

DAYS 11-24

ADVOGARE 14 DAY MAX

PHASE MEAL PLAN



Upon Waking Up
Spark

** 1 Catalyst*
MNS C Color Pack (1)

Breakfast (30 min later)
Meal Replacement Shake

30 min before Lunch
MNS C Color Pack (1)

Lunch
MNS C White Packs (both)
Protein, Vegetables,
Complex Carb

30 min before Snack
** 1 Catalyst*
Spark

3pm Snack
Protein

Dinner
2 OmegaPlex
Protein, Vegetables,
Complex Carb

Bed Time
** 1 Catalyst*

