

# Ignite System Low-Carb Meal Plan

The Ignite System Low-Carb Meal Plan is designed to support healthy weight loss. We have higher calorie plans available for men, those who are very active, or those who have more weight to lose.

## Day 1

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs	Axion (2 Tablets)	1. Prepare eggs any style.  2. Prepare Prepared oats as directed.
	1/2 cup	Prepared oats	Global Blend (1 oz)	
	1 cup	Strawberries	Advanced Omega (3 Softgels)	
Snack	1 cup	2% Cottage cheese	Xyng (1 Capsule)	
Lunch	1 serving	Turkey taco lettuce wraps*	Cheat (2 Capsules 30 minutes before meal)	Use arugula or kale for green salad.
	2 cups	Green salad		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Fajita spiced chicken with peppers & onions*		1. Steam asparagus.
	1 cup (about 10 spears)	Asparagus		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

*Xyng* - We recommend starting with 1 Xyng capsule taken with food and gradually working up to 2 capsules on an empty stomach.

*Cheat* - Always take Cheat with at least 8 oz of water.

*Flush* - Take Flush daily as part of the 8-day Jumpstart and then take an equal break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.

# Ignite System Low-Carb Meal Plan

## Day 2

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Asian style omelet*	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
	1 slice	Whole wheat toast		
	1 cup	Blackberries		
Snack	2 whole	Hard boiled eggs	Xyng (1 Capsule)	
Lunch	1 serving	Vegetable frittata*	Cheat (2 Capsules 30 minutes before meal)	Steam broccoli.
	1 cup	Broccoli		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Steak chimichurri with tomato salad*		Steam green beans.
	2 cups	Green beans		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Low-Carb Meal Plan

## Day 3

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Vegetable frittata*	Axion (2 Tablets)	Prepare Prepared oats as directed.
	1/2 cup	Prepared oats	Global Blend (1 oz)	
	1 cup	Raspberries	Advanced Omega (3 Softgels)	
Snack	5 slices	Turkey breast	Xyng (1 Capsule)	
Lunch	1 serving	Basil chicken*	Cheat (2 Capsules 30 minutes before meal)	
	1 cup (about 15 small)	Carrots		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Moroccan-spiced salmon with kale*		Steam broccoli & cauliflower.
	1 cup	Broccoli		
	1 cup	Cauliflower		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Low-Carb Meal Plan

## Day 4

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs	Axion (2 Tablets)	1. Prepare eggs any style.  2. Prepare Prepared oats as directed.
	1/2 cup	Prepared oats	Global Blend (1 oz)	
	1 cup	Strawberries	Advanced Omega (3 Softgels)	
Snack	1 cup	2% Cottage cheese	Xyng (1 Capsule)	
Lunch	2 servings	Chicken & vegetable stir-fry*	Cheat (2 Capsules 30 minutes before meal)	
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Garlic paprika shrimp with broccoli*		Steam asparagus.
	1 cup (about 10 spears)	Asparagus		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Low-Carb Meal Plan

## Day 5

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz	0% Greek yogurt (plain)	Axion (2 Tablets)	
	1 slice	Whole wheat toast	Global Blend (1 oz)	
	1 cup	Raspberries	Advanced Omega (3 Softgels)	
Snack	2 whole	Hard boiled eggs	Xyng (1 Capsule)	
Lunch	1 serving	Garlic chicken breast*	Cheat (2 Capsules 30 minutes before meal)	
	1 serving	Zucchini salad*		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Grilled snapper with red onion & scallions*		Serve fish over fresh spinach leaves.
	1 cups	Spinach		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Low-Carb Meal Plan

## Day 6

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Vegetable frittata*	Axion (2 Tablets)	Prepare Prepared oats as directed.
	1/2 cup	Prepared oats	Global Blend (1 oz)	
	1 cup	Raspberries	Advanced Omega (3 Softgels)	
Snack	1 cup	2% Cottage cheese	Xyng (1 Capsule)	
Lunch	2 servings	Chicken salad*	Cheat (2 Capsules 30 minutes before meal)	Steam broccoli.
	1/2 cup	Broccoli		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Zucchini noodles with kale pesto & chicken breast*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Low-Carb Meal Plan

## Day 7

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving 1 slice 1 cup	Asian style omelet* Whole wheat toast Blackberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	2 whole	Hard boiled eggs	Xyng (1 Capsule)	
Lunch	1 serving 1 serving	Garlic chicken breast* Zucchini salad*	Cheat (2 Capsules 30 minutes before meal)	
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Green salad with seared tuna & balsamic*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

One cheat meal is allowed every 7 days (see [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources) for guidelines).

The higher calorie version of this meal plan can be found at [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)