calories per (2) capsules on avg. Take (1-2) w/ MNS packet #1 and/or MNS packet #2. In general, take (1-2) 30 minutes before a meal.

Formula W: For women who have gained through the middle due to menopause.

Oasis: For highly stressed individuals, which may play part in weight gain.

Lepti-lean: For EXTRA appetite control. Often taken 45 minutes before dinner.