The 24 Day Challenge for Nursing Moms

The 24 Day Challenge for Breast feeding Moms is a modified form of the original 24 Day Challenge. It includes the following products:

1. Fiber Drink (Peaches and Cream flavor only!!!)
2. ProBiotic Restore
3. OmegaPlex Omega 3 Fatty Acid
4. Coreplex Multiple Vitamin and Mineral Supplement Plus Iron
5. Spark Energy Drink (one-two a day)
6. Catalyst
7. Meal Replacement Shake
8. Calcium Plus

When you are Breast feeding you need to increase your caloric intake by 500 calories per day. On days you work out you should be adding an average of 200-300. So most moms need 2000-2300 calories a day! If you do not get enough calories your body goes into starvation mode and you will not get to your desired goal! So eat! Just eat healthy!) Do not go 4 hours without eating. Drink lots of water! At least 1 gallon a day! If you are working out and you find you are dehydrated you can use Rehydrate Electrolyte Replacement Drink!

**Step 1:**
**Days 1-10**

The Peaches and Cream Fiber Drink will help cleanse your system allowing your body to properly absorb the nutrients in the foods you eat and the supplement you take. ProBiotic Restore has beneficial microorganisms that help maintain and healthy balance of bacteria in your intestinal tract. It helps support the immune and digestive system and optimize nutrient absorption

Spark Sharpens mental focus and alertness, long lasting energy, sugar free
Catalyst Supports and preserves muscle tone, enhances strength and energy during workouts and forces body to burn fat and not muscle tone.

**Step 2:**
**Days 11-24**

OmegaPlex Omega 3 Fatty Acid
Coreplex Multiple Vitamin and Mineral Supplement Plus Iron
ProBiotic Restore has beneficial microorganisms that help maintain and healthy balance of bacteria in your intestinal tract. It helps support the immune and digestive system and optimize nutrient absorption

Spark Sharpens mental focus and alertness, long lasting energy, sugar free
Catalyst Supports and preserves muscle tone, enhances strength and energy during workouts and forces body to burn fat and not muscle tone.

Meal Replacement Shake Nourishes muscles and supports metabolism
Calcium Plus helps build and maintain strong bones
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### Shopping Guide/Food Portion Chart

**Under 140lbs = small (S)**  
**141-224lbs = medium (M)**  
**225lb + = large (L)**

#### Meal Replacement (MR)
- **Muscle Gain (MG) Shakes**

#### Protein
- **Serving Size:**
  - S – 3oz  
  - M – 5oz  
  - L – 8 oz

#### Fruit
- **Serving Size:**
  - S – ¼ c, ¼ fruit  
  - M – ½ c, ½ fruit  
  - L – ¾ c, 1 frg fruit

#### Vegetables
- **Add more green veggies at any time.**

#### Low/Med Glycemic Carbs
- **Serving Size:**
  - S – ¼ cup (2 oz)  
  - M – ½ cup (4 oz)  
  - L – ¾ cup (6 oz)

#### Healthy Fats
- **Serving Size:**
  - S – 1/8 cup  
  - M, L – 1/4 cup

#### Choose From:
- **Meal Replacement Shake** – can be substituted for a breakfast, lunch or dinner meal.

#### Muscle Gain Shake
- **can be substituted for protein in meals 1-6**
- **Add water and ice if desired**
- **DO NOT** add any fruit milk, juice, etc.

#### When to have:
- **MR – Breakfast**

### Foods to Omit
- **Flour Products:** bread, all pasta, crackers, chips, tortillas, pita bread, flour products of any kind, fried or breaded food, etc.
- **Sweets:** sugar, honey, cakes, cookies, brownies, etc.
- **Dairy Products:** milk, cottage cheese, butter, yogurt, cream bases soups or sauces, etc.
- **Snacks:** soda, drinks, chips, popcorn, etc.
- **Starchy Vegetables:** corn, peas, squash, potatoes, etc.

### You Can Have:
- **Avoid:** over salting your food, creamy dressings or sauces, BBQ sauce
- **small amounts of splenda or stevia**
- **small amounts of zero calorie butter sprays or butter buds**
- **all types of pure vinegar**
- **small amounts of mustard**
- **herbs, spices, and no salt seasoning are great!**
- **Others:** sugar free gum, sugar free jello and teas are great!
Foods to AVOID:
(These products keep toxins alive, like throwing fuel on a fire)
• Alcohol (You’re on the Cleanse – hold off for 10 days!)
• Coffee, Sodas, Energy Drinks (only drink Spark or Slam)
• White foods/Starches (e.g. white pasta, bagels, white bread, white rice, processed foods, crackers, chips)
  • Sauces
  • Cooking with Oils (it is best to cook with Water or Broth)
• Sugar, Honey, Desserts - (except for fresh fruits - these are good sugars on the 10-day Cleanse)
• Cheese & Mushrooms (both are “molds” and will help keep toxins alive)
• If at all possible, avoid Dairy Products (cow’s milk, yogurt, butter, etc…dairy products contain lots of sugars and will feed the toxins)
• Fatty Foods, Fried Foods, Fast Foods, Meat with skin or breading
• Ground beef or fatty meats. Turkey meat is much better and you can season it to taste!
• Salad dressings (due to the fat and oil content – use Salsa or fresh squeezed lemon juice and spices instead)
• Canned fruit or vegetables
• Dried fruit coated with sugar
• Instant rice or oatmeal (cook the real deal)

Foods to EAT:
(Goal is to “starve” the toxins)
• Fresh/Raw Fruits and Veggies (will serve as “S-O-S” pads to scrub out the toxins)
• 100% Whole Grain Rice (Brown rice, Wild rice), Quinoa
• Oatmeal
• Chicken, Fish, Turkey Breast, Ground Turkey
• Almond Milk, Rice Milk
• Healthy Fats: Avocado, Olives/Olive Oil, Raw Nuts/Seeds (unsalted and not coated with anything)
• Peanut or Almond Butter (no sugar or oil added)
• Beans, Lentils
• Chicken or Vegetable Broths
• Hummus (without the oil)
• Fresh Diluted Juices, Herbal Teas
• Garlic, Spices, Herbs, Fresh Salsa, Taco Seasoning (low sodium)
• For cooking, use water, broth, lemon juice, or the non-stick spray with no calories/fat (do not use oil)

The following items are optional because they are not a low glycemic carb. For best results, hold off for 10 days:
• Sprouted Grain Bread or Tortillas (Ezekiel is a great brand or Dave’s Killer Bread)
• 100% Whole Grain Pasta
• 100% Whole Wheat Bread (make sure it says 100% or else it’s just white bread in brown clothing – preferably Stone Ground Wheat)

Other AdvoCare Products Nursing Moms can take:
Rehydrate Electrolyte Replacement Drink (all flavors)
Meal Replacement Shakes (all flavors)
Performance Elite Muscle Gain Protein Shake (all flavors)

Save for after 24 Day Challenge:
  • Fruit and Fiber Bar (strawberry) , Active Meal Replacement Bar, Active Breakfast Bar, Active Snack Bar
Helpful Food Hints & Menu Ideas:

• Cooking ideas – Experiment with different spices. Try to stay away from the spices that have sodium contents over 600 per serving. Use these on your meats, carbs and veggies. It is what will add flavor to all your food.

• Veggies – Any veggie that can be cooked: put into a pan and use an all-purpose seasoning on it.... Let them brown well before turning them. It tastes great! Will make eating veggies very easy.

• Eggs - Get fresh basil (found in the salad area in grocery store in small plastic container), tear up and put into eggs as they cook. Also add some fresh spinach. Feel free to experiment with different herbs and spices in the eggs as well!

• Meats - Making pre and post-cooked marinades will help the flavor of the meat by 100%. If you have olive oil in your menu, save it for the post cooked marinade!
  
  o Pre-cooked - Mix low sodium soy sauce, mixture of seasonings, chopped basil, and spoon full of fancy mustard or A1 and mix it with a small amount water. Let meat sit in for at least 20 minutes and then BBQ or bake in oven.
  
  o Post-cooked - add olive oil (the amount on your “food portion guide”), basil, seasoning, little low sodium soy sauce, mustard again if desired and mix cut up meat into the sauce and then pour over complex carbs (brown rice, quinoa, etc.) or salad

Shakes

A delicious way to have the Meal Replacement Shakes is to combine shake with ice cubes in a blender, 6 oz of water for thick shake, 8 oz for thinner shake

Oatmeal

To add a “kick” of flavor, when you are letting the oatmeal come to a boil, you can throw in: cinnamon, chopped walnuts (or any type of nuts). You can sweeten with a small amount of splenda or stevia.

If you chose Muscle Gain as an add-on, mix two scoops of Chocolate or Vanilla Muscle Gain with 2Tbs. of water and blend until the consistency is like cake batter. Then add oatmeal per portion control chart for your size.

Dinner or Lunch

TACOS:
Ground turkey meat w/Taco Seasoning packet (low sodium) – OR place 6 chicken breasts, 1 c. water, and a pack of Taco Seasoning (low sodium) in the crock-pot, and voila! Shredded chicken breast Place on top of Brown Rice with Black Beans, Tomatoes, Onions (scallion onions), Lettuce, Olives, Salsa

SALADS:
Taco Salad: Make a salad and add Black Beans (rinsed), Ground Turkey meat and any veggies. For dressing, use fresh squeezed lemon or fresh Salsa.

Chef salad: Make a salad, then cut up every veggie you like, add Chicken, add a boiled Egg, and throw some onion, garlic and spices for flavor. There is so much taste with the meats and seasonings; it is not so bad without the 5 cups of Ranch dressing!

Mixed Greens Salad: Make a salad with veggies and add grilled chicken and lemon & spices for the dressing.
CHICKEN RECIPES:
To prepare chicken, place fresh or frozen chicken in PYREX dish. Use water, lemon juice or low sodium broth on the bottom so chicken won’t burn. Sprinkle spices of your choice on top. Cook chicken at 400 degrees for 1 hour and 20 minutes. Serve with 1. Wild Rice, Brown rice, or Quinoa (ancient grain w/the most fiber of all grains- serve like rice) 2. Veggies. You can cut up some veggies and place in a pan. Add water, lemon juice or broth. Add some garlic, onion and spices to the mix and saute.

CHICKEN SKEWERS:
Cut up raw chicken, red onions, peppers, tomatoes, etc. and then grill. Make some Wild Rice, or Brown Rice, and place skewers on top.

CHICKEN LETTUCE WRAPS:
Cook up ground chicken breast (or lean ground turkey), chopped onions, peppers, green beans, etc. Add in spices (i.e. taco /fajita seasoning – low sodium). Peel iceberg lettuce leaves and spoon in mixture. Wrapped it up and eat!

CHICKEN MARINARA:
To prepare chicken, place fresh or frozen chicken breast in PYREX dish. Pour fresh marinara sauce (in refrigerated section of grocery store) all over the top of chicken. Cook chicken in PYREX at 400 degrees for 45-60 minutes. Serve with broccoli or veggie of choice and/or brown rice.

SALMON/FISH:
Fresh or frozen Salmon. Use water or low sodium broth in the PYREX pan, then put fish in. Top with cut lemons, red onion, garlic, cloves and dill. Pepper is good seasoning too. Cook only for 1 hr to 45 minutes on high (400 degrees). Don’t over cook fish or it will dry out. They key is to cook on a high temp for a short time period. Serve with brown rice/Wild Rice and a salad and/or veggies.

Tuna Fish. Add chopped celery. Mix with relish and mustard.

Snack Ideas
• 2 ounces of Lean Turkey or Chicken on top of Dark Leafy Lettuce, Avocado, Sprouts, Sliced Tomato.
• 2 Tablespoons of Natural Peanut Butter or Almond Butter and apple slices or celery
• Boiled Egg and an Orange
• Grapefruit and 1 Egg and 2 Egg Whites scrambled
• 2 ounces of Lean Turkey rolled with Avocado and Brown Rice
• 2 ounces of Raw Almonds and a piece of Fruit.
• Banana and 1 spoonful of all Natural Peanut Butter

“Fast Food” Eating
Helpful tips if you have a busy work schedule...
Make it simple on yourself. When you are shopping and/or preparing for your meals, do the following:
1. First, cook all of your fresh or frozen (seasoned) chicken. This will help by allowing you to pull quickly from the fridge during the week.
2. If necessary, buy your veggies frozen, then cook a portion for each meal.
3. If you like tuna, buy it in the packets so you can open it and eat it without having to drain (they come pre-seasoned also). Great for lunches, 17 grams of protein!

For a “Sweet Tooth”
Cut up an apple into thin slices. Spray the pan with the non stick spray so the apple doesn’t burn. Cook on med-high and sprinkle cinnamon over the apple slices.

If you like peaches, you can pour 1 cup of frozen peaches into a saucepan. Add a cup of water and it will thaw-out as it simmers. Add cinnamon for a “cobbler taste”.