Overview

Evolve “Weight Loss” is a carefully designed comprehensive 6-week nutrition and exercise program.

**Evolve Nutrition**
Evolve nutrition provides clear understanding of what to eat, when to eat and how to appropriately partner supplementation. The goals are to fill nutritional gaps, increase lean body mass, decrease fat and improve metabolism.

You will learn macronutrient timing and ratios for lean proteins, healthy fats, as well as when to consume low, medium and even some high glycemic carbohydrates. As energy expenditure increases, nutrition will increase to support, replenish and fuel the body.

**Evolve Exercise**
Evolve exercise incorporates weight lifting and cardio workouts. As you progress through the 6-week program workouts vary and increase both in time and intensity. To aid in the muscle building process, nutritional support will also increase as the weeks progress. You will be surprised at how quickly your body responds with proper nutrition and supplementation!

**Your Evolution**
At the end of this 6-week journey, you will have a much stronger foundation for a healthier lifestyle, more toned look and higher metabolism!
Week 1: Your Evolution Begins

Congratulations on choosing to begin your Evolution! Don’t be nervous; this plan is simple and straightforward. Each week, your nutrition plan, supplements, and exercises will be explained so you’ll know exactly what to expect. If you have general questions, please post on our team Facebook page, AdvoCare Team Evolve Results or connect with your Team Evolve coach for specific questions.

Evolve Nutrition

Every 2.5 - 3 hours, you will eat nutritious foods in the form of proteins, carbohydrates, and healthy fats:

Protein
- The body’s main building block; essential for preserving and building lean muscle tissue.
- Don’t worry ladies, muscle is more dense than fat and will create a smaller tighter look.
- The Evolve program will increase metabolism and energy output through both diet and exercise to decrease fat and increase muscle.

Carbohydrates
- Consuming low-glycemic carbs will balance insulin levels, increase energy and promote a higher metabolism that will eventually allow you to eat more without putting on unwanted weight.
- You will notice that one meal contains fruit.
  - Fruit, mostly natural sugars, is high-glycemic and a good energy source with an abundance of vitamins and antioxidants.
  - We can add this high-glycemic food to your menu in the morning or around energy expenditure in conjunction with a protein or fat to balance absorption and keep insulin levels lower.

Healthy Fats
- There are two reasons for adding healthy fats to your menu.
  1. Fats have more energy per gram and will help increase your energy output at a more consistent rate
  2. Each cell in your body is surrounded by a membrane of fat. Healthy fats allow nutrients to enter in to the cell and wastes to exit at a more rapid rate.
- Unhealthy fats or saturated fat do the opposite so remember that on your free meals!
Evolve Exercise

Your cardio and workout log is printed separately from this packet in the EvolveLifeByDesign.com Workout Room. A Team Evolve coach will provide a username and password for the Evolve “Weight Loss” workout program. Start on week 1.

Weight Training
• The first week is to get you in the rhythm of performing multiple exercises in each muscle group. You will start with 3 sets of 20 reps. Push yourself, and adjust weight accordingly so that you are at failure around the 20 rep mark. Track all weights performed.
• See Cardio & Workout Packet for complete details.

Cardio Training
• Determine your weekly cardio pattern based on the chart in the Evolve “Weight Loss” cardio program packet.
• You will choose from the Beginner, Intermediate or Advanced routine. Remember this program is geared towards fat loss so don’t be afraid to push yourself.

Evolve Supplementation

Meal Replacement Shake optional
• You can either eat the recommended macronutrient portions listed or if you are on the go and need a quick convenient option you can have a Meal Replacement Shake for breakfast.

MNS (Metabolic Nutrition System)
• Key vitamins, minerals and herbal extracts to fill in nutritional gaps. Improve nutrition density allowing the body to function at a higher level so that results are most effective and efficient.
• Also contains herbs responsible for aiding in increased energy and metabolism.

Probiotic
• Supports healthy intestinal function, enhances the ability to absorb nutrients, and improves immune system health.

Body Lean
• Metabolically balanced protein that feeds your muscles amino acids and other components essential for protein synthesis and muscle building.

Catalyst
• A blend of branch chain amino acids, along with L-glutamine & L-arginine, to fuel your body with muscle-building components. Catalyst helps repair, protect and retain muscle during energy expenditure.
**Week 1: Nutrition EXAMPLE**

<table>
<thead>
<tr>
<th>Timing</th>
<th>Eat every 2.5 - 3.5 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portions</td>
<td>Refer to the Nutrition Chart for portion sizes</td>
</tr>
<tr>
<td>Water</td>
<td>Drink ¾ gallon (90 oz) of water each day</td>
</tr>
<tr>
<td>Why?</td>
<td>Hydration is important for almost every function in the body and will optimize results.</td>
</tr>
<tr>
<td>Energy</td>
<td>Drink 1 Spark for an additional energy boost at any time.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>What to Consume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wake</td>
<td>15-30 min before Meal 1</td>
<td>MNS “BEFORE Breakfast” Packet&lt;br&gt;1 Probiotic</td>
</tr>
<tr>
<td>Meal 1</td>
<td></td>
<td>Meal Replacement Shake&lt;br&gt;or 1 whole egg, 4 egg whites and ½ cup oatmeal&lt;br&gt;Both MNS “WITH Breakfast &amp; Lunch” Packets</td>
</tr>
<tr>
<td>Meal 2</td>
<td></td>
<td>Shown on full program packet</td>
</tr>
<tr>
<td>Meal 3</td>
<td>15-30 min before Meal 3</td>
<td>MNS “BEFORE Lunch” Packet</td>
</tr>
<tr>
<td>Meal 4</td>
<td></td>
<td>Shown on full program packet</td>
</tr>
<tr>
<td>Meal 5</td>
<td></td>
<td>Body Lean</td>
</tr>
<tr>
<td>Before Bed</td>
<td></td>
<td>3 Catalyst</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight loss - Lifting Supplements</th>
<th>Cardio Supplements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRE:</strong> 1 Catalyst for every 50lbs 15-30 minutes prior</td>
<td><strong>PRE:</strong> 1 Catalyst for every 50lbs 15-30 minutes prior</td>
</tr>
<tr>
<td><strong>POST:</strong> Eat next meal OR if doing cardio after lifting then take Catalyst</td>
<td><strong>POST:</strong> Eat next meal</td>
</tr>
</tbody>
</table>

**Notes:**
- Schedule your weight lifting workout approximately 1 hour after any meal.
- If cardio is performed immediately following your lifting workout push your POST Lifting to POST Cardio.
### Shopping Guide / Food Portion Chart

<table>
<thead>
<tr>
<th>Shakes</th>
<th>Protein</th>
<th>Fruit</th>
<th>Vegetables</th>
<th>Low/Med Glycemic Carbs</th>
<th>Healthy Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S</td>
<td>M</td>
<td>L</td>
<td>XL</td>
<td>S</td>
<td>M</td>
</tr>
<tr>
<td>Meat &amp; Fish are weighed in ounces after cooking</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choose From...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meal Replacement Shake – breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Body Lean</strong> - may substitute for protein in any meals but no more than two per day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AdvoGreen Shake – Vegetarian option</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shakes</strong></td>
<td><strong>Protein</strong></td>
<td><strong>Fruit</strong></td>
<td><strong>Vegetables</strong></td>
<td><strong>Low/Med Glycemic Carbs</strong></td>
<td><strong>Healthy Fats</strong></td>
</tr>
<tr>
<td>Shakes</td>
<td>Protein</td>
<td>Fruit</td>
<td>Vegetables</td>
<td>Low/Med Glycemic Carbs</td>
<td>Healthy Fats</td>
</tr>
</tbody>
</table>

**Meat Replacement Shake – breakfast**

- **Chicken breast**
- **Turkey breast**
- **99% ground turkey**
- **96% ground beef**

**Body Lean** - may substitute for protein in any meals but no more than two per day

- **Halibut**
- **Tilapia**
- **Cod**
- **Salmon**
- **Tuna Fillet**
- **Shrimp**
- **Crab**
- **Lobster**

**AdvoGreen Shake – Vegetarian option**

- **Egg Whites**
- **Greek Yogurt**
- **Cottage Cheese**

**How to Measure:**

- **Yams** cooked ounces on a scale
- **Oatmeal** dry measuring cup.
- **All others** cooked measuring cup.

**Beans have a much higher protein content.**

- **The # listed after each is the amount of calories in 1 cup cooked. Oatmeal calories are 1 cup raw oats uncooked.**

**Nuts**

- **Almonds or Cashews**
- **Avocado**

**Spreads**

- **Peanut or Almond Butter**

**Olive Oil**

- **Coconut Milk**

**Free food** yellow

Food best for constipation **Bold**

- **Spinach**
- **Cucumbers**
- **Lettuce (Any)**
- **Leeks**
- **Green onion**
- **Kale**
- **Swiss Chard**
- **Asparagus**
- **Green beans**
- **Carrots**
- **Rutabaga**
- **All Peppers**
- **All Onions**
- **Tomatoes**
- **Cauliflower**
- **Collard Greens**
- **Cabbage**
- **Mushrooms**
- **Zucchini**
- **Snow peas**
- **Parsnips**
- **Kohlrabi**
- **Beets**
- **Broccoli**
- **Brussel Sprouts**
- **Artichoke**
- **Eggplant**

**How to Measure:**

- **Yams** cooked ounces on a scale
- **Oatmeal** dry measuring cup.
- **All others** cooked measuring cup.

- **Oatmeal, Quinoa & Chickpeas (garbanzo beans) have most fat content.**

**The # listed after each is the amount of calories in 1 cup cooked. Oatmeal calories are 1 cup raw oats uncooked.**
**WEEKS 1: Rep Targeting**

**Rep Targeting Training:** Perform each exercise for 3 sets of 20 repetitions. Record all results. Adjust weight to targeting 2-3 reps over/under the goal of 20 reps when lifting to failure with good form.

Suggested equipment are listed in (brackets)

**WEEKS 2: Rep Targeting - Forced Reps**

**Rep Targeting Training:** Perform each exercise for 3 sets of 30 repetitions. Record all results. Use the same weight as recorded last week. If you can not finish the set, rest for 10 sec and then continue on until all 30 reps are compete.

*Example – One set may look like the following:*
- Bicep Barbell Curls 85lbs x 23 reps
- Rest for 10 seconds
- Bicep Barbell Curls 85lbs x 7 reps
- Set 1 complete

Suggested equipment are listed in (brackets)

**WEEKS 3: Rest - Pause**

**Rest-Pause Training:** Will be breaking down one set into several mini-sets, with a short rest between each. Use a weight that you cannot do more than **10-15 initial** reps. Keep the same weight through out all three sets. Record Results.

*Example – One full set may look like the following:*
- Do a set to failure shooting for 10-15 reps.
- Rest for 10 seconds. Then with the same weight do another set to failure.
- Rest for 10 seconds and repeat once more to failure.
- Set 1 complete

Suggested equipment are listed in (brackets)

**WEEKS 4: Antagonist**

**Antagonist Training:** Perform back to back exercises with no rest. Use a weight that you cannot do more than **15-20 initial** reps. Continue to use the same weight throughout the exercise. Complete 4 sets of 15 reps with the first set being a warm up if needed. Record Results.

*Example – One full set may look like the following:*
- Incline chest press 50lbs x 17 reps
- Followed by Bent over row 85lbs x 20 reps
- Rest and repeat for 3 more sets

Suggested equipment are listed in (brackets)
# Week 3: Lifting Workout Log EXAMPLE

## Chest/Shoulders

<table>
<thead>
<tr>
<th>Set 1</th>
<th>Set 2</th>
<th>Set 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Reps</td>
<td>Weight</td>
</tr>
<tr>
<td>Incline chest press (dumbbell)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shown on full program packet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder press (machine)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dumbbell lateral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pushups</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Minutes to Complete Workout: 60 - 70

Date: 

## Back/Ham/Core

<table>
<thead>
<tr>
<th>Set 1</th>
<th>Set 2</th>
<th>Set 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Reps</td>
<td>Weight</td>
</tr>
<tr>
<td>Lat pull down (machine)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seated row (cable)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shown on full program packet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg curl (lying)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg curl (seated)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crunches (machine)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Minutes to Complete Workout: 90 - 100

Date: 

## Tri/Bi/Calves

<table>
<thead>
<tr>
<th>Set 1</th>
<th>Set 2</th>
<th>Set 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Reps</td>
<td>Weight</td>
</tr>
<tr>
<td>Tricep extension (cable)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shown on full program packet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curl (barbell)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concentration curls (machine)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing calf raise</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Date: 80 - 90

## Quads/Gluts/Core

<table>
<thead>
<tr>
<th>Set 1</th>
<th>Set 2</th>
<th>Set 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Reps</td>
<td>Weight</td>
</tr>
<tr>
<td>Squats (barbell)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg extensions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking lunges (dumbbell)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shown on full program packet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roman chair leg raises</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Minutes to Complete Workout: 55 - 65

Date: 

## Weight Loss Lifting Supplements

**PRE:** Eat lifting workout meal 1 hour prior

1 **Catalyst** for every 50lbs + **Muscle Fuel** 15-30 min prior

**POST:** **Body Lean** eat next meal 45-60 min later

If cardio follows workout take **Catalyst** prior to cardio then follow POST regiment