

⌚ Ignite System Low-Carb Meal Plan (Higher Calorie)

Appx. 1,560 calories.

The higher calorie meal plan is 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

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	5 (2 whole, 3 whites) 1/2 cup 1 cup	Eggs Prepared oats Strawberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Prepare eggs any style. 2. Prepare Prepared oats as directed.
Snack	1 cup	2% Cottage cheese	Xyng (1 Capsule)	
Lunch	1 serving 2 cups	Turkey taco lettuce wraps* Veggies	Cheat (2 Capsules 30 minutes before meal)	Serve salad with turkey taco lettuce wraps.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving 1 cup (about 10 spears)	Zucchini noodles with kale pesto & chicken breast* Asparagus		Steam asparagus.
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm 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.

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Day 2

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 scoops 1 cup 1/2 cup	Lean shake Raspberries Prepared oats	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Prepare Prepared oats as directed.
Snack	2 (whole)	Hard boiled eggs	Xyng (1 Capsule)	
Lunch	1 serving 1 cup 1 serving 1 cup	Vegetable Frittata* Broccoli Turkey Bacon Green salad	Cheat (2 Capsules 30 minutes before meal)	1. Steam broccoli. 2. Prepare turkey bacon in skillet. 3. Use arugula or kale for green salad.
Snack	6 oz 3 Slices	0% Greek yogurt (plain) Turkey breast	Accelerate (1 Tablet)	
Dinner	1 serving 2 cups	Steak chimichurri with tomato salad* Green beans		Steam green beans.
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm Drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

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Day 3

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Asian style omelet*	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Prepare turkey bacon using skillet.
	1 slice	Whole wheat toast		
	1/2 cup	Strawberries		
	1 serving	Turkey bacon		
Snack	5 slices	Turkey breast	Xyng (1 Capsule)	
	1 ¼ cup	2% Cottage cheese		
	1/2 cup	Strawberries		
Lunch	1 serving	Basil chicken*	Cheat (2 Capsules 30 minutes before meal)	
	1 cup (about 15 small)	Baby carrots		
	1 cup	Cucumbers		
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 warm water with lemon.

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Day 4

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Vegetable frittata*	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Prepare Prepared oats as directed.
	1/2 cup	Prepared oats		
	1 cup	Blueberries		
	1 serving	Turkey Bacon		
Snack	1 ¼ cup	2% Cottage cheese	Xyng (1 Capsule)	
	1 cup	Cucumber		
Lunch	2 servings	Chicken & vegetable stir-fry*	Cheat (2 Capsules 30 minutes before meal)	Use arugula or kale for green salad.
	1 cup	Green salad		
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 warm water with lemon.

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Day 5

Drink at least 64 oz of water

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

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Day 6

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz	0% Greek yogurt (plain)	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Prepare eggs as desired.
	1 slice	Whole wheat		
	1/2 cup	Blueberries		
	2 (whole)	Eggs		
Snack	1 cup (not packed)	2% Cottage cheese	Xyng (1 Capsule)	
	1/2 cup	Blueberries		
Lunch	1 serving	Fajita spiced chicken with peppers & onions*	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*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

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Day 7

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Vegetable frittata*	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Prepare Prepared oats as directed.
	1/2 cup	Prepared oats		
	1/2 cup	Berries		
	1 serving	Turkey Bacon		
Snack	2 whole	Hard boiled eggs	Xyng (1 Capsule)	Eat alone or with 3 sticks of celery.
	1/2 cup	Berries		
Lunch	1 serving	Garlic paprika shrimp with broccoli*	Cheat (2 Capsules 30 minutes before meal)	
	2 servings	Sautéed Zucchini*		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Green salad with seared tuna & balsamic*		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 warm water with lemon.

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