

10 DAY CLEANSE PROGRAM FOR NURSING MOMS –

You will use the Peaches & Cream Herbal Cleanse (You will not use the Herbal Cleanse pills)

Catalyst

One Spark in the morning

DAY 1: Check in with the person that started you on this cleanse today!

-SPARK AND 3 CATALYST

-PEACHES & CREAM FIBER DRINK MIX WITH WATER 8 OUNCES AND DRINK STRAIGHT DOWN, CAN MIX WITH LIGHT ORANGE JUICE OR LIGHT CRANBERRY

30 MINUTES LATER: MEAL REPLACEMENT SHAKE (8 OUNCES WATER AND 3-5 ICE CUBES BLEND IN BLENDER)(WE LOVE THE MAGIC BULLET!)

MID MORNING SNACK: ¼ CUP OF ALMONDS OR PIECE OF FRUIT OR 1-3 HARD BOILED EGGS OR PLAIN OATMEAL

2 GLASSES OF WATER BETWEEN MEALS.

LUNCH: SALAD OR GREENS WITH LEAN PROTEIN AND COMPLEX CARBS. (WHITE FISH, TUNA, CHICKEN, TURKEY, EGGS, LEAN GROUND BEEF). (SWEET POTATO, BROWN RICE, ALL BRAN CEREAL, BEANS) - The Carbs are optional- if you want faster results cut out the carbs

2 GLASSES OF WATER BETWEEN MEALS

MID AFTERNOON SNACK: WATER & 3 CATALYST. IF YOU ARE HUNGRY- NUTS, RAW VEGGIES OR FRUIT. RICE CAKES WITH NATURAL PEANUT BUTTER.

2 GLASSES OF WATER

DINNER: LEAN PROTEIN WITH LIGHTLY COOKED VEGETABLES. 2 GLASSES OF WATER.

SNACK: BOWL OR PIECE OF FRUIT.

BEDTIME: 2 GLASSES OF WATER.

DAY 2: REPEAT DAY 1

DAY 3: REPEAT DAY 1 Check in with the person that started you on this cleanse today!

DAY 4: REPEAT DAY 1 BUT STOP YOUR FIBER DRINK AND TAKE YOUR PROBIOTIC
RESTORE TABLETS INSTEAD

DAY 5: REPEAT DAY 4 (AGAIN NO FIBER DRINK, BUT TAKE PROBIOTICS) Check in with the person that started you on this cleanse today!

DAY6: REPEAT DAY 4

DAY 7: REPEAT DAY 4 Check in with the person that started you on this cleanse today!

DAY 8: REPEAT DAY 1 START TAKING YOUR FIBER DRINK AGAIN AND ALSO TAKE
YOUR PROBIOTICS WITH WATER AFTER FIBER DRINK.

DAY 9: REPEAT DAY 8

DAY 10: REPEAT DAY 8 YOU HAVE FINISHED THE CLEANSE PHASE!!!!!!!!!!!!!!

Check in with the person that started you on this cleanse today!

TIPS FOR CLEANSING SUCCESS

- DRINK AS MUCH WATER AS YOU CAN DRINK!! THIS AIDS IN ELIMINATING WASTE!! AND WILL HELP YOU BURN FAT!!
- NO FRIED FOODS, REFINED SUGARS, CORN OR WHITE STARCHES OR BREAD
- NO WHEAT PRODUCTS (BREAD, CRACKERS)
- NO DAIRY (CHEESE, YOGURT OR MILK)
- NO ALCOHOL
- NO COFFEE OR SODA (DRINK YOUR SPARK INSTEAD)
- EAT VEGGIES
- EAT FRUIT
- EAT HEALTHY FATS(NUTS, SEEDS)
- EAT CLEAN PROTEINS (TUNA, FISH, CHICKEN)
- EAT CLEAN CARBS (OATMEAL, BROWN RICE, SWEET POTATO)

PROTEINS:

WHITE FISH, SALMON, TUNA, CHICKEN, TURKEY, EGGS, EGG WHITES, TOFU, LEAN GROUND BEEF

VEGETABLES:

GREEN SALAD, ASPARAGUS, GREEN BEANS, PEPPERS, SPINACH, ONIONS, TOMATOES, SALSA, EGGPLANT, CUCUMBERS, CAULIFLOWER, BROCCOLI, CELERY

STARCH:

SWEET POTATO, BROWN RICE, COOKED OATS, ALL-BRAN CEREAL, BEANS,

FRUITS: ANYTHING EXCEPT BANANAS

MISCELLANEOUS FOODS THAT ARE OK TO HAVE: VINEGARS, LOW/NO CALORIE DRESSINGS, SPRAYS, FLAVORED SEASONINGS.

FOODS THAT WILL PROMOTE FASTER RESULTS: GRAPEFRUIT, AND ALMONDS

Based on an average woman who breastfeeds full-time (exclusively). You will need to eat an extra 300-500 calories above your pre-pregnancy needs each day. 750 calories are burned daily as your body converts nutrients consumed, into breast milk.

Keep in mind, you do not want your body to have too little intake. Breastfeeding creates a great demand on your body. Problems arise during breast feeding when you do not eat enough calories to meet your breastfeeding needs. This will cause your metabolism to slow, which slows weight loss. This can also reduce your milk production. Try to eat every 3-4 hours since your body needs to produce milk that often. By following this schedule, your metabolism will be on target with what your body demands of you. Drink at least 8 ounces of fluid after every feeding. You need to eat a balance of carbohydrates (fruits/veggies/whole grains) and proteins (beans/nuts/seeds/lean meats/low fat dairy) at each meal or snack. AdvoCare snacks could include: our breakfast bars, snack bars, muscle gain shake, fruit & fiber bars, meal replacement shakes, and extra rehydrate. Also - you can have post-workout recovery drink while breastfeeding - for our Moms that work-out!

This plan was created by AdvoCare Independent Distributors. Please consult your health care provider before making any dietary or fitness modifications.