



Ignite System Keto Meal Plan

The Ignite System Keto 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

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs	Axion (2 Tablets)	1. Cook eggs in butter.
	1 T	Butter	Global Blend (1 oz)	2. Sauté kale in the leftover butter.
	1/4	Avocado	Advanced Omega (3 Softgels)	3. Top eggs & kale with sliced avocado.
	1 cup	Kale		
Snack	3 T	Almond butter	Xyng (1 Capsule)	Eat alone or with 3 sticks of celery.
Lunch	4 oz	Chicken thigh	Cheat (2 Capsules 30 minutes before meal)	Top salad with chicken thigh meat & sliced avocado.
	2 cups	Green salad		
	1/4	Avocado		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan- spiced salmon with kale*		
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 Keto Meal Plan

Day 2

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz 1/2 1 cup	Turkey sausage (links or patties) Avocado Spinach	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Cook sausage. 2. Sauté spinach in same pan in the leftover fat. 3. Plate sausage & spinach. Top with sliced avocado.
Snack	1/4 cup	Macadamia nuts	Xyng (1 Capsule)	
Lunch	4 oz 2 cups	Turkey bacon Green salad	Cheat (2 Capsules 30 minutes before meal)	1. Crisp turkey bacon in microwave or in a frying pan. 2. Top salad with turkey bacon.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Zucchini noodles with kale pesto & chicken thighs*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Ignite System Keto Meal Plan

Day 3

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	4-6 oz	Turkey sausage (links or patties)	Axion (2 Tablets)	1. Cook sausage.
	2 oz	Cheese	Global Blend (1 oz)	2. Top sausage with cheese.
	1 cup	Veggies	Advanced Omega (3 Softgels)	3. Top salad with sausage & cheese.
Snack	1/4 cup	Macadamia nuts	Xyng (1 Capsule)	
Lunch	4 oz	Steak	Cheat (2 Capsules 30 minutes before meal)	1. Grill, pan fry, or broil steak.
	1/2 cups (about 6 spears)	Asparagus		2. Steam or grill asparagus. Top with butter.
	1 T	Butter		
	1 1/2 Cups	Green salad		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Sumac & thyme chicken thighs with roasted Brussels sprouts*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot 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	2 whole 2 T 1 cup	Eggs Butter Spinach	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Cook eggs in butter or hard boil. 2. Sauté spinach in the leftover butter.
Snack	1 stick	String cheese	Xyng (1 Capsule)	
Lunch	4 oz 1 T 1/3 cup 1/2 cup (about 6 spears) 1 1/2 cup	Salmon Olive oil Walnuts Asparagus Green salad	Cheat (2 Capsules 30 minutes before meal)	1. Roast walnuts in dry pan on medium until toasty. 2. Pan fry salmon with olive oil. 3. Steam or grill asparagus. Top with butter. 4. Serve over green salad.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving 2 cups	Avocado chicken salad* Green salad		Serve avocado chicken salad over green salad.
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Ignite System Keto Meal Plan

Day 5

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	4-6 oz 1/2 1 cup	Turkey Bacon Avocado Bell Pepper	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Crisp turkey bacon in microwave or in pan. 2. Crumble turkey bacon & serve over avocado peppers on the side.
Snack	1/4 cup	Macadamia nuts	Xyng (1 Capsule)	
Lunch	4 oz 1/2 2 cups	Sardines Avocado Green salad	Cheat (2 Capsules 30 minutes before meal)	Top green salad with sardines & avocado.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Fajita spiced chicken with peppers & onions*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Ignite System Keto Meal Plan

Day 6

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving 3 T 1 cup	Vegetable frittata* Almond butter Celery	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Top celery with almond butter.
Snack	2 oz (about 14 halves)	Walnuts	Xyng (1 Capsule)	
Lunch	1 serving 2 cups	Garlic chicken breast* Roasted cauliflower*	Cheat (2 Capsules 30 minutes before meal)	
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Garlic paprika shrimp with broccoli*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Ignite System Keto Meal Plan

Day 7

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs	Axion (2 Tablets)	1. Cook eggs in butter. 2. Sauté kale in the leftover butter. 3. Plate eggs & kale. Top with sliced avocado.
	1 T	Butter	Global Blend (1 oz)	
	1/4	Avocado	Advanced Omega (3 Softgels)	
	1 cup	Kale		
Snack	3 T	Almond butter	Xyng (1 Capsule)	
Lunch	1 Serving	Chicken Thigh	Cheat (2 Capsules 30 minutes before meal)	1. Roast, broil, or grill chicken thigh. 2. Serve chicken with baba ganoush.
	1 Serving	Baba ganoush*		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan-spiced salmon with kale*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.