



## STEP 1-2-3 PROGRAM

### TEENAGE PROGRAM Consumption Instructions

MORNING	BREAKFAST	30-MIN. BEFORE LUNCH	LUNCH	AFTER SCHOOL	DINNER	BEDTIME
<input type="checkbox"/> <b>CATALYST</b> – Consume 3 capsules. <input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8 oz. cold water.  <b>WAIT</b> 30-45 minutes before consuming <b>MEAL REPLACEMENT SHAKE</b> for breakfast.	<input type="checkbox"/> <b>MEAL REPLACEMENT SHAKE</b> – Mix contents of <b>MEAL REPLACEMENT SHAKE</b> with 8-10 oz. <b>very cold</b> water.  <i>Recipe Suggestion:</i> Blend with ice for “Smoothy” consistency. Add flavorings, as desired.	<input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8 oz. cold water. <input type="checkbox"/> <b>CATALYST</b> – Consume 3 capsules.  <b>WAIT</b> 30-45 minutes prior to consuming lunch.  <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> Eat sensible snack including fruit or protein-oriented snack. Some suggestions include <b>AdvoCare Snack Bar, Breakfast Bar, or Meal Replacement Bar.</b> They are all high in protein and a great balance.  <input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8 oz. cold water.  <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.  <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> <b>CorePlex Chewables</b> – Prior to brushing teeth, chew 2-4 tablets prior to going to bed.
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**IMPORTANT: BODY WEIGHT / 2 = WATER CONSUMPTION GOAL**

**REMEMBER: “Whether you think you can or you think you can’t, you are exactly right.”**