



## 24-Day Challenge Tips

- The first 10 days is the CLEANSE period, use the Green box, the Green bottle of Omegaplex and Spark. Follow the directions on the insert.
- The next phase is the 14-day nutritional rebuild period – you’ve cleaned out and your body is now prepared for maximum nutrition absorption and continued trimming/weight loss. Use the Purple boxes, continue with the Omegaplex and Spark
- Remember the green boxes/bottles are the 10-day stuff, the purple are the 14-day stuff
- Clean eating means: fish, chicken, eggs, fruit, veggies (raw and steamed). No dairy, whites (bread, potatoes), coffee, candy, fried foods – none of the obvious. No alcohol, especially during the 10-day cleanse.
- No dairy is allowed EXCEPT you can have greek yogurt and small portions of cottage cheese
- If you are a coffee drinker, no coffee BUT use the Spark drinks to your advantage, they do work for energy and have lots of caffeine.
- Natural peanut butter is allowed as is hummus – delicious with raw veggies, apples and rice cakes
- eating out - it's not as hard as you might think, order the salad with grilled chicken and a oil/balsamic vinegar dressing.
- You will absolutely change the way you see food and think about food, when you are done, you won't want chips or fries or garbage -- hard to believe but true. There will always be some weakness, of course, but for the most part it changes your mind.

### **Exercise:**

You definitely should include exercise in your 24-day challenge. Wherever you are currently at with your exercise or fitness routine, up that a bit during the challenge. You will be feeling healthy and more energized and mentally you'll be more "into" it since you are on this plan. Try to do a little something 5 days per week, even if it's just a short walk. Exercise and movement is important all the time, just like all the clean eating, in everyday life – not just during the 24-Day Challenge.

**“But why can’t I have coffee or tea??”** Everything I've read or seen and anyone I've talked to all say that you should stick to water (or the Spark energy drinks), especially during the first 10 days. Remember that this program is yours to do and follow through on as you wish. Will it be a total wash if you drink coffee/tea/crystal lite? Of course not, but a good approach might be, "I'm paying for this, I'm committed to it and I'm doing it right, all the way through."