

## Ten Day Cleanse

Remember to **eat**: fresh fruit, green vegetables, salads, chicken, fish, turkey, eggs (minus yolk), lean red meats, lean ground beef or turkey, tofu, almond milk, avocados, natural peanut butter, almond butter, unsalted cashews or almonds

Remember to **minimize**: oatmeal, brown rice, hummus, beans, lentils or whole wheat pasta. These are options below, but they must only be eaten no more than three times during these ten days.

Remember to **avoid**: alcohol, fried foods, refined sugar, honey, corn, breads, potatoes, crackers, candy, chips, white rice, cheeses, mushrooms, creamy sauces or dressings, dried or canned fruits, lunch meats, yogurt, milk, coffee, energy drinks and sodas.

### Daily Check Sheet:

Day One

Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven

Day Eight

Day Nine

Day Ten

### Days One - Three

**ALL DAY DRINK WATER --- ONE GALLON WOULD BE BEST!!!! (Spark is included in this.)**

Wake-up: - if you want coffee - drink 8oz of Spark and drink within 20 minutes

Breakfast: 1.) Fiber drink - drink quickly - do not let it sit.

AND

2.) Scrambled eggs (women 1:2 and men 1:4 whole egg to white) with one piece of fruit or 1 cup oatmeal

OR

2.) Meal replacement shake

Mid morning snack: 1.) 1/4 cup of unsalted almonds or cashews with a piece of fruit or vegetables.

## Our 24-Day Challenge Schedule - Krisie Stakely

Lunch: 1.) Salad or vegetables with a lean protein and a piece of fruit

OR

2.) Meal replacement shake

After lunch: 60-90 minutes after lunch

1.) Spark in 8 oz of water and drink in 20 minutes.

Mid-afternoon Snack: 1.) 1/4 cup unsalted almonds or cashews with fruit or vegetables

Dinner: 1.) Salad or vegetables with a lean protein and a piece of fruit

OR

1.) Meal replacement shake

Nighttime Snack: 1.) 1/4 cup unsalted almonds or cashews with fruit or vegetables

Before bed: Herbal Cleanse with 8 - 12 oz of water

### *Days Four - Seven*

**ALL DAY DRINK WATER --- ONE GALLON WOULD BE BEST!!!! (Spark is included in this.)**

Wake-up: - Probiotic Restore Ultra taken 30 minutes before breakfast

Breakfast: 1.) Scrambled eggs (women 1:2 and men 1:4 whole egg to white) with one piece of fruit or 1 cup oatmeal

OR

1.) Meal replacement shake

Mid morning snack: 1.) 1/4 cup of unsalted almonds or cashews with a piece of fruit or vegetables.

Lunch: 1.) Salad or vegetables with a lean protein and a piece of fruit

OR

1.) Meal replacement shake

After lunch: 60-90 minutes after lunch

1.) Spark in 8 oz of water and drink in 20 minutes.

Mid-afternoon Snack: 1.) 1/4 cup unsalted almonds or cashews with fruit or vegetables

Dinner: 1.) Salad or vegetables with a lean protein and a piece of fruit

OR

1.) Meal replacement shake

**Our 24-Day Challenge Schedule - Krisie Stakely 120729527**

Nighttime Snack: 1.) 1/4 cup unsalted almonds or cashews with fruit or vegetables

Before bed: Herbal Cleanse with 8-12 oz of water

***Days Eight - Ten***

**ALL DAY DRINK WATER --- ONE GALLON WOULD BE BEST!!!! (Spark is included in this.)**

Wake-up: - Probiotic Restore Ultra taken 30 minutes before breakfast

Breakfast: 1.) Fiber drink - drink quickly - do not let it sit.

AND

2.) Scrambled eggs (women 1:2 and men 1:4 whole egg to white) with one piece of fruit or 1 cup oatmeal

OR

2.) Meal replacement shake

Mid morning snack: 1.) 1/4 cup of unsalted almonds or cashews with a piece of fruit or vegetables.

Lunch: 1.) Salad or vegetables with a lean protein and a piece of fruit

OR

2.) Meal replacement shake

After lunch: 60-90 minutes after lunch

1.) Spark in 8 oz of water and drink in 20 minutes.

Mid-afternoon Snack: 1.) 1/4 cup unsalted almonds or cashews with fruit or vegetables

Dinner: 1.) Salad or vegetables with a lean protein and a piece of fruit

OR

1.) Meal replacement shake

Nighttime Snack: 1.) 1/4 cup unsalted almonds or cashews with fruit or vegetables

Before bed: Herbal Cleanse with 8 - 12 oz of water

# 14 Day Burn Phase

Our 24-Day Challenge Schedule - Krisie Stakely

## Daily Check Sheet:

Day One

Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven

Day Eight

Day Nine

Day Ten

Day Eleven

Day Twelve

Day Thirteen

Day Fourteen

Days One, Three-Five, Seven-Nine and Eleven-Thirteen  
These are the "BURN" days.

**ALL DAY DRINK WATER --- ONE GALLON WOULD BE BEST!!!! (Spark is included in this.)**

Wake-up: - 30 minutes before breakfast

- 1.) Take first MNS max YELLOW packet with 8 -10 oz of water.
- 2.) Spark - drink 8oz of Spark and drink within 20 minutes

Breakfast: 1.) Take BOTH MNS Max white packets with 8 oz of water

AND

2.) Meal replacement shake

OR

2.) Scrambled eggs (women 1:2 or men 1:4 whole egg to white ratio.) Vegetables can be added to scramble

Mid-morning snack: 1.) Lean protein or 1/4 cup of unsalted almonds or cashews or 1-2 tablespoons of all natural peanut butter. Add vegetables if desired.

Pre lunch - 30 minutes before breakfast

- 1.) Take second MNS max YELLOW packet with 8 oz. of water

Lunch: 1.) Salad or vegetables with a lean protein

OR

2.) Meal replacement shake

After-lunch: 60-90 minutes after lunch

- 1.) Spark in 8 oz of water and drink in 20 minutes.

**Our 24-Day Challenge Schedule - Krisie Stakely 120729527**

Mid-afternoon Snack: 1.) Lean protein or 1/4 cup of almonds or cashews or 1-2 tablespoons of all natural peanut butter. Add vegetables if desired.

Dinner: 1.) Salad or vegetables with a lean protein  
OR  
2.) Meal replacement shake

Nighttime Snack: 1.) Lean protein

**Days Two, Six, Ten and Fourteen**  
**These are the "REFUEL" days**

***ALL DAY DRINK WATER --- ONE GALLON WOULD BE BEST!!!! (Spark is included in this.)***

Wake-up: 30 minutes before breakfast

- 1.) Take first MNS max YELLOW packet with 8 -10 oz of water
- 2.) Spark - drink 8oz of Spark and drink within 20 minutes

Breakfast: 1.) Take BOTH MNS Max white packets with 8 oz of water  
AND

2.) Meal replacement shake and a piece of fruit

OR

2.) Scrambled eggs (women 1:2 or men 1:4 whole egg to white ratio) with fruit or oatmeal.  
Vegetables can be added to scramble

Mid-morning snack: 1.) Lean protein or 1/4 cup of unsalted almonds or cashews or 1-2 tablespoons of all natural peanut butter. Add vegetables if desired.

Pre lunch: 30 minutes before breakfast

- 1.) Take second MNS max YELLOW packet with 8 oz. of water

Lunch: 1.) Salad or vegetables with a lean protein and a piece of fruit or starchy carbohydrate  
OR

2.) Meal replacement shake

After lunch: 60-90 minutes after lunch

- 1.) Spark in 8 oz of water and drink in 20 minutes.

Mid-afternoon snack: 1.) Lean protein or 1/4 cup of almonds or cashews or 1-2 tablespoons of all natural peanut butter. Add vegetables if desired.

Dinner: 1.) Salad or vegetables with a lean protein  
OR

2.) Meal replacement shake

**Our 24-Day Challenge Schedule - Krisie Stakely**

Nighttime snack: 1.) Lean protein

Krisie Stakely  
Advocare Distributor number 120729527  
(under Stacey Stakely)