

# Lean in Program 13 Guide

Here are some important tips to help you adjust as necessary over the next 13 days to feel your best!

## What is the Lean in 13 Program?

You will use your AdvoCare products (as usual) and then apply a specific eating plan for the course of 13 days. This just makes your body burn fat FASTER! It is intended for the person who is willing to follow a 13-day eating plan and who really wants fast results.

*You may want to complete the 10-day "prep" phase before doing Lean in 13 to detox first! This can be helpful to getting even BETTER results.*

## Why should I use the Lean in 13 Program?

1. To Jump Start a new weight loss program
  2. To break through a weight loss plateau
  3. To lose a few inches just in time for vacation
  4. To lose a few inches and recover from a vacation
- The Lean in 13 program helps to put your metabolism back on the right track and pushes your body into an intense "fat burning" mode.

## What do I do after I complete the program?

Continue your results by nourishing your body with your AdvoCare products. As for the eating plan, you can...

1. Repeat the 13-day eating plan **OR...**
2. Repeat and **change** the ratios of burn days to refuel days (ie. 2 burn days, then 1 refuel) **OR...**
3. Pursue regular healthy eating habits and continue taking the AdvoCare products.

## PLEASE READ ~ Making Adjustments to Your Program

It's normal to feel *slightly* hungry as your body burns fat. However, you should not feel like you're "starving." If you start feeling "bad", "too" hungry, or you feel fatigued, MAKE THESE ADJUSTMENTS:

1. Readjust the Lean in 13 pattern of "burn" days and "refuel" days, especially for ACTIVE people, those who are nursing, or for those who need more calories than the average person. (If your workouts are very intense, you WILL need to adjust the burn/refuel pattern.) Here's how:
  - **Change the ratio of burn days to refuel days, keeping the 14th day as a "free" day.**
  - **Either change the pattern to 2 burn days + 1 refuel day OR 1 burn day + 1 refuel day.**
3. Drink more water
  - Not drinking enough water can make you fatigued and can make you "think" you are hungry.
4. Listen to your body
  - Not any one body is the same, so add more refuel days if necessary. You'll still see results!
5. If you are already at your ideal weight, but want a little more "cut", you can even do back-to-back refuel days (no burn days) and still get to experience great results and be part of the action! **10-**

**day Prep Phase:** Herbal Cleanse, Spark (packets), Meal Shakes, Catalyst

**Then, Lean in 13:** MNS Kit, Catalyst (continue), ThermoPlus, Muscle Gain (packets), Oasis  
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