

MAX PHASE FOR NURSING MOMS

FOLLOW THE DIETARY GUIDELINES ON THE PURPLE MAX PHASE INSTRUCTION SHEET HOWEVER AS A NURSING MOM IT IS NOT RECOMMENDED THAT YOU TAKE THE ENTIRE MNS STRIP PACK. THERE ARE CERTAIN SUPPLEMENTS THAT YOU CAN TAKE THAT WILL GET YOU ON YOUR WAY TO WEIGHT LOSS!

Start every day with a **SPARK, 5 Catalysts & 2 Probiotic Restore Ultra** on an empty stomach.

Follow eating guidelines for breakfast.

With breakfast take **2 Omegaplex, 3 Coreplex, & 2 Calcium Plus**

Follow eating guidelines for morning snack.

Follow eating guidelines for lunch.

About 2 hours after lunch drink a glass of **Rehydrate** & take **5 Catalysts**.

Follow eating guidelines for afternoon snack & dinner.

Be sure to drink 8-10 glasses of water minimally! Nursing moms need water!

Try to incorporate exercise into this phase! This will help to boost your metabolism!

Check in with the person that helped to get you on the 24 Day Challenge!

It also helps to do this with a partner!

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.