

Herbal Cleanse Food Tips

Foods to AVOID (These products keep toxins alive, like throwing fuel on a fire):

Alcohol

White foods (e.g. pasta, bagels, [white bread](#), [white rice](#), processed foods)

Soy Sauce

Sugar

Vinegar (balsamic vinaigrette, etc)

Cheese & Mushrooms (both are “molds” and will help keep toxins alive)

[Dairy Products](#) (cow’s milk, yogurt, etc...dairy products contain lots of sugars and will feed the toxins)

Fatty Foods, Fried Foods, [Fast Foods](#)

Foods to EAT (Goal is to “starve” the toxins):

Tons of [fresh fruits and veggies](#) (will serve as “S-O-S” pads to scrub out the toxins)

Whole Grain Rice

[Whole Grain Pasta](#)

100% Whole Wheat Bread (make sure it says 100% or else it’s just white bread in brown clothing☺)

Chicken & Fish

[Soy Milk](#), Soy Cheese

Vegetable Broths

Fresh Diluted Juices

[Herbal Teas](#)

*Tons of WATER!! (Try to get in 4 liter-sized bottles of [water per day](#) for at least the 1st 3 days, then 10 glasses per day thereafter...water will help to move the toxins out of your system, otherwise they will be reabsorbed).

ADVOCARE’S EAT to BURN PLAN

30 minutes before breakfast – 1st **Metabolic Nutrition System (MNS) Pack** + 8 oz of water (or with [Spark Energy Drink](#) if you like)

Optional: Add 3 **Catalyst** and/or 1-2

Thermoplus to jumpstart fat loss or push through a plateau

Breakfast: **Meal Replacement Shake**- with or after drinking shake, take bottom 2 packs of MNS strip (core vitamins and omegas)

2-3 hrs later – snack / small meal with at least 10 grams of protein and 30 grams or less in carbs

2 1/2 -3 hrs later (30 minutes before lunch) – **2nd MNS Pack**- May also add 3 **Catalyst** (You can also wait and take the catalyst later in the day. Just make sure you always take it on an empty stomach). Optional: Add 1-2 **Thermoplus Lunch** = 15+ grams of protein and 30g or less carbs- (For faster weight loss, you may also have another meal replacement shake for lunch)

2-3 hrs later: same type snack / small meal as mid morning

2-3 hrs later - Dinner similar to lunch

Try to be done with all meals and snacks approx. 2 hrs before bed

Water or quality fluids: 8 glasses daily

5 servings of **fruits and vegetables** - Suggestion: at 2 of the 5 small meals have fruit with your protein and no other carbs. At two of the other small meals, have protein plus vegetables.

Key to healthy eating: Fill yourself with so much quality food (including enough protein) that you do not have room for empty calories.