



NUTRITION 101
MORE FOOD
= MORE MUSCLE
= LESS FAT & FLAB!

- Eat 5-6 small meals a day – Approx. every 3 hours.
- Include 10+ grams of protein & no more than 30 grams carbohydrates per meal or snack.
- Vegetables are FREE – eat A LOT!!
- Limit Whites and Simple Sugars (bread, white rice, pasta, desserts, processed foods)
- Stay hydrated! Drink ½ your body weight + 30 ounces of water.
- Add energy with SPARK rather than soda or coffee.
- Limit Fried and Fast Foods
- Exercise 30 to 60 minutes 5-7 times a week to fully utilize the effectiveness of the products and program.
- Utilize your AdvoCare sponsor as a “coach” for help and support throughout your first 30 days.
- Be consistent! DO WHAT'S RIGHT 80% OF THE TIME!!

Lean Protein

Palm Size
3-4 oz/15-25 grams

Egg Whites (Egg Beates)
Chicken (White Meat)
Turkey
Tuna
Lean Beef
Fish
Seafood: Rainbow Trout, Cod
Salmon, Flounder, Grouper,
Swordfish, Halibut,
Tuna, Ocean perch
Cottage Cheese
Soybeans
Sugar-free soy milk
Almond Milk
Turkey, white meat
Nonfat tofu
Nonfat, no-sugar yogurt

**Both protein and
carbohydrates:**

AdvoCare Shakes & Bars
Milk
Beans
Soy

**** SUGGESTED LIST ****
ADD YOUR FAVORITES
WHERE APPLICATIABLE

Vegetable

*Handful At least ½ cup – eat a
variety!!*
FREE – eat as much as you want!!

Greens
Tomatoes
Cucumbers
Colored Peppers
Green Beans
Cauliflower
Broccoli
Celery
Carrots
Radishes
Onions
Mushrooms
Cabbage

FIBROUS VEGGIES

Asparagus
Lettuce- romaine,
Beans, green
red leaf, loose-leaf
Broccoli
Mushrooms
Cabbage
Peppers-green, red, yellow
Cucumbers
Eggplant
Tomatoes
Endive
Zucchini
Squash – acorn, spaghetti,
butternut

These

Carbohydrates

Fist size ½ cup/10-30 grams

Smart Carbohydrates:

High-fiber fruits and vegetables
Bran cereals
Legumes: chick peas, kidney beans,
black beans, lentils, pinto beans
Soybeans
Peas, Black Eye peas
Sweet Potatoes/Yams
Kasha
Pearled barley
Brown rice
Oatmeal slow cooked
Bulgur
Rice cakes
Whole grain breads
Whole-grain pasta
No-sugar added fruit juices

FRUITS

Blackberries
Green Apples
Blueberries
Green Pears
Boysenberries
Kiwi fruit
Cranberries
Raspberries, black
Strawberries
Granny Smith apples

Bad Carbs: AVOID

Baked potato, French fries, Refined cereal
products, Sugar-sweetened beverages
Candy, Couscous, Juice, White basmati
rice, White-flour, pasta, White sugar,
Alcohol (beer, wine) – all empty calories!

Fat

Thumb Size
1-2 tsp/5-10 grams

Avocado
Olives
Natural Peanut Butter
Sunflower Seeds
Pumpkin Seeds
Almonds
Walnuts
Nuts, Seeds
Nut Butters
Olive Oil
Canola Oil
Cheese
Salad Dressing
Egg Yolk

5. AdvoCare Supplementation

**TAKE CORRECTLY & CONSISTENTLY
FOR OPTIMAL RESULTS!!**

- Herbal Cleanse (every 90 days)
- AdvoCare MNS
- OmegaPlex – Extra!
- Catalyst & ThermoPlus
- Carb Ease & FiboTrim
- A Supreme

**Customize the products to meet your
goals** with your AdvoCare Advisor to
determine the AdvoCare products to
meet your Health & Wellness Goals!

BE COMMITTED TO A NEW YOU!!