

## SAMPLE DIETS

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### Get Shredded Fast and Healthy with this Diet:

This is made for a 240 pound man. (Cut this in half for a woman.)

**Meal 1:**

10 egg white omlette with 2 cups of veggies Advocare Slam Energy Drink\*

**Meal 2:**

Meal Replacement Bar 1/2 cup of almonds Advocare Catalyst Amino Acid Supplement\*

**Meal 3:**

7 oz of chicken, 1 cup of rice, 2 cups of mixed veggies Advocare Leptilean\*

**Meal 4:**

Advocare Slim Drink\* and Advocare O2 Gold Dietary Supplement\* before training

**Meal 5:**

8 oz of Filet and 2 cups of mixed veggies Advocare V16 Energy Drink\*

**Meal 6:**

2 cans of tuna or 1 Advocare Slim Drink\* an Advocare Nighttime Recovery\*

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### Get Shredded While Putting Mass Muscle On Your Frame with this Diet:

This is made for a 240 pound man. (Cut this in half for a woman.)

**Meal 1:**

1 Advocare Muscle Gain Protein Shake\* 2 cups of steel cut oatmeal and 8 oz of CarbSmart Yogurt(Kroger brand)

**Meal 2:**

Advocare Mass Impact Drink\* with Arginine Extreme Drink\*

**Meal 3:**

8 oz of Turkey Breast, 2 cups of brown rice, 2 cups of veggies and 5 Advocare Catalyst Amino Acid Supplements\*

**Meal 4:**

Apple, 1/2 cup of Almonds, Advocare Muscle Fuel Pre-Workout Drink\*

**Meal 5:**

8 oz of Fish, 2 cups of veggies, 1 Advocare Post-Workout Recovery Drink\*

**Meal 6:**

12 Egg Whites , Advocare Nighttime Recovery\* , and Advocare Catalyst Amino Acid Supplements\*