🌴 THE 10-DAY CASTAWAY CHALLENGE

Officially Join the Challenge here:

[Website Challenge Group]
[10-Day Castaway Challenge FB Group]

“Burn With the Sun. Recover With the Dark.”

🌅 Zone 1 – Sunrise to +6 Hours (Actually, your zone begins when you arise but don’t eat first meal until sunrise.)

Best Zone for zone one is 6 am - 12 pm

Metabolism rising
~600 calories burned in this window

Light activation foods only.

Options:

- Bone broth (Kettle and Fire Bone Broth is acceptable 0 fat only)
- Bio Coffee
- CoCoRinga
- Healthwise Hot Chocolate
- Bravenly Brew Extreme
- Bravenly Hot Cocoa
- Bravenly Balance
- 4 Sigmatic Coffee
- Ryze Coffee

- You can mix any two of these together: HW Hot Chocolate, Bravenly Brew Extreme, Bravenly Hot Cocoa, CoCoRinga, Bio Coffee, 4 Sigmatic, Ryze Coffee.
- Greek yogurt plain yogurt
- Egg whites in ghee
- *Approved creamer and sweeteners only. You may use category 2 veggies with egg whites. You may use small amount of berries with approved yogurt.

Goal: Prime metabolism without overload.

☀️ Zone 2 – Midday Window (Next 6 Hour Zone)

Best Zone for zone 2 is 12 pm until 6 pm est so you may have to eat second and third meal during this zone depending on your sunset. Plan wisely.

Peak metabolic efficiency
~600 calories burned in this window

Choose:

- Approved shake; GC Control (Any GC Control Recipe)
- Advocare MR Shake
- Beverly UMP Shake
- Chocorite Shake
- Premiere Approved Shake
- Greek yogurt
- Simply Fit Pancake
- Simply Fit Brownie Mix or Muffin Mix (No more than 300 calories after preparation)
- AHS Pancake; Up to two packages
- 2–3 whole eggs in ghee, fat free or reduced fat
- Mighty Muffin

- AHS Soups, or HW Soups; up to 2 packages
- Quest Bar, David Bar, RX Bar, Built Bar, Power Crunch, 1/3 hemp bar, Simply Fit Bars, Proflex Bar 1/2
- Simply Fit Chewy Bars with or without CoCoRinga or Bravenly Brew Extreme
- Any breakfast Option in Zone one.

This is your strongest burn zone.

🌇 Zone 3 – Final Light

This zone is from 6 pm until 12 am but you shouldn't eat a meal after sunset.

Metabolism beginning to taper
~400 calories burned in evening hours

Choose:

- Lean Category 1 or 7 meat
  Cooked in:
- Ghee
- Grass-fed butter
- MCT oil

Optional:

- 1–3 tbsp hemp hearts or chia

Category 2 Veggies,

After sunset: kitchen closed.

Strictly control this portion on a portion plate. Ideally, only consume the meat and MCT Oil or the meat and Ghee. The hemp or veggies are for volume so you feel more satisfied but aren't mandatory.

🌙 Zone 4 – Darkness

~400 calories burned overnight. It is recovery time.

No food. I the Hungry monster mind takes over you can have listed freebies.

This is when:

- Growth hormone rises
- Repair happens
- Fat oxidation increases
- Insulin drops to baseline

You want this zone undisturbed.

💊 SUPPLEMENT PATHS

🏝️ OPTION 1 – Advocare 10-Day Reset

- Probiotic Ultra (AM)
- Fiber packet
- Herbal tablets (PM)
- Advocare Spark for energy is optional

Layered inside circadian structure. The Advocare Reset will turn this amazing week long meal plan into an astonishing way to reset and detox the body.

🏝️ OPTION 2 – The Big Three (These can be taken with the Advocare reset but if not using the Advocare reset, these three fill every nutrient gap and aid in recovery and weight loss.

- Peak Performance Total Health or the inexpensive Vitality Multi Vitamin

- Berberine
- Collagen Boost

Option 3 - If focus is on weight loss and not detox then you can burn more calories during the day with a fat loss stack of Advocare Thermo Plus and Berberine or Nutratherm and Berberine. Do not take Thermoplus or Nutratherm with the Advocare 10 day reset.

🏝️ THE CASTAWAY RULES

1⃣ No food after sunset
2⃣ Post one “Island Proof” daily (meal pic, sunset pic, steps, or journal)
3⃣ Minimum 10,000 steps daily (This is not mandatory but do try. You will thank me later.)
4⃣ Up tp one gallon of water daily.

5⃣ No “I can’t” language