

# core CHALLENGE

## PHASE 1 DETOX LOSE YOUR BLOAT



### Week 1

#### 1 CUT

Begin cutting foods that cause bloating.

Below is a list of foods and drinks that cause water retention and bloating:

- Gluten
- Soy
- Cheese and Yogurt
- Refined Sugar
- Sugar Sweeteners (besides Stevia)
- Salt
- Grains (just for DETOX Phase)
- Soda (diet and regular)
- Alcohol<sup>1</sup>
- Coffee and Tea<sup>2</sup>
- Also cut exercise<sup>3</sup> (just for DETOX Phase)

<sup>1</sup> Remove alcohol in DETOX & IGNITE Phases.

<sup>2</sup> If you experience headaches, you can have one cup of coffee or tea in the morning. Decaffeinated herbal tea is fine.

<sup>3</sup> Exercise can cause inflammation. Your goal in Phase 1 (DETOX) is to clean your body and flush your system by removing as much inflammation as possible. This is best accomplished by NOT exercising in the 7-day DETOX Phase (low impact cardio, like walking, is okay).

#### 2 CLEAN


Clean out your digestive system with the **CORE Protein Shakes**, the **CORE Boost Cleanse**, and other clean foods.\*

SAMPLE MEAL PLAN See page 2 for suggested meal portions	
Breakfast	Protein + Carb + Fat (Ex: Egg Whites + Berries + Almonds)
Mid-Morning	<b>CORE Protein Shake</b>
Lunch	Protein + Carb + Fat (Ex: Chicken Breast + Green Beans + Avocado)
Mid-Afternoon	<b>CORE Protein Shake + CORE Boost Cleanse</b>
Dinner	Protein + Carb + Fat (Ex: Grilled Halibut + Asparagus + Olive Oil + Medium Bowl of Spinach or Lettuce)

#### 3 FLUSH

“Flush” excess toxins with water.

##### Water Recommendations

Females		Males
8-12 glasses PER DAY	 8 OUNCE GLASS	12-16 glasses PER DAY

Drink water with each meal and between each meal.

Drink as much water as you can within the recommended guidelines.

#### Important Note

Extend your DETOX Phase to 14 days (instead of 7) if one or more of the following describes you:

- You have 50 lbs. or more to lose
- You drink alcohol beverages 3+ times per week
- You are a smoker

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

#### Portion Exchange System & Clean Foods

See page 2 for suggested clean foods and portion sizes.

#### Meal Plans

See page 3 for suggested meal plans.

#### DETOX Phase Products (1 week/7 days)

- 1 Bag CORE Protein Shake
- 1 Box CORE Boost Cleanse









## Portion Exchange System & Clean Foods

The **CORE Program** uses a simple measuring system (1 protein, 1 carb, 1 fat) for each meal. This gender specific guide will assure that you're eating the appropriate amount of clean foods in order to reach your goals.

DAILY MEAL PLAN	
Breakfast	1 Protein + 1 Carb + 1 Fat
Mid-Morning	Protein Shake
Lunch	1 Protein + 1 Carb + 1 Fat
Mid-Afternoon	Protein Shake + Boost
Dinner	1 Protein + 1 Carb + 1 Fat

### Guidelines to Optimizing Your Portion Sizes:

- Let go of the calorie mindset. Simply follow your portion sizes each meal.
- You can measure your portion sizes by weight or with your hands (palm, fist and thumb). Do whatever is easiest and most convenient.
- Make sure you are hungry (never starving) before each meal and satisfied (never full) after. If you are hungry before 3 hours, simply eat a balanced meal before the 3-hour mark.
- If you measure food with a scale, always measure it pre-cooked since weight will be lost during cooking. If you measure portion sizes with your hands, pre-cooked weight does not matter.

1 PROTEIN	1 CARB	1 FAT	FREE FOODS
<p>SERVING SIZE</p>  <p><b>Female:</b> 1 palm or 3 oz.</p>  <p><b>Male:</b> 1 1/2 palms or 5 oz.</p>	<p>SERVING SIZE</p>  <p><b>Female:</b> 1 fist or 3 oz.</p>  <p><b>Male:</b> 2 fists or 5 oz.</p>	<p>SERVING SIZE</p>  <p><b>Female:</b> 1 tip of thumb</p>  <p><b>Male:</b> 1 thumb</p>	<p>SERVING SIZE</p> <p><b>Female:</b> Unlimited</p> <p><b>Male:</b> Unlimited</p>
CHOOSE 1 PER MEAL	CHOOSE 1 PER MEAL	CHOOSE 1 PER MEAL	UNLIMITED PER MEAL
<b>Protein List</b>	<b>Carbs List</b>	<b>Fats List</b>	<b>Free Foods List</b>
<p><b>Lean Proteins:</b></p> <ul style="list-style-type: none"> <li>• Bison (extra-lean)</li> <li>• Chicken</li> <li>• Egg Whites</li> <li>• Hemp (if lean, add fat: if regular fat, do not choose a fat with this option)</li> <li>• Lean Fish (no shellfish) (ex. bass, halibut, tilapia, tuna, etc.)</li> <li>• Salmon (do not choose a fat with this option)</li> <li>• Turkey</li> <li>• Venison</li> <li>• <b>CORE Protein Shakes</b></li> </ul> <p>Only fresh, no processed meats and no beef, pork or lamb. Can add back in IGNITE Phase.</p> <p>Avoid all protein bars during DETOX Phase.</p>	<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Berries</li> <li>• Grapefruit</li> <li>• Mangos</li> <li>• Oranges</li> <li>• etc.</li> </ul> <p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Bell Peppers</li> <li>• Broccoli</li> <li>• Carrots</li> <li>• Cucumber</li> <li>• Green Beans</li> <li>• Tomato</li> <li>• etc.</li> </ul> <p>Avoid calorie dense veggies in the DETOX Phase, like beans, corn, peas, potatoes, etc.</p>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Chia Seeds</li> <li>• Flax Seeds</li> <li>• Oils <ul style="list-style-type: none"> <li>- Olive</li> <li>- Coconut</li> <li>- Macadamia</li> </ul> </li> <li>• Raw Nuts &amp; Natural Nut Butters</li> </ul>	<p><b>Herbs:</b></p> <ul style="list-style-type: none"> <li>• Basil</li> <li>• Bay Leaves</li> <li>• Cilantro</li> <li>• Parsley</li> <li>• Rosemary</li> <li>• Thyme</li> <li>• etc.</li> </ul> <p><b>Spices:</b></p> <ul style="list-style-type: none"> <li>• Cinnamon</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Nutmeg</li> <li>• Peppercorns</li> <li>• Saffron</li> <li>• etc.</li> </ul> <p><b>Leafy Greens (fresh only)</b></p> <ul style="list-style-type: none"> <li>• Collard Greens</li> <li>• Kale</li> <li>• Lettuce (all types)</li> <li>• Spinach</li> </ul>

## Suggested Meal Plan




Repeat this meal plan each day for the next **1 WEEK (7 Days)**

DAILY MEAL PLAN	
Breakfast	1 Protein + 1 Carb + 1 Fat
Mid-Morning	Protein Shake
Lunch	1 Protein + 1 Carb + 1 Fat
Mid-Afternoon	Protein Shake + Boost
Dinner	1 Protein + 1 Carb + 1 Fat

### Guidelines to Optimizing Results:

- You will be “eating in 3’s”, eating every 3 hours with a balance of protein, fat & carbs.
- Eat your first meal within an hour of waking and your last meal within an hour upon bedtime.
- If you prefer a shake for breakfast, simply switch your Breakfast & Mid-Morning meals.
- Add a 6th meal. If still hungry after dinner, have a shake.
- If you fall off your IGNITE or THRIVE plan for more than 2-3 days, you can “Reboot” your plan by simply repeating this 7 Day DETOX Phase

## DETOX Meal Plan for Females

	1 PROTEIN	1 CARB	1 FAT	FREE FOODS
	SERVING SIZE	SERVING SIZE	SERVING SIZE	SERVING SIZE
	 1 palm or 3 oz.	 1 fist or 3 oz.	 1 tip of thumb	Unlimited
Breakfast	3 Egg Whites	3 oz. of Berries	.5 oz. of Almonds	
Mid Morning	<b>CORE Protein Shake</b> (use only water for your desired consistency)			
Lunch	3 oz. of Chicken Breast	3 oz. of Green Beans	1 oz. of Avocado	
Mid Afternoon	<b>CORE Protein Shake + CORE Boost Cleanse</b> (use only water for your desired consistency)			
Dinner	3 oz. of Grilled Halibut	3 oz. of Asparagus	.5 tbsp of Olive Oil (for your salad)	Medium Bowl of Spinach or Lettuce




Any protein, carb, or fat can be evenly exchanged, simply swap from the food exchange list.

### Water Recommendations



Drink water with each meal and between each meal.

## DETOX Meal Plan for Males

	1 PROTEIN	1 CARB	1 FAT	FREE FOODS
	SERVING SIZE	SERVING SIZE	SERVING SIZE	SERVING SIZE
	 1 1/2 palms or 5 oz.	 2 fists or 5 oz.	 1 thumb	Unlimited
Breakfast	5 Egg Whites	5 oz. of Berries	1 oz. of Almonds	
Mid Morning	<b>CORE Protein Shake</b> (use only water for your desired consistency)			
Lunch	5 oz. of Chicken Breast	5 oz. of Green Beans	2 oz. of Avocado	
Mid Afternoon	<b>CORE Protein Shake + CORE Boost Cleanse</b> (use only water for your desired consistency)			
Dinner	5 oz. of Grilled Halibut	5 oz. of Asparagus	1 tbsp of Olive Oil (for your salad)	Medium Bowl of Spinach or Lettuce

Any protein, carb, or fat can be evenly exchanged, simply swap from the food exchange list.

### Water Recommendations



Drink water with each meal and between each meal.

# CORE Program Phases

There are **3 phases** to the **CORE Program**. It's as easy as **1, 2, 3!** For more information on the CORE Program, visit [COREin8.com](http://COREin8.com)

**PHASE 1**  
**DETOX**  
LOSE YOUR BLOAT  
Week 1 (7 days)

- 3 STEPS
- 1 CUT
  - 2 CLEAN
  - 3 FLUSH

**PHASE 2**  
**IGNITE**  
MELT YOUR BELLY  
Weeks 2-8 (49 days)

- 3 STEPS
- 1 BURN
  - 2 SCULPT
  - 3 RESTORE

**PHASE 3**  
**THRIVE**  
LIVE YOUR LIFE  
Weeks 9+

- 3 STEPS
- 1 REPROGRAM
  - 2 DIVERSIFY
  - 3 ENERGIZE

## CORE Products

The **CORE Program** simplifies weight management and provides an effective guide for leading a healthy and fit lifestyle.\* **Build your nutrition** with **CORE's** premium products, including exclusive protein shakes and customizable boosts that target your specific health goals.



CORE Protein Shake  
Chocolate and Vanilla



CORE Boost  
Cleanse



CORE Boost  
Burn



CORE Boost  
Build



CORE Boost  
Pro-Bio

For complete product information, visit [COREin8.com/core-products](http://COREin8.com/core-products)

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition before starting any health and wellness program. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. If you are under 18 years of age or pregnant and nursing, consult with your physician prior to using this product.

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**Mark Macdonald** co-creator of the **CORE Program** is an international nutrition and fitness expert, TV Personality and author of the New York Times bestselling book, *Body Confidence*.



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